



Durham • Freeport • Pownal

Community Programs

August – November 2022



www.RSU5CP.org

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

Mission Statement

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

*"Enriching lives...
strengthening community"*

RSU5 Community Programs Staff

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Dear Friends and Neighbors--

As the days get shorter and the evenings get cooler we look forward to the change of seasons and the upcoming programs offered in this catalog. I hope you'll take some time to give it a close look, find something that you'll enjoy, and join us for an activity that will educate, enlighten, or exercise your mind and/or body.

We've got a slew of programs for school-aged children, including an outdoor adventure course in partnership with our friends at L.L. Bean (p. 15). Fall brings with it the soccer season, which is far and away our largest team sport. We've got clinics and teams for kids all the way down to our Tiny Tigers and Little Falcons programs for ages 3-5 (p. 18).

There's big news from the world of Laugh & Learn, as the new school year features a new Coordinator, Danielle Gismondi, and a brand new Laugh & Learn facility located at Mast Landing School. We can't wait to show it off for our preschoolers and our PK-5 before- and aftercare students alike. If you're looking for care for your child, I hope you'll consider Laugh & Learn to serve your family's needs (p. 22).

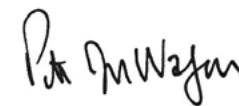
For adults we've got some fun and exciting happenings, including programs from Celebration Tree Farm and Wellness Center, gardening and foragings seminars, and a re-boot of our Maine Bucket List camping programs with Chris Toy (p. 13). There's nothing we want to support more than the pursuit of lifelong learning, and we've got some great offerings for you this year.

And in the spirit of lifelong learning, it's been a busy and successful year in our Adult Education program. We offer ESOL classes for English learners as well as HiSET instruction for those seeking their high school equivalency degree. If you or someone you know could benefit from these services, please send them our way. We're ready for you, and they're 100% free (p. 5).

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

See you out there!

Sincerely,



Peter Wagner
Director, RSU5 Community Programs

How do I register for a class or program?

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

How do I establish an online account?

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

Do you offer scholarships?

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

Are there late pickup charges?

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

Accessibility

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

Cancellation & Refund Policy

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

Refunds for Regular Programs/Classes

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

Adult Education

High School Equivalency Diploma (HiSET)

If you're an adult without a high school diploma, the High School Equivalency Test (HiSET) could be your route to improved career prospects, a college education, and increased earnings potential. 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.

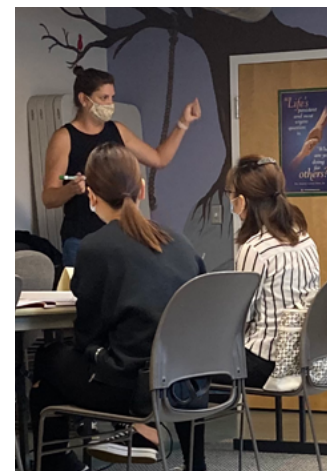
FREE!

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!



Adult Enrichment

Maine Authors Publishing

You have poured your heart and soul into that novel, poetry book, or even Aunt Ida's Family Recipes, so now what do you do? Consider the possibility of joining a cooperative publishing company unlike any other in Maine that offers guidance, training, and support for you throughout the publishing process and even after your book is in print. Join author, Patsy Baldus, ("Love, Lutefisk, and Lemon Zest Sneakers") for an evening of fun, information, and reassurance that you can get your works published through Maine Authors Publishing. Whether you need just an edit, just the design and cover of your book, or just want to print what you already have, this is the company that can help you achieve that. Need all of those services? Patsy will outline the steps to completing the entire process from editing to printing. Bring your enthusiasm and your questions and expect some audience participation (tinged with humor) for this event!

Instructor: Patsy Baldus, Maine Authors Publishing

Date: Wednesday, October 12

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$20

Art Nights in Maine

Fall Paint Night: Paint a pumpkin in a fall theme on canvas with acrylic paint. This is a great time to get together with friends/family and have some creative fun!

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.

Wood Art: Using a wood background, we create a pebble art project with a Maine theme. We prepare the wood by sanding and staining/painting and then add stones, pebbles, sand, or shells to finish a Maine-made creation.



Instructor: Sarah Cass

Location: Freeport Community Services, Learning Lab

Session	Date	Time	Fee
Fall Paint Night	Tuesday, October 18	6:30 – 8:00 p.m.	\$30
Alcohol Ink	Tuesday, October 25	6:30 – 8:00 p.m.	\$25
Wood Art	Tuesday, November 15	6:30 – 8:00 p.m.	\$35

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, October 5 – 26

Time: 6:00 – 7:30 p.m.

Location: FHS Room 102

Fee: \$45



Introduction to Adobe Creative Cloud

This catalog was produced using Adobe Creative Cloud Software: Photoshop, Illustrator, and InDesign. You can learn the basics of these three programs and be designing your own print or digital projects within a matter of weeks! We will learn a new program each week, then spend the time between classes creating a project you choose: a newsletter, greeting card, or résumé. *Access to a laptop computer capable of running Adobe Creative Cloud and online connectivity are required. We will help you get access to Creative Cloud, but a subscription will be required to continue beyond the class. Email guerettec@rsu5.org if you need assistance accessing a computer or software.*

Instructor: Chris Guerette

Dates: Fridays, October 14 – November 4

Time: 3:30 – 5:00 p.m.

Location: Freeport Community Services, Learning Lab

Fee: \$95

NEW!

Wine Tasting: The Road Less Traveled... to Portuguese Wines

Come join Paula Truman of Freeport's own Bow Street Market for her special series of wine tastings! Come for a fun night of sips and snacks from regions all around the world. This season we visit Portugal. All wine tastings will be held downstairs at Freeport Community Services on Depot Street.

Instructor: Paula Truman, Bow Street Market

Date: Wednesday, October 5

Time: 6:00 – 7:30 p.m.

Location: Freeport Community Services Learning Lab

Fee: \$40

NEW!

Growing Great Vegetables

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

Instructor: Joel Leak

Date: Tuesdays, October 4 & 11

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$25



Restorative Foraging

This course will teach you how to forage wild edible plants from an ethical perspective and how to return gifts to nature for the wonderful gifts she gives us. For those who have previously taken one of my classes, this class will be a much deeper dive into repairing, restoring and reciprocity. Ethics incorporated will include ecological, cultural and basic respect. Most foraging books don't explain the role certain wild edibles play in the ecosystem, and how different that role can be depending on where the plant originates from and how it reproduces. This course will fill this important gap by covering the vulnerability of certain plants, reproduction strategies, foraging laws, reciprocity, decolonization, actions one can take to help the ecosystem, plant identification techniques, and of course, some beautiful wild edible foods. Because of the breadth of content covered, the course is split into two sessions on two separate days. In an effort to retain the knowledge taught, a brief exam will be given at the end of the course, and the answers will be discussed as a group. Dress in layers for inside and outside work as we will meet regardless of the weather, and please bring an open mind. *Aaron Witham is the Director of Sustainability at the University of Southern Maine and has been foraging for 20 years. He is host of the radio show Flora, Fungi & Friends on WMPG and serves as Vice President of the Maine Mycological Association.*



Instructor: Aaron Witham

Dates: Wednesday, September 7, 6:00 – 8:00 p.m.

Sunday, September 11, 3:00 – 5:00 p.m.

Location: TBA prior to first class

Fee: \$35

NEW!

Free Your Hips!

In a relaxed and supportive environment, we will be using a combination of techniques including, Diaphragmatic Breathing (Yogic, Pranayama) Trigger Points, Feldenkrais, and Yoga Postures to help connect with what your body is trying to tell you through pain or stiffness. You may be surprised how the rest of your body responds once you have gained some range of motion in the hips. In this workshop, we will also explore how strengthening the right muscles can reduce pain. If you have tight hip flexors, chronic pain or tightness and have resigned to thinking: "That's just how I am...I have tried EVERYTHING" then this workshop is for you! Presented by Celebration Tree Farm & Wellness Center.

Instructor: Elizabeth Fertig-Burd

Date: Sunday, October 16

Time: 10:00 a.m. – 2:00 p.m.

Location: Morse Street School Gym

Fee: \$65

NEW!



Introduction To Creating Your Personal Wellness Plan

It is now more important than ever to stay healthy, stay connected with friends, and practice listening to your body's insights. This is your opportunity to start creating the time for you and your wellness! We will explore different strategies to help you to discover what works for your body, and your lifestyle, as we move toward the holidays, and the cooler days ahead. Practicing trusting your intuition, (those things you already "know") and having your plan written down where you can see it and use it are two key elements to a helpful plan. Let's go into the colder months feeling stronger and more connected- together! Presented by Celebration Tree Farm & Wellness Center.

Instructor: Elizabeth Fertig-Burd

Date: Sunday, October 23

Time: 10:00 a.m. – 2:00 p.m.

Location: Morse Street School Gym

Fee: \$65

NEW!

Fall Reset 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. Expect to learn how to eliminate Standard American Diet (SAD) foods; shop, cook, and dine Primally; make the healthiest choices across the spectrum; and exercise Primally. These steps will lead to recalibrating delicate hormonal processes that have been thrown off balance by hectic modern life.

Instructor: The Tribal Sisters

Challenge Dates: Monday, October 31 – Sunday, November 20

Check-in Meetings: Tuesdays, 6:30 p.m.

Final Check-in Meeting: Sunday, November 20, 6:30 p.m.

Location: Virtual (requires a Facebook account)

Fee: \$150



Life In The Fasting Lane

We've all heard about it, now let's dig deeper and reap the benefits of Intermittent Fasting (IF). IF improves metabolic syndrome markers, lower LDL-C and triglycerides, result in better glycemic (blood glucose) control, greater insulin sensitivity, and favorable changes in the gut microbiome. Over the next four weeks, The Tribal Sisters will guide you through the IF process in a safe and supported way. Intermittent Fasting will no longer be just a buzzword, rather a viable strategy in your wellness toolbox.

Instructor: The Tribal Sisters

Challenge Dates: Monday, November 21 – Sunday, December 18

Check-in Meetings: Tuesdays, 6:30 p.m.

Final Check-in Meeting: Sunday, December 18, 6:30 p.m.

Location: Virtual (requires a Facebook account)

Fee: \$200



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: Mondays, October 17 – November 21

Time: 6:00 – 7:00 p.m.

Location: FMS Gym

Fee: \$40

Adult Fitness

Tae Kwon Do for Adults

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



Instructors: Jake Daniele, Steve Day & Donald Cyr

Times: 7:00 – 7:45 p.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Fall	Thursdays, September 15 – November 10	\$85
Fall/Winter	Thursdays, November 17 – January 26 (no class 11/24 or 12/29)	\$85

Adult Rec Basketball Open Gym

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

Dates: September 7 – November 20

Fee: \$20 per session

Location	Day	Time
DCS Gym	Sunday	9:00 – 10:30 a.m.
FMS Gym	Sunday	7:00 – 9:00 p.m.
DCS Gym	Wednesday	6:30 – 8:00 p.m.



Pickleball in Pownal

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



Dates: Mondays, September 12 – November 22
(no meeting 10/10)

Time: 5:30 – 7:00 or 7:00 – 8:30 p.m.

Location: PES Gym

Fee: \$20 + \$10 paddle rental

Instructors Needed!

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

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



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, 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, September 18 – October 2

Time: 2:00 p.m. – 5:00 p.m.

Location: Freeport Community Services

Fee: \$110



Adult Travel

Maine Bucket List: Mt. Katahdin

Maine's “Greatest Mountain”, Katahdin is #2 on National Geographic's top 10 summits worldwide! Check Baxter State Park and Katahdin off your bucket list AND enjoy great camp cooking with Registered Maine Guide and cooking instructor Chris Toy! This is one weekend adventure you won't want to miss! There will be a required meeting one month before the trip. This is a very strenuous trip requiring hiking over steep and rocky terrain above treeline for 6 hours carrying a backpack weighing at least 20 lbs. Overnight camping will be in back country lean to shelters. Please note: Our group will stay together for the whole trip. We will attain the summit, weather permitting, as a team or no one will. Transportation arrangements for car-pooling from Freeport in personal vehicles will be made in advance. Additional information and a packlist will be provided upon registration. All events are subject to change due to weather and safety considerations.

Trip Leader: Chris Toy, RMG

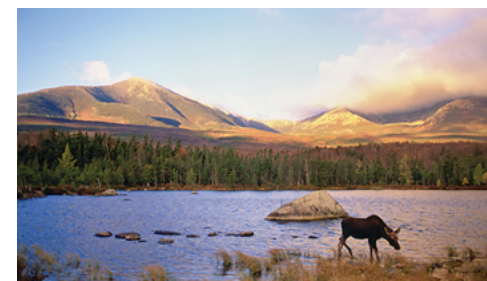
Date: Monday, August 29
through Wednesday, August 31

Time: 8:00 a.m. departure

3:00 p.m. return

Departs: FCS

Fee: \$295



Maine Bucket List: Baxter State Park

Join Registered Maine Guide (and cooking instructor/author) Chris Toy for an adventure-filled weekend at Baxter State Park! Explore the beauty of the Katahdin wilderness with hiking, canoeing, delicious meals (and gourmet camp cooking lessons!), campfires, photography opportunities, wildlife sightings, and so much more! Get away from it all and enjoy the simple pleasures of being off the grid! Don't miss this chance to experience all that Maine's northern wilderness has to offer! The cost of the trip includes: lodging; breakfast, lunch, and dinner for 3 days from the first night through the last morning; guided hikes with a Registered Maine Guide and canoe rentals. Transportation arrangements for car-pooling from Freeport in personal vehicles will be made in advance. Additional information and a packlist will be provided at registration. Space is limited - sign up soon! We will be staying in a group tenting site. You can bring your own tent or two large cabin tents will be available.

Trip Leader: Chris Toy, RMG

Date: Tuesday, September 20 – Thursday, September 22

Time: 8:00 a.m. departure, 3:00 p.m. return

Departs: Freeport Community Services

Fee: \$295

Youth Enrichment

Mad Science of Maine: Engineering Mania (Grades K–5)

Do you have an excessive enthusiasm for science? Or as we call it, “Mad Science Maine-ia”!? Let’s nourish that enthusiasm and upkeep that curiosity through exciting exploration into the many exciting aspects of Engineering! Become a junior architect and engineer by building model bridges and arches. Discover how airplanes defy gravity as you make a rotor kite twist and an airship twirl. Create a large child-operated pulley system and build a rubber band dragster. Make chemical engineering come to life as you mix up a few reactive ingredients for some sensational results. Get hands-on with rocket propulsion and blast off rockets across the room. Explore the role of magnetism in our everyday lives with swinging compasses and motorized devices. Put the “loco” in motion and explore Newton’s laws with crash test dummies and rubber band propelled rockets. Imagine, build, design, and have a scientific blast as we channel your excessive enthusiasm in this exciting introduction into the world of Engineering! **MSS students may ride the bus from school to MLS.**

Instructor: Mad Science of Maine

Fee: \$110



Location	Dates	Time
MSS STEAM Room	Mondays, October 17 – December 5	3:20 – 4:20
MLS Art Room	Tuesdays, October 18 – December 6	3:30 – 4:30
DCS Art Room	Thursdays, October 13 – December 8 (7 weeks, no classes 11/10, 11/21-24)	3:20 – 4:20

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

Pumpkins, fall leaves and Halloween will inspire this session of art. Kids will create art inspired by the fall season. Come join in and bring a snack, water bottle, and imagination inspired by Fall in Maine.

Instructor: Jenifer Roberts-Powers

Location: DCS Art Room or MSS STEAM Room



Location	Dates	Time	Fee
DCS (K-5)	Mondays, September 12 – October 24 (no class 10/10)	3:20 – 4:30	\$80
MSS (K-2)	Wednesdays, September 14 – October 19	3:20 – 4:30	\$80

Introduction to German (Grades 3–5): Sport, Spiel und Spaß

Your kids will be amazed by how much German they know already: auto, bus, ball, and gesundheit are all German words. In our morning classes, we will not only discover more about the German language, but also German culture. Where is Germany on a map? How do German kids live? What is the school day like? What sports do they play? What do we all have in common? What is different? In a fun, interactive setting, we will discover Germany and the world together. *Bis bald!*

Instructors: Valeska Hornschild-Bear

Dates: Wednesdays, September 7 – October 26

Times: 7:50 – 8:35 a.m.

Location: Mast Landing School Gym

Fee: \$50



L.L. Bean After-School Adventure (Grades 3–5)

We are pleased to announce a new collaboration with L.L. Bean, bringing you and your children access to a variety of outdoor activities this fall! Over six weeks, children will get to try stand-up paddleboarding, kayaking, archery, fly casting, as well as low and high ropes course elements. Each week is jam packed with fun and excitement with qualified leaders from L.L. Bean’s Outdoor Discovery Programs. Transportation can be arranged from DCS, MLS, MSS or PES, so don’t let geography stop you from signing up!

Instructor: L.L. Bean Outdoor Discovery Program

Time: 4:00 – 6:00 p.m.

Location: L.L. Bean Outdoor Discovery Paddling Center
14 Marietta Lane, Freeport



Days

Tuesdays
Thursdays

Dates

August 30 – October 4
September 1 – October 6

Fee

\$225
\$225



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

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

Instructor: Kate Andreu

Time: 3:20 – 4:20 p.m.

Location: Durham Community School Gym / Morse Street School Gym

Class	Dates	Fee
MSS Early Fall	Tuesdays, September 6 – October 25 (8 weeks)	\$90
DCS Fall	Thursdays, September 8 – October 27 (8 weeks)	\$90
MSS Late Fall	Tuesdays, November 1 – December 20 (8 weeks)	\$90
DCS Winter	Thursdays, December 1 – January 26 (8 weeks) (no class 12/29)	\$90



Tiny Tappy Toes Dance Combo (Ages 3–5)

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

Instructor: Kate Andreu

Time: 4:30 – 5:15 p.m.

Location: Morse Street School Gym

MSS Early Fall	Tuesdays, September 6 – October 25 (8 weeks)	\$90
MSS Late Fall	Tuesdays, October 1 – December 20 (8 weeks)	\$90

Kids Yoga and Mindfulness (Pre-K/K–5)

Yoga and mindfulness can promote resilience and self-regulation in children. Students will connect, breathe, move, focus and relax through cooperative games, art, music, physical postures, and mindfulness activities designed for kids. Classes are playful, explorative, responsive, and fun! MSS students may ride the bus to MLS for after-school programs. Participants should bring a water bottle and, for after-school activities, a snack.



Instructor: Sara Helman, RYT

Dates: Wednesdays, September 21 – October 26



Session	Location	Time	Fee
Pre-K	The Bradley Room at FCS	9:30 – 10:30 a.m.	\$65
K–5	MLS Gym	3:25 – 4:30 p.m.	\$65



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!

Instructor: Laura Chadha

Time: 9:30 – 10:30 a.m.

Location: The Bradley Room at Freeport Community Services

Session	Dates	Fee
Fall Tuesdays	Tuesdays, September 20 – October 25	\$65
Fall Thursdays	Thursdays, September 22 – October 27	\$65

You Can Make a Difference!

Do you have a skill you'd like to share with the youth of your community? Reach out to cp@rsu5.org to offer up your skills as an enrichment instructor, coach or teacher. We're always looking for new ideas like the ones on this page, and we can't find them without your input! Reach out today and be teaching before the new year!

Youth Sports

Little Falcons & Tiny Tigers (Ages 3–5)

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

Dates: Saturdays, September 10 – October 15
Fee: \$60

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



Fall Soccer League (Grades 1–6)

The RSU5 Community Programs Fall Soccer League is designed for children to learn, develop, and enhance their overall skills while having fun and gaining experience on the field and as part of a team. Participants will play games on Saturday mornings and participate in one practice during the week. Practice days/times are TBD and will likely begin the week of August 29. Once teams are finalized a coach will contact you. If you have a specific day or time that you CANNOT practice, please indicate this when signing up. In an effort to create balanced teams, we cannot accommodate all specific team/coach requests.

When you register, you will be asked where you would prefer to practice. You may choose either Durham or Freeport, and we will do all that we can to place your child on a team that practices in that town. **Early registration (by August 25th) and parent volunteers are integral to making sure we can accommodate all players and their requests.**

Grade 1–4 teams will be co-ed and play at least half of their six games in the town in which they practice. Games last about an hour. Grade 5/6 game locations will include surrounding towns, and teams will be separated by gender only if registration numbers are adequate.

Dates: One weekday & Saturday morning, September 10 – October 15
Times: Practice times vary by team. Games are played Saturday morning.
Location: Hunter Road Field / Durham Community School
Fee: \$60

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 October 15th. **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, Ciprian Marinut & Barbara Schneider

Dates: Mondays & Wednesdays, September 13 – October 12

Times: 3:25 – 4:30 p.m. (meets end around 5:30 p.m.)

Location: Durham Community School or Mast Landing School

Fee: \$70



Tae Kwon Do Dragons (Grade 2 and up)

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

Instructors: Jake Daniele, Steve Day & Donald Cyr

Times: Beginner: 5:00 – 5:45 p.m.; Intermediate: 6:00 – 6:45 p.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Fall	Thursdays, September 15 – November 10	\$85
Fall/Winter	Thursdays, November 17 – January 26 (no class 11/24 or 12/29)	\$85

Sponsor a Team Today!

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



Gee's 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

Time: 3:15 – 4:30 p.m.

Location: Morse Street School Gym

Class	Dates	Fee
Kindergarten	Wednesdays, November 9 – December 14	\$45
Grade 1	Mondays, November 7 – December 12	\$45
Grade 2	Thursdays, November 3 – December 15 (no class 11/10, 11/21, 11/23 or 11/24)	\$45



Falcon Field Hockey Clinic (Grades K-6)

Join the Freeport High School coaching staff and members of the 2022 team to learn and improve your field hockey skills. All levels are welcome. Basic skills will be taught and reinforced, along with small game play strategies and tactics. Weekends may include scrimmages with local teams. *Shin guards, sticks, eye goggles, and mouth guards required. Program is split K-2 & 3-6.*

Instructor: Marcia Wood

Dates: Tuesdays & Saturdays, September 6 – October 8

(meet on Wednesday instead 9/6-7 and 9/20-21)

Time: 5:30 – 6:30 p.m., Tuesdays; 8:00 – 9:00 a.m., Saturdays

Location: JBS Track & Field, FHS

Fee: \$80

Where is Basketball?

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

If you are looking for Travel Basketball for grades 5-8, check our website. In August and September you can sign up for an informational program so that any updates will be sent directly to your inbox. While we know we will be offering Travel Basketball for the younger grades, Grade 7-8 program offerings in Maine are more limited, so if interest isn't strong, we may not be able to field teams. Sign up for the free programs now so we can gauge interest!

Teen Programs

Teen Treks (Grades 6-12)

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

Instructor: Chris Guerette

Dates: Wednesdays, September 7 – November 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 Thursday. Each week we will play a new game that redefines what a board game actually is. We will also visit classic games that have influenced generations of designers.

Instructor: Chris Guerette

Dates: Thursdays, September 8 – November 17

(no program 11/10; 12:30 start on 11/6)

Time: 2:30 – 4:30 p.m.

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.

Fall evening classes begin September 7, October 3 and November 2.

All students must be at least 15 years old at the time of the first class.

Laugh & Learn

Dear Families,

Laugh & Learn provides high quality childcare to serve families' and caregivers' 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 child-centered curriculum. The day combines structured activities, free play, and outside play opportunities. We believe children's social emotional learning is an important part of early learning.

We offer before and after care at Mast Landing and Durham Community Schools. Children attending Morse Street School and Pownal can take a bus to Mast Landing School for after care. MSS students can attend before care at MLS and be bussed to MSS. We provide free play, structured activities, basic homework help, healthy snack options, and outside time.

We look forward to meeting you (or seeing you again!) this year.

Warmly,
Danielle Gismondi M.Ed
Childhood Education Coordinator

For more information call or visit 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 & Mast Landing School

Ages: Pre-K – 5th grade (bus to/from MSS available)

Options (2 day minimum):

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

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



Great Osprey 10K Ocean Run Saturday, November 5, 10 a.m.

Join us for the 40th running of this historic race! Challenge yourself on one of Maine's premier 10K road races! Enjoy the scenery and coastal Maine's fresh salt air on this USTAF approved course. Prizes are awarded to the chip-timed top finishers in various age categories. All race proceeds benefit the RSU5CP Scholarship Fund, helping youth and adults to participate in community programs Race will be held rain or shine. If race is canceled due to extreme weather conditions, refunds will not be issued. Parking is limited so be sure to arrive early!



Register at Running4Free.com

**FREE
AGE-FRIENDLY**

Qi Gong

TAUGHT BY
DR ELIZABETH HOLMES

THURSDAYS 11:30-12:30
JUL 14-SEP 1
NO CLASS AUG 11

@ FCS's Bradley Room
AFFP sponsored wellness program

**FREE
AGE-FRIENDLY**

YOGA

MONDAYS 9:30-10:30
JUL 18-AUG 22
MATS & BLOCKS
PROVIDED

@ FCS's Bradley Room
AFFP sponsored wellness program

To find the latest Age-Friendly Freeport and Pownal Programs,
visit fcsmaine.org/calendar
or contact Cathy Cryvoff at 865-3985 x 222 or ccryvoff@fcsmaine.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

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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