



Durham • Freeport • Pownal

# Community Programs

January – August 2023



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

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## Address

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

## Abbr.

## RSU5 Community Programs Staff

### Director

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### Adult Education Coordinator

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### Office Coordinator

Cara Olfene, [CPoffice@rsu5.org](mailto:CPoffice@rsu5.org)

## 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"*

Dear Friends and Neighbors,

For this Mainer, it's so exciting to have the first day of winter behind us. That being said, the days are getting longer already (!), we've got lots of great activities to enjoy indoors and out, and before we know it we'll find ourselves in that muddy but fantastic time of year when we can smell the earth again and see the early-blooming flowers popping up around us.

This time around, as we publish the catalog you're holding in your hands, we're asking you to take the long view and look ahead to June, July, and August and all the things you might be engaging then. This book covers the period of January through August -- so be sure to take a look at all of the programs available to you and your loved ones both for the wintertime and the summer as well.

We're once again offering a fun and exciting slate of programs and summer camps for school-aged children, including a continued partnership with our friends at L.L. Bean and Mad Science of Maine (p.13), and a new one with Rewild Maine (p.12) who will be offering youth and adult programs. In the spring we've got an excellent recreational lacrosse program, and countless sports, arts, and enrichment programs all year long.

We're continuing to grow the Maine Sandlot Baseball League (p. 6) which is for all ballplayers beyond their high school eligibility and up through birth year 1998. It's a safe bet to say that folks in their early-20s aren't reading this as closely as older adults, so please pass along encouragement to anyone 18-25 that wants to get back onto the field. We can use coaches and managers, too, so be in touch if you'd like to be involved.

For adults we've got more fun and exciting happenings, including an amazing series of Acadian Arts Maine Retreats (p. 10) and another attempt (darn you, pandemic!) at our Wyeth-themed trip up the coast to take in the landscapes that inspired the art of at least three generations of this legendary family (p. 11)

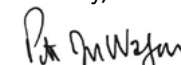
Finally, I'm so pleased to announce that our new nine-hole disc golf course is ready for play! Located between Freeport Middle School and the Freeport Community Library, the course is open to the public and free of charge. Just like the track and field at the high school, the public is welcome but should defer to school groups -- the course is a great community resource, but a part of our phys ed curriculum, too.

And in the spirit of lifelong learning, it's been another 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, or from advisory assistance in making the transition to college or work, 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](http://rsu5cp.org) and click **Register** in the main menu. If mailing, please include a completed registration form and make checks payable to *RSU5 Community Programs*. All major credit cards are accepted.

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

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

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

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

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

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

### **Accessibility**

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

### **Cancellation & Refund Policy**

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

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

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

## **Adult Education**

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

If you're an adult without a high school diploma, the High School Equivalency Test (HiSET) could be your route to improved career prospects, a college education, and increased earnings potential. 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 [AdultEd@rsu5.org](mailto:AdultEd@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 [AdultEd@rsu5.org](mailto:AdultEd@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 [AdultEd@rsu5.org](mailto:AdultEd@rsu5.org).

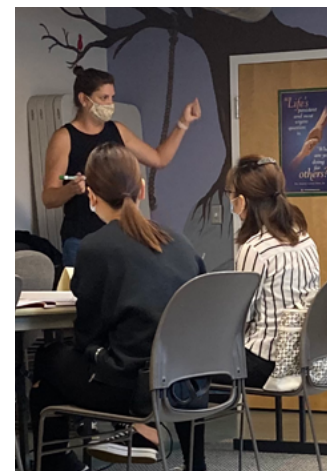
**FREE!**

### **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 [AdultEd@rsu5.org](mailto:AdultEd@rsu5.org) for more info and to register for classes.

**FREE!**



## Health & Fitness

### 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**

Days: Mondays

Time: 6:00 – 7:00 p.m.

Class	Dates	Location	Fee
Winter	January 23 – March 6 (no class 2/20)	FMS Cafeteria	\$40
Spring	April 24 – June 5 (no class 5/29)	FMS Gym	\$40

### Salsa and Bachata Dance

Salsa and Bachata have roots in Cuba and the Dominican Republic. Learn the basics and have fun moving with Sharyn Peavey, who danced with Rumba Y Timbal and Alma Cubana of Maine! Partners are not required, come together or come solo! We will partner you up!

**Instructor: Sharyn Peavy**

Dates: Wednesdays, March 8 – April 12

Time: 6:00 – 7:00 p.m.

Location: FMS Cafeteria/Gym

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. 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. 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: \$175

### 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
Winter	Thursdays, February 2 – April 6	\$85
Spring	Thursdays, April 13 – June 22	\$85
Summer	Thursdays, June 29 – August 31 (no class 2/23, 4/20, 6/1 or 7/6)	\$85

### Pickleball in Pownal

Come drop-in for some Pickleball action, get some great exercise, and have some fun! All levels and abilities are welcome. If you would like to rent a paddle for the season, you may. Paddles will not be provided otherwise. You must register for the whole season, no matter how many weeks you attend. For summer dates, we recommend signing up for outdoor sessions through Yarmouth Community Services at [YarmouthME.myrec.com](http://YarmouthME.myrec.com).

Time: 5:30 – 7:00 or 7:00 – 8:30 p.m.

Location: PES Gym

Fee: optional \$5 paddle rental



Sessions	Dates	Fee
Winter	Monday, February 6 – March 27 (no meeting 2/20)	\$20
Spring	Monday, April 3 – May 22 (no meeting 4/17)	\$20

### 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 5 – March 26	9:00 – 10:30 a.m.	\$20
FMS Gym	Sunday, February 5 – March 26	6:00 – 8:00 p.m.	\$20
DCS Gym	Sunday, April 2– May 21	9:00 – 10:30 a.m.	\$20
FMS Gym	Sunday, April 2– May 21	6:00 – 8:00 p.m.	\$20
DCS Gym	Wednesday, April 5 – May 24	6:30 – 8:00 p.m.	\$20
DCS Gym	Wednesday, June 21 – August 2 (no meetings 2/19, 4/16)	6:30 – 8:00 p.m.	\$20

## Seasonal Jumpstarts

These point based challenge will help you start to incorporate some healthy habits that you can carry with you into each new season. Once you sign up, you will be invited to a private Facebook page where weekly calendars will be released for the month. Keep track of your points by accomplishing daily activities that are lifestyle based (movement, nutrition, sleep). Bonus points will be given for additional "extra credit"-- including recipe sharing, exercise selfies, trying something new, listening and commenting on educational podcasts/videos, etc. This is not a one size fits all challenge. Participants select options that work best for them. All fitness levels are encouraged.

### Instructors: The Tribal Sisters

Times and Location: Asynchronous Online (*requires a free Facebook account*)

Session	Dates	Fee
New Year, New You Jumpstart	January 1 – 31	\$30
Summer Jumpstart	April 1 – 30	\$30



## Ancestral Health

You've heard of keto, you've heard of paleo, but have you heard of primal? This is a quick introduction to the ten laws of ancestral health based off of Mark Sisson's Primal Blueprint. Your two Certified Primal Health Coaches, Vickie and Jessica walk you through the basics to support you as you start implementing lifestyle changes. Daily information will be released via a private Facebook page. Dig Deeper into the world of ancestral health and intermittent fasting with an additional two-week course. You will learn how to make the healthiest choices across the spectra of nutrition and movement. This course will have three scheduled Zoom meetings at 6:30 on Tuesdays 1/17 and 1/24 and Sunday, 1/29.

### Instructors: The Tribal Sisters

Times: Asynchronous (*A Deeper Dig... also includes Zoom meetings*)

Location: Online (*requires a free Facebook account*)

Session	Dates	Fee
Intro to Ancestral Health	January 2 – 12	\$45
A Deeper Dig into Ancestral Health	January 16 – 29	\$100

## Food & Drink

### Down East/Far East with Chris Toy

Chris Toy is the author of 6 popular cookbooks, a private chef, and teaches Asian-fusion cooking locally. We are excited to announce these two new programs. Those in the know will bring containers in case of surplus!

**Fresh Pasta:** Italy and China are famous for their pasta. Join us for an evening of fresh handmade pasta that combines garlic, ginger, tomatoes, seafood, stir-fry and more!

**Maki Rolls:** Sushi isn't only about raw fish! Join Chris to learn how to roll your own sushi maki rolls. We'll start with the traditional California Roll to get our technique down then move on to more local ingredients with fresh Maine ingredients.

Session	Location	Date	Time	Fee
Fresh Pasta	FCS Kitchen	Thursday, April 13	5:30 – 7:30 p.m.	\$55
Maki Rolls	FCS Kitchen	Thursday, May 4	5:30 – 7:30 p.m.	\$55

### Ferment This! with Emma Holder

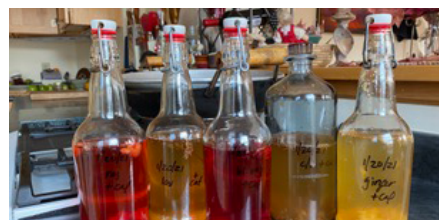
**Kombucha:** Kombucha is a fermented probiotic sweet tea beverage. A bottle might cost you \$4 in a store, but it's literally pennies to make. All you need are; black tea bags, sugar, a culture called a SCOBY (it's provided) and some time. Easy, economical and delicious! Primary (plain) and secondary (flavored) fermentation techniques will be demonstrated.

**Fermented Pickles:** What's the difference between refrigerator pickles and lactofermented ones? Flavor and probiotics! Also tannins, time, and a lot of culinary satisfaction. We'll try some different pickle recipes - you'll be sure to discover your favorite combinations.

**Twofer: Sauerkraut + wild card veggie:** Lacto-ferment cabbage and other local veggies resulting in delicious and safe home-made ferments. You'll learn basic techniques to create a culture with any vegetable (and a bit of microbiology).

Location: Online with Zoom

Session	Date	Time	Fee
Kombucha	Thursday, February 2	7:00 – 8:00 p.m.	\$20
Fermented Pickles	Thursday, February 9	7:00 – 8:00 p.m.	\$20
Sauerkraut Twofer	Thursday, February 16	7:00 – 8:00 p.m.	\$20





## Wine Tasting with Paula Truman, Bow Street Market

**Top 10 Wines for 2023:** Whites and Reds Under \$20. So much wine so little time. But someone had to do it!

**Favorite White Wines from Overseas:** Bright and fresh flavors that absolutely will “wine” your heart and palate!

Location: Freeport Community Services Learning Lab

Session	Date	Time	Fee
Top Ten Wines	Wednesday, January 11	6:00 – 7:30 p.m.	\$40
Overseas White Wines	Wednesday, March 8	6:00 – 7:30 p.m.	\$40

## Artistic Endeavors

### Art Nights in Maine with Sarah Cass

Join Sarah Cass for these fun nights, creating works of art for your home (or as a gift for someone special!) Take inspiration from nature, either with your subject or your materials!

**Pebble Art:** Create 3-D art with rocks, pebbles, sea glass, and shells on wood and glass.

**Spring Garland and Flower Design:** Make a vintage Rope Garland with a spring theme.

**Spring Paint Night:** Paint a spring scene using acrylic paint.

Location: Freeport Community Services

Session	Date	Time	Fee
Pebble Art	Tuesday, February 21	6:30 – 8:00 p.m.	\$35
Spring Garland	Tuesday, March 14	6:30 – 8:00 p.m.	\$35
Spring Paint Night	Tuesday, April 11	6:30 – 8:00 p.m.	\$35

### Acadian Arts Maine Retreats

Join Mary Laury, watercolor instructor and Chris Toy, cooking instructor for four days of indulging in your choice of painting or cooking in an idyllic coastal setting. Your day's explorations will be enriched by evening programs designed to extend your learning with themed movies and live music.



#### Dates

March 24 – 27  
April 17 – 20  
May 26 – 29  
June 23 – 26  
July 20 – 23

#### Locations

Kennebunkport  
York Beach  
Prospect Harbor  
Campobello Island  
Searsport Shores



Fee: \$495

## Wyeth Vistas

Don't miss this chance to immerse yourself in the legacy of Maine's most renowned family of artists! We'll begin our day at The Farnsworth Museum in Rockland, where we'll learn about the lives of N.C., Andrew, and Jamie Wyeth. After lunch, we'll explore the landscapes and seascapes immortalized in three generations of the Wyeths' artwork. We'll explore the Wyeth coastline aboard the Laura B, a refitted and historic 65' heavy duty work boat constructed in 1943 and operated by Monhegan Boat Line (the vessel took fire in the Pacific in WWII!). After we return to the mainland, we'll end our day with a visit to the Wyeth Gallery in Port Clyde. Lunch is not included in the cost of the trip. To be added to a list of people interested in this trip, please contact Peter Wagner at [wagnerp@rsu5.org](mailto:wagnerp@rsu5.org).



Departs: Freeport Community Services  
Fee: \$155

## Writing Workshop

Come explore the craft of writing and find your literary voice within a supportive community. In each class, you will learn about the essential elements of storytelling, including dialogue, tone, plot, structure, character and point of view. Participants will bring their own work to share and practice giving and receiving feedback. Instructor will review material each week and give line edits and suggestions for revisions. Instructor will also be available for further coaching after the class ends. This workshop is for fiction, nonfiction and memoir writing. *Evergreen Johnson is a graduate of the Mountainview MFA and a fiction novelist.*

Instructor: Evergreen Johnson  
Dates: Tuesdays, Jan. 10 – Feb. 14  
Time: 5:30 – 6:45 p.m.  
Location: Freeport Community Library  
Fee: \$45



## 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 in January, March and May. Reach out to Community Programs or Nancy at [ncfarrand@gmail.com](mailto:ncfarrand@gmail.com), and we will try to find a time that works for at least three students.

**Instructor: Nancy Farrand**

Dates and Time: TBD in January, March, or May  
Location: Freeport Community Services  
Fee: \$110

## Rewild Maine: Adult Programs

**Darning and Mending Clothing:** Learn the vital art of sewing and mending. We'll study cross-hatch hole-mending, then employ a few simple stitches to create a functional cloth pouch. Bring your holey garments!

**Pine Needle Baskets:** Learn to identify, regeneratively gather and harvest, properly store and process, and weave with pine needles. We'll cover the basics of coiled basketry, which is a global, ancient human skill, and create a wonderful pine-needle basket.

**Making Dandelion Wine:** Learn to make wine from foraged fruits and flowers! We will cover the whole process, start to finish, though we won't actually make wine together. However, there may be some bottles from last year available for sampling.

**Instructor: Zack Rouda, Rewild Maine**

Location: Freeport Community Services

Session	Date	Time	Fee
Darning and Mending	Tuesday, January 31	5:30 – 8:00 p.m.	\$45
Pine Needle Baskets	Monday, February 13	5:30 – 8:00 p.m.	\$55
Dandelion Wine	Tuesday, May 9	6:00 – 8:00 p.m.	\$45



## Rewild Maine: Youth Programs (Grades 5–8)

**Japanese Knotwood Flutes:** Learn to make musical flutes, in different styles, from Japanese knotweed! We'll cover identification, best gathering practices, materials storage and processing, and then use knives, wood-burners, rubber bands and string to make several types of flutes.

**Bundle Bows and Arrows:** Learn to make a bundle bow! The bundle bow is a useful quick bow that can be made largely without the use of knives. Bundle bows can be made to be very strong and accurate!

**Whistles, Stick-Loops and Other Ancient Toys:** Learn to make a slip-bark May-whistle, along with ring-and-stick (reminiscent of cup-and-ball,) and a few other stick-based toys. We'll also cover the basics of safe knife carving.

**Instructor: Zack Rouda, Rewild Maine**

Location: Freeport Middle School

Session	Date	Time	Fee
Knotweed Flutes	Friday, February 3	3:00 – 5:00 p.m.	\$35
Bundle Bows	Friday April 14	3:00 – 5:00 p.m.	\$35
Ancient Toys	Wednesday, May 3	3:30 – 5:00 p.m.	\$35

## Mad Science of Maine (Grades K–5)

Mad Science of Maine sparks imaginative learning for K–5th graders when school is out! Children experience what science is all about by getting hands-on with project-based activities, observing fascinating demonstrations, taking part in inquiry-based discussions, and by extending their learning at home with correlated take-home projects. Engaged, active, enthusiastic, and of course FUN learning is what we are all about! **MSS students may ride the bus from school to MLS.**

**Instructor: Mad Science of Maine**

Fee: \$110



Location	Dates	Time
	<b>Mad Lab Medley</b>	
MSS STEAM Room	Mondays, January 9 – March 6	3:20 – 4:20
MLS Art Room	Tuesdays, January 10 – March 7	3:30 – 4:30
PES Art Room	Tuesdays, January 10 – March 7	3:20 – 4:20
DCS Art Room	Thursdays, January 11 – March 9	3:20 – 4:20
	<b>Secret Agent Lab</b>	
MSS STEAM Room	Mondays, April 3 – May 22	3:20 – 4:20
MLS Art Room	Tuesdays, April 4 – May 23	3:30 – 4:30
PES Art Room	Tuesdays, April 4 – May 23	3:20 – 4:20
DCS Art Room	Thursdays, April 6 – May 25	3:20 – 4:20
(7 weeks, no classes 1/16-19, 2/20-23, 4/17-20)		

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

Get your child outside this winter with After-school Adventure. Over the course of six weeks our program will provide an exciting new selection of adventures for your child. Our friendly, experienced instructors will help guide them through winter sports such as cross-country skiing and snowshoeing, as well as other fun activities like shelter building, sledding, and camp craft skills. Transportation can be arranged from DCS, MLS, or PES, so don't let geography stop you from signing up!

**Instructor: L.L. Bean Outdoor Discovery Program**

Dates: Thursdays, January 12 – February 16

Time: 3:45 – 5:15 p.m.

Location: L.L. Bean's Fogg Farm

Fee: \$275



## Art as Therapy (Grades K–5)

Creativity fosters healing & mental well-being. Art as Therapy focuses on the inner experience of creating, not the finished project. It's a creative way to express thoughts, feelings & emotions & helps us de-stress. Even less than an hour of creativeness has a positive effect on our overall health & mental functions. It does not require any talent. In these sessions we will focus on the process of creating our emotions & thoughts, reducing anxiety, depression & stress from every day situations through: coloring, collages, doodles, finger paints, sculpture with different mediums, music, writing, journalism and if you are comfortable with sending in copies of photos we will use these to create a great way to see our vision for ourselves!



**Instructor: Jenifer Roberts-Powers**

Location: MSS STEAM Room/DCS Art Room/MLS Art Room

Session	Dates	Time	Fee
<b>DCS Winter (K–5)</b>	Mondays, January 9 – February 13	3:15 – 4:15	\$70
<b>MSS Winter (K–2)</b>	Wednesdays, January 11 – Feb. 8	3:20 – 4:20	\$70
<b>MLS Winter (3–5)</b>	Fridays, January 13 – February 17	3:25 – 4:25	\$70
<b>DCS Mud (K–5)</b>	Mondays, March 6 – April 3	3:15 – 4:15	\$70
<b>MSS Mud (K–2)</b>	Wednesdays, March 8 – April 5	3:20 – 4:20	\$70
<b>MLS Mud (3–5)</b>	Fridays, March 3 – April 7	3:25 – 4:25	\$70
<b>DCS Spring (K–5)</b>	Mondays, April 24 – May 22	3:15 – 4:15	\$70
<b>MSS Spring (K–2)</b>	Wednesdays, April 26 – May 31	3:20 – 4:20	\$70
<b>MLS Spring (3–5)</b>	Fridays, April 28 – May 26	3:25 – 4:25	\$70
<i>(no classes 1/16, 2/3, 2/15, 3/17 or 5/3)</i>			



## 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 STEM Room

Session	Dates	Time	Fee
<b>DCS</b>	Tuesdays, January 10 – February 14	3:15 – 4:30 p.m.	\$45
<b>MLS</b>	Mondays, February 27 – April 3	3:25 – 4:30 p.m.	\$45

## 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. Level II classes are for kids who have participated in previous sessions. *Bis bald!*



**Instructors: Valeska Hornschild-Bear**

Times: 7:50 – 8:35 a.m.

Location: Mast Landing School Gym

Class	Dates	Fee
<b>Winter I</b>	Fridays, January 6 – March 10	\$50
<b>Winter II</b>	Mondays, January 9 – March 13	\$50
<b>Frühling I</b>	Fridays, March 24 – May 26	\$50
<b>Frühling II</b>	Mondays, March 27 – May 22 <i>(no class 1/16, 2/3, 2/20–24, 4/14–4/21)</i>	\$50

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

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

Dates: Saturdays, January 14 – 21

Time: 9:30 – 4:00 p.m.

Location: FMS Library

Fee: \$115



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

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



**Instructor: Ciprian Marinut**

Dates: Fridays, January 6 – February 17  
*(no class 2/3)*

Times: 3:30 – 4:30 p.m.

Location: MLS Gym

Fee: \$45



### 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: MSS Gym / MLS Gym / DCS Gym

Class	Dates	Fee
MSS Winter (K–2)	Tuesdays, January 3 – February 7	\$65
MLS Winter (2–5)	Wednesdays, January 4 – February 8	\$65
MSS Winter/Spring (K–2)	Tuesdays, February 28 – April 4	\$65
MLS Winter/Spring (2–5)	Wednesdays, March 1 – April 5	\$65
DCS Winter/Spring (K–5)	Thursdays, March 2 – April 6	\$65
MSS Spring (K–2)	Tuesdays, April 25 – May 30	\$65
MLS Spring (2–5)	Wednesdays, April 12 – May 31	\$65
DCS Spring (K–5)	Thursdays, March 2 – April 6 (no class 5/3)	\$65



### 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

Class	Dates	Fee
Winter	Tuesdays, January 3 – February 7	\$65
Winter/Spring	Tuesdays, February 28 – April 4	\$65
Spring	Tuesdays, April 25 – May 30	\$65

### Kids Yoga and Mindfulness (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**

Time: 3:25 – 4:30 p.m.

Location: MLS Gym

Session	Dates	Fee
Winter	January 9 – February 27 (no class 1/16 or 2/20)	\$65
Winter/Spring	March 6 – April 10	\$65
Spring	April 24 – June 5 (no class 5/29)	\$65



### Toddler Tumbling and Fitness (Ages 2–4, with Parents Welcome)

Learn basic gymnastics and tumbling skills while exploring creative movement in this 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, art projects, and practice classroom skills including direction following and group collaboration. Parents are encouraged to help their children participate throughout the class!

**Instructor: Laura Chadha**

Time: 9:30 – 10:30 a.m.

Location: The Bradley Room  
at Freeport Community Services



Session	Dates	Fee
Winter Tuesdays	January 10 – February 14	\$65
Winter Thursdays	January 12 – February 16	\$65
Winter/Spring Tuesdays	February 28 – April 11*	\$65
Winter/Spring Thursdays	March 2 – April 13*	\$65
Spring Tuesdays	April 25 – May 30	\$65
Spring Thursdays	April 27 – June 1	\$65

\* Winter/Spring session will have a week off, to be announced later

## Spring Youth Sports

### Harraseeket Harriers Running Club (Grades 1–6)

Harriers promotes running as a fun, healthy, group-oriented activity. Meets will be scheduled with surrounding communities. Practices will run Mondays or Tuesdays, with meets held some Wednesdays. 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.**

Location	Dates	Time	Fee
DCS Mondays	April 24 – May 22	3:15 – 4:30	\$70
MLS Mondays	April 24 – May 22	3:25 – 4:30	\$70
MLS Tuesdays	April 25 – May 23	3:25 – 4:30	\$70
Meets	May 10, 17, 24, 31 / June 3	3:15 – 5:30 / TBA	



### 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. Returning students eligible for the Intermediate class will receive a registration code from their instructor. 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
Winter	Thursdays, February 2 – April 6 (no class 2/23)	\$85
Spring	Thursdays, April 13 – June 22 (no class 4/20)	\$85
Summer	Thursdays, June 29 – August 31 (no class 6/1 or 7/6)	\$85

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

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

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

Dates: Sundays, January 8 – February 12

Time: 10:00 – 11:30 a.m.

Location: FMS Gym

Fee: \$80



### 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**

Details available soon at [rsu5cp.org](http://rsu5cp.org)

### 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!

Dates & Times: Saturdays, May 6 – June 10, 8:00 – 9:00 a.m.

Location: Pownal Road Field

Fee: \$60

### Youth Lacrosse (Grades 3–6)

Lacrosse teams will practice twice a week during the season. Games will be on the weekends. The season may begin 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 March 31.**

Dates: April 3 – mid-June

Fee: \$100





### 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**

Days & Time: Wednesdays, 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**

Days & Time: Tuesdays, 2:30 – 4:30 p.m.

Location: Freeport Community Library

Fee: FREE



### Falcon Esports (Grades 9–12)

Join a team of your classmates as you represent RSU5 and Freeport High School in competition with other teams from around the state and country playing Rocket League, Super Smash Bros.™ Ultimate, Splatoon™ 3, or other available titles selected by the players. Preparedness and sportsmanship will be stressed, as we mold a respectful generation of gamers who can work together to hone their skills as a team.

**Instructor: Brandon Cass**

Dates: Mondays – Thursdays, January 30 – April 27

Times: 3:30 – 5:00 p.m.

Location: The PORT

Fee: \$150

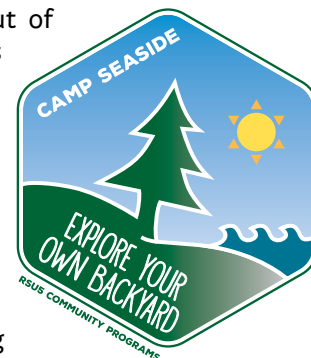


### Driver Education (Ages 15+)

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

### 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
<b>Week 1</b>	June 26 – June 30	\$260
<b>Week 2</b>	July 3 – 7 (no camp Tuesday)	\$210
<b>Week 3</b>	July 10 – July 14	\$260
<b>Week 4</b>	July 17 – July 21	\$260
<b>Week 5</b>	July 24 – July 28	\$260
<b>Week 6</b>	July 31 – August 4	\$260
<b>Week 7</b>	August 7 – 11	\$260
<b>Weeks 1–7</b>	June 26 – August 11	\$1635

## 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**

*Details available soon at [rsu5cp.org](http://rsu5cp.org)*



### 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

*Details available soon at [rsu5cp.org](http://rsu5cp.org)*

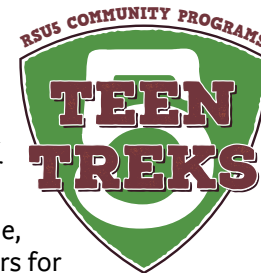
### Teen Treks (Grades 6 – 12)

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 may include canoeing and moose watching, downhill mountain biking, adventure parks, ropes course sessions, and whitewater rafting.

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
<b>Week 1</b>	Monday – Thursday, June 26 – 29	\$260
<b>Week 2</b>	Monday, Wednesday – Friday, July 3 – 7	\$260
<b>Week 3x</b>	Monday – Thursday, July 10 – July 13 + one overnight	\$410
<b>Week 4</b>	Monday – Thursday, July 17 – July 20	\$260
<b>Week 5x</b>	Monday – Thursday, July 24 – July 27 + one overnight	\$410
<b>Week 6</b>	Monday – Thursday, July 31 – August 3	\$260
<b>Week 7x</b>	Monday – Thursday, August 7 – 10 + one overnight	\$410

## Arts and Enrichment Camps

### Maine Summer 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: Jenifer Roberts-Powers**

Days: Monday – Friday

Time: 9:00 a.m. – 12:00 p.m.

Session	Location	Dates	Fee
<b>Chickadee (K–3)</b>	DCS Art Room	July 10 – 14	\$135
<b>Loon (K–3)</b>	MSS STEAM Room	July 24 – 28	\$135
<b>Moose (4–6)</b>	FMS	August 7 – 11	\$135



### Sew Wicked Fun Camp (Grades 4–6)

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.

**Instructor: Lori Maxham, Cotton Weeds**

*Details available soon at [rsu5cp.org](http://rsu5cp.org)*



### Junior Chef Camp (Grades 3–6)

Join our chef2 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!

*Details available soon at [rsu5cp.org](http://rsu5cp.org)*

### Summer Drama (Grades 4–9)

This summer, your kids can get in touch with their dramatic side as they learn, play, and perform with each other. Along with a slew of theater games and exercises, actors will also get a chance to write and hone their own original pieces, which they will perform for you on the final day of camp. Each session is different, so campers can attend both sessions!

*Details available soon at [rsu5cp.org](http://rsu5cp.org). Sessions in Freeport and Durham.*

## STEAM Camps

### Mad Science Day Camps (Grades 1–6)

Looking for ways to nourish your child's body & mind over school breaks? Mad Science Vacation Camps offers kids ages 6-12 a chance to seize their summer days through active learning in a safe & fun environment! Our week long program is uniquely designed to bring out your child's inner scientist!

**Instructor: Mad Science of Maine**

Location: MSS Learning Cottage

Time: 9:00 a.m. – 3:00 p.m.

*4 themed sessions in Freeport and Pownal. Details available soon at [rsu5cp.org](http://rsu5cp.org)*

### The DaVinci Experience (Ages 4–12)\*

The DaVinci Experience is a summer camp and childcare program serving families in Cumberland County, Maine. DaVinci offers children an enriching educational program run by experienced staff in a safe, joyful, and inclusive environment. Our goal is to create lifelong learners and free thinkers through a curriculum that focuses on the development of the whole child: physical, social, emotional, and cognitive. Our intuitive, child-centered curriculum is a safe space for children to engage and take ownership of their own learning through hands-on experiences and dramatic play.

**Instructor: The DaVinci Experience**

Time: 8:00 a.m. – 12:00 or 3:00 p.m.

Location: MSS Learning Cottage

**Register at [DaVinciExperience.com](http://DaVinciExperience.com)**

Groups split by age. Kids 13 and older may apply to be CITs

*4 themed sessions in Freeport and Durham. Details available soon at [rsu5cp.org](http://rsu5cp.org).*



## Sports Camps

### 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. This sports camp is appropriate for children of all abilities.

**Instructor: Ciprian Marinut**

Dates: Monday – Friday, July 31 – August 4

Time: 9:00 a.m. – 4:00 p.m.

Location: FMS Field & Woods

Fee: \$120



### **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

<b>Session</b>	<b>Dates</b>	<b>Time</b>	<b>Fee</b>
<b>June</b>	Monday–Thursday, June 26 – 29	9:00 a.m. – 4:00 p.m.	\$125
<b>July</b>	Monday–Thursday, July 24 – 27	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 10 – 14  
 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 17 – 21  
 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.

Days: Monday – Friday  
 Dates: July 10 – 14  
 Time: 9:00 a.m. – 12:00 p.m.  
 Location: MSS Gym  
 Fee: \$125

### **Fairy Tale Princess Dance Camp (Ages 6-8)**

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!

Dates: Monday – Friday, July 17 – 21  
 Time: 9:00 a.m. – 12:00 p.m.  
 Location: MSS Gym  
 Fee: \$125

### **Top Rockers Hip-Hop and Jazz Dance Camp (Ages 6-10)**

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.

Dates: Monday – Friday, July 24– 28  
 Time: 9:00 a.m. – 12:00 p.m.  
 Location: MSS Gym  
 Fee: \$125





### 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. **Volunteers are critical to the success of this program.** Please email [cp@rsu5.org](mailto:cp@rsu5.org) to help out.

**Instructors:** Jared & Deedra Boudreau, & Matt Greear

**Dates:** Mondays & Tuesdays, June – August, TBD

**Time:** 5:00 – 6:30 p.m.

**Location:** Joan Benoit Samuelson Track & Field

**Fee:** \$100 (+USATF Membership for competition)



### Falcon Football Camp (Grades 3-8)

This year we are offering a week-long camp to ready new and returning players for the upcoming season. The camp will cover: training at all positions; offensive and defensive schemes; strength and agility drills; the rules and history of football; and team-building skills. Players need cleats, workout clothes, sunblock, a water bottle, and snack.

**Instructors:** Paul St. Pierre & FHS Players

**Dates:** Monday – Friday, July 10 – 14

**Time:** 8:00 a.m. – 12:00 p.m.

**Location:** Joan Benoit Samuelson Track & Field

**Fee:** \$125

### 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 water.

**Instructors:** FHS Coaches and Players

**Days:** Monday – Friday

*Details available soon at [rsu5cp.org](http://rsu5cp.org)*



### 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 & FHS/FUSC Coaches & Players

**Time:** 8:00 – 11:00 a.m.

Session	Location	Dates	Fee
Juniors (K-4)	FMS Fields	Mon., Wed. – Fri., July 3 – 7	\$80
Seniors (5-8)	JBS Track & Field, FHS	Monday – Friday, July 24 – 28	\$80

### 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 7 – 11	3-4	9:00 – 9:45 a.m.	\$105
Location:	DCS fields	5-6	10:15 – 11:30 a.m.	\$130
Register at	<a href="http://ChallengerSports.com">ChallengerSports.com</a>	7-14	12:30 – 3:30 p.m.	\$185

### 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 26 – 30

**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



## Fall Football

Football programs are open to boys and girls in Durham, Freeport, and Pownal. Our Football Registration event will be held at Pownal Road Field in June. 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.

After registration closes in early August, new registrations 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 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.

*Details available soon at [rsu5cp.org](http://rsu5cp.org)*

### 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.

*Details available soon at [rsu5cp.org](http://rsu5cp.org)*



## 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](http://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.

**Registration opens March 6th**

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

Locations: Durham Community School & Mast Landing School

(*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.

**Registration opens April 3rd**

## Partner Programs

**FREE STRENGTH & STRETCH AT FCS!**  
With Therese Liptak  
Tuesdays in January and February  
5:30-6:15 pm FCS Bradley Room  
53 Depot St, Freeport  
Bring your own weights—between 3 and 10 lbs

**FREE AGE-FRIENDLY YOGA**  
WITH ELIZA PIERCE  
MONDAYS 9:30 AM  
Winter session  
Jan-May

Connecting Neighbors • Enriching Lives  
**Freeport Community Services**



## **RSU5 Community Programs**

17 West Street  
Freeport, Maine 04032

### **Office Hours**

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

### **Website**

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

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## **JOIN OUR TEAM!**

*WE ARE HIRING*



Scan our QR Code or apply directly on our district  
website [www.rsu5.org](http://www.rsu5.org)

### **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