



Durham • Freeport • Pownal

# Community Programs



**November 2021 – February 2022**



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

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### Address

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

### Abbr.

### 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

**Peter Wagner**, Director  
*wagnerp@rsu5.org*

**Chris Guerette**, Recreation Coordinator  
*guerettec@rsu5.org*

**Leah Campbell**, Childhood Ed. Coord.  
*campbelll@rsu5.org*

**Katy Bizier**, Adult Education Coordinator  
*bizierk@rsu5.org*

**Cara Olfene**, Office Coordinator  
*olfenec@rsu5.org*

**Ciprian Marinut**, Rec. Program Assistant  
*marinutc@rsu5.org*

Dear Friends and Neighbors--

Thank you for taking a look into the many programs that RSU5 Community Programs has planned for November through February. Some of our most popular offerings are found in our winter catalogs, and I hope you'll spend some time with this publication to find both our tried-and-true standbys and brand new programs alike.

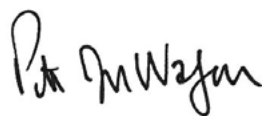
As has been the case all year long, our youth programming has been knocking it out of the park. And with the anticipated November 2021 rollout of Covid vaccinations for all school-aged children we're looking forward to a year ahead that resembles normal even more so than 2021. The winter catalog is full of great recreation opportunities for young participants, from basketball leagues to family-friendly winter fun days to the ever-in-demand programs with Miss Gee. We're also offering a full range of enrichment classes, including nature-based art with Sarah Cass, Mad Science, and a cooking class for young chefs. You can browse the many fun activities for children on pages 14–21.

Our Laugh & Learn programs are running full-throttle, and our Adult Education Learning Lab is humming along as well. If you or anyone you know could benefit from our Adult Education offerings—particularly English instruction for New Mainers and our HiSET classroom for those looking to earn their high school equivalency degree—please help us connect. You can find more detail about those important programs on pages 5–6.

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,

A handwritten signature in black ink, appearing to read "Peter Wagner". The signature is fluid and cursive, with a large initial "P" and "W".

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 and additional 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 if you withdraw at least three business days prior to first class.
- 50% Refund if you withdraw before 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.
- Please note that for programs including contracted services, such as trips, refunds will not be issued.

### 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.

## Adult Enrichment

### Writing Workshops

Join certified editor, Valerie Carpentier, and hone your writing skills during one or all of her writing workshops. Each session will be broken into thirty minute periods: direct instruction, practicing the skill, free writing, and sharing/group feedback. (Sharing is optional!) **For individual session descriptions, please visit [rsu5cp.org](http://rsu5cp.org)**

**NEW!**

**Instructor: Valerie Carpentier**

Days: Tuesdays

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102



#### Session

Making Writing a Habit\*

First Chapter Dos/Don'ts & Revising vs. Editing

Writing Dialogue & Emotion

Fiction Workshop – Refining your Manuscript

#### Date

January 11

January 18

January 25

February 1

#### Fee

\$65

\$65

\$65

\$65

***\*The first session is a prerequisite for all following sessions.***



## Substitute Teacher Training

Consider becoming a substitute teacher in the RSU5 schools! Help out your community by filling an important need and making money at the same time, while working on your schedule. Two experienced RSU5 teachers will explain the entire substitute teaching process in detail and share their time-tested hints for success in the classroom.

**Instructors: Diane Whitmore & Heather Zachau**

Date: December 9 OR December 14

Time: 6:00 – 8:00 p.m.

Location: MLS Room 37

Fee: FREE!

**NEW!**

## Holiday Acrylic Paint Night

Enjoy an evening of fun, learning painting strokes and blending techniques to create your own holiday inspired painting! All materials will be provided. You may bring your own beverages to this event. Please drink responsibly!

**Instructor: Sarah Cass**

Date: Tuesday, November 30

Time: 6:30 – 8:00 p.m.

Location: Freeport Community Services

Fee: \$35



## Holiday Arrangements & Wreaths

Create a living arrangement for the holidays! Discover how to create a gorgeous, long-lasting arrangement. Learn different types of greens and how to cut them! Decorate with bows, and natural decorations! Materials will be provided, or you may bring your own. We will have festive music and holiday cookies!

**Instructor: Sarah Cass**

Date: Thursday, December 2

Time: 6:30 – 8:00 p.m.

Location: FHS Art Room

Fee: \$40

## Holiday Driftwood Trees with Chris Toy

Join Chris Toy for a night of holiday cheer, and create your own holiday themed tree out of driftwood! Materials will be provided, but feel free to bring your own.

**Instructor: Chris Toy**

Date: Thursday, December 9

Time: 5:30 – 7:30 p.m.

Location: FHS Art Room

Fee: \$35

**NEW!**



## Introduction to 3D Printing

Do you have an idea, but are unsure how to bring it into the world? Are you an inventor or artist looking for a new medium? A maker? A robot builder? A cosplayer? 3D printing can help transform your ideas into reality! In this course we will learn how 3D printing works, how to pick the right printer for your projects, and how to get from concept to finished piece. No experience needed!

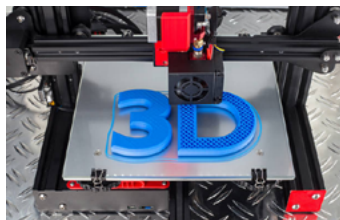
**Instructor: Shane Kirk**

Date: Thursday, December 9

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$45



## Makeup Techniques for Your Features

Do you avoid wearing makeup because you don't like looking "made up"? Have your features changed with time and you're not sure what to do? Come learn easy makeup tips that give you an enhanced, natural appearance! Together with the instructor and classmates, you will identify your face, eye and lip shapes then learn easy application techniques for your features. **Students are required to bring makeup to apply during class along with a small mirror.**

**Instructor: Candace Sanborn**

Date: Thursday, December 2

Time: 6:00 – 8:30 p.m.

Location: FHS 102

## Beautiful You: Color & Clothing

What colors bring out the best in you? Learn to select clothing colors that flatter your skin, hair and eye coloring. In this interactive class, you'll be draped in shades of different colors to demonstrate how choosing the right and wrong shades of colors impacts your appearance. You'll learn if you're warmer or cooler in coloring and receive guidelines for clothing colors as well as eye shadows, blush and lipsticks that harmonize with your features. You'll soon be rethinking the colors you wear – from clothes, to jewelry, to makeup!

**Instructor: Candace Sanborn**

Date: Tuesday, February 1

Time: 5:30 – 8:00 p.m.

Location: FHS Room 103

Fee: \$40





## Exploring Fermentation: History, Health & How to Do It!

If you're interested in learning about the history and benefits of fermented eating and drink, as well as learning how to make some fermented foods on your own, then this is the class for you! Fermentation is one of the foundation building blocks of human eating, and therefore of human life. For thousands and thousands of years, humans have been using fermentation as a way to preserve and flavor their food and drink, as well as make them more nutritious. Did you know chocolate, yogurt, coffee, and olives are fermented? By the end of this four session class, you will know more about this extraordinary way of eating, and leave with your own versions of three different fermented foods!

### Instructor: Alexander Toole

Dates: January 5 – February 2 (no class January 12)

Time: 5:30 – 7:30 p.m.

Location: FCS Kitchen

Fee: \$65

**NEW!**

## Ramen Made Simple!

This class deserves an encore! We are bringing back cookbook author and instructor Chris Toy for a second round of a very popular evening of “Ramen Made Simple.” In this class you will 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 and a copy of Chris’ book “Ramen Made Simple.” Bring containers for leftovers!

### Instructor: Chris Toy

Date: Wednesday, January 12

Time: 5:30 – 7:30 p.m.

Location: FMS Kitchen

Fee: \$55



## Top 10 Wines for Under \$13

Join Bow Street Market’s wine expert Paula Truman as she explores the best wines for under \$13! In this class, you will taste wines from around the world, both red and white. Notes about each wine will be available, and tasty refreshments will be provided!



### Instructor: Paula Truman, Bow Street Market

Date: Wednesday, January 19

Time: 6:00 – 7:30 p.m.

Location: Freeport Community Services

Fee: \$35

**NEW!**

## **Pinot Noir from Around the World**

Not all wines are the same. Dirt matters! In this class you will discuss climate, soil structure, and taste of the ever delightful and delicious pinot noir grape. This grape likes to break the rules, and why not?! Come join Bow Street Market's wine expert, Paula Truman, for a fun night of wine tasting and tasty refreshments!

**Instructor: Paula Truman, Bow Street Market**

Date: Wednesday, February 16

Time: 6:00 – 7:30 p.m.

Location: Freeport Community Services

Fee: \$40

## **Registered Maine Guide Training**

In this blended learning class, you will have an online textbook and live weekly online sessions. The focus is on learning how to guide and therefore learn or enhance what skills and knowledge you bring to the course. You will learn to be a Registered Maine Guide for the specialties of Recreation, Fishing, Hunting, Sea Kayaking, or Tidewater Fishing. You must choose a specialty to test with Maine Inland Fisheries and Wildlife. There will be 10 three-hour online classes, 5 mini online classes, at least 35 hours of homework, and at least two optional (but highly suggested) separate-fee, all-day skills workshops. This course does not include the following also needed to test to become a Registered Maine Guide: fingerprint background check, first aid and CPR certification, and specialty IF&W test application fee. Students need access to a device with video capabilities, a printer, and 2-degree baseplate compass.

**Instructor: Alice Bean Andrenyak**

Dates: Tuesdays, January 18 – March 22

Time: 6:00 – 9:00 p.m.

Location: Zoom Hybrid Class

Fee: \$500

## **Fly Tying for Beginners**

This is a class designed to teach students the basic skills and techniques needed for discovering the exciting world of fly tying. There is nothing more gratifying than catching a fish on a fly you hand tied. All equipment and material will be provided, but students should bring any vices and tools they may have.

**Instructor: Kevin Karnes**

Dates: Thursdays, February 3 – 24

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$25



## Winter Survival Skills

During this one-day outside workshop, you will be wearing snowshoes while improving your skills with compasses (taking and following bearings), fire building, cooking using various techniques, shelter building, and how to search for a separated group member and handling some possible first aid issues. This workshop is designed for those with some knowledge, who will be leading family members or small groups in the colder weather outdoors, or preparing to become a Registered Maine Guide.

**Instructor: Alice Bean Andrenyak**

Date: Saturday, February 12

Time: 8:15 a.m. – 5:15 p.m.

Location: TBA

Fee: \$75



## Fat-Tire Bicycles 101

In this two part workshop led by Erik daSilva of the Bicycle Coalition of Maine, you will learn everything you need to know before heading out for a guided fat bike adventure on the snowy trails. Part one will be a virtual meeting with Erik to go over basic information about fat-tire bikes, safety, and prep for your ride. During part two, you will join Erik for a two-hour fat bike riding session through the trails of Pineland Farms. More detailed information can be found at [rsu5cp.org](http://rsu5cp.org). **Participants should be confident riding their bikes on narrow trails during summer conditions and will need to supply their own winter clothing and footwear.**

**Instructor: Erik DaSilva, Bicycle Coalition of Maine**

Dates/Times: Part 1: Tuesday, February 15, 6:00 – 7:00 p.m. (Virtual)

Part 2: Saturday, February 19, 9:00 – 11:00 a.m. (Pineland Farms)

Fees: Class Only: \$15\*

Class w/Fat-Tire Bike & Helmet Rental: \$30

*\*You may to rent a bike for longer and pay the base fee (see inside back cover)*



## **Mah Jong For Beginners**

Learn to play “Hong Kong” or “Asian” style Mah Jong (which differs from “American” style). Our instructor has been playing for 60 years, has taught dozens of people to play, and plays regularly in several groups. We’ll play three-hour sessions once a week for three weeks on Sunday afternoons. If Sundays don’t work for you, reach out to Nancy at [ncfarrand@gmail.com](mailto:ncfarrand@gmail.com), and we will try to find a time that works for at least three students. Once we have a group of players who know how to play, we’ll set up regular sessions for intermediate players!

**Instructor: Nancy Farrand**

Dates: Sundays, January 23 – February 6

Time: 2:00 p.m. – 5:00 p.m.

Location: The PORT at FCS

Fee: \$110

**NEW!**



## **Adult Fitness**

### **21-Day Primal Challenge**

Through this challenge, your certified Primal Health Coaches, Jessica and Vickie, will be supporting and guiding you to create a life of maximum vitality using nutrition and fitness strategies based on scientifically validated ancestral health principles. The Primal approach brings wellness back to the basics - eating, moving, living, playing, and thriving as our bodies were designed for. Once you are registered for the challenge, you will be invited to a private Facebook group where information will be posted and dispersed throughout the week. Weekly check-in will take place on Tuesday nights.

**Instructor: The Tribal Sisters**

Challenge Dates: January 3 – January 24

Check-in Meetings: Tuesdays, January 4 – 18, 6:30 p.m.

Location: Virtual

Fee: \$125



**NEW!**

## 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

<b>Class</b>	<b>Dates</b>	<b>Fee</b>
<b>Fall/Winter</b>	Thursdays, November 11 – January 27	\$85
<b>Winter</b>	Thursdays, February 3 – April 7 (no class 11/25, 12/23, 12/30 or 2/24)	\$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, November 22 – February 14  
(no meeting 12/27 or 1/17)

Time: 6:00 – 8:00 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: November 28 – February 13  
(no meeting 12/26)

Fee: \$20 per session

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

## Youth Enrichment

### Mad Science of Maine: Innovation Nation (Grades K-5)

Come blast off with us as we inspire your inner innovator! Embark upon a quest for alternative energy, explore the planet's atmosphere, learn about robots, hop on board the chemistry express, get charged up about current electricity, experiment with lasers, learn the principles of radar technology, and so much more! ***Morse Street students may ride the bus from school to Mast Landing. Classes held at Morse Street are K-2 only.***

**Instructor:** Mad Science of Maine

**Fee:** \$115

**NEW!**

<b>Location</b>	<b>Dates</b>	<b>Time</b>
<b>MLS Art Room</b>	Mondays, January 10 – March 14	3:30 – 4:30
<b>MSS Learning Cottage</b>	Tuesdays, January 11 – March 8	3:20 – 4:20
<b>DCS Art Room</b>	Thursdays, January 13 – March 10 (8 weeks, no classes 1/7, 2/21-2/24)	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 at home.

**Instructor:** Morghan Napolitano

**Time:** 3:15 – 4:30 p.m.

**Dates:** Fridays, January 7 – February 18  
(no class 2/4)

**Location:** DCS Kitchen & Cafeteria

**Fee:** \$80



### Maine Nature Art: Holiday Craft Session

Bring your Holiday Spirit and creativity for an hour of festivity and ornament making. We will be creating painted wood slice ornaments with twine hangers and decorative ribbon, etc. Participants will be given a box to wrap their ornaments in to give as gifts and make handmade tags. Come join the fun!

**Instructor:** Sarah Cass

<b>Location</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>
<b>DCS (K-5)</b>	Monday, December 6	3:20 – 4:30	\$15
<b>MLS (K-5)</b>	Thursday, December 9	3:25 – 4:30	\$15



## Maine Nature Art: Winter Bliss (Grades K-5)

In this class we will focus on woodworking, painting and clay, drawing inspiration from the winter animals and activities unique to Maine. Come join in and bring a snack, water bottle, and imagination!



**Instructor: Sarah Cass**

<b>Location</b>	<b>Dates</b>	<b>Time</b>	<b>Fee</b>
<b>DCS (K-5)</b>	Mondays, January 3– 31	3:20 – 4:30	\$65
<b>MSS (K-2)</b>	Wednesdays, January 5 – 26	3:15 – 4:30	\$65
<b>MLS (K-5)</b>	Thursdays, January 6 – 27 (no class 1/17)	3:25 – 4:30	\$65

## Babysitter's Training with Child and Infant CPR (Ages 11+)

This fun, interactive course teaches infant & child CPR along with safety skills so you can prevent and respond to emergencies. Participants will learn how to perform first aid and get professional medical help, identify common safety hazards and prevent injuries, supervise infants through school age children, and perform basic routines such as diapering, feeding, and dressing. Gain the skills and confidence you need to be a great babysitter. **Must attend all classes to gain certification.**

**Instructor: Steve Schulz**

Dates: Thursdays, January 6 – February 3

Time: 2:30 – 5:00 p.m.

Location: FMS Room 106

Fee: \$115

## Fundamentals of Chess (Grades 2-5)

Have you ever wanted to learn how to play chess? Do you play and want to enjoy a little competition each week? Join us each week as we learn to sharpen our skills in the Game of Kings, from the basics to advanced strategies.

**Instructor: Ciprian Marinut**

Times: 3:20 – 4:30 p.m.

Locations: DCS Library/MLS Activity Room

<b>Session</b>	<b>Dates (5 meetings)</b>	<b>Fee</b>
<b>DCS Fall/Winter</b>	Wednesdays, December 1 – January 12	\$40
<b>MLS Fall/Winter</b>	Thursdays, December 2 – January 13	\$40
<b>DCS Winter</b>	Wednesdays, January 19 – February 16	\$40
<b>MLS Winter</b>	Thursdays, January 20 – February 17 (no classes December 22 – 30)	\$40

## **Gee's Game Hour (Grades K-5)**

Don't miss this popular winter program. Participants will play a variety of games (both physical & mental) including competitive, cooperative, card, and board games. The hour is designed to bring back the art of PLAY so kids can develop through games.

**Instructor: Pam Gee**

Locations: MSS Learning Cottage North/MLS Gym

Fee: \$40

<b>Session</b>	<b>Dates</b>	<b>Times</b>
<b>GGH1 MSS (K-2)</b>	Mondays, November 29 – December 20	3:15 – 4:30 p.m.
<b>GGH1 MLS (3-5)</b>	Wednesdays, December 1 – 22	3:25 – 4:30 p.m.
<b>GGH2 MSS (K-2)</b>	Mondays, January 3 – 31	3:15 – 4:30 p.m.
<b>GGH2 MLS (3-5)</b>	Wednesdays, January 5 – February 26 (no class 1/17)	3:25 – 4:30 p.m.

## **Gee's Grab Bag Hour (Grades K-2)**

This program will offer a sampling of the Best Bits from previous Gee Programs. Each week, participants will giggle, play, cooperate and dance. A great introduction to Gee programming and a perfect fit for kids who love variety and making new friends. All participants will take home a "grab bag" after the final session.

**Instructor: Pam Gee**

Dates: Thursdays, January 6 – 27

Time: 3:15 – 4:30 p.m.

Location: MSS Learning Cottage North

Fee: \$40

**NEW!**

## **Funk & Flow Fridays (Grades K-3)**

Explore jazz, contemporary, modern, and ballet influences of movement through a one hour dance class with Miss Sara. If your student loves to move and groove, they will learn how different styles of dance can work together to make something unique and exciting! Students will work on their sense of rhythm, energy, and stage presence as they develop dance technique grounded in jazz and ballet principles.

**Instructor: Sara Handspicker**

Dates: Fridays, December 3 – January 14 (no class 12/24-31)

Time: 4:30 – 5:30 p.m.

Location: MLS Gym

Fee: \$45

**NEW!**

### 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 and  
FHS Cheerleading Alumnae**

Dates: Wednesdays,

November 24 – December 29

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



### Physical Extracurriculars [Phys. Ex.] (Grades 3–5)

We will play a different team gym sport every week. Sports may include Floor Hockey, Pickleball, Kickball, Futsal, Volleyball, and others. Teamwork and sportsmanship will be emphasized.

**Instructor: Ciprian Marinut**

Dates: Tuesdays, November 30 – January 4

(no class 12/28)

Time: 3:30 – 4:30 p.m.

Grades: 3 – 5

Location: MLS Gym

Fee: \$35

### 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 FHS players**

Dates: Sundays, November 7 – December 19

(no class 11/28)

Time: 9:30 – 11:00 a.m.

Location: FMS Gym

Fee: \$80

## **Rec Basketball League (Grades 3–6)**

Through practice, clinics, and games, this local league promotes a safe, recreational basketball program for youth in grades 3 – 6 throughout RSU5. Focus is on sportsmanship, developing strong playing skills, and promoting friendly relationships among the players, coaches, referees, and parents.

Teams will practice once during the week in the evening, and have a Saturday morning game. Games will be held at Durham Community School, Freeport High School, or at Brunswick Landing at the Brunswick Recreation Center or Landing YMCA. **Parent coaches and assistants are needed in order to run this program.**

When you register, you will be asked where you would prefer to practice. You may choose either Durham/Pownal (Pownal Elementary School with home games at DCS) or Freeport (Mast Landing School with home games at FHS), and we will do all that we can to place your child on a team that practices in that town. **Practices begin as soon as November 17. Sign up by November 15 to guarantee a spot.**

Dates: One weekday & Saturday morning,  
December 4 – February 5

Times: Practice times vary by team,

Games are played Saturday mornings

Location: FHS / DCS / TBA

Fee: \$55



## **Travel Basketball: Maine Summit League (Grades 5–6)**

All basketball players in grades 5 and 6 have the opportunity to try out for a travel team. The Maine Summit Basketball League involves teams from surrounding communities and is a competitive program. After players are placed on teams, games and practices will begin in mid-November. Teams will practice twice a week and play games as often as twice a weekend. The league season runs from December to March and all games are on weekends. All players must attend an Evaluation Night on November 4. We will try to make room for as many players as possible, but if we do not have enough coaches, cuts are possible. The 5/6 rec option is open to all players. **Parent coaches and assistants are needed in order to run this program.**

**Sign up by November 4 to guarantee a spot at the mandatory Evaluation Night.** Registration after that date will only be taken if there is room on a team.

Dates: Two weekday practices & one or two weekend games,  
December 4 – March

Evaluation Night: 5:00 p.m. for girls, 6:30 p.m. for boys

Location: Freeport Middle School / TBA

Fee: \$100

### **Gee's Saturday Floor Hockey (Grades K–2)**

This fun weekend program will introduce the skills of dribbling, passing, receiving, shooting, and offensive and defensive team play strategies of floor hockey. Each session will be full of high activity and excitement.

**Instructor: Pam Gee**

Dates: Saturdays, December 4 – 18

Location: MSS Gym

Fee: \$35

**Grade**

**K**

**1**

**2**

**Time**

8:00 – 9:30 a.m.

10:00 – 11:30 a.m.

12:00 – 1:30 p.m.

### **Gee's Saturday Basketball Academy (Grades K–2)**

This is a great introductory program to the game of basketball. Participants will begin to learn the basic fundamentals of the game while developing passing, shooting, and ball handling skills through fun-filled activities and drills.

**Instructor: Pam Gee**

Dates: Saturdays, January 8 – 29

Location: MSS Gym

Fee: \$45

**Grade**

**K**

**1**

**2**

**Time**

8:00 – 9:30 a.m.

10:00 – 11:30 a.m.

12:00 – 1:30 p.m.

### **Little Hoopsters (Grades K–2)**

Looking to get your little one involved in the great game of basketball? Little Hoopsters is the perfect place to start! This co-ed weekend program is aimed at introducing the sport through fun drills and instructional games. Our goal is to give children the opportunity to try the sport in a fun, relaxed environment. Players will participate in fun drills as a group, but will be divided by age for instructional games. **Parent volunteers are needed to assist with this program. If enrollment is high, older kids may start at 9:00.**

Dates: Saturdays, January 8 – February 12

Time: 8:00 – 8:45 a.m.

Location: Durham Community School

Fee: \$55

### **Gee's Saturday Indoor Soccer (Grades K–2)**

Come sharpen your soccer skills while staying active throughout the winter in this weekend program. Players will participate in fun drills and games while working on passing, shooting, dribbling, and more!



**Instructor: Pam Gee**

Dates: Saturdays, February 5 – 26

Location: MSS Gym

Fee: \$45

**Grade**

**K**

**1**

**2**

**Time**

8:00 – 9:30 a.m.

10:00 – 11:30 a.m.

12:00 – 1:30 p.m.

## **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**

Days: Thursdays

Times: Beginner: 5:30 – 6:15 p.m.

Intermediate: 6:30 – 7:15 p.m.

Location: Mast Landing School Gym

<b>Class</b>	<b>Dates</b>	<b>Fee</b>
<b>Fall/Winter</b>	November 11 – January 27	\$85
<b>Winter</b>	February 3 – April 7	\$85
<i>(no class 11/25, 12/23, 12/30 or 2/24)</i>		



## **Snowshoeing Exploration (Grades 3–5)**

Have you seen the quarry during the winter? Get some outdoor exercise and explore the beautiful nature trails behind Mast Landing School while looking for animals and tracks. *Participants must come prepared for the cold conditions (warm coat, hat, gloves, long underwear) and bring a snack. Snowshoes and head lamps will be provided.*

**Instructor: Robin O'Connor or RSU5 staff**

Dates: Tuesdays, January 11 – February 8

Time: 3:30 – 5:00 p.m.

Location: MLS Gym/Nature Trails

Fee: \$60





## Teen Programs

### Teen Treks (Grades 6–12)

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 returned to Wednesday afternoons. During the winter we have full access to snowshoes, cross-country skis and fat tire bikes!

**Instructor: Chris Guerette**

Dates: Wednesdays, December 1 – February 16

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, December 2 – February 17

*(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. Winter evening classes begin January 10, February 7 and March 7. All students must be at least 15 years old at the time of the first class.

Dear Families,

Laugh & Learn provides 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 Schools. Children attending Mast Landing and Pownal Elementary can take a bus to Morse Street School for after care. MLS students can attend before care at MSS and be bussed to MLS. We provide free play, structured activities, outside time, and healthy snack options.

Registration for returning families opens February 1st, and for new families on March 1st. Sign up early to secure your spot! We look forward to serving children and families in the RSU5 community for the coming 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.



## Winter Gear Rentals

If you want to get out there and experience the Maine winters on your own, but aren't sure which gear to invest in, we've got you covered! We have snowshoes for the whole family, cross-country skis, boots and poles, and a fleet of bikes that can handle snow, mud, and sand– all three of Maine's seasons! Click the "Rent Gear" icon on our website during the winter months to sign up!

Days: Friday – Wednesday, varies during holiday weeks

<b>Gear</b>	<b>Pick-up Location</b>	<b>Fee</b>
<b>Snowshoes</b>	17 West Street	\$10
<b>Nordic Skis (with Boots &amp; Poles)</b>	17 West Street	\$25
<b>Fat Tire Bikes</b>	Freeport Middle School	\$50

## Winter Derby Days

Maybe you're not sure how to use some of the gear we have available to rent, or maybe you just got some sweet new skis for the holidays. Perhaps you're just not sure where you should use all this great stuff. Join us on one of our Winter Derby Days, and we'll get you started! Times and locations will be determined by the weather, but you can sign up now to either bring your own or rent some of ours and take a guided excursion!

**Instructor: Chris Guerette and RSU5 staff**

Dates: Saturdays, January 22 & February 12; Fridays, February 4 & 25

Fee: \$5 or FREE with weekly gear rental

## Thank You to All of Our Fall Sponsors!



If you would like to join these local businesses in sponsoring a basketball team or any other program, please write to [cp@rsu5.org](mailto:cp@rsu5.org)!

## **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