



Durham • Freeport • Pownal

# Community Programs



**August – November 2021**



[www.RSU5CP.org](http://www.RSU5CP.org)

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### Laugh & Learn .....

### Program Facilities

Freeport High School	30 Holbrook Street, Freeport	FHS
Freeport Middle School	19 Kendall Lane, Freeport	FMS
Durham Community School	654 Hallowell Road, Durham	DCS
Mast Landing School	20 Mollymauk Lane, Freeport	MLS
Pownal Elementary School	587 Elmwood Road, Pownal	PES
Morse Street School	21 Morse Street, Freeport	MSS
The PORT/Freeport Community Center	53 Depot Street, Freeport	PORT/FCS

### Address

### Abbr.

30 Holbrook Street, Freeport	FHS
19 Kendall Lane, Freeport	FMS
654 Hallowell Road, Durham	DCS
20 Mollymauk Lane, Freeport	MLS
587 Elmwood Road, Pownal	PES
21 Morse Street, Freeport	MSS
53 Depot Street, Freeport	PORT/FCS

### Mission Statement

RSU5 Community Programs is dedicated to developing and maintaining a balanced program for all segments of the community in the areas of civic affairs, based on the identified needs of the community.

*"Enriching lives...  
strengthening community"*

### RSU5 Community Programs Staff

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Dear Friends and Neighbors--

As I write this catalog intro we are near the end of a fantastically successful summer session. It's been joyful to feel like we've turned a corner in the evolution of the pandemic here in our community. Our camps have been full, and in most regards it appears that we're back to running at full steam.

Now that summer is coming to a close it's easier to look ahead to the coming months and the number of fun and engaging programs and activities that we have planned from August through November.

Notably, I hope you'll take a good look at the three adult enrichment trips that we have planned (pg. 12–13). Before the coronavirus got in the way we were ready to take you on excursions to Rockland and the world of the Wyeth family of artists, Boothbay and a Cabbage Island lobster bake, and Eagle Island (among others). We'll be making those trips in the coming weeks, and I hope you'll join us for one or more days of some of the best destinations on the coast of Maine -- while riding in comfort in a well-equipped motorcoach bus.

These trips, along with our usual slate of recreation and enrichment activities for both children and adults, will hopefully give everyone an opportunity to take part in some way. Go ahead! Try something new, or take part in a tried and true program that's securely in your comfort zone.

Back in February I pointed out that all of us in Community Programs take seriously our mission to serve our community, and that's never been more true as we've lived through some difficult times in the last year and a half. As we continue to emerge into brighter days ahead, I hope that you will come back to our programs. We rely on your participation and your business, and we always need your leadership and your good ideas. Please take a look through this catalog, and join us!

As always, I'll close with my usual call to action. If you've got questions about any of our programs, or have suggestions for us or would like to offer your time and talents as an instructor/coach, please be in touch. The more we hear from you, the better we are.

See you out there!

Sincerely,  
Peter Wagner  
Director, RSU5 Community Programs

### ***How do I register for a class or program?***

You may register online, by mail, in person, or by phone. To register online, visit [rsu5cp.org](http://rsu5cp.org) and click **Register** in the main menu. If mailing, please include a completed registration form and make checks payable to *RSU5 Community Programs*. All major credit cards are accepted.

### ***How do I establish an online account?***

Before registering for any programs online, you must create an online registration account. If you are registering a child for an activity, please use your own information when filling out the online account creation request form, NOT the information of the child you wish to register for an activity. Once an adult has an online account, they may add family members.

### ***Do you offer scholarships?***

Community Programs offers limited scholarships for most school year programs. Amount of scholarship is based on Maine State income guidelines for free and reduced school lunch. **Scholarship applications must be completed at least 2 weeks prior to start of any program.** Summer Camp scholarships are provided by Freeport Community Services. Forms for both applications can be found on our website under **General Info**.

### ***Are there late pickup charges?***

Yes! It is critical that youth participants be picked up on time at the end of a class or program. A late fee of \$20 will be charged for every part of 15 minutes that a staff member must wait with a minor to be picked up.

### ***Accessibility***

If you require any special accommodations to participate, please call our office.

### ***Cancellation & Refund Policy***

RSU5 Community Programs reserves the right to cancel or consolidate any program that does not meet the minimum participant registration numbers. If we cancel a class or activity, we will do so at least five business days before the scheduled start date. If we cancel a course, we will refund or credit 100% of the class fee. We will credit an account for all refunds under \$10. If requesting a check for a larger refund (cash refunds are not available), it may take three weeks for the refund to process. Credit card refunds are processed immediately.

### ***Refunds for Regular Programs/Classes***

- FULL Refund (Minus \$5 processing fee) - you withdraw from class three business days or more before the start of class.
- 50% Refund (Minus \$5 processing fee) - you withdraw two business days before or up to the end of the first class.
- No refund will be given if you withdraw from a program less than three days before a one-class workshop, or if you drop and do not notify us. After the end of the first class no refund will be given.

## **Adult Education**

### **High School Equivalency Diploma (HiSET)**

If you're an adult without a high school diploma, the High School Equivalency Test (HiSET) could be your route to improved career prospects, a college education, and increased earnings potential. Adult High School Diploma programs are central to the mission and tradition of Maine Adult Education. These are secondary educational offerings that lead to a high school diploma. Join other students who have recently completed the program... get your diploma and be one step closer to achieving your life's goals. Class typically meets two nights per week, and individual sessions are held virtually or in-person and are arranged to suit the schedules of learners and our instructor(s).

### **Learning Lab – Freeport**

Learning Lab is open to all adults in need of academic instruction and guidance. Teachers provide individualized instruction in the areas of:

- High school equivalency
- HiSET prep
- Math and ELA instruction to prepare you for college-level coursework
- Other academic test prep (CASAS, ASVAB, Accuplacer and more)

Take advantage of these classes to get started on your future today. All students must complete an intake process before getting started. Call Katy Bizier at 865-6171 x322 or email her at [bizierk@rsu5.org](mailto:bizierk@rsu5.org) to register. Registration is FREE!

### **Maine College & Career Access**

- Want to go to college?
- Need to brush up on your Math and English skills?
- Need to pass the Accuplacer tests?
- Think a college success class might help you plan for enrolling in college?
- Want to develop your workplace writing, reading, math skills?
- Looking for workforce training programs?
- Hoping to change careers?

Maine College & Career Access is a comprehensive program of study leading to enrollment in a post secondary institution, including workforce training programs. MCCA includes career planning, academic preparation, financial aid assistance, college planning, and Accuplacer testing. In partnership with Maine's community colleges and the university system, MCCA programs offer high-quality, cost-effective, and accessible pathways to post-secondary education for adults. For more info, contact Katy Bizier, the Adult Education Coordinator, at 865-6171 x322 or [bizierk@rsu5.org](mailto:bizierk@rsu5.org).

## English for Speakers of Other Languages (ESOL)

We're proud to offer small classes for Adult English Language Learners, and we work closely with immigrants and refugees from around the world. Our ESOL program (English for Speakers of Other Languages) helps people improve their English reading, writing, grammar, digital literacy, and life skills. We also help students prepare for employment and continuing education.

We have adapted to a distance learning model and offer online classes to meet the needs and schedules of our busy students during the pandemic. Our teachers and volunteers work to find learning opportunities that will fit everyone's schedule and meet health and safety guidelines for social distancing. Students meet in Zoom classes on Monday mornings as a group and then have separate private tutoring online sessions arranged at a mutually convenient time. Once we are able to return to in-person classes, expect to see all kinds of activities that bring our students into the real world and allow us to interact in the wider community. We will also look forward to having guest speakers and teachers return to our classroom.

New students must have an intake to ensure proper placement in the correct level. Appointments are offered throughout the year. Please contact Katy Bizier at 865-6171 x322 or email at [bizierk@rsu5.org](mailto:bizierk@rsu5.org) for more info and to register for classes.

## Fall Adult Enrichment

### Planning a Great Vegetable Garden

Let's get ready to plan your next vegetable garden! Learn about site selections and preparation, crop selections and rotation, composting, starting plants indoors from seed, garden pests and diseases, succession planting, harvesting, and tips and tricks for all kinds of vegetables. Joel Leak has been gardening for 40 years and started with a small vegetable garden when he was young. He graduated from the Cumberland county Master Gardener Program in 2001. He has over 40 fruit trees, 10 grape vines, many berry bushes, and a large vegetable garden.

**Instructor: Joel Leak**

Date: Tuesdays, October 5 & 12

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$25



## Preserving the Harvest: Hands-on Canning Workshop

Ever wonder how to preserve all those great garden vegetables? This hands-on food preservation workshop will teach you the basic steps for canning and freezing. Participants will receive a "Preserving the Harvest" food preservation packet, and will learn recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety and how to check for properly sealed jars. Please bring a potholder with you to the workshop!



**Instructor: Kate McCarty**

Date: Wednesday, October 6

Time: 6:00 – 8:00 p.m.

Location: FCS Kitchen

Fee: \$15 + materials fee to instructor (\$20)

**NEW!**

### Making Acorns into Food

This hands-on course teaches how to make acorns into delicious, nutritious flour and how to use the flour in your kitchen. We will cover the art of selecting healthy acorns, different methods for processing them, and different ways to cook with them. We encourage you to bring to the class less than a gallon of local acorns (only acorns from our local counties of Androscoggin, Cumberland or Sagadahoc please to prevent the spread of Oak pathogens), and two food-safe buckets, bowls or mason jars appropriate for carrying water without spilling it. Each of the two receptacles by themselves should be big enough to hold all of the acorns you're bringing, but small enough so that one of them will fit in your fridge. We will take you through the cold-water leaching method step-by-step to make delicious flour and teach you how to preserve it.



**Instructor: Aaron Witham**

Date: Wednesday, October 27

Time: 6:00 – 8:30 p.m.

Location: FHS Room TBA

Fee: \$15

**NEW!**

### **Ramen Made Simple NEW!**

Ramen is the ultimate comfort food. Come join cookbook author and instructor Chris Toy and learn how to make fresh ramen with fresh noodles and a variety of ingredients. There will be options for omnivores and vegetarians. Tuition includes the cost of materials. Cost of the class includes Chris' book "Ramen Madke Simple." Bring containers for leftovers!

**Instructor: Chris Toy**

Date: Thursday, October 21

Time: 5:30 – 7:30 p.m.

Location: FCS Kitchen

Fee: \$55

**NEW!**



### **Cooperative Publishing: The Advantages, Steps, and Ultimate Reward**

You have just finished your heartfelt novel, so what do you do now? You could choose to go with one of the more traditional publishers, or you could choose to go with a current cooperative publishing company that has modernized self or independent publishing. What does this path look like for an author? In this class, we will look at the advantages of belonging to a publishing cooperative, the steps involved to get that book to the printing press, and some of the challenges you will face if you decide to go this route. Maine Authors Publishing and Cooperative in Thomaston, Maine, will be used as a model for this presentation

**Instructor: Patsy Baldus, Maine Authors Publishing**

Date: Wednesday, October 20

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$20

### **Best Hairstyles, Glasses, & Neckline for Your Face Shape**

Learn what looks good for your face! In this interactive class, you'll identify your face shape then learn the most flattering hairstyles, glasses and neckline for your features. You'll be draped in different necklines so you can see which ones look best on you!

**Instructor: Candace Sanborn**

Date: Tuesday, November 9

Time: 6:00 – 8:30 p.m.

Location: FHS Room 102

Fee: \$35

**NEW!**

### **Getting to Know Your Digital Camera**

In this 4-week class, you will "Get to Really Know" your digital camera better including all the buttons, dials, settings, menus, features and functions that seem almost impossible to learn on your own. Camera manuals are just too complicated, so we are going to dive into all your camera's capabilities, and map out all the steps involved in creating images and videos that you never thought you would know how to make! The instructor will provide each student with an optional gear list and additional instruction prior to the start of class. Also, completion of optional weekly homework assignments is encouraged.

**Instructor: Leah Haraden**

Date: Thursdays, September 23 – October 14

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$65

### **Acrylic Paint Night**

Enjoy an evening of fun with our very own Sarah Cass! She will be guiding you through paint brush strokes and blending techniques, so you can create your own Fall Leaves and Pumpkin Painting. All materials will be provided. You may bring your own wine or beer to this event. Please drink responsibly!

**Instructor: Sarah Cass**

Date: Wednesday, September 22nd

Time: 6:30 – 8:00 p.m.

Location: Freeport Community Services

Fee: \$35

**NEW!**

### **Woodworking & Macrame**

Come join Sarah Cass for a fun night of woodworking and macrame! She will show you how to create your own wood shelf with a macrame hanger! All materials will be provided, but please feel free to bring your own decor to dress up your macrame hanger.

**Instructor: Sarah Cass**

Date: Wednesday, November 10th

Time: 6:30 – 8:00 p.m.

Location: FHS Art Room

Fee: \$45

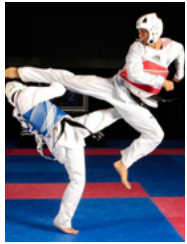
**NEW!**



## Fall Adult Fitness

### Tae Kwon Do for Adults

Tae Kwon Do is a great way to become physically and mentally fit while having fun. Learn valuable life long skills – respect, self-confidence, and courage, all while practicing self-defense techniques. Great introduction to the martial arts while incorporating fun games and drills. Free uniform for your first session!



**Instructors: Jake Daniele, Steve Day & Donald Cyr**

Times: 6:30 – 7:15 p.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Fall	Thursdays, September 9 – November 4	\$85
Fall/Winter	Thursdays, November 11 – January 27 (no class 11/25, 12/23 or 12/30)	\$85

### Pickleball in Pownal

Come drop-in for some Pickleball action, get some great exercise, and have some fun! All levels and abilities are welcome. If you would like to rent a paddle for the season, you may. Paddles will not be provided otherwise. You must register for the whole season, no matter how many weeks you attend.



Dates: Mondays, September 13 – November 22  
(no meeting 10/11)

Time: 5:30 – 8:30 p.m.

Location: PES Gym

Fee: \$20 + \$10 paddle rental

### Adult Rec Basketball Open Gym

Play pickup basketball and stay in shape year-round. You will need to register at the beginning of each season: Fall, Winter and Spring. *You must be pre-registered with Community Programs. NO Drop-Ins.*

Dates: September 12 – November 21

Fee: \$20 per session

Day	Time	Location
Sunday	6:15 – 8:00 p.m.	DCS Gym
Sunday	7:00 – 9:00 p.m.	FMS Gym

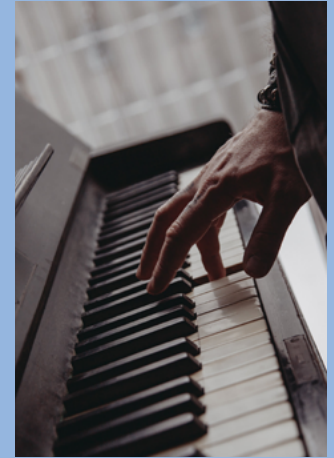


### Instructors Needed!

Do you have a skill or talent you'd like to share with other adults or with the youth of RSU5? We are always looking for new offerings and new instructors. We have been able to hold on to some of instructors over the years, but there's always a certain amount of turnover. People move out of town, move on to more demanding careers, become new parents—You name it, we've seen it.

Maybe this pandemic has given you a chance to rediscover an old hobby that you want to share with the community. Maybe your kids have gone away to school. Maybe you realized you could telecommute and have an extra two hours every day!

Don't just stand by! Please talk to us if you have a skill you'd like to share with others. Our success depends on your participation and support. Reach out to [cp@rsu5.org](mailto:cp@rsu5.org) to start a conversation about how we can put your talents to work in the community!



### Fat Tire Bike Rentals

Have you ever tried out a fat tire bike? RSU5CP has a fleet of bikes that can handle snow, mud, and sand— all three of Maine's seasons! We have bikes in two sizes, and should be able to outfit anyone from 4'8" up to 6'2". You can find rental gear including bikes and, when the weather is appropriate, snow shoes and cross-country skis by clicking the "Rent Gear" icon on our website. Please call if you would like to rent any gear and the link for the season is not active!

Location: Freeport Middle School  
Fee: \$50 per week



### Eagle Island

Discover the history and beauty of Casco Bay aboard the Pamela B. as we venture out to Eagle Island, the summer home of arctic explorer Admiral Robert E. Peary. Peary's 1909 expedition laid claim to being the first to reach the geographic North Pole. We'll learn about Peary and the history of the island, and explore the island's ledges and beaches. Don't miss this opportunity to explore the history and beauty of our backyard in Casco Bay! After we return to Freeport harbor, we hope you'll stay a bit longer for lunch at Harraseeket Lunch & Lobster. Lunch is not included in the cost of the trip. **No refunds issued after August 20.**

Date: Saturday, August 28 (rain date: Sunday, September 5)

Time: 9:00 a.m. – 1:00 p.m. (later with lunch)

Departs: Freeport Community Services

Fee: \$65



### Boothbay Harbor & Cabbage Island Clambake

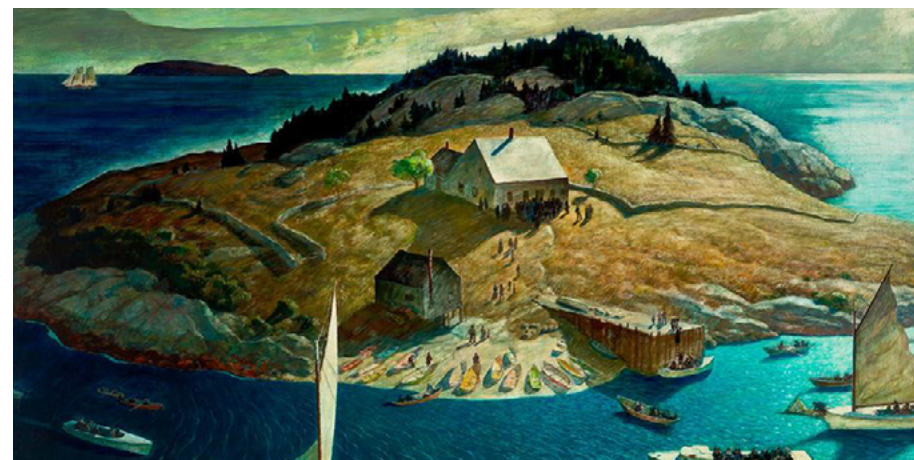
Join us for this late-summer adventure to the Boothbay peninsula. We'll stop by East Boothbay General Store and pick up coffee, tea, and pastries as we enjoy the panoramic ocean views on our way around the scenic shores of Ocean Point. We'll then make our way into Boothbay Harbor village and explore its boutiques and galleries. At 12:30 we'll enjoy a scenic narrated cruise aboard the Bennie Alice as we head out with Cabbage Island Clambakes for a quintessential Maine lobsterbake experience (chicken available for those who don't eat lobster). On the way home we'll make a stop at the gorgeous Boothbay Craft Brewery & Taphouse where we can sample some of Maine's finest beers or other beverages (not included in cost). **No refunds issued after August 24.**

Date: Wednesday, September 8

Time: 8:30 a.m. – 7:00 p.m.

Departs: Freeport Community Services

Fee: \$145



### Wyeth Vistas

Don't miss this chance to immerse yourself in the legacy of Maine's most renowned family of artists! We'll begin our day at The Farnsworth Museum in Rockland, where we'll learn about the lives of N.C., Andrew, and Jamie Wyeth. After lunch, we'll explore the landscapes and seascapes immortalized in three generations of the Wyeths' artwork. We'll explore the Wyeth coastline aboard the Laura B, a refitted and historic 65' heavy duty work boat constructed in 1943 and operated by Monhegan Boat Line (the vessel took fire in the Pacific in WWII!). After we return to the mainland, we'll end our day with a visit to the Wyeth Gallery in Port Clyde. Lunch is not included in the cost of the trip. **No refunds issued after August 31.**

Date: Thursday, September 23

Time: 8:00 a.m. – 7:00 p.m.

Departs: Freeport Community Services

Fee: \$154

#### PLEASE NOTE

- All trips will depart Freeport Community Services (53 Depot Street) promptly at the start time published in the program description.
- With the exception of the Eagle Island trip (just a short van ride away from FCS), all transportation will be provided by a comfortable motorcoach bus equipped with WiFi and a restroom.
- Our trips are designed for active individuals who are comfortable walking across uneven terrain, including docks. Please consider bringing extra layers for changing weather, comfortable walking shoes, rain gear (if weather dictates), sunscreen, bug spray, water & snacks, and motion sickness medication (if needed).
- Registration fees cover all costs inherent to the trips unless otherwise stated in the description.

## Fall Youth Enrichment

### Mad Science of Maine: Energize It! (Grades K–5)

Hop on board the Mad Science express for a high-speed, hands-on science experience guaranteed to energize your mind! Explore the many facets of energy, forces, motion, potions, and yes...slime! Reach for your potential and ramp up your thinking about energy with gadgets, cars, and catapults. Discover how to make objects disappear and reappear as we unravel the mysteries of magic using science. Slide down the colorful pH scale and make liquids bubble, fizz, and pop. Learn the physics of optical illusions and build your very own periscope. Ooze into a gooey hour of sliming around as you discover the slimy properties of your favorite polymer. Act out hot molecule movements and discover some unusual applications of glow-in-the dark technology. Explore forces by making centrifuges, spinning gyroscopes, and building your own center of gravity game to take home. This program is so energizing, even gravity can't keep you down! Put your seat belt on—these energetic classes are going to make you have a blast! **Morse Street Students may ride the bus from school to Mast Landing.**

**Instructor: Mad Science of Maine**

Fee: \$115

Location	Dates	Time
MLS Art Room	Tuesdays, October 12 – December 7	3:30 – 4:30
DCS Art Room	Thursdays, October 14 – December 16 (8 weeks, no classes 11/11, 11/24-11/26)	3:20 – 4:20

### What's Cooking? (Grades 3–6)

Join Morghan Napolitano, part of the Durham Community School's Food Service team, for an introduction to cooking! Kids will get hands-on experience preparing meals and snacks for themselves, from meal planning and preparation to the stove or oven to the table. Students will prepare a snack every day, and learn skills they can apply in your home.

**Instructor: Morghan Napolitano**

Days & Time: Fridays, 3:15 – 4:30 p.m.

Location: DCS Kitchen & Cafeteria



Class	Dates	Fee
Early Fall	September 10 – October 22 (no class 10/8)	\$80
Late Fall	October 29 – December 17 (no class 11/12 or 11/26)	\$80

### Maine Nature Art: Paint & Draw (Grades K–5)

Welcome back to school! We will paint and draw for the first session of Maine Nature Art, using colored pencils, pastels, acrylic and watercolor paint, and plenty of creativity. Come join in the fun after school—bring a snack, water bottle and imagination as we create our works of art with a “Maine flair” to them.

**Instructor: Sarah Cass**

Location	Dates	Time	Fee
DCS (K-5)	Mondays, September 20 – October 18 (no class 10/11)	3:20 – 4:30	\$65
MSS (K-2)	Tuesdays, September 21 – October 12	3:15 – 4:30	\$65
MLS (K-5)	Thursdays, September 23 – October 14	3:25 – 4:30	\$65

### Maine Nature Art: Fall in Maine (Grades K–5)

Woodworking, pumpkins, fall leaves and Halloween will inspire this session of art. Kids will sand and hammer nails, macrame and make things built with nature. Come join in and bring a snack, water bottle, and imagination inspired by Fall in Maine.

**Instructor: Sarah Cass**



Location	Dates	Time	Fee
DCS (K-5)	Mondays, October 25 – November 15	3:20 – 4:30	\$65
MSS (K-2)	Tuesdays, October 26 – November 16	3:15 – 4:30	\$65
MLS (K-5)	Thursdays, October 21 – November 18 (no class 11/11)	3:25 – 4:30	\$65

### Sew Wicked Fun (Grades 4–5)

Learn basic sewing skills or improve your skills while making fun projects like bags, banners, and more! We will both hand and machine-stitch while exploring the art of sewing. We always have NEW projects if you have already taken our class.

**Instructor: Lori Maxham of Cottonweeds**

Time: 3:30 – 4:45 p.m.

Dates: Wednesdays, October 13 – November 17

Grades: 4 – 5

Location: MLS Room TBA

Fee: \$70

### Top Rockers Hip Hop Dance Crew (Grades K–5)

Join us to learn beginning jazz and hip hop dance moves, conditioning and improvisation. Get ready to have fun and work hard as we move to the beat! Age appropriate music will be used for all sessions. *Please send your dancer with comfortable, flexible clothes (no jeans) and sneakers. The last day of class there will be a parent showcase, in-person if possible, or broadcast live on Zoom.*

**Instructor:** Kate Andreu

Time: 3:20 – 4:30 p.m.

Location: Durham Community School Gym / Mast Landing School Gym

Class	Dates	Fee
DCS Fall	Tuesdays, September 14 – October 26	\$75
MLS Fall	Fridays, September 10 – October 29 (no class 10/8)	\$75



### Tiny Tappy Toes Dance Combo (Ages 3–5)

Learn basic ballet, tap and creative movement steps. Dance teaches self confidence, balance, and coordination and keeps a child's mind and body working together. Bring a pair of socks or flexible shoes and dress shoes (for tap technique) to every class. Ballet and tap shoes are recommended but not required. *Please send your dancer with comfortable flexible clothes: not jeans. The last day of class there will be a parent showcase, in-person if possible, or broadcast live on Zoom.*

**Instructor:** Kate Andreu

Dates: Fridays, September 10 – October 29 (no class 10/8)

Time: 4:30 – 5:15 p.m.

Location: Mast Landing School Gym

Fee: \$75

### Little Falcons & Tiny Tigers (Ages 3–5)

Little Falcons (at Freeport's Hunter Road Fields) & Tiny Tigers (at Durham Community School) Soccer Saturdays are full of fun! We'll work on developing soccer skills including dribbling, passing and foot/eye coordination. Participants will be divided by age/ability and also play small sided games. Program emphasis will be on having fun, exercise and parent/child interaction. Includes program t-shirt and end of season award. **Parent volunteers are needed to assist with this program.**

Dates: Saturdays, September 4 – October 9  
Fee: \$55

Location	Time
Hunter Road Field	8:30 – 9:15 a.m.
DCS	10:30 – 11:15 a.m.



### Fall Soccer League (Grades 1–6)

The RSU5 Community Programs Fall Soccer League is designed for children to learn, develop, and enhance their overall skills while having fun and gaining experience on the field and as part of a team. Participants will play games on Saturday mornings and participate in one practice during the week. Practice days/times are TBD and will likely begin the week of August 30. Once teams are finalized a coach will contact you. If you have a specific day or time that you CANNOT practice, please indicate this when signing up. In an effort to create balanced teams, we cannot accommodate all specific team/coach requests.

When you register, you will be asked where you would prefer to practice. You may choose either Durham or Freeport, and we will do all that we can to place your child on a team that practices in that town. **Early registration and parent volunteers are integral to making sure we can accommodate all players and their requests.**

Grade 1–4 teams will play at least half of their six games in the town in which they practice. Games last about an hour. Grade 5/6 game locations may include surrounding towns.

Dates: One weekday & Saturday morning, September 4 – October 9

Times: Practice times vary by team. Games are played Saturday morning.

Location: Hunter Road Field / Durham Community School / TBA

Fee: \$55

### Harraseeket Harriers Running Club (Ages 6–12)

The focus of this program is to promote running as a fun, group-oriented activity that is a great way to stay healthy. "Fun Run Meets" will be scheduled with surrounding communities. Practices will run Mondays and the first Wednesday, with meets held each successive Wednesday. **Practices will be canceled in the event of rain.** Younger runners in Freeport may ride their usual bus from Morse Street School to Mast Landing. Bus transportation will be provided TO meet locations ONLY. Parents must pick up runners from meets. Running shoes or sneakers are required, as is attire appropriate for the weather. **Parent Volunteers Needed: In order to provide adequate programming for our youth, we need the help of parent volunteers. Please help us continue our tradition of offering this quality program by volunteering to help.**

Dates: Mondays & Wednesdays, September 13 – October 18 (no class 10/11)  
Time & Location: 3:15 – 4:30 at DCS; 3:25 – 4:30 at MLS  
Fee: \$70

Meet Location	Date	Time
Mitchell Field, Harpswell	Wednesday, September 22	4:15 – 5:30
DCS Tiger Trails, Durham	Wednesday, September 29	4:15 – 5:30
Brunswick Junior High School	Wednesday, October 6	4:15 – 5:30
Pownal Elementary School	Wednesday, October 13	4:15 – 5:30
Twin Brook, Cumberland	Saturday, October 16	1:00 – 5:00

### Tae Kwon Do Dragons (Grade 2 and up)

Tae Kwon Do is a great way to become physically and mentally fit while having fun. Learn valuable life long skills – respect, self-confidence, and courage, all while practicing self-defense techniques. Great introduction to the martial arts while incorporating fun games and drills. Free uniform for your first session!

**Instructors: Jake Daniele, Steve Day & Donald Cyr**

Times: Beginner: 5:30 – 6:15 p.m.; Intermediate: 6:30 – 7:15 p.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Fall	Thursdays, September 9 – November 4	\$85
Fall/Winter	Thursdays, November 11 – January 27 (no class 11/25, 12/23 or 12/30)	\$85

#### Sponsor a Team Today!

We rely on sponsorships from local businesses to keep our programs affordable. If your business would like to sponsor a sports team or any other program for as little as \$325, please write to us at [cp@rsu5.org](mailto:cp@rsu5.org).



### Falcon Cheer Clinics (Grades 1–8)

This is the perfect introductory level program for cheerleaders wanting to brush up or perfect basic skills, or athletes that have never cheered before. This class will focus on cheer skills: proper stunting and tumbling techniques, jumping, motions and conditioning. Led by Freeport High School's Varsity Cheer Coach and Junior Coaches.

**Instructor: Cassandra Croteau**

Dates: Wednesdays,  
September 22 – October 20  
Time: 5:00 – 6:00 p.m., grades 1–5;  
6:00 – 7:00 p.m., grades 6–8  
Location: FHS Band Room  
Fee: \$45



### Falcon Field Hockey Clinic (Grades K–6)

Join the Freeport High School coaching staff and members of the 2021 team to learn and improve your field hockey skills. All levels are welcome. Basic skills will be taught and reinforced, along with small game play strategies and tactics. Weekends may include scrimmages with local teams. *Shin guards, sticks, eye goggles, and mouth guards required. Program is split K–2 & 3–6.*

**Instructor: Marcia Wood**

Dates: Tuesdays & Saturdays, September 7 – October 9  
(meet on Wednesday instead 9/21-22 and 10/5-6; no meeting 10/2)  
Time: 5:30 – 6:30 p.m., Tuesdays; 8:00 – 9:00 a.m., Saturdays  
Location: JBS Track & Field, FHS  
Fee: \$80

### Knuckleheads Flag Football (Grades 2–6)

Start your weekend off right with Flag Football right in Durham! Every Friday after school we'll meet for an hour of warm-ups, football drills, and a scrimmage at Durham Community School. We're looking for boys and girls who are ready to PLAY! No previous skills or knowledge are required, but there is a lot of running and exercise included. Sign up by September 27th to receive a Durham Knuckleheads shirt. Participants should wear sneakers or cleats (no metal), dress for the weather, and bring a water bottle. Program underwritten by Aroma Joe's. Space is limited.

**Instructor: Rich George**

Dates: Fridays, October 15 – November 19  
(no class 11/12)  
Time: 3:20 – 4:30 p.m.  
Location: DCS Fields  
Fee: \$15



### Fall Tennis (Grades 6–8)

We're bringing tennis back for RSU5 middle-schoolers! This fun and instructional tennis program is for all students with an interest in the game of tennis. Sessions will emphasize fundamentals and mechanics, and is a fun way to learn the game or to sharpen skills. Fourteen sessions over seven weeks will include multiple competitive opportunities against other local middle school programs. Meeting times are subject to change.

**Instructor: Jay Harper**

Dates: Tuesdays and Thursdays,

September 7 – October 21

Time: 2:45 – 4:15 p.m. or later for meets

Location: FHS Tennis courts/Meets TBA

Fee: \$95



### Falcon Fall Baseball Clinic (Grades 3–6)

Join the FHS Varsity Baseball coaching staff and players in these 90-minute sessions and work on specific skills needed to become quality baseball players. The skills and drills offered relate to proper pitching, hitting, and fielding mechanics. We will get as many repetitions as possible while keeping a focus on proper technique and fundamentals.

**Instructor: FHS Varsity Coach Steve Shukie and players**

Dates: Sundays, November 7 – December 19 (no class 11/28)

Time: 9:30 – 11:00 a.m.

Location: FMS Gym

Fee: \$80



### Where is Basketball?

This catalog covers programs that begin before Thanksgiving. Our next catalog (published in early November) will have all of your favorite rec basketball programs for grades K–6, which will begin in December.

If you are looking for Travel Basketball for grades 5–6, check our website. In August and September you can sign up for an informational program so that any updates about the Maine Summit League will be sent directly to your inbox. Right now, the league isn't sure of start dates or format, so it's hard for us to guess what to write here. Register for free today so we can gauge interest and keep you up to date!

Unfortunately, there will be no 7–8 travel league sponsored by recreation programs in the state for the foreseeable future. We encourage all kids this age to join their DCS or FMS teams!

## Fall Teen Programs

### Teen Treks (Grades 6–12)

Learn to improve your ability to communicate and cooperate while building confidence and having fun outdoors. Focusing on being part of a team, listening to others, and contributing to meaningful decisions are the hallmarks of a productive citizen, and fostering good citizenship is our goal. This fall, the program returns to Wednesday afternoons. Please register for the whole season, so we can all get to know each other!

**Instructor: Chris Guerette**

Dates: Wednesdays, September 8 – November 17

Time: 2:30 – 4:30 p.m.

Location: The PORT

Fee: FREE



### Unplugged: The Board Game Revolution (Grades 6–12)

Join the Board Game Revolution every Tuesday. Each week we will play a new game that redefines what a board game actually is. We will also visit classic games that have influenced generations of designers.

**Instructor: Chris Guerette**

Dates: Thursdays, September 9 – November 18

(no program 11/11)

Location: The PORT

Fee: FREE



### Driver Education (Ages 15+)

Roy's Driver & Rider Education is offering hybrid online and in-person classes at Freeport High School. Roy's follows all CDC and DECD guidelines as well as any requirements set forth by Bureau of Motor Vehicles. All students are required to wear a mask during class and driving as well as socially distance at all times when not seated. Please call or email for dates. Registration is directly through Roy's Driver & Rider Education at [www.roysdriving.com](http://www.roysdriving.com) or at (207) 784-6245.

Fall evening classes begin September 13, October 12 and November 1.  
All students must be at least 15 years old at the time of the first class.

## Laugh & Learn

Dear Families,

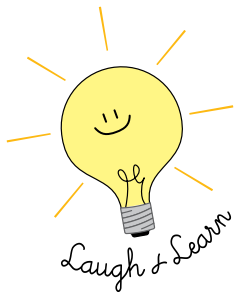
Laugh & Learn aims to provide high quality childcare to serve families' childcare needs beyond the school day. We offer full-day and half-day preschool and before and after care options. Our preschool program is rooted in embedded literacy, numeracy, and a thoughtful and child-centered curriculum. The day combines structured activities, free play, and outside play opportunities.

We offer before and after care at Morse Street and Durham Community School. We provide free play, structured activities, outside time, and healthy snack options.

For the 2021-2022 school year, we will be combining our Morse Street and Mast Landing Before and After Care (K-5) programs at Morse Street School. There will be bus transportation from Morse Street to Mast Landing at the start of the day and back to Morse Street at the end of the day. Here's to a great new school year!

Leah Campbell  
Childhood Education Coordinator

For more information call or visit [rsu5cp.org](http://rsu5cp.org) or call 207-865-6171. ext. 326



### Preschool Programs

Ages: 3 – 5 yrs

Location: Mast Landing School

Options (2 day minimum):

Morning Half Day: 8:30 – 11:30 a.m.

Afternoon Half Day: 11:30 – 3:00 p.m.

Full Day: 8:30 – 3:00 p.m.

Before Care: 7:00 – 8:30 a.m.

After Care: 3:00 – 5:30 p.m.

\*Bus transportation available between Public Pre-K and Before and After Care

### Before and After Care Programs

Locations: Durham Community School & Morse Street School

Ages: DCS: Pre-K – 5th grade

MSS: K – 5th grade (bus to/from MLS available)

Options (2 day minimum):

Before Care: 7:00 a.m. – start of school day

After Care: End of school day – 5:30 p.m.



### Great Osprey 10K Ocean Run Saturday, October 30, 10 a.m.

Join us for the 39th running of this historic race! Challenge yourself on one of Maine's premier 10K road races! Enjoy the scenery and coastal Maine's fresh salt air on this USTAF approved course. Prizes are awarded to the chip-timed top finishers in various age categories. All race proceeds benefit the RSU5CP Scholarship Fund, helping youth and adults to participate in community programs. Race will be held rain or shine. If race is canceled due to extreme weather conditions, refunds will not be issued. Parking is limited so be sure to arrive early!



Register at [Running4Free.com](http://Running4Free.com)

### Join us for Community Movie Nights!

Park in your vehicle and enjoy a night out drive-in-style, or sit outside with your chairs and blankets. Movies begin as soon after sundown as possible. Indoor restrooms are available. For more information, visit [rsu5cp.org](http://rsu5cp.org) and click on the DRIVE-IN icon. See you there!



Thursday, August 12 at FCS - Black Panther (2018, PG13)

Thursday, August 26 at FCS - Despicable Me (2010, PG)

Thursday, September 9 at FCS - The Farewell (2019, PG)

Thursday, September 23 at FCS - Little Women (2019, PG)

Friday, September 23 at PES - Soul (2020, PG)

Saturday, October 30 at DCS - Coco (2017, PG)



Many thanks to our friends at Mortgage Network, Inc., the sponsor for our inaugural movie series.



## **RSU5 Community Programs**

17 West Street  
Freeport, Maine 04032

### **Office Hours**

Monday – Friday  
7:30 a.m. – 4:00 p.m.

### **Website**

[www.rsu5cp.org](http://www.rsu5cp.org)

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### **Telephone Numbers**

Community Programs  
207-865-6171

Recreation  
207-865-6171 x325

Adult Education  
207-865-6171 x322

Childhood Education/Laugh & Learn  
207-865-6171 x326

RSU5 Central office  
207-865-0928