



Durham • Freeport • Pownal

Community Programs

Fall & Winter 2024-25



Table of Contents

Message from the Director	3
Registration Information	4

Adult Education

High School Equivalency	5
Career Access	5
English Language	5

Adult Rec & Enrichment

Travel & Language	6
Food & Drink.....	6
Art	7-8
Music	7
Defensive Driving	8
The Fair Play Method	9
Civics 101	9
Mah Jong & Chess	9-10
Line Dancing	10
Sports	10-11

Teen Programs

Program Facilities

Freeport High School
Freeport Middle School
Durham Community School
Mast Landing School
Pownal Elementary School
Morse Street School
Freeport Community Services

Youth Rec & Enrichment

Sewing	12
Mad Science	13
Maine Nature Art	13
German	14
Gee's Games	14
Wolfe's Neck Farm Camp	14
L.L. Bean Adventures	15
Yoga & Tumbling	15-16
Dance	17
Fall Soccer	18
Running	19
Tae Kwon Do	19
Field Hockey	20
Tennis	20
Phys. Ex.	20
Basketball	21-22
Gee's Sports	22

Laugh & Learn

Great Osprey 10K

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	FCS

RSU5 Community Programs Staff

Director

Peter Wagner, wagnerp@rsu5.org

Recreation & Enrichment Coordinator

Chris Guerette, guerettec@rsu5.org

Athletics Coordinator

Rocco Linehan, linehanr@rsu5.org

Childhood Education Coordinator

Helen Humphrey, humphreyh@rsu5.org

Adult Education Coordinator

Liza Gerber, gerberm@rsu5.org

Office Coordinator

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.

17 West Street, Freeport, ME
(207) 865-6171 • rsu5cp.org

Dear Friends and Neighbors--

It's been a remarkable year for Community Programs and the countless members of our community that we serve. In the coming months we'll build on strong programs and also try some new things, and I hope you'll take a close look at our offerings in this catalog, spanning August through February.

Here's a little cheat sheet of some great offerings you'll find within:

- Hands-on programs with our good friends at L.L. Bean and the Wolfe's Neck Center for Agriculture & the Environment, pg. 14-15.
- With fall right around the corner, youth soccer, pg. 18.
- Winter's staple team sport, youth basketball, pg. 21-22.
- A fun way for adults to re-introduce themselves to their instrument, in Making Music Again, pg. 8.
- An introduction for parents to the Fair Play Method, pg. 9.
- In partnership with the good people at Freeport Community Library, the EXPLORE... afterschool program for the middle school cohort, pg. 12.

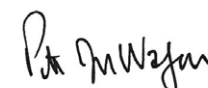
I'm especially excited to announce the first in what I hope will be a series of Civics 101 classes. In collaboration with the Town of Freeport, we'll be offering up one or more speakers over a span of eight weeks in the fall – with the opportunity for participants to get up-close and personal time with Freeport's decision makers. Short presentations will be offered by the Town Manager, members of the Town Council, Public Safety, and other divisions across the org chart, followed by a generous period of discussion and Q&A. We're beginning with Freeport this fall, and in the future hope to launch similar programs in Durham and Pownal as well. You can learn more on pg. 9.

The Adult Education program keeps humming along, and we're always looking for more English learners and people seeking their high school equivalency degrees through HiSET. 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. As ever, everything is 100% free (pg. 5).

As always, I'll close with my usual call to action. If you have 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 at (207) 865-6171. To register online (our preferred method), 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*.

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 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.** Scholarship 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 five business days or more before the start of class.
- **50% Refund** (Minus \$5 processing fee) - you withdraw three business days before or up to the end of the first class for a class that meets more than once.
- 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

Please contact the Adult Education Coordinator at 865-6171x322 or AdultEd@rsu5.org for more info or to register for any of the classes below.

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. Individual sessions are held virtually or in-person and are arranged to suit the schedules of learners and our instructors.

Learning Lab – Freeport

Learning Lab is an in-person study time open to all adults in need of academic instruction and guidance. Teachers provide individualized preparation for HiSET, CASAS and other academic tests. Take advantage of these classes to get started on your future today. All students must complete an intake process.

Maine College & Career Access

Maine College & Career Access is an advising program leading to enrollment in a post secondary institution, including workforce training. MCCA includes career planning, academic preparation, financial aid assistance, college planning and testing. In partnership with Maine's community colleges and the university system, MCCA programs offer high-quality accessible pathways to post-secondary education for adults.

English for Speakers of Other Languages (ESOL)

We're proud to offer small classes for Adult English Language Learners and we work closely with students from around the world. Our ESOL program helps people improve their English reading, writing, grammar and life skills. We offer in-person and remote learning. 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. *We can offer CASAS testing for all levels, but if you believe you are at a higher level such as 5 or 6, but we do not offer Advanced level classes. We would send a referral for you to attend Advanced classes at another Adult Ed. Program.*

Digital Literacy

We are excited to announce we will offer drop-in time for adults to access help with Digital Literacy Skills. We have created Beginner and Continuing Digital Literacy classwork for students to finish at their own pace.



International Travel & Language

The Christmas Market, Quebec City

Have you ever been to a German Christmas market or heard about its enchanting charm? If you want to experience this magic without boarding a plane, this premier trip is perfect for you. Join a German resident of Freeport on a journey to the most beautiful Christmas Market outside of Germany. Everything is taken care of: travel and 3-star hotel accommodations, breakfast and dinner each day, and a tour guide throughout. Discover charming cafes, exquisite restaurants, fascinating museums, and partake in various winter activities. This unforgettable package promises a truly enchanting experience.

Guide: Valeska Horschild-Bear

Dates: December 5 – 8

Fee: Estimated at \$1,500 per person

Information Night: September 12

7:00 p.m., MLS Library



Conversational German

Perhaps you took German in college years ago and would now like to refresh your knowledge, or maybe you are planning a trip to Germany and would like to know the most important phrases to get around. Together, we will learn about German language, the rich culture, traditions, and the German lifestyle in general. The class is held in a relaxed and fun atmosphere, open to everyone.

Instructor: Valeska Hornschild-Bear

Time: 7:00 – 8:30 p.m.

Location: FMS Library

**Trip to
Berlin, Germany
April 18–April 25
2025**

Session	Dates	Fee
Herbst	Thursdays, October 17 – November 12	\$75
Winter	Thursdays, December 12 – October 30 (no class 12/26)	\$75

Food & Drink

Wine Tasting with Paula Truman, Bow Street Market

Join Paula Truman of Bow Street Market throughout the year as we try wines from around the world! Check our websites for more details about the tastings listed here.

Location: Freeport Community Services, Learning Lab or Café

Session	Date	Time	Fee
Wines of Greece	Wednesday, October 2	6:00 – 7:30 p.m.	\$40
Holiday Organic Wines	Wednesday, December 4	6:00 – 7:30 p.m.	\$40

Ferment This! with Emma Holder

Fall into fermentation with four different and delicious options. Each stand-alone class will cover a bit of microbiology to define what fermentation is and how it works so you can troubleshoot, some historical context, and then recipes and techniques for the unique ferment of the day. Take one class or a combination! You can attend in person (Portland location), or Zoom in from your kitchen. Visit emmaholder.com/fermentation for more info!

Location: online with Zoom OR in-person in Portland

Session	Date	Time	Fee
Kombucha	Wednesday, October 2	6:00 – 7:15 p.m.	\$25
Sauerkraut Variations	Wednesday, October 9	6:00 – 7:15 p.m.	\$25
Apple/Pear Chutney & Fermented Potatoes	Wednesday, October 16	6:00 – 7:15 p.m.	\$25

Wok and Cleaver Bootcamp

Participants will learn how to season, care for, and use a Chinese wok and cleaver. The recipes for the class will include stir-frying, oven roasting, and preparing steamed rice. Each student will take home a specially selected kit including a lightweight cast iron wok, wok spatula, carbon steel cleaver, honing steel, a heavy duty cutting board, and one of Chris Toy's 6 cookbooks. The retail value of the kit is \$230. (Those in the know bring containers just in case!)

Instructor: Chris Toy

Date: Wednesday, October 30

Time: 5:00 – 8:00 p.m.

Location: Freeport Community Services

Fee: \$195



Artistic Endeavors

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	Locations
September 13 – 16	Prospect Harbor
October 11 – 14	Campobello Island
November 8 – 11	Searsport

Fee: \$495



Art Nights with Sarah Cass

Join Sarah Cass for a variety of art classes this fall and winter! We'll start learning the basics of crochet with our first three-part class. Once you've got a handle on some basic technique, learn how to make a full sunflower square blanket! One-night classes later in the season focus on smaller projects just when you need them. For full descriptions of each class, visit our website!

Instructor: Sarah Cass

Location: FCS Learning Lab



Session	Dates & Times	Fee
Beginner Crochet	September 17 – October 1, 6:30 - 7:30	\$75
Sunflower Square Crochet	October 8 – 22, 6:30 - 7:30	\$85
Seaglass Art	November 5, 6:00 - 7:00	\$35
Holiday Arrangements	December 3, 6:00 - 7:00	\$40
Spring Flowers Paint Night	January 7, 6:00 - 7:00	\$30

Making Music Again

Do you have an old band instrument lying around in your attic? Did you play a musical instrument as a kid and have always wanted to pick it back up? If you have an orchestral instrument: flute, oboe, clarinet, trumpet, French horn, trombone, violin, viola or cello, double bass, and have prior musical experience (even from decades ago) on your instrument, this is a wonderful way to revisit and rekindle your musical skills. This eight-week course will get you back into the swing of music making. All musicians will receive simple sheet music to play through. Together as an ensemble we will practice, make mistakes, and explore concepts such as tuning, tone, technique, balance, rhythm, and dynamics.

Instructor: Ron Draddy

Dates: Thursdays, October 3 – November 21

Time: 5:30 – 7:00 p.m.

Location: Freeport Middle School Band Room

Fee: \$40



Enrichment

Maine Driving Dynamics

Improve your defensive driving skills. Taught by a certified MDD instructor, topics in this course will include collision avoidance, safety issues, driver habits, and the challenges you face on the road. *Completion of the course entitles you to a three-point credit on your driving record.*

Dates: Monday & Wednesday, November 4 & 6

Time: 6:00 – 8:30 p.m.

Location: FHS Room 102

Fee: \$75

Introduction to the Fair Play Method

Bring some calm to the chaos of family life, reduce overwhelm, and return to your shared values – one conversation at a time. The Fair Play Method is a time-saving system that offers couples a new way to manage household and family responsibilities. This introductory workshop is for busy parents/guardians whose children are still living at home (ages 0-18). Bring your partner, and get ready to dive in! By the end of this interactive workshop, you will have a shared language for talking about domestic life and a manageable plan for implementing Fair Play in your unique home. Sandi Konta is a Maine-based Certified Fair Play Facilitator.

Instructor: Sandi Konta

Date & Time: Tuesday, November 12, 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$35 per couple



Civics 101 – Freeport

Don't miss your chance to be a more informed citizen! Registrants will attend weekly informational sessions on topics related to their local government. Each week will have one or more featured decision-makers who will present and answer questions about their role in the town over light refreshments. Over the eight weeks of this program you'll meet groups and individuals such as the Town Manager, Town Council, Planning, Public Safety, local non-profits, and more. If you are interested in better understanding how Freeport operates, this course is an excellent place to start. *We are currently working on making plans for similar programs in Durham and Pownall!*

Dates, Times and Locations: TBD,

on Tuesdays and/or Thursdays

See our website for more info



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. If you would like to register, reach out to Nancy at ncfarrand@gmail.com, and we will try to find a time that works for at least three students.

Instructor: Nancy Farrand

Dates: TBD, Fall and Winter

Time: 6:00 p.m. – 9:00 p.m.

Location: FCS

Fee: \$110



Chess For Seniors

Spend the morning learning the game of kings, or testing your lifetime of skills against others in the community. We will discuss basic strategies and ponder chess puzzles. We'd love to have you join us any time!

Instructor: Chris Guerette

Location: Freeport Community Services

Session	Dates & Times	Fee
Fall	Fridays, November 1 – December 13, 9:30 – 10:30 a.m. (no class 11/29)	\$20
Winter	Fridays, January 3 – February 7, 9:30 – 10:30 a.m.	\$20

Adult 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

Time: 6:00 – 7:00 p.m.

Location: FMS Gym (until 10/21)/Cafeteria

Fee: \$40

Session	Dates	Fee
Early Fall	Mondays, September 9 – October 21 (no class 10/14)	\$40
Late Fall	Mondays, October 28 – December 9 (no class 11/11)	\$40
Winter	Mondays, January 6 – February 24 (no class 1/20 or 2/17)	\$40

Adult P.E. (21+)

Adults age 21+ will have the opportunity to play some fun games from their childhood; join us for 90 minutes each week to play variations of dodgeball, wall ball, four square, capture the flag, and more! We are actively looking for sponsors for this program - we hope to continue the fun with a post-exercise drink and food at a local establishment.



Instructor: Rocco Linehan

Dates: Thursdays, October 3 - November 14 (no class 10/31)

Time: 6:00 – 7:30 p.m.

Location: RSU5 Freeport Gymnasiums (rotating based on availability)

Fee: \$50

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 5 – November 7	\$85
Fall/Winter	Thursdays, November 14 – January 30 (No class 10/31, 11/28, 12/26 or 1/2)	\$85

Adult Rec Basketball Open Gym

Play pickup basketball and stay in shape year-round. You must register for each location you might attend, but you will only be charged a fee for your first registration. *You must be pre-registered with Community Programs. NO Drop-Ins.* Sundays excluded when Monday is a holiday. Wednesdays excluded for school gatherings and during middle school basketball season. See website for schedule.

Dates: September 8 – July 30

Fee: \$20 per season

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

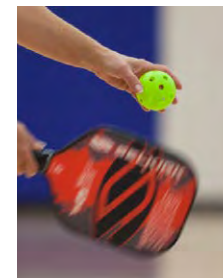
Come drop-in for some Pickleball action, get some great exercise, and have some fun! All levels and abilities are welcome. If you would like to rent a paddle for the season, you may. Paddles will not be provided otherwise. You must register for the whole season, no matter how many weeks you attend.

Time: 5:30 – 7:00 or 7:00 – 8:30 p.m.

Location: PES Gym

Fee: \$20 + optional \$5 paddle rental

Sessions	Dates
Fall	Mondays, September 9 – November 25 (no meeting 10/14 or 11/11)
Winter	Mondays, December 2 – March 10 (no meetings 12/23, 12/30, 1/20, or 2/17)



Teen Programs

Explore... (Grades 6–8) with RSU5 Community Programs and Freeport Community Library

Watch this space for exciting new opportunities all year long! Dungeons & Dragons campaigns meet every other Thursday. In between, we will explore Art, Drama, Music, Literature, Sports, Games and more. Do you have a particular passion you'd like to Explore with us? Let us know! We can learn together or find an expert in the community to join us. Check our website for a schedule of upcoming events.



Instructor: Chris Guerette & RSU5CP/FCL staff

Days: Wednesdays & Thursdays

Dates: September 4 – February 13

(no program on school days off)

Time: 2:30 – 4:30 p.m.

Location: Freeport Community Library

Fee: FREE

Driver Education (Ages 15+)

Roy's Driver & Rider Education offers in-person classes at Freeport High School. Classes start at the beginning of each month, and include the state required 30 hours of classroom and 10 hours of on-road driving instruction. Students must be 15 years old before the first class, and bring their birth certificate, social security card and a blue or black ink pen to the first class. Registration is directly through Roy's Driver & Rider Education at www.roysdriving.com or at (207) 784-6245. Visit their website for the most up-to-date schedule.

Youth Enrichment

Sew Wicked Fun (Grades 4–6)

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

Instructor: Lori Maxham of Cottonweeds



Session	Dates	Time	Fee
DCS (4–6)	Wednesdays, November 6 – December 18	3:20 – 4:45 p.m.	\$75
MLS (4–5)	Wednesdays, January 8 – February 12	3:30 – 4:45 p.m.	\$75
<i>(class will run 12:00 – 1:15 p.m. on 2/5 due to an early release)</i>			



Mad Science of Maine (Grades K–5)

Each session offers a new theme. With **Crazy Chemworks** this fall, you'll discover slime, other icky sticky stuff, and things that glow in the dark. Manipulate matter in all three states, demonstrate chemical reactions and learn about real laboratory equipment. In **STEM Odyssey**, explore a variety of introductory topics and learn about the wonders of both life and physical sciences. Answer questions like, "What makes your hair stand up?", "Is it a magnet or magic?", and "Just what are carbs, anyway?" **MSS students may ride the bus from school to MLS.**



Instructor: Mad Science of Maine

MSS Art Room (K-2), Mondays, 3:15 – 4:15

Crazy Chemworks September 9 – November 4 *(no class 10/14)* \$180

STEM Odyssey January 6 – March 10 *(no class 1/20 or 2/17)* \$180

MLS Art Room (2-5), Wednesdays, 3:25 – 4:25

Crazy Chemworks September 11 – October 30 \$180

STEM Odyssey January 8 – March 12 *(no class 2/5 or 2/19)* \$180

DCS Art Room (1-5), Wednesdays, 3:15 – 4:15

Crazy Chemworks September 11 – October 30 \$180

STEM Odyssey January 8 – March 12 *(no class 2/5 or 2/19)* \$180

Maine Nature Art (Grades K–5)

Seasonal delights will inspire your budding artists during these sessions. Come join in and bring a snack, water bottle, and imagination inspired by all Maine has to offer outside of the green months!



Instructor: Sarah Cass

DCS Art Room (K-5), Mondays, 3:20 – 4:20

Early Fall September 9 – October 21 *(no class 10/14)* \$80

Late Fall November 4 – December 16 *(no class 11/11)* \$80

Winter January 6 – February 3 *(no class 1/20)* \$55

MSS Art Room (K-2), Wednesdays, 3:20 – 4:20

Early Fall September 18 – October 23 \$80

Late Fall November 6 – December 18 *(no class 11/27)* \$80

Winter January 8 – 29 \$55

MLS Art Room (3-5), Thursdays, 3:30 – 4:30

Early Fall September 19 – October 24 \$80

Late Fall November 7 – December 19 *(no class 11/28)* \$80

Winter January 9 – 30 \$55

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. How do German kids live? 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!*

Instructor: Valeska Hornschild-Bear

Times: 7:50 – 8:35 a.m.

Location: Mast Landing School Library



Session	Dates	Fee
Herbst I	Fridays, October 4 – December 13 (no class 10/11, 11/29 or 12/6)	\$60
Herbst II	Wednesdays, October 9 – December 4 (no class 11/27)	\$60

Gee's Game Hour (Grades K–2)

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

Instructor: Pam Gee

Dates: Mondays, January 6 – February 3

(no class 1/20)

Time: 3:15 – 4:30 p.m.

Location: MSS Gym

Fee: \$35



Wolfe's Neck Center Farm Camp (Grades K–5)

At Farm Camp, kids engage in hands-on learning about regenerative agriculture and the environment. Campers take care of livestock, tend gardens, and make new friends while exploring 626 acres of farmland, forest, and coast. Wolfe's Neck Center is excited to offer a one-day version of this program during Professional Learning & Development days at school.

Instructors: Wolfe's Neck Center Staff

Location: Wolfe's Neck Center, Freeport



Session	Date & Time	Fee
October	Friday, Oct. 11, 9 a.m. – 4 p.m.	\$100
November	Tuesday, Nov. 5, 9 a.m. – 4 p.m.	\$100

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

We are pleased to continue our collaboration with L.L. Bean, bringing you and your children access to a variety of outdoor activities this fall and winter! Over six weeks, participants will get to try stand-up paddleboarding, kayaking, archery, fly casting, and ropes course elements. For the winter session, they'll experience cross-country skiing, tubing, snowshoeing, and nature lessons. 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, or PES, so don't let geography stop you from signing up!

Instructor: L.L. Bean Outdoor Discovery Program

Time: 3:45 – 6:00 p.m.

Location: L.L. Bean's Paddling Center/Fogg Farm



Session	Dates	Fee
Autumn Adventure	Tuesdays, September 10 – October 15	\$250
Winter Adventure	Tuesdays, January 7 – February 11	\$250



Youth Movement & Fitness

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 a snack.*

Instructor: Sara Helman, RYT

Days: Mondays

Time: 3:25 – 4:30 p.m.

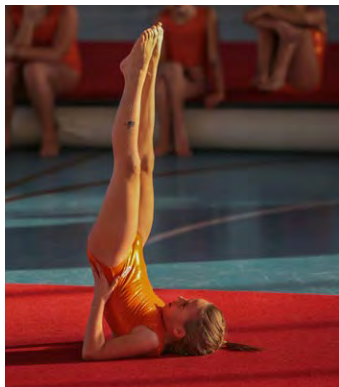
Location: MLS Gym



Session	Dates	Fee
Early Fall	September 9 – October 21 (no class 10/14)	\$70
Late Fall	October 28 – December 9 (no class 11/11)	\$70
Winter	January 6 – February 24 (no class 1/20 or 2/17)	\$70

Tumbling and Fitness (Grades K–5)

Learn basic tumbling and gymnastics skills while taking on strength and agility challenges in this dynamic class. Practice the proper techniques for handstands, cartwheels, forward rolls, and more to build and improve series connection skills. Children will engage in balance beam activities to build coordination and confidence, and participate in fitness prompts including jump roping and obstacle course runs. This program highlights achieving one's personal best in an encouraging, small-group environment to foster a passion for exercise and wellness. Laura Chadha is a Certified Personal Trainer with a strong background in gymnastics, functional fitness, and coaching. Parents/guardians may drop their children off or remain in the gym area throughout the class.



Instructor: Laura Chadha

Days: Saturdays

Time: 9:00 – 9:50 a.m. (K–2) or 10:00 – 10:50 a.m. (2–5)

Location: MSS Gym

Session	Dates	Fee
Early Fall	September 14 – October 26 (no class 10/12)	\$90
Late Fall	November 2 – December 14 (no class 11/30)	\$90
Winter	January 4 – February 8	\$90

Toddler Tumbling and Fitness: Parent with Child (Ages 2.5–5)

Learn basic tumbling and gymnastics skills while exploring athletic movement in this dynamic class. Parents and guardians will act as coaches and help lead their children through the guided activities. Children will develop tools to build strength, coordination, agility, and balance in an exciting and social atmosphere. They will engage in fitness activities and games, and practice classroom skills including direction-following through positive reinforcement. Laura Chadha is a Certified Personal Trainer with a strong background in gymnastics, functional fitness, and coaching. *Parent/guardian collaboration on the gym floor is required throughout the class.



Instructor: Laura Chadha

Days: Tuesdays

Time: 10:00 – 10:45 a.m. or 11:00 – 11:45 a.m.

Location: The Bradley Room at FCS

Session	Dates	Fee
Early Fall	September 10 – October 15	\$85
Late Fall	October 29 – December 3	\$85
Winter	January 7 – February 11	\$85

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. Morse Street 2nd graders are encouraged to sign up for classes at Mast Landing, and may take their regular bus there on class days. *The last day of most classes will feature a parent showcase.*

Instructor: Kate Andreu

MSS Gym (K-2), Tuesdays, 3:20 – 4:20

Early Fall	September 10 – October 15	\$80
Late Fall*	October 22 – December 3 (no class 11/5)	\$80
Winter	January 7 – February 11	\$80

MLS Gym (2-5), Wednesdays, 3:25 – 4:25

Early Fall	September 11 – October 16	\$80
Late Fall*	October 23 – December 4 (no class 11/27)	\$80
Winter	January 8 – February 26 (no class 2/5 or 2/19)	\$80

DCS Gym/Cafeteria (K-5), Thursdays, 3:20 – 4:20

Early Fall	September 5 – October 10	\$80
Late Fall*	October 17 – December 5 (no class 10/31 or 11/28)	\$80
Winter	January 9 – February 13	\$80

** All of Miss Kate's Late Fall dancers are invited to a perform at the FHS Performing Arts Center on Tuesday, December 10!*

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 most classes will feature a parent showcase.*

Instructor: Kate Andreu

MSS Gym, Tuesdays, 4:30 – 5:15

Early Fall	September 10 – October 15	\$80
Late Fall*	October 22 – December 3 (no class 11/5)	\$80
Winter	January 7 – February 11	\$80



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 7 – October 19 (rain date 10/12)

Location	Time	Fee
Hunter Road Field, Freeport	8:30 – 9:15 a.m.	\$60
Durham Community School	10:30 – 11:15 a.m.	\$60



Fall Soccer (Grades 1–8)

This fall, we have multiple soccer offerings for kids in grades 1-8. Our Fall Soccer League (FSL) 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. New this year, we are also offering a Unified Soccer Division (USD) designed for children with physical challenges, neurodiversities, social differences and unique communication needs. This program is open to players of all abilities, and we encourage players without special needs to register as a "Buddy" (free for FSL players).

All teams will play on Saturday mornings. FSL teams will have one weekday practice per week and days/times are TBD; these will likely begin the week of August 26. Once teams are finalized a coach will contact you with logistics.

Registration closes August 22nd and parent volunteers are integral to making sure we can accommodate all players and their requests.

Grade 1–3 teams will play at least half of their six games in the town in which they practice. Grade 4/5 teams may be separated by gender and may play some games in a neighboring town. Grade 6–8 will play half their games in neighboring towns. All USD games will be in RSU5 towns.

Locations: Hunter Road Field / Durham Community School / TBD

FSL Practices: One evening, Monday – Thursday, August 26 – October 17

FSL Games: Saturday mornings, September 7 – October 19 (rain date 10/12)

FSL Fee: \$60

USD Games: Saturday midday, September 14 – October 19 (rain date 10/12)

USD Fee: USD only players \$50, FSL registered "buddies" free

Harraseeket Harriers Running Club (Grades 1–5)

Harriers promotes running as a fun, group-oriented activity that is a great way to stay healthy. 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 19th. **Practices will be canceled in the event of rain.** MSS students may ride their usual bus to Mast Landing. Buses may be provided one way only. Parents must pick up runners from meets. Running shoes 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. Our Durham team still needs a dedicated coach in order to run!**

Instructors: Community Programs Staff

Dates: Mondays & Wednesdays, Sept. 16 – Oct. 16 (no practice 10/14)

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

Location: Durham Community School or Mast Landing School

Fee: \$80



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 5 – November 7	\$85
Fall/Winter	Thursdays, November 14 – January 30 (No class 10/31, 11/28, 12/26 or 1/2)	\$85

Coach a Team Today!

We rely on volunteer coaches to keep these programs affordable for all families. We offer paid league coach, site supervisor, and referee positions, as well. Please write to cpathletics@rsu5.org for more info.





Falcon Field Hockey Clinic (Grades K–6)

Join the Freeport High School coaching staff and members of the 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, FHS Varsity Field Hockey Coach

Dates: Tuesdays & Saturdays, September 3 – October 5

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

Location: JBS Track & Field, FHS

Fee: \$80

Fall Tennis (Grades 6–8)

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

Instructor: TBD

Dates: Tuesdays and Thursdays,
September 5 – October 22

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

Location: FHS Tennis courts/Meets TBA

Fee: \$90



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

Physical Extracurriculars is an after school program that will give participants the opportunity to play a variety of games in a fun and supportive atmosphere. We will play games such as pickleball, floor hockey, handball, soccer and more!



Instructor: Megan Vaughan

Dates: Fridays, January 3 – February 7

Times: 3:30 – 4:30 p.m.

Location: MLS Gym

Fee: \$45

Rec Basketball League (Grades 3–6)

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

Teams will practice once during the week in the evening, and have a Saturday morning game. Games will be held in Durham, Freeport, Yarmouth or Brunswick. **Parent coaches and assistants are needed in order to run this program.**

When you register, you will be asked where you would prefer to practice. You may choose either Durham/Pownal (Pownal Elementary School with home games at DCS) or Freeport (Mast Landing School with home games at FHS), and we will do all that we can to place your child on a team that practices in that town. **Practices begin as soon as November 20. Sign up by November 15 to guarantee a spot.**

Dates: One weekday & Saturday morning,
December 7 – February 8

Times: Practice times vary by team,

Games are played Saturday mornings

Location: FHS / DCS / TBA

Fee: \$60



Travel Basketball (Grades 5–8)

Maine offers various opportunities for kids to play basketball at a higher level. Some of those leagues will require travel every weekend. RSU5CP is currently in talks with coaches and surrounding towns to decide what our participation will look like going forward, but offering early registration for all possible leagues with a mandatory Evaluation Night on October 29. We will try to make room for as many players as possible, but if we do not have enough coaches, cuts are possible. The 5/6 rec option is open to all players, and players in grades 7/8 may try out for their school teams. **Parent coaches and assistants are needed in order to run this program.** Registration after October 26 will only be taken if there is room on a team.



Evaluation Night: October 29

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

Location: Freeport Middle School

Fee: Free Evaluation, League Fees \$135

All Basketball Photos by Kelly Sink

Little Hoopsters (Grades K–2)

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

Dates: Saturdays, January 4 – February 8
Time: 8:00 – 8:45 a.m.
Location: DCS or FHS Gym
Fee: \$60



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: MSS Gym

Class	Dates	Fee
Kindergarten	Wednesdays, November 6 – December 11	\$45
Grade 1	Mondays, November 4 – December 9	\$45
Grade 2	Thursdays, November 7 – December 12 (No class 11/11, 11/27–28)	\$45

Gee's Indoor Soccer (Grades K–2)

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

Instructor: Pam Gee
Time: 3:15 – 4:30 p.m.
Location: MSS Gym

Class	Dates	Fee
Grade K/1	Wednesdays, January 8 – February 12 (no class 2/5)	\$45
Grade 1/2	Thursdays, January 9 – February 6	\$45

Laugh & Learn

Dear Families,

Our Laugh and Learn programs provide high quality early childhood education and childcare services to serve families in the RSU5 community. We offer full-day and half day preschool for children ages 3-5 years old, as well as before and after care for children in our preschool programs and Kindergarten-5th grades in the Durham, Freeport and Pownal schools.

The Laugh & Learn preschool program is rooted in a thoughtful child focused curriculum and embedded literacy and numeracy. The preschool day consists of structured activities, free play and outside play opportunities for students. We value the importance of “play” and social emotional learning as a part of early learning as a whole.

Laugh & Learn's Before and After Care offers children opportunities to get outside, participate in free play, structured activities, basic homework help and includes a healthy snack option as well. Before Care takes place at Durham Community and Mast Landing Schools, and our After Care programs take place at Durham Community, Mast Landing and Pownal schools.

We look forward to serving your family's preschool and childcare needs this year! For more information, call (207) 865-6171x326 or visit rsu5cp.org



Preschool Programs

Ages: 3 – 5 yrs
Location: Enrichment & Learning Center at MLS
Options (3 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

Ages: Pre-K – 5th grade
Locations: Durham Community School & Mast Landing School;
After care only at Pownal Elementary School
Options (3 day minimum):
Before Care: 7:00 a.m. – start of school day
After Care: End of school day – 5:30 p.m.



RSU5 Community Programs

17 West Street
Freeport, Maine 04032

Office Hours

Monday – Friday
7:30 a.m. – 4:00 p.m.

Website

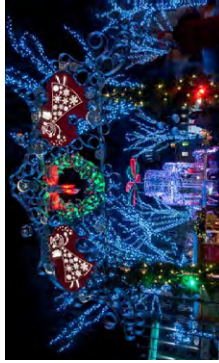
rsu5cp.org

Presorted Standard
Non-Profit Organization
U.S. Postage

PAID

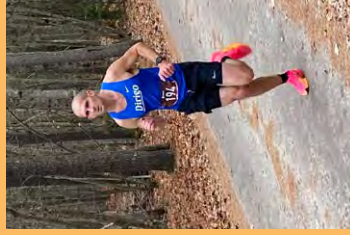
Freeport, ME
Permit No. 14

ECR-WSS Postal Customer



Quebec & Berlin Trips

Check our website for info about Valeska Hornschild-Bear's trips to a German Christmas Market in Quebec in December (pg. 6), and to Berlin this spring!



 **Bath Savings**
Since 1852

Great Osprey 10K Ocean Run Saturday, November 2, 10 a.m.

Join us for the 42nd 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 rsu5cp.org