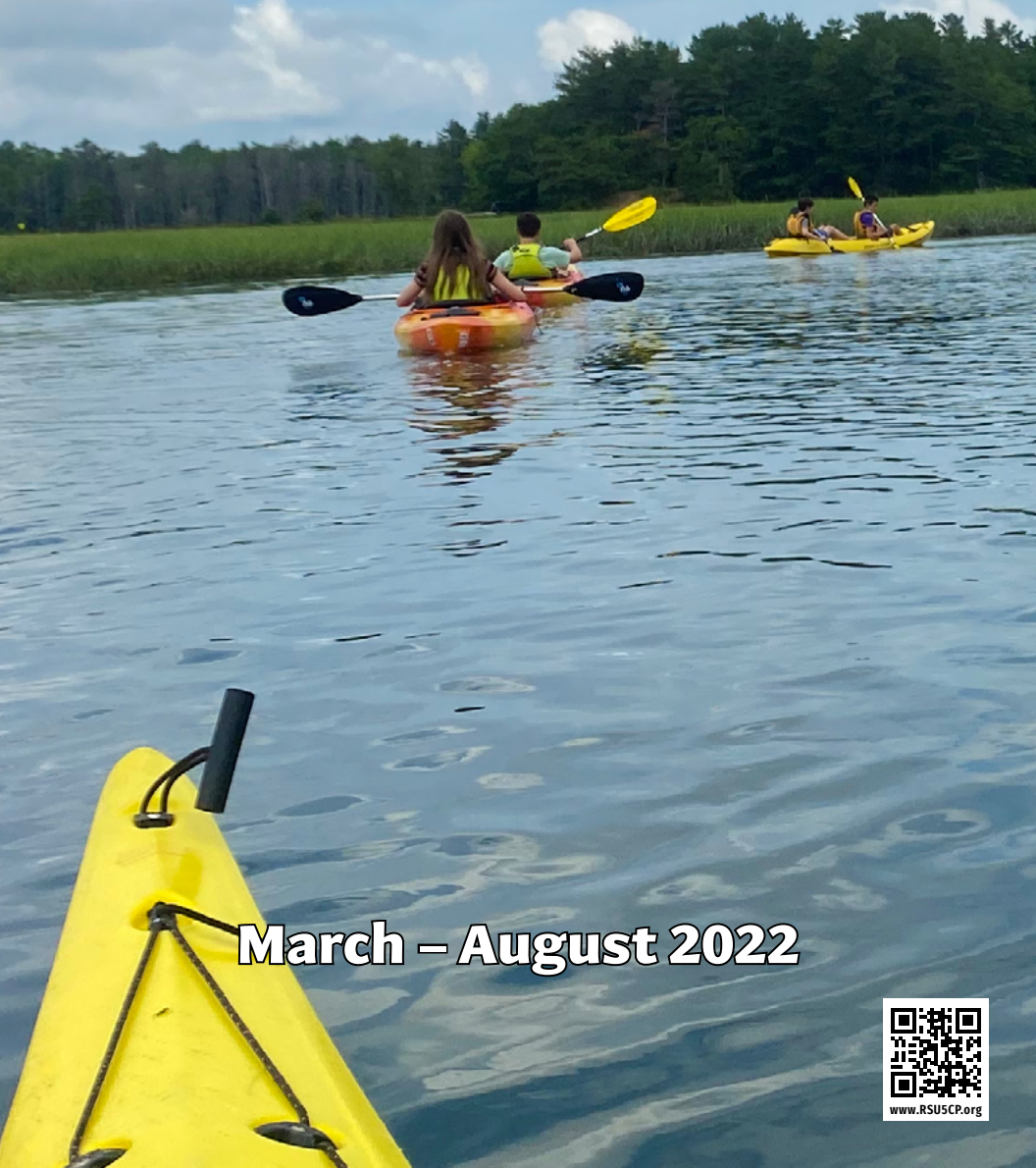




Durham • Freeport • Pownal

Community Programs



March – August 2022



www.RSU5CP.org

Thank You to All of Our Winter Sponsors!



If you would like to join these local businesses in sponsoring a soccer team or any other program, please write to cp@rsu5.org

Age-Friendly Freeport & Pownal

Dedicated to making our towns more accessible & friendly to all ages.

Winter & Spring 2022

Transportation Program

Coordinating rides for those who cannot drive or are without access to a vehicle. Find out more or register at fcsmaine.org/transportation



Monthly social events

Promoting healthy aging and fostering community the 3rd Tuesday of every month

Movement Classes

Gentle Chair Yoga: Thursdays at 1 pm, \$5 suggested fee

Beginner Tai Chi for Health & Balance: Tues & Thurs 9-10am, Jan-March

Check fcsmaine.org/calendar for new spring & summer offerings

Safety & Home Repair assistance

Low or no cost installation of safety devices or critical home repairs.

Sand bucket & snow shovel brigade

Volunteers deliver sand and shovel walks to help you stay safe this winter.



Medical supply loan closet

Adaptive equipment to help you recover from injury or safely age in place.

All events & classes held at 53 Depot Street, Freeport

Want to know more? Contact Cathy Cryvoff, AFFP coordinator
865-3985 x 222 or ccryvoff@fcsmaine.org



Connecting Neighbors, Enriching Lives
Freeport Community Services
Since 1974

Dear Friends and Neighbors,

It's been a cold winter in our neck of the woods, but signs of the approaching Spring (and Summer!) are coming into focus. The days have been getting longer for nearly two months, and right here in your hands is the RSU5 Community Programs catalog that lists all sorts of great opportunities for your enjoyment from February through August.

I'd first like to share some important news regarding our protocols for keeping our participants safe. **For all youth summer programs beginning June 20 or later, registrants aged 5 and over must show proof of Covid vaccination in order to participate in-person.** It's particularly important to make note of this for those who are intending to send their school-aged children to Camp Seaside or another camp or clinic over the summer months. If you've got a child who is eligible for the vaccine but has not yet completed their full course, you've got about four months from the mailing of this brochure to complete the process before summer programs begin. We're proud to be taking the lead in helping keep our community safe and healthy. Details are found on page 5.

As we emerge from winter's deep-freeze it's exciting to begin envisioning some fun and challenging outdoor activities. While there's still snow on the ground, take advantage of renting a nice set of snowshoes or cross-country ski kit and getting out into the gorgeous Maine countryside. We've also got fat-tire mountain bikes for rent, and they're a blast to ride on snow, sand, or on a trail. Spring is our youth lacrosse season, and we're looking forward to getting teams back onto the field to play. We're again working with our friends at Sailing Ships Maine to offer learn-to-sail classes for kids and adults. And specially for 18-25 year old ballplayers all around southern Maine, we're once again getting behind the Maine Sandlot Baseball League for another summer of outstanding baseball. To our knowledge we're the only player-friendly college-aged baseball league in Maine, and all players are welcome regardless of how long it's been since they laced 'em up.

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

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Laugh & Learn

Summer Camp Overview

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

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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"*

Registration Information

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 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.

COVID-19 Vaccination Requirement Statement

For all youth summer programs beginning June 20 or later, registrants aged 5 and over must show proof of Covid vaccination in order to participate in-person.

For any adult program in which the registrant participates via a virtual option, vaccines are not required, but in-person participation does require proof of vaccination. While youth programs will carry the vaccine requirement just for the summer, adult programming will require vaccination until further notice.

Certain documented medical exemptions will be considered.

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. Class typically meets two nights per week. Individual sessions are held virtually or in-person, and are arranged to suit the schedules of learners and our instructors. Contact Katy Bizier at 865-6171x322 or bizierk@rsu5.org to get started.

FREE!

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:

- 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. Contact Katy Bizier at 865-6171x322 or bizierk@rsu5.org to register.

FREE!

Maine College & Career Access

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 865-6171x322 or bizierk@rsu5.org.

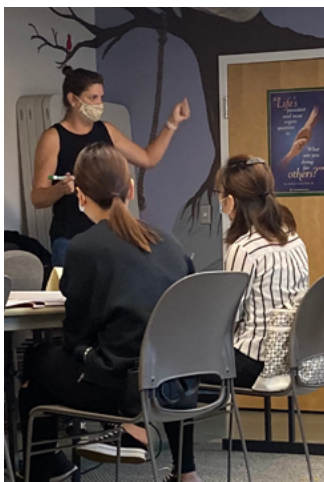
FREE!

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.

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 865-6171x322 or bizierk@rsu5.org for more info and to register for classes.

FREE!



Flow and Stretch Yoga

This class explores the fundamental poses of yoga and puts them together in a slow flow, matching movement to breath. The instruction is modified for beginners but familiar and challenging for more advanced yogi's. The class starts with breathwork and eventually eases into standing and twisting poses. The focus of the class will be on proper alignment while strengthening and lengthening muscles. Participants are asked to bring a yoga mat, a bath sized towel, and two yoga blocks.

Instructor: Marianna Ricciardi

Dates: Tuesdays, March 1-April 26 (*no class April 19*)

Time: 5:30 – 6:30 p.m.

Location: FMS Cafeteria

Fee: \$60

NEW!

Line Dancing

In this class, you will learn choreographed routines to a wide variety of music—a little bit of country, disco, swing, Latin rhythms, and more. There is truly a line dance that works for any song. Dances will start out very simple and become more complicated throughout the session. All levels are welcome!

Instructor: Elizabeth Richards

Dates: Spring Session: Mondays, March 7- April 11

Summer Session: Mondays, June 6 - July 11

Time: 6:00 – 7:00 p.m.

Location: FMS Cafeteria

Fee: \$40

Maine Sandlot Baseball League: Summer League for U25 Players

Presented by the Rogers-Norton Wealth Management Group

Established in 2020, the MSBL began as a means of getting high school players onto the field in the first summer of the pandemic. In 2021 we modified the league to include college-aged players. This summer we're welcoming all players from the end of their high school years through 25. We intend to have at least eight teams and to play on fields all around Cumberland County, with Freeport as our home base. Whether it's been five weeks or five years since they've taken the field, the one thing that connects all our players is their love of The Game. Workouts begin in the spring, and games run from June–August. The schedule is designed to accommodate the typical college year calendar, and there is great flexibility to accommodate variable work schedules during the summer months. We want guys on the field playing ball – join us!

Fee: \$150

Spring Reset 21 Primal Challenge

Through this challenge your certified Primal Health Coaches, Jessica & 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. Once you are signed up for the challenge you will be invited to a private Facebook group where information will be posted and dispersed throughout the week. Weekly check-ins will take place Tuesday nights.

Instructors: The Tribal Sisters

Dates: March 21 – April 11

Check-in Meetings: Tuesdays, March 22 – April 5, 6:30 p.m.

Location: Virtual

Fee: \$135

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: 7:00 – 8:00 p.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Spring	Thursdays, April 14 – June 16 (no class 4/21)	\$85
Summer	Thursdays, June 30 – August 25	\$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. You must register for the whole season, no matter how many weeks you attend.

Dates: Mondays, February 28 – May 23

(no meeting 4/18)

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 must pre-register with Community Programs. NO Drop-Ins.*

Location	Dates	Time	Fee
DCS Gym	Sunday, February 27 – May 24	6:15 – 8:00 p.m.	\$20
FMS Gym	Sunday, February 27 – May 24	7:00 – 9:00 p.m.	\$20

Creative Endeavors

Adult Beginner Sewing

Learn to use your sewing machine! We'll cover how to thread your machine, rotary cut, sew with a seam allowance, and more while making a cloth napkin. This class is for beginners who have a sewing machine but don't know quite how to use it. Fabric for the project included. Please bring a sewing machine and thread. (If you need to borrow a machine, please call before registering.)

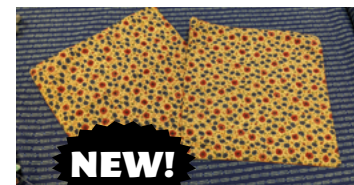
Instructor: Lori Maxham of Cotton Weeds

Date: Wednesday, March 2

Time: 6:00 – 9:00 p.m.

Location: Cotton Weeds Quilt Shop
15 Main Street, Suite 12, Freeport

Fee: \$50



Freeport Players Acting Workshop

Have you always wanted to be on stage? Or maybe it has been a while since you have been up on the stage. Come on down to the Freeport Performing Arts Center (FPAC) to build your confidence and fill your bag of acting tools with two of the Freeport Players. During this 6 week workshop you will cover the topics of stage presence, character development, improvisation, warm-ups and auditioning.

Instructors: Carmela Castro & Alicia Ouelette Belmore

Dates: Mondays, March 7 – April 11

Time: 6:30 – 8:30 p.m.

Location: FPAC

Fee: \$125



Crochet for Beginners

Ever wanted to learn how to crochet but felt overwhelmed? Crochet for beginners is the perfect class to learn this new, easy skill that you will have down in no time. Learn how to make different stitches, fix mistakes, pick proper yarns, read patterns, and make fun things out of yarn! Tools and some yarn will be provided. The first class will be instructional and participants will be encouraged to pick out a pattern to try for the second class. Participants are asked to bring their own respective yarn to the last three sessions of the program. Experienced crocheters are welcome!

Instructor: Chelsey Chambers

Dates: Mondays, March 21 – April 11

Time: 6:00 – 7:00 p.m.

Location: FHS Room 102

Fee: \$60



Art Nights in Maine with Sarah Cass

St. Paddy's Paint Night: Enjoy an evening of fun and create your own St. Patrick's Day inspired painting! All materials will be provided. You may bring your own wine or beer to this event. Please drink responsibly!

Spring Wreaths: Create your very own Spring season inspired wreath with a metal frame, dried and/or silk flowers, moss, and various other spring decor! *Materials will be provided, but feel free to bring your own.*

Wood Pallet Paint Sign: Put together and paint your own wood pallet sign. It could be a state of Maine, home theme, or whatever your creative mind desires! *Material will be provided, please feel free to bring your own.*

Alcohol Ink: Learn how to use alcohol ink! In this class you will create your own abstract artwork on framed glass and learn various blending techniques.

Location: Freeport Community Services

Session	Date	Time	Fee
St. Paddy's Paint Night	Tuesday, March 15	6:30 – 8:00 p.m.	\$35
Spring Wreaths	Tuesday, April 19	6:00 – 7:30 p.m.	\$40
Wood Pallet Sign	Tuesday, May 17	6:00 – 8:00 p.m.	\$35
Alcohol Ink	June, TBA	6:00 – 7:30 p.m.	\$35

3D Printing

Do you have an idea for something, but are unsure how to bring it into the real world? 3D printing is a tool that can help transform your ideas into reality! Learn how 3D printing works, how to pick the right kind of printer for your projects, and the general workflow to go from concept to finished piece. No experience needed! Come have some fun and get inspired! *Open to ages 15+*



Instructor: Shane Kirk

Date: Wednesday, June 22

Time: 6:00 – 8:00 p.m.

Location: DCS Art Room

Fee: \$25

FOOD & DRINK

Hotpot with Chris Toy

Think soup fondue! When it's cold outside and there's a party to plan, Asian Hot Pot is the answer! Come learn how to prepare and serve the perfect recipe for any social gathering. Everyone gets exactly what they want. Plus, it's FUN!

Date: Thursday, March 24

Time: 5:30 – 7:30 p.m.

Location: FCS Kitchen

Fee: \$55



Wine Tasting with Paula Truman, Bow Street Market

Road to Greek Wines: The Greek people have great music, great food, and great wine! We will taste reds and whites from some of the new winemakers over different regions and pair some fun foods. Opa!

All Day Rosé: Come sample 2021's new rosés from all over the world. There's no better way to kick off spring and summer. Rosé all the way! Light refreshments will be offered.



Location: Freeport Community Services

Session	Date	Time	Fee
Road to Greek Wines	Wednesday, March 30	6:00 – 7:00 p.m.	\$40
All Day Rosé	Wednesday, April 20	6:00 – 7:30 p.m.	\$40

Gardening with Joel Leek

Join UMaine Cooperative Extension Master Gardener, Joel Leek, to learn more about fruit you can grow here in Maine.

Fruit Trees: Discover the fun of growing tree fruit (including apples, pears, peaches, apricots, nectarines, cherries, and plums), about site selection, varieties, planting, pollination, insect pests, diseases, and pruning.

Growing Great Berries: Strawberries, raspberries, blackberries, grapes, and blueberries are delicious, nutritious, and easy to grow. Learn about site selection, varieties, planting, pollination, insect pests, diseases, and pruning.

Location: FHS 102

Session	Dates	Time	Fee
Fruit Trees	Tuesdays, March 29 & April 5	6:00 – 8:00 p.m.	\$25
... Great Berries	Tuesdays, April 26 & May 3	6:00 – 8:00 p.m.	\$25

Outdoor Skills

Foraging for Wild Edible Plants with Aaron Witham

This course will introduce you to the basics of gathering and eating wild plants in a sustainable way. We will discuss plant identification, safety tips, useful equipment, and how to view plants as your friends. General guidance on how to navigate the complicated literature on foraging will be presented. The class is designed to benefit beginners, as well as those with intermediate skills. The goal is for you to walk away having developed a stronger relationship with the wild plants in your own backyard.

Location: FHS Room 102

Session	Date	Time	Fee
May	Sunday, May 15	3:00 – 5:00 p.m.	\$20
June	Sunday, June 5	6:00 – 8:00 p.m.	\$20



Map & Compass 1

Hike, snowshoe, geocache, hunt and enjoy the woods and fields of Maine with confidence that you can read a topographic map, understand the symbols, know which way a river flows, plot a course bearing, use online resources, and how to get to safety. Familiarization to using a compass and map outdoors included. Students must have a DeLorme Maine Gazetteer, and a 2-degree baseplate compass.

Instructor: Alice Bean Andrenyak

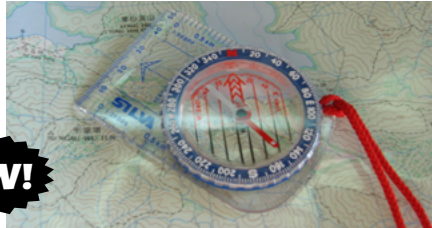
Dates: Wednesdays, March 16 & 23

Time: 7:00 – 8:45 p.m.

Location: Virtual

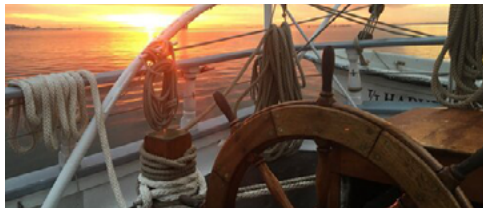
Fee: \$40

NEW!



Coastal Navigation Level 1

Learn the basics of coastal navigation using local charts, parallel ruler, and dividers. Learn what the symbols mean, how to determine safe and dangerous routes, create courses, learn rules of the “road”, what aids to navigation look like and do, plan for emergencies and more. For kayakers, sailors, powerboaters, and future Registered Maine Guides. Students will need access to either a Casco Bay Chart of Muscongus Bay Chart, parallel ruler and dividers.



Instructor: Alice Bean Andrenyak

Dates: Tuesdays, April 5 & 12

Time: 7:00 – 8:45 p.m.

Location: Virtual

Fee: \$40

NEW!

Cruising Under Sail (Sailing Ships Maine, 21+)

Join a crew of 5 other adults and an instructor learning to sail a 23' sailboat. You will learn to row a dinghy, set and strike sail, steer, navigate, use a marine radio, operate a small outboard, watch the weather, tie knots, and follow basic safety all while sailing all over Casco Bay each evening. Our primary instructional boat, the Pearson Ensign, is a strong, unsinkable fiberglass boat that is still actively raced (and still being built) more than 30 years after her introduction. Ensigns are probably the most comfortable sailboat ever built. They have high backrests and a large, deep cockpit and plenty of space for students to learn and work together while saying separated and outdoors. Program offered in partnership with Sailing Ships Maine, US Sailing & Schooner Harvey Gamage.

Session	Dates	Times	Fee
Week 0	Monday – Friday, June 20 – 24	5:30 – 9:00 p.m.	\$295
Week 1	Monday – Friday, June 27 – July 1	5:30 – 9:00 p.m.	\$295
Week 3	Monday – Friday, July 11 – 15	5:30 – 9:00 p.m.	\$295
Week 4	Monday – Friday, July 18 – 22	5:30 – 9:00 p.m.	\$295

History & Language

Malaga Island History

Learn about the eviction of a complete community living on Malaga Island in Casco Bay in 1912. Learn the prehistory of the island's use by our indigenous people and post history of the island after the eviction. Learn a bit about the mainland African American village in coastal Maine that no longer exists but predated the Malaga Island Colony. Visit the island remotely through a slide show created by Master Maine Guide, Alice!

Instructor: Alice Bean Andrenyak

Date: Tuesday, May 10

Time: 7:00 – 8:30 p.m.

Location: Virtual

Fee: \$25

NEW!



American Sign Language - Level I

Join Martin Samelson, energetic ASL college professor and job coach for the Deaf, in learning basic sign language communication, including the manual alphabet, finger-spelling numbers, vocabulary (colors, animals, foods, etc.). Our ASL I syllabus will detail learning outcomes and course content areas including vocabulary (hand shape, location, orientation, movement) and proper ASL sentence structure. Late-Deafened adults, serious high school students, and family members are invited to join the class. No previous sign language experience is necessary!

Instructor: Martin Samelson

Dates: Wednesdays, March 9 – April 13

Time: 6:00 – 7:30 p.m.

Location: FHS Room 102

Fee: \$45

Cooperative Publishing: The Advantages, Steps, and Ultimate Reward

What does the 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: Tuesday, April 5

Time: 6:00 – 8:00 p.m.

Location: FHS Room 103

Fee: \$20

Spring Youth Enrichment

Mad Science of Maine: Marvels of Science (Grades K–5)

Join Mad Science after school and explore the countless wonders of science! Go on a journey into the depths of the sea to see what life beyond the waves has to offer. Voyage to the center of the Earth as you investigate earthquakes. Blend some mixtures of your own and then use various tools to separate them. Examine sound waves by changing the pitch of your voice. Even take a spacewalk mission that simulates a solar panel repair on the International Space Station! Investigate 3-D technology and use an animation machine that turns still images into a moving picture!

Instructor: Mad Science of Maine

Location	Dates	Time	Fee
MLS Art Room	Mondays, April 4 – June 6	3:30 – 4:30	\$115
MSS Learning Cottage	Tuesdays, April 12 – June 7	3:20 – 4:20	\$115
DCS Art Room	Thursdays, April 14 – June 9	3:20 – 4:20	\$115
(8 weeks, no classes 4/18–21, 5/30)			

Maine Nature Art: Alcohol Ink (Grades K–5)

Spend the afternoon creating with special ink on both glass and paper. We will use tools that are more unusual such as straws and fire to bring the artwork to life. Please remember to send your child with a snack and water.

Instructor: Sarah Cass

Location	Date	Time	Fee
MSS Learning Cottage	Thursday, March 3	3:25 – 4:30	\$20
DCS Art Room	Thursday, March 17	3:20 – 4:30	\$20
MLS Art Room	Thursday, March 24	3:20 – 4:30	\$20

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 Cotton Weeds

Time: 3:30 – 4:45 p.m.

Dates: Wednesdays, March 9 – April 13

Location: DCS STEM Room

Fee: \$70

Maine Nature Art: Outdoors (Grades K–5)

We will spend some time outdoors finding items to use in our creative art projects. Wood, paper and oil pastels are just a few of the mediums we will use in class. Our focus will be on spring in Maine. Please remember to send your child with a snack and water.



Instructor: Sarah Cass

Location: MSS Learning Cottage/DCS Art Room/MLS Art Room

Session	Dates	Time	Fee
MSS (K–2)	Mondays, April 25 – May 16	3:15 – 4:30	\$65
DCS (K–5)	Tuesdays, April 26 – May 17	3:20 – 4:30	\$65
MLS (3–5)	Thursdays, April 28 – May 19	3:25 – 4:30	\$65

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.

Instructor: Cassandra Croteau, FHS Varsity Coach, and FHS Cheerleaders

Time: 5:00 – 6:00 p.m.

Location: Freeport High School Band Room

Class	Dates	Fee
Early Spring	Mondays, March 7 – April 11	\$50
Late Spring	Mondays, May 2 – June 6	\$50

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

Miss Kate is back! Join her 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 with sneakers. No jeans please. The last day of class there will be a parent showcase.*

Instructor: Kate Andreu

Time: 3:20 – 4:30 p.m.

Location: DCS Gym / MLS Gym

Class	Dates	Fee
Durham Community	Tuesdays, March 1 – April 12 (7 classes)	\$75
Mast Landing School	Tuesdays, April 26 – June 7 (7 classes)	\$75

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

Locations: DCS Library/MLS Activity Room

Session	Dates	Time	Fee
MLS	Wednesdays, March 2 – April 6	3:20 – 4:30 p.m.	\$45
DCS	Thursdays, March 3 – April 7	3:20 – 4:30 p.m.	\$45

Spring Youth Sports

Harraseeket Harriers Running Club (Grades 1–5)

Harriers promotes 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. A league-wide championship meet will be held on a Saturday. **Practices will be canceled in the event of rain.** Morse Street School students may ride their usual bus 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.**

Instructors: Laura Chadha and Ciprian Marinut

Location	Dates	Time	Fee
DCS or MLS	Mondays, April 25 – May 23	3:25 – 4:30	\$70
Meets	Wednesdays, May 11 – June 1; June 4	4:15 – 5:30	

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

Time: 6:00 – 6:45 p.m. (Beginner); 7:00 – 7:45 (Intermediate)

Location: Mast Landing School Gym

Class	Dates	Fee
Spring	Thursdays, April 14 – June 16 (no class 4/21)	\$85
Summer	Thursdays, June 30 – August 25	\$85

Youth Lacrosse (Grades 3–6)

Lacrosse teams will practice twice a week during the season. Games will be in Freeport and nearby towns on Saturdays, with occasional Sunday games or tournaments. The season begins with indoor practices if needed, and concludes in mid-June. Boys need NOCSAE ND200 approved shoulder pads, helmet, gloves, mouth guard, and stick. Girls need a mouth guard, eye guard, and stick. **Registration closes April 4.**

Dates: April 4 – mid-June

Fee: \$100

Falcon Lacrosse Pre-Season
Check our website for details on our April 2nd fundraiser at FHS!

Little Laxers Lacrosse (Grades K–2)

Come out and learn one of the fastest growing sports in the country: lacrosse! This program will provide a fun introduction to basic lacrosse skills and help provide a great foundation for player development. Players will learn how to hold the stick, throw, catch, cradle, shoot and dodge. Sticks will be provided, so no equipment is necessary. Come join the fun!



Instructor: Jonathan Morris

Dates: Saturdays, May 7 – June 11

Time: 8:00 – 9:00 a.m.

Location: Pownal Road Field

Fee: \$55

Toddler Gymnastics (Ages 2–4)

Learn basic gymnastics skills while exploring creative movement in this fun and dynamic class. Children will use equipment and props to build strength, coordination, agility, and balance in an exciting and social atmosphere. They will also engage in stories and art projects!

NEW!

Instructor: Laura Chadha

Location: The PORT at Freeport Community Services

Session	Dates	Time	Fee
Spring I	Thursdays, March 17 – April 14	11:30 a.m. – 12:30 p.m.	\$65
Spring II	Tuesdays, April 26 – May 24	9:30 – 10:30 a.m.	\$65

Beginner Volleyball (Grades 3–5)

In this class, students will learn basic volleyball handling skills playing volleyball and Newcomb with Coach Chip. Basic skills will be built from the ground up as we get some exercise and learn sportsmanship and teamwork.

Instructor: Ciprian Marinut

Dates: Tuesdays, March 1 – April 5

Time: 3:20 – 4:30 p.m.

Location: Mast Landing School

Fee: \$35

NEW!

Softball Clinics (Grades 1–7)

Through drills, stations, and games we will be focusing on teaching the proper mechanics of hitting, throwing and fielding. Students should bring a water bottle and glove. Bats and helmets will be provided for those in need. Softball safety facemasks are optional.

Instructor: Tabitha LaMontagne & Matt Walsh

Dates: Thursdays, March 17 – April 28

Times: 6:00 – 7:00 p.m.

Location: FMSGym

Fee: \$40



Spring 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.

Instructor: Chris Guerette

Dates: Wednesdays, March 2 – June 8 (no program 4/20)

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, March 3 – June 9 (no program 4/21)

Location: The PORT

Fee: FREE



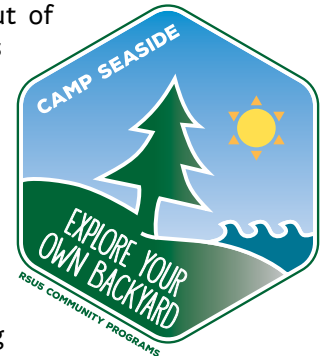
Driver Education (Ages 15+)

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 or at (207) 784-6245. Evening classes begin each month. Summer classes meet in the morning. All students must be at least 15 years old at the time of the first class.

Summer Camps

Camp Seaside (Grades K–5)

Camp Seaside is a summer day camp based out of Mast Landing School in Freeport. Our day camp is designed to get kids outside and experiencing all that Maine has to offer over the summer vacation months. Campers will go on three to four trips a week in the community and surrounding area. Trips will be to local parks, beaches, and recreation areas.



Camp Seaside is divided into two groups based on age: Puffins (entering K–2) and Seals (entering 3–5). Each group will have their own counselor team of four. A detailed schedule of trips will be available before the start of camp.

Camp Seaside is made possible by staff that love children and the great outdoors! Staff members work hard to create programming that gets kiddos outside and instills an appreciation for the natural world and our community. All staff attend pre-service training and are certified in First Aid and CPR.

We provide healthy snacks for kiddos. Lunch is to be brought from home and anything that needs to be refrigerated should be packed in a lunch box with ice packs to keep until lunch time.

Camp runs from 8:30 am – 3:30 p.m. daily. Before care runs from 7:00 – 8:30 a.m. and after care runs from 3:30 – 5:30 p.m. Before and after care are only for children participating in Camp Seaside. Before and after care cost \$30 each for the week or \$60 for both (or less during a shortened week).

Camp fees includes all field trips and special events. Full payment is due the week before your child is scheduled to attend. A deposit of \$25 per week (\$200 for the full summer) is required at time of sign-up in order to hold your spot.



Session	Dates	Fee
Week 1	June 27 – July 1	\$255
Week 2	July 5 – 8 (no camp Monday)	\$205
Week 3	July 11 – July 15	\$255
Week 4	July 18 – July 22	\$255
Week 5	June 25 – July 29	\$255
Week 6	August 1 – 5	\$255
Week 7	August 8 – 12	\$255
Weeks 1–7	June 27 – August 12	\$1600

Outdoor Adventures for Teens and Kids



Cruising Under Sail (Grades 6–8)

Join a crew with 5 other middle school students and an instructor and learn to sail a 23' keelboat. Students will learn to row a dinghy, set and strike sail, steer, navigate, use a marine radio, operate a small outboard, watch the weather, tie knots, and follow basic safety all while sailing all over Casco Bay for a week. Our primary middle school instructional boat, the Pearson Ensign, is a strong, fiberglass boat that is still actively raced (and still being built) more than 30 years after its introduction. Ensigns are probably the most comfortable sailboat ever built. They have high backrests and a large, deep cockpit and plenty of space for students to learn and work together.

Kids will learn to steer a sailboat, set, reef and strike sail, tie knots, learn terminology, navigate, rules of the road, lead with confidence, work as part of a team, use a small outboard and row a dinghy.

Includes a 1-year membership in US Sailing; U.S. Sailing Small Boat Sailor Certification; Full access to U.S. Sailing Skill-Up App to help students and instructors track individual student accomplishment; National Association of State Boating Law Administrators (NASBLA) safety course certification; Sailing Ships Maine T-shirt, rope, and journal. Program offered in partnership with Sailing Ships Maine, US Sailing & Schooner Harvey Gamage.

Instructor: Sailing Ships Maine

Time: 8:45 a.m. – 4:45 p.m.

Location: TBD, Freeport

Fee: \$295

Session	Dates
Week 0	June 20 – 24
Week 1	June 27 – July 1
Week 3	July 11 – 15
Week 4	July 18 – 22
Week 5	July 25 – 29
Week 6	August 1 – 5

See adult program on page 12!



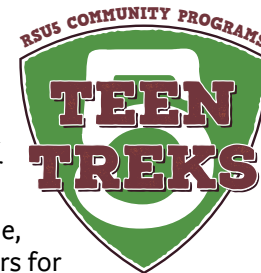
Teen Treks (Grades 6 – 12)

Fun and adventure are guaranteed in this on-the-go camp for teens. These trips provide an excellent opportunity for teens to get outdoors and enjoy all that Maine has to offer in the summer. Each week includes adventurous trips and activities suited for any teen looking to have a memorable summer!

Participants must bring a snack, lunch, water bottle, rain gear, shoes that can get wet AND boots or sneakers for hiking, bathing suit, towel, and sunscreen to camp each day. A detailed schedule of events will be posted when available.

This year we will offer three Teen Treks Extreme Weeks that include overnight camping. Extreme activities include canoeing and moose watching near Moosehead Lake, Downhill mountain biking, adventure parks, ropes course sessions and whitewater rafting on the Kennebec River.

Campers may be dropped off at the PORT as early as 8:30 a.m., and must be picked up no later than 4:30 p.m. Overnight trips will depart at 8:00 a.m. and may return as late as 5:30 p.m. the following day.



Session	Dates	Fee
Week 1	Monday – Thursday, June 27 – 30	\$255
Week 2	Tuesday – Friday, July 5 – 8	\$255
Week 3x	Monday – Thursday, July 11 – July 14 + one overnight	\$400
Week 4	Monday – Thursday, July 18 – July 21	\$255
Week 5x	Monday – Thursday, June 25 – July 28 + one overnight	\$400
Week 6	Monday – Thursday, August 1 – 4	\$255
Week 7x	Monday – Thursday, August 8 – 11 + one overnight	\$400

Seaspray Kayaking Camps

Kids Kayaking & Paddleboard Camp (Ages 8–11, 12–15): Spend the week kayaking and paddleboarding at Winslow Park in Freeport! Instructors from Seaspray Kayaking will mix games, challenges, exploration and a big expedition on the last day to ensure great memories! Participants will also learn paddle strokes and rescue techniques during the week.

Island Overnight Kayaking Camp (Ages 12 & up with prior paddling experience): After spending a day brushing up on paddling skills and preparing for the expedition, participants will be ready to explore Casco Bay for three days and two nights by sea kayak. Guides from Seaspray Kayaking will teach participants how to read the charts and navigate to their island campsites.

Instructors: Seaspray Kayaking

Locations: Winslow Park, Freeport/Sandy Beach, Cousins Island, Yarmouth

Session	Dates	Time	Fee
Kids Kayak Camp	Mon. – Fri., July 11 – 15	9:00 a.m. – 12:00 p.m.	\$255
Island Overnight	Tue., July 5, July 6 – 8	9:00 a.m. – 4:00 p.m.	\$375

Gee's Games & Giggles (Grades K-5)

This program will offer a variety of games (tag, cooperative, team, competitive & un-games). Each day of camp will challenge the participant to honor the game and re-define the winner within themselves. The games taught will fill the emotional tank with giggles and game skills in becoming a better player. A week filled with laughter, lots of games, and playful spirit. Participants should pack a snack, lunch and water bottle as well as wear comfortable clothes and sneakers each day for camp.

Location: FMS Gym & Fields

<i>Session</i>	<i>Dates</i>	<i>Time</i>	<i>Fee</i>
June	Monday–Thursday, June 27 – 30	9:00 a.m. – 4:00 p.m.	\$125
July	Monday–Thursday, July 25 – 28	9:00 a.m. – 4:00 p.m.	\$125

Gee's Skills Academy (Grades K-5)

The Academy will focus on teaching children the skills they need to participate in a variety of sports and activities such as basketball, soccer, and more. Participants will learn the importance of maintaining a positive attitude and how to work effectively as part of a team. This program is perfect for the child who wants to learn the skills needed to understand how sports and games work. Campers should bring lunch, drinks, and snacks.

Dates: Monday – Friday, July 11 – 15

Time: 9:00 a.m. – 4:00 p.m.

Location: FMS Gym & Fields

Fee: \$145



Gee's Drama and Dance (Grades K-5)

Campers will enjoy a fun-filled week featuring daily centers and activities designed to boost improvisation, creative thinking and storytelling as well as expose them to music and movement from around the world. This camp also integrates special guest community leaders, musicians, and dancers from Freeport who will join us for spontaneous dance parties!

Dates: Monday – Friday, July 18 – 22

Time: 9:00 a.m. – 4:00 p.m.

Location: FMS Gym & Cafeteria

Fee: \$145

Fairy Dance Camp (Ages 3-5)

Encourage your child to use their imagination, spread their wings and join us for a week of Fairy Fun Dance Camp! Daily activities include; ballet and creative movement dance instruction, with an emphasis on vocabulary and technique. We will round out the day with tumbling, crafts and dance games.



<i>Location</i>	<i>Dates</i>	<i>Time</i>	<i>Fee</i>
MSS Gym	Monday–Friday, July 11 – 15	9:00 a.m. – 12:00 p.m.	\$120

Fairy Tale Princess Dance Camp (Ages 6-9)

A magical experience to become the princess of your dancing dreams! Come dressed in your favorite Princess dance outfit. Students will learn themed movements and all the essentials of becoming a true princess! Activities include tap and ballet instruction, tumbling and creative movement, technique and vocabulary. Family are invited the last day to join the Royal Celebration!

<i>Location</i>	<i>Dates</i>	<i>Time</i>	<i>Fee</i>
MSS Gym	Monday–Friday, July 18 – 22	9:00 a.m. – 12:00 p.m.	\$120

Top Rockers Hip-Hop and Jazz Dance Camp (Ages 6-9)

Students will learn various styles of hip hop and choreography. Instruction in the fundamentals and vocabulary of hip-hop will help to round out the week. Techniques include: popping, locking, waving, isolation, breaking and tumbling. We will finish out the day with dance games, crafts and other fun activities. An outdoor demonstration on Friday will complete this high energy week.

<i>Location</i>	<i>Dates</i>	<i>Time</i>	<i>Fee</i>
MSS Gym	Monday–Friday, July 25 – 29	9:00 a.m. – 12:00 p.m.	\$120

Teen Intensive Dance Camp (Ages 12-18)

Students will receive instruction in jazz, hip hop and contemporary dance styles. The day will begin with high energy warm ups in both jazz and ballet techniques. We will be building three pieces throughout the week in preparation for the showcase on Friday. This is a high energy camp with an incredible amount of room for dancers to learn, grow and develop essential techniques. This camp is open to beginner and intermediate levels.

<i>Location</i>	<i>Dates</i>	<i>Time</i>	<i>Fee</i>
MSS Gym	Monday–Friday, July 18 – 22	1:00 – 4:00 p.m.	\$120

Arts and Enrichment Camps

Sew Wicked Fun Camp (Grades 3–6)

Come learn basic sewing skills or fine tune your existing ones while making fun projects. Campers will both hand-sew and machine-sew a variety of different items. Projects may include pillows, tool belts, snack bags, and more! Campers are encouraged to add their own creativity to their projects. No experience necessary. All materials and machines provided.

Instructors: Lori Maxham, Cotton Weeds

Dates: Monday – Friday, June 20 – 24

Time: 9:00 a.m. – 12:00 p.m.

Location: MSS Art Room

Fee: \$135 (limited to 8 participants)



Junior Chef Camp (Grades 3–6)

Join our professional chef each morning to learn how to make healthy snacks, meals, and desserts from around the world. Kids will get hands-on experience cooking and baking, while learning about nutrition, math, and culture. Each camper will come home with the recipes and skills to help you in the kitchen and help themselves to something delicious!

Instructor: Stephanie Brewer

Dates: Monday – Friday, June 20 – 24

Time: 9:00 a.m. – 12:00 p.m.

Location: FMS Kitchen

Fee: \$135



Maine Nature Art Camps (Grades K–6)

Our drawing, painting and sculpting projects will reflect animals and places around Maine, or create something to be used in nature, such as a bird house, bird feeder or fairy house! Kids can take projects home to share with their family. The group project will be something we can donate to the community or school for display.

Instructor: Sarah Cass

Days: Monday – Friday

Half Day Camps (Grades K–3)

Time: 9:00 a.m. – 12:00 p.m.

Location: DCS/MSS Art Room

Fee: \$135

Full Day Camps (Grades 4–6)

Time: 9:00 a.m. – 3:00 p.m.

Location: FMS Room 125

Fee: \$225

Session	Dates
Chickadee (DCS)	June 27 – July 1
Loon (MSS)	July 11 – 15

Session	Dates
Bear (FMS)	August 8 – 12

Script 2 Stage (Grades 4–9)

Have you ever visited the theater with your family, and discovered that your child wants to be an actor? Take advantage of this opportunity to help them pursue that dream! For one week your child will learn what it takes to be part of the world of professional theater. Learn theatrical techniques both onstage and backstage and get the experience needed to understand and start being part of a theatrical production. Students will also play theater related games and other fun activities. During the week, campers will write, act, and perform original pieces to be recorded or performed for parents on the last day. Each week starts from scratch, so campers can attend both sessions.

Camp Director: Tim Ryan

Time: 9:00 a.m. – 3:00 p.m.

Fee: \$180

Session	Location	Dates
Durham	DCS Stage/Cafeteria	Monday – Friday, August 1 – 5
Freeport	FHS Performing Arts Center	Monday – Friday, August 8 – 12

STEAM Camps

Mad Science Day Camps (Grades 1–6)

Underground Explorers: Kids Learn about archeology and the techniques scientists use to excavate long lost cities! They discover ancient civilizations and the tools and artifacts they used in everyday life! They also study bone fragments, pottery shards, amber deposits, and fossils. Children will take home geodes, fossils, and so much more!

Mad Variety Lab: For the camper who wants to try it all, this Mad Lab Variety camp is for you! This camp has Mad Science's coolest bits and pieces that will make you go scientifically bonkers! In this camp, you will certainly become a certified "Mad" Scientist! It's a camp so great, it's Super-Duper!

Robot Recruit: Join Mad Science for a week of discovery and fun in this five-day Robotics Camp! Investigate robotic fundamentals with curious robots, learn about the history and current field of robotics, explore robot design potential by using robots that have big personalities, and build ingenious robots to take home. We welcome all children to become creative camper's that will design tomorrow's robots today!

Instructor: Mad Science of Maine

Location: MSS Learning Cottage

Time: 9:00 a.m. – 3:00 p.m.



Session	Dates	Fee
Underground Explorers	Monday – Friday, June 27 – July 1	\$325
Mad Variety Lab	Monday – Friday, July 11 – 15	\$325
Robot Recruit	Monday – Friday, July 18 – 22	\$350

The DaVinci Experience (Ages 4–12)*

Eccentric Art: A brand new twist on creating hands-on art! Campers will dabble in sculpting, mosaic making, rock creature inventing, candle building, dream catcher making, and more! At the end of the week the campers will create their own market place craft fair where they can barter with each other using a made up camp currency.

Picasso to Pop Art: This creative week will hop all around the history of art: from abstract to prints, from the 17th century to the 21st. Learn about famous modern artists as you paint like Picasso and make prints like Andy Warhol. Experiment with fun drip painting like Jackson Pollack and make your own sculpture too. Create your own Japanese animé and manga comics.

The Science of Sorcery: All campers will have the chance to learn magic tricks and watch a live magic show. Senior campers will learn about the energies of the earth and the energy points in the body called chakras, as well as explore the phases of the moon and tides. Junior campers will have the chance to invent their own wizard/witch persona. They will create costumes and their own magical sidekick to assist them in their magical adventures!

Instructor: The DaVinci Experience **Register at DaVinciExperience.com**
Time: 8:00 a.m. – 12:00 or 3:00 p.m. Groups split by age. Kids 13 and older may apply to be CITs
Location: MSS Learning Cottage

Session	Dates	Fee (1½/Full Day)
Eccentric Art	Monday – Friday, July 27 – 29	\$200/\$310
Picasso to Pop Art	Monday – Friday, August 1 – 5	\$200/\$310
Science of Sorcery	Monday – Friday, August 8 – 12	\$200/\$310

Sports Camps

Gridiron Hustle Youth Football Camp (Grades 2–8)

Hustle Camp is designed to teach football fundamentals in a controlled setting. Each day will consist of drills and games focusing on: fundamentals of start & stance, route running, speed & footwork, offensive skill sets, and defensive skill sets. Coach Jason Jackson has wonderful enthusiasm for the game of football and knows how to make it fun while increasing each camper's skill and love of the sport. No helmet or pads are needed as there is no contact or tackling during this camp. Contact Nicky Knighton at nickknighton@yahoo.com for info.

Instructors: Jason Jackson and FHS Players
Dates: Tuesday – Friday, July 5 – 8
Time: 9:00 a.m. – 4:00 p.m.
Location: Joan Benoit Samuelson Track & Field
Fee: \$180



Falcon/FUSC Soccer Camps (Grades K–8)

The focus of this program is to provide players with the correct tools to help them develop a passion for the game of soccer while teaching them the basic skills like dribbling, passing, and shooting. It will also highlight a positive character trait in each session, such as respect and teamwork, through fun games and team interaction. Hone your skills and get ready for the fall!

Instructor: Ciprian Marinut & FMS/FHS/FUSC Coaches & Players
Time: 8:00 – 11:00 a.m.

Session	Location	Dates	Fee
Juniors (K–4)	FMS Fields	Monday – Friday, June 20 – 24	\$80
Seniors (5–8)	JBS Track & Field, FHS	Monday – Friday, August 1 – 5	\$50

Challenger Sports International Soccer Camp (Ages 3–14)

Challenger Sports International Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the organization develop one of the most innovative approaches to coaching youth soccer in the U.S. Our experienced staff study the game at all levels and have identified the key techniques and skills that your players need to work on and master to reach their true potential. Each day includes individual foot skills, technical drills, tactical practices, small sided games, coaches' scrimmages, and a daily World Cup tournament. Includes free ball and t-shirt.

Instructor: Challenger Sports	Ages	Time	Fee
Dates: Monday – Friday, August 8 – 12	3–4	9:00 – 10:00 a.m.	\$99
Location: DCS fields	5–6	10:15 – 11:45 a.m.	\$125
Register at ChallengerSports.com	7–14	12:30 – 3:30 p.m.	\$180

Falcon Girls Lacrosse and Field Hockey Camp (K–8)

Break out your field hockey and lacrosse sticks for a week of fun and skill development. Players may choose to participate in one or both sports. Mouth guards and sneakers or cleats are required for both sports, as well as a stick. Field hockey requires shin guards and lacrosse requires an eye guard. A snack (to be eaten outside the turf area) and water bottle are also required.

Instructors: Marcia Wood and FHS Players
Dates: Monday – Friday, June 27 – July 1
Location: Joan Benoit Samuelson Track & Field

Sport	Time	Fee
Field Hockey	8:00 – 10:00 a.m.	\$60
Lacrosse	9:00 – 11:00 a.m.	\$60
Both Sports	8:00 – 11:00 a.m.	\$80



Falcon Basketball Camp (Grades 3–8)

There is more to learn from basketball than just basketball itself. With an encouraging and supportive atmosphere, players will be introduced to basic skills, concepts, and fundamentals through fun and effective drills and games. Learning from older players gives an inside view to the future of high school basketball and the pride of our Falcon players. Players should bring lunch, snacks, and a water bottle.

Instructors: FHS Coaches and Players

Days: Monday – Friday

Location: FHS Gym

Fee: \$150



Session	Dates	Time
Girls with Seth Farrington	June 20 – 24	8:00 a.m. – 4:00 p.m.
Boys with Tyler Tracy	June 27 – July 1	8:30 a.m. – 3:30 p.m.

Team Sports Sampler (Grades 3–6)

Experience traditional sports from around the world including soccer, basketball, lacrosse, volleyball, football, and more. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork, and most of all, FUN. Camp also includes one morning of special baseball instruction from Maine Hall of Famer Mort Soule. This sports camp is appropriate for children of all abilities.

Instructor: Ciprian Marinut

Dates: Tuesday – Friday, July 5 – 8

Time: 9:00 a.m. – 4:00 p.m.

Location: FMS Field & Woods

Fee: \$120



Falcon Fusion Summer Track & Field (Grades K–9)

Join us this summer for this great sport that has something to offer every young athlete. Falcon Fusion promises to be a great deal of fun, will develop an appreciation for the sport, and build team and individual skills. Uniform tops provided. Sibling discounts available. Meets with other nearby towns will be held if COVID protocols allow. **Volunteers are critical to the success of this program. Please email cp@rsu5.org to help out.**

Instructors: Jared & Deedra Boudreau, Matt Greear, & Ginger Ivanov

Dates: Mondays & Tuesdays, June – August, TBD

Time: 6:00 – 7:30 p.m.

Location: Joan Benoit Samuelson Track & Field

Fee: \$125

Fall Football

Football programs are open to boys and girls in Durham, Freeport, and Pownal. Our Football Registration event is scheduled for Pownal Road Field on Thursday, June 14th. It's a great time for the kids to have fun passing, throwing, and tackling dummies while parents can ask questions and register their players. Come join the fun, no obligation to play.

2022 Registration Deadline: August 14th. Registration after that date will only be accepted if there is an opening on the team. Join us for our annual Pass/Punt/Run Fundraising and Equipment Pickup Event August 14 at the Joan Benoit Samuelson Track & Field. Follow Freeport / Pownal / Durham Football on Facebook for details!

NFL Flag Football (Grades K – 2)

We are very excited to offer this NFL Flag Football program for all players from Durham, Freeport, and Pownal. This is a “no tackle” football program, where Safety and Fun are our main focus. This program will provide an introduction to football for our younger players. Equipment and team uniforms will be provided. Players will be required to provide their own cleats, protective cups, and mouth guards. Players practice twice a week at the Pownal Road Field and will have both home and away games (should COVID protocols allow).

Dates: August 29 – October 26

Days: TBA (likely Monday/Wednesday) with games Saturday or Sunday

Time: TBA (practices likely 5:30–6:30, games 3:00–6:00)

Location: Pownal Road Field

Fee: \$75

Youth Football (Grades 3–6)

Football is on the rise in Durham, Freeport and Pownal. Get your youngster enrolled in this exciting program. Our youth football team is a member of the Maine Sportsmanship League (MSL) and supported by the Freeport Gridiron Club (FGC). Equipment and team uniforms will be provided. Players will be required to provide their own cleats, protective cups, and mouth guards. Players will practice up to 3 times per week and will have home and away games.

Dates: August 22 – October 30

Days: Monday, Tuesday & Thursday

Games – Saturdays or Sundays/Development Games – Wednesdays

Time: TBA (practices between 5:00–7:00, games 3:00–6:00)

Location: Pownal Road Fields

Fee: \$90

For More Information, please visit freeportfootball.com or contact Nicky Knighton at nickknighton@yahoo.com

April Vacation Camps

Dragon's Eye Adventures: The Rat Queen (Grades 2-9)

An adventure play program for young people who love mystery, magic, and mythology. Our stories unfold through storytelling, acting, team challenges, games, puzzles, ciphers, and art work, all drawing on a particular culture and time. This spring we will learn about the Disappearing Ghost Children of the London Sewers. We will be making Sewer Rats with tiny backpacks full of found items. Trash or treasure? It's all in the eye of the Beholder!

Instructor: Rebecca McNulty, Dragon's Eye Adventures

Dates: Tuesday – Friday, April 19 – 22

Time: 9:00 a.m. – 4:00 p.m. with optional after hours

Location: FMS Library

Fee: \$250, register at DragonsEyeAdventures.com



Sorcerer's School (Grades K-5)

Join us for a week of games, crafts and activities that pay tribute to our favorite school of witchcraft and wizardry. Participants will be sorted into school houses and compete for the house cup. We will make wands, mix potions, play quidditch and spend the week celebrating the wizarding world!

Instructor: Meghan Vaughn

Dates: Tuesday – Friday, April 19 – 22

Time: 9:00 a.m. – 4:00 p.m.

Location: MSS Learning Cottage

Fee: \$180

Laugh & Learn

Laugh & Learn aims to provide high quality childcare to serve families' childcare needs outside of the school day. We offer full-day and half-day preschool with before and after care options. You can find more info at rsu5cp.org

Preschool Programs (Ages 3-5)

Location: Mast Landing School (with bus transport from public Pre-K)

Options (2 day minimum):

Half Day: 8:30 – 11:30 a.m. or 11:30 a.m. – 3:00 p.m.

Full Day: 8:30 – 3:00 p.m.

Before/After Care: 7:00 – 8:30 a.m. or 3:00 – 5:30 p.m.



Before and After Care Programs (Grades Pre-K-5)

Locations: Durham Community School & Morse Street School

(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.

Summer Camp Schedule

		Camp Program	Grade, Fall 2022 (Age)										
			Pre-K	K	1 (6)	2	3	4	5 (10)	6	7	8 (13)	9+
Week 0	6/20 – 24	Cruising Under Sail (p. 20)											
		Junior Chef Camp AM (p. 24)											
		Sew Wicked Fun AM (p. 24)											
		Junior Falcon Soccer Camp (p. 27)											
		Falcon Basketball Camp-Girls (p. 28)											
Week 1	6/27 – 7/1	Camp Seaside (p. 19)											
		Cruising Under Sail (p. 20)											
		Teen Treks # (p. 21)											
		Gee's Games & Giggles # (p. 22)											
		Maine Nature Art Chickadee Camp AM (p. 24)											
		Mad Science: Underground Explorers (p. 25)											
		Falcon Girls Lacrosse/Field Hockey AM (p. 27)											
Week 2	7/4 – 8	Falcon Basketball Camp-Boys (p. 28)											
		Camp Seaside # (p. 19)											
		Teen Treks # (p. 21)											
		Kids Kayaking & Paddleboard Camp AM (p. 21)											
Week 3	7/11 – 15	Gridiron Hustle Youth Football Camp # (p. 26)											
		Team Sports Sampler # (p. 28)											
		Camp Seaside (p. 19)											
		Cruising Under Sail (p. 20)											
		Teen Treks Extreme # (p. 21)											
		Gee's Skills Academy (p. 22)											
		Fairy Dance Camp AM (p. 23)											
Week 4	7/18 – 22	Maine Nature Art Loon Camp (p. 24)											
		Mad Science: Mad Variety Lab (p. 25)											
		Camp Seaside (p. 19)											
		Cruising Under Sail (p. 20)											
		Teen Treks # (p. 21)											
		Gee's Drama & Dance (p. 22)											
		Fairy Tale Princess Dance Camp AM (p. 23)											
Week 5	7/25 – 29	Teen Intensive Dance Camp PM (p. 23)											
		Mad Science: Robot Recruit (p. 25)											
		Camp Seaside (p. 19)											
		Cruising Under Sail (p. 20)											
		Teen Treks Extreme # (p. 21)											
Week 6	8/1 – 5	Gee's Games & Giggles # (p. 22)											
		Top Rockers Hip-Hop/Jazz Dance AM (p. 23)											
		DaVinci Experience: Eccentric Arts (p. 26)											
		Camp Seaside (p. 19)											
		Cruising Under Sail (p. 20)											
		Teen Treks # (p. 21)											
		Script 2 Stage-DCS (p. 25)											
Week 7	8/8 – 12	DaVinci Experience: Picasso to Pop Art (p. 26)											
		Falcon/FUSC Senior Soccer Camp (p. 27)											
		Camp Seaside (p. 19)											
		Teen Treks Extreme # (p. 21)											
		Maine Nature Art Bear Camp AM (p. 24)											
		Script 2 Stage-FHS (p. 25)											
		DaVinci Experience: Science of Sorcery (p. 26)											
		Challenger Sports Int'l Soccer Camp (p. 27)											

#Marked camps run fewer than five days per week

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

Presorted Standard
Non-Profit Organization
U.S. Postage
PAID
Freeport, ME
Permit No. 14

ECR-WSS Postal Customer

**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