



Durham • Freeport • Pownal

Community Programs

January – August 2025



www.RSU5CP.org

**Summer Camp Registration
Opens January 28, 9 a.m.**

Table of Contents

Message from the Director	3	Art	18
Registration Information	4	Babysitter Training	18
Adult Education		German Language	19
High School Equivalency	5	Mad Science	19
English Language Learning	5	Dance, Yoga, Tumbling.....	20
Career Workshops	6	Sports (including Lacrosse)	22
Adult Enrichment		Summer Camps	
Fitness & Sports	6	Camp Seaside & Teen Treks	26
Coaching Clinics	9	Kayaking & Paddleboarding	27
Trips to Germany	10	Arts & Enrichment	28
Food & Drink	11	Dragon's Eye Adventures	29
Artistic Endeavors	12	STEAM Camps	30
Enrichment	14	Pam Gee's Elementary Fun	32
Youth & Teen Spring Programs		Kate Andreu's Dance	33
Vacation Camps	15	Summer Sports & Camps	34
Teen Programs	16	Fall Football	37
Spring Adventure	17	Laugh & Learn	38
		Adventure Triathlon	39

Program Facilities

- Freeport High School
- Freeport Middle School
- Durham Community School
- Mast Landing School
- Pownal Elementary School
- Morse Street School
- Enrichment & Learning Center
- Freeport Community Services

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
- 20 Mollymauk Lane, Freeport ELC
- 53 Depot Street, Freeport FCS

Abbr.

RSU5 Community Programs Staff

Director

Peter Wagner, CPdirector@rsu5.org

Recreation & Enrichment Coordinator

Chris Guerette, CPrecreation@rsu5.org

Athletics & Special Projects Coordinator

Rocco Linehan, CPathletics@rsu5.org

Childhood Education Coordinator

Helen Humphrey, ChildhoodEd@rsu5.org

Adult Education Coordinator

Liza Gerber, AdultEd@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.

“Enriching lives... strengthening community”

Dear Friends and Neighbors,

I hope you are able to take time to look closely at this program catalog, as it covers a great swath of the coming year (January through August 2025) and also the hard work of our summer camp team (Helen Humphrey and Chris Guerette) and our three newest Coordinators (Liza Gerber, Rocco Linehan, and Kim Stewart).

Among the things that you don't want to miss:

SUMMER CAMPS! Registration opens soon for Camp Seaside and a bevy of camps and programs that your children will love. Many of our most popular offerings fill up quickly, so don't delay. You'll find these on pages 26–36.

Another opportunity to join the new Civics 101 program, March 10 - April 14. In collaboration with the Town of Freeport, we're offering up special presentations over a span of eight weeks, with the opportunity for participants to get up-close and personal time with Freeport's decision makers. Participants will meet 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, and in the future intend to launch similar programs in Durham and Pownal. Learn more on page 14.

We've got a slew of brand-new programs coming in 2025, so keep your eyes open for the **NEW!** icon throughout the book. I'm especially excited about our free Career Workshops (pg. 6), Adult Volleyball (pg. 8), and creative science offerings for kids from SparkYou (pg. 15 & 31). Help us get these great new offerings off the ground - we think you'll love them!

I'm especially proud to offer a new workshop series on **Women and Girls in Sports and Coaching**. Female role models in coaching positions are more important today than they've ever been, and this program will provide an opportunity for you to help create a healthier future. Many of the details for this program are still coming together, but if you've got any investment in athletics and leadership then this one's for you. Read more about it on page 9.

We're always welcoming 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. All our Adult Education programs are 100% free of charge (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!

Community Programs is Hiring!

We are currently seeking applicants to join our team as Laugh and Learn care-givers or as our new Office Coordinator. Visit rsu5.org/employment to apply!



Peter Wagner
Director, RSU5 Community Programs

How do I register for a class or program?

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

How do I establish an online account?

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

Do you offer scholarships for children?

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.** Youth scholarships are provided in partnership with Freeport Community Services. Application forms 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 less than five full business days before or up to the end of the first class in a series.
- 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

Have a question about our programs?

Email us at AdultEd@rsu5.org or call us at 207-856-6171 x322.

HiSET Learning Lab

If you are an adult without a high school diploma, the High School Equivalency Test (HiSET) could be your best route to improved career prospects, a college education, and increased earnings potential. Our HiSET instructor can meet with you online or in person and guide you through the testing.

English for Speakers of Other Languages (ESOL)

We're proud to offer small classes for adult English Language Learners. Our program helps students improve their English reading, writing, grammar and life skills. ESOL classes also help students prepare for employment and continuing education. New students must come for an intake to ensure proper placement in the correct level. Appointments are offered throughout the school year. *Interested in tutoring an ESOL student? PLEASE reach out to us!

Maine College & Career Access (MCCA)

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.

MCCA Post High School Transition ("PoHST") Program

The goal of this program is to help you bridge the time between high school graduation and beginning college. Our MCCA staff will help you with tasks such as enrolling in classes, starting your student profile on the college's website, completing financial aid paperwork, submitting your health & vaccine records, student orientation meetings, obtaining school IDs, parking permits, and more. Our goal is for you to begin college feeling ready and prepared. Some students may be eligible to earn an early college credit by enrolling in and completing our College Success Course.



Career Workshops

Is a new job on your 2025 to do list? Where to begin?! Attend an upcoming workshop or book time with us to discuss your career interests and goals. We can help you with the steps to finding a new job. We can also help you improve your digital literacy skills on your own time. Contact us to learn more! Registration for morning or evening sessions is free but required at rsu5cp.org.

Location: Freeport Community Services Learning Lab

NEW!

Career Interest Inventory and How to Look for a Job	Wednesday, January 29	5:00 – 6:30 p.m.
	Friday, January 31	9:00 – 10:30 a.m.
Resume and Cover Letter Writing	Wednesday, February 12	5:00 – 6:30 p.m.
	Friday, February 14	9:00 – 10:30 a.m.
Interview Skills	Wednesday, February 26	5:00 – 6:30 p.m.
	Friday, March 7	9:00 – 10:30 a.m.

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 & Time: Mondays, 6:00 – 7:00 p.m.

Class	Dates	Location	Fee
Winter	January 6 – February 24 (no class 1/20, 2/17)	FMS Cafeteria	\$40
Spring	March 3 – April 7	FMS Gym	\$40

Adult Rec Basketball Open Gym

Play basketball and stay in shape year-round. Please register for each location you might attend. You will only be charged 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: Ongoing – July 30

Fee: \$20 per season

Location	Day	Time	Day	Time
DCS Gym	Sunday	9:00 – 10:30 a.m.	Wednesday	6:30 – 8:00 p.m.
FMS Gym	Sunday	7:00 – 9:00 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. For summer dates, we recommend signing up for outdoor sessions through Yarmouth Community Services at YarmouthME.myrec.com.

Dates: Mondays, March 17 – June 9

(no meeting 4/21 or 5/26)

Time: 5:30 – 7:00 or 7:00 – 8:30 p.m.

Location: PES Gym

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



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
Late Winter	Thursdays, February 6 – April 10	\$85
Spring	Thursdays, April 17 – June 19	\$85
Summer	Thursdays, June 26 – August 28 (no class 2/20, 4/24, or 7/3)	\$85

The Maine Sandlot Baseball League (MSBL)

Presented by Rogers-Norton Wealth Management Group

We're back for our 5th season - and we continue to grow. The MSBL is a supremely player-friendly league for players who have completed their high school eligibility right up through their 20's. What you can expect from the experience in summer 2025:

- Informal workout opportunities offered through the winter and spring
- June-August regular season (approximately 15 games)
- Championship tournament in early August
- Six teams playing games in multiple locations in Cumberland County
- Mid-season all-star game

For players aged 18-29

Fee: \$185



Adult Pickup Ultimate

Come join us for mixed (coed) pickup ultimate on the turf! Ages 18+, beginner friendly - all interested players welcome. Players will divide into teams each week and play games based on attendance.

Dates: Sundays, May 4 – August 24
Time: 5:30 – 7:30 p.m.
Location: JBS Track & Turf Field, FHS
Fee: \$20



Winter/Spring Volleyball

Join this fun and competitive co-ed volleyball program! Come play pickup volleyball and sweat away those winter blues. No drop ins; must be pre-registered with Community Programs.

Dates: Sundays, January 19 – June 1
Time: 6:30 – 8:00 p.m.
Location: FHS Gym
Fee: \$20



Women and Girls in Sports & Coaching

Join us for this important program to engage in conversation about the place of women and girls in today's sporting landscape. Female role models in coaching positions are more important today than they've ever been, and this workshop will provide an opportunity to craft an individual action plan and to work with others toward a stronger and healthier future. Leaders and facilitators will be finalized and announced in the winter months, as will specific dates and times (likely to be late spring or early summer). Don't miss this chance to step up and make a difference. Register today to indicate your interest, and we'll follow up with more information as soon as it's available.

Dates & Times: TBD



Being the Best Volunteer Coach You Can Be

Athletics Coordinator Rocco Linehan will address key points for the youth season, including important dates and deadlines, program values, and onboarding materials. Then, varsity coaches will speak on topics such as: how to create/run drills that benefit kids at each age group; which fundamental skills to emphasize and teach; and what players need to do in order to be successful in the sport.

This new, seasonal program is for all coaches – whether you've been working in youth sports for years, or if you're brand new to the game. We should all be committed to being the best we can be for the young athletes in our care, so we've created this opportunity to help us get there.

Featured presenters will include the varsity coaches from your sport, coaches up and down the program's age range, members of the Community Programs recreation team, and professional coaches and athletic leaders.

Your goals should be to help your young athletes have fun, improve their game, and want to come back and do it again. Our goal is to provide you with a toolbox to help you be the best coach you can be.

These sessions are not just for new coaches – they are for all of us. We look forward to seeing you there!

Instructors: Rocco Linehan & RSU5 Varsity Coaches

Dates & Times: Before CP Lacrosse and Soccer seasons

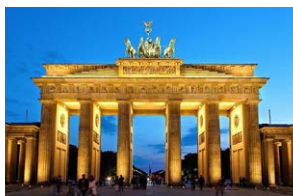


Trip to Berlin, Germany

Whether you are interested in history, art, or culture, Berlin, Germany, offers it all! Guided and organized by a native Berliner, you will dive into the city from day one, and bring back unforgettable memories. Everything will be organized for you, so you can relax while absorbing the city's vibe.

Trip Leader: Valeska Hornschild-Bear
 Dates: Friday, April 18 – Friday, April 25
 Fee: \$2,400 in double occupancy
 (does not include airfare)

Tour of Berlin Info Night
 Date: Tuesday, February 4
 Time: 7:00 p.m.
 Location: FMS Library



**Two chances
 to visit Germany
 in 2025**



Trip to Bavaria (Germany and Austria)

Join Valeska Hornschild-Bear for a tour of the Alpine region in Europe, including Munich, Neuschwanstein Castle, Zugspitze, Seefeld, and Innsbruck. Experience Germany and Austria through the eyes of an insider in a small, professional, and individual setting. The trip not only includes famous sites everyone should see, but also hidden gems of the breathtaking Alpine region.

Trip Leader: Valeska Hornschild-Bear
 Dates: Friday, June 27 – Saturday July 5
 Fee: TBD

Bavaria Info Night
 Date: Tuesday, February 11
 Time: 7:00 p.m.
 Location: FMS Library

Conversational German

Perhaps you took German in college years ago and would now like a refresher, or maybe you are planning a trip to Germany and would like to know the most important phrases to help you 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

Class	Dates	Fee
Late Winter	Thursdays, February 6 – March 20 (no class 2/20)	\$75
Early Spring	Thursdays, April 3 – May 22 (no class 4/17–24)	\$75

Wine Tasting with Susan Grenier, Bow Street Market

Wines Of The Ancient World: Explore the indigenous varietals and lesser known countries with some of the longest known histories of wine making in the world (including Georgia, Armenia and Lebanon).

Monastery Wines: Take a look at wineries around the world that were formerly Monastic. Lightly touch upon religion and taste their wines.

Importer Spotlight–Mary Taylor’s White Label Series: These are honest, authentic wines to be enjoyed. Mary has hand picked the wines, and works very closely with her wine makers throughout Europe.

Location: Freeport Community Services, Learning Lab or Café

Session	Date	Time	Fee
Wines/Ancient World	Wednesday, January 22	6:00 – 7:30 p.m.	\$40
Monastery Wines	Wednesday, March 12	6:00 – 7:30 p.m.	\$40
Mary Taylor	Wednesday, May 14	6:00 – 7:30 p.m.	\$40

Ferment This! with Emma Holder

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
 Days: Thursdays

Session	Date	Time	Fee
Kombucha	February 27	6:00 – 7:15 p.m.	\$25
Sauerkraut for Gifting	March 6	6:00 – 7:15 p.m.	\$25
Peppers, Carrots & Beyond	March 13	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 six cookbooks. The retail value of the kit alone is \$230.

Instructor: Chris Toy
 Date: Tuesday, May 20
 Time: 5:00 – 8:00 p.m.
 Location: Freeport Community Services
 Fee: \$195

Artistic Endeavors

Creating Upcycled Driftwood Mobiles & Stables

How did Alexander Calder design, balance, and build his famous kinetic moving sculptures? Come learn how to construct your own using upcycled driftwood, seashells, feathers, and wire. You'll come away with an original creation plus the skills to go off on your own. Materials and tools will be provided. Feel free to bring your own needle nosed pliers if you wish.

Instructor: Chris Toy

Date: Wednesday, May 28

Time: 5:30 – 7:30 p.m.

Location: FCS Learning Lab

Fee: \$60



Acadian Arts Maine Retreats

Join Mary Laury, watercolor instructor and Chris Toy, cooking instructor for four days of indulging in your choice of botanical painting or Asian-fusion 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.



Locations

Prospect Harbor
Campobello Island



Dates

April 11 – 14
June 20 – 23,
August 15 – 18
Fee: \$495

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.

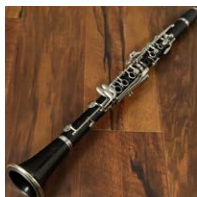
Instructor: Ron Draddy

Date: Thursdays, February 6 – April 3 (no class 2/20)

Time: 5:30 – 6:45 p.m.

Location: FMS Music Room

Fee: \$40



Writing Picture Books

Have you always wanted to write a picture book? 2025 is your year! Kick start your creativity with a 6-week workshop series covering brainstorming to publishing and everything in between. Each week we'll explore a new topic related to the process of writing picture books, study mentor texts, put pen to paper as we develop our manuscripts, and build a repository of resources to fuel our practice. There will be an opportunity to share and receive feedback on your story if you choose. This course is designed for adults who want to write content for children. You do not need any previous writing experience nor do you need to be an illustrator.

Instructors: Erin Bond & Taylor McCafferty

Dates & Times: TBD, Spring 2025

Location: Freeport Community Library



The Art of Fiction Writing

This course will use the traditional workshop model to introduce students to the art of fiction writing. Students will share and critique each other's work while studying various elements of fiction, such as: character, plot, setting, POV, and voice. Our goal is to learn from other students while improving our own writing. We'll also read short stories and essays on writing to further develop our ability to read as a writer.

Instructor: Megan Turner, MFA

Date: Wednesdays, February 26 – April 2

Time: 6:00 – 7:00 p.m.

Location: FMS Library

Fee: \$50



Civics 101 – Freeport

In this highly engaging program, participants will attend weekly interactive sessions on topics related to their local government. Each week will have a different guest speaker who will present and answer questions about their role in the operations of the Town of Freeport. Presenters include members of the Town Council, Town Manager, Town Clerk, Economic Development, Public Safety, Planning, Public Works, Freeport Community Library, and more. If you are interested in learning more about how your town operates, this course is an excellent place to start. *We are currently working on making plans for similar programs in Durham and Pownal!*



Dates: Mondays, March 10 – April 14
 Times: 6:00 – 8:00 p.m.
 Location: Freeport Town Hall, 30 Main Street
 Fee: \$10



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.

Instructor: Chris Guerette
 Dates: Fridays, January 10 – February 14
 Times: 9:30 – 10:30 a.m.
 Location: Freeport Community Services
 Fee: \$20

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, and we will try to find a time that works for at least three students. Check our website to see if a class has already been scheduled, or to sign up for our mailing list!

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



Dragon’s Eye Adventures (Grades 3–8)

An adventure play program for young people who love mystery, magic, and mythology. Our stories unfold through storytelling, acting, team challenges, games, puzzles, and art work, all drawing on a particular culture and time.

The Mudlarkers (Pirate Rats in London): The Rat Queen summons the Detectives back to the London sewers to join her team of mudlarkers and privateers. Ragabash and his pirate rats sail the underground rivers of London, searching for buried treasures. They are hoping to locate the long-lost treasure of the legendary mudlarker, Granny Dregs (may she rest in peace). Can they find it before the ghost of Jack Black the Royal Rat Catcher finds them?

Turf & Twig (Scandinavian Folklore): Madog and Rhosyn are the Tomte couple who guard the Dragon’s Eye Detective’s Agency. These tiny house gnomes keep the Turf and Twig safe from thieves. Something strange is happening to these ancient artifacts, so our heroes transform into Micro Tomte to investigate. What could go wrong within a three-inch square of grass and dirt? Something only a shadowslug would believe.

Instructor: Rebecca McNulty, Dragon’s Eye Adventures

Days: Tuesday – Friday
 Time: 9:00 a.m. – 4:00 p.m. with optional after hours
 Location: DCS Art & STEM Rooms

Register at DragonsEyeAdventures.com

Theme	Dates	Fee
The Mudlarkers	February 18 – 21	\$300
Turf & Twig	April 22 – 25	\$300



Mystic Creature Trainer Camp (Grades 1–6)

Campers who love Pokémon can bring that universe to life and become “trainers” as they enter epic quests, “catch” creatures, and challenge themselves in creative ways. Our camp revolves around the mystic creatures’ favorite elements like water, fire and ice, where guided exploration, adventure and teamwork are encouraged. From themed physical activities, science experiments, and card market exchanges, to creative sessions that inspire campers to design their own character or catching ball, every moment of camp ties back to the immersive world of mystic creatures.

Instructor: SparkYou Science
 Dates: Monday – Friday, April 21 – 25
 Time: 9:00 a.m. – 3:00 p.m.
 Location: MSS Learning Cottage
 Fee: \$390



**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. Chess Clubbin' meets on the final Wednesday of every month. Gourmet Matinee includes a snack and movie once a month. Art programs, board gaming, disc golf, and snowshoeing and cross-country skiing round out the program. Check our website for a schedule of upcoming events.



Instructor: Chris Guerette & RSU5CP/FCL staff

Days: Wednesdays & Thursdays

Dates: January 2 – June 4

(no program on school days off)

Time: 2:30 – 4:30 p.m.

Location: Freeport Community Library

Fee: FREE

Falcon Esports (Grades 9–12)

Represent MPA Maine State Champion Freeport High School in competition with other teams from around the state and country playing Super Smash Bros.™, Ultimate, Splatoon™ 3, or Mario Kart™ 8 Deluxe. With interest, we may also field teams in Chess, Rocket League or more! 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.



Coach: Brandon Cass

Dates: Mondays – Thursdays, January 21 – May 2

(schedule varies by title)

Times: 3:30 – 5:00 p.m.

Location: FHS Room 800

Fee: \$50

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.

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

Our partners at L.L. Bean, bring you and your children access to a variety of outdoor activities this winter and spring! Over six weeks, they'll experience winter sports and nature lessons. For the spring, participants will get to try kayaking, archery, fly casting, and ropes course elements. Each week is jam packed with fun and excitement with qualified leaders from L.L. Bean's Outdoor Discovery Programs. Transportation available from DCS, MLS, or PES!

Instructors: 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
Winter Adventure	Tuesdays, January 7 – February 11	\$250
Spring Adventure	Tuesdays, April 29 – June 3	\$250



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
March	Friday, March 14, 9 a.m. – 4 p.m.	\$100
April	Friday, April 18, 9 a.m. – 4 p.m.	\$100



Spring Youth Enrichment

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!



Instructor: Sarah Cass

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

Winter	January 6 – February 3 (no class 1/20)	\$55
Mud Season	February 24 – March 31	\$80
Spring	April 28 – June 2 (no class 5/26)	\$70

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

Winter	January 8 – 29	\$55
Mud Season	February 26 – April 2	\$80
Spring	April 30 – June 4 (no class 5/7)	\$70

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

Winter	January 9 – 30	\$55
Mud Season	February 27 – April 3	\$80
Spring	May 1 – 29	\$70

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.**



Instructor: Sophia Turgeon

Dates: Saturdays, March 1 – 8

Times: 9:30 a.m. – 4:00 p.m.

Location: FMS Library

Fee: \$130

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
Frühling I	Wednesdays, February 26 – April 9	\$55
Frühling II	Wednesdays, April 30 – June 11	\$55



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

Locations: MSS STEAM Room, MLS or DCS Art Room

Fee: \$180



Location/Theme	Dates	Time
MSS STEM Odyssey (K–2)	Mondays, January 6 – March 10	3:20 – 4:20
MLS STEM Odyssey (2–5)	Wednesdays, Jan. 15 – March 17	3:30 – 4:30
DCS STEM Odyssey (1–5)	Wednesdays, Jan. 8 – March 12	3:20 – 4:20
MSS Fantastic Forces (K–2)	Mondays, March 31 – June 2	3:20 – 4:20
MLS Fantastic Forces (2–5)	Wednesdays, April 2 – May 28	3:30 – 4:30
DCS Fantastic Forces (1–5)	Wednesdays, April 2 – May 28	3:20 – 4:20

(No classes 1/20, 2/5, 2/17–19, 4/21–23, 5/8 or 5/26)

Spring Youth Movement & Fitness

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

Winter	January 7 – February 11	\$80
Winter/Spring	February 25 – April 1	\$80
Late Spring	April 15 – May 27 (no class 4/22)*	\$90

MLS Gym (2-5), Wednesdays, 3:25 – 4:25 or 12:00 – 1:00 on 5/7

Winter	January 8 – February 26 (no class 2/5)	\$80
Winter/Spring	March 5 – April 9	\$80
Late Spring	April 30 – June 4 (no class 4/23)*	\$90

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

Winter	January 9 – February 13	\$80
Winter/Spring	February 27 – April 3	\$80
Late Spring	April 17 – May 29 (no class 4/24)*	\$90

* All of Miss Kate's Late Spring dancers are invited to a perform at the FHS Performing Arts Center on Tuesday, June 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 (K-2), Tuesdays, 4:30 – 5:15

Winter	January 7 – February 11	\$80
Winter/Spring	February 25 – April 1	\$80
Late Spring	April 15 – May 27 (no class 4/22)*	\$90



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.*



Instructor: Sara Helman, RYT

Location: MLS Gym

Session	Dates & Times	Fee
Winter/Spring	March 10 – April 14, 3:25 – 4:30 p.m.	\$70
Spring	April 28 – June 9, 3:25 – 4:30 p.m., (no class 5/26)	\$70

Tumbling & Fitness (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, to foster a passion for exercise and wellness.

Instructor: Laura Chadha, Certified Personal Trainer

Location: MSS Gym

Class	Dates & Times	Fee
Winter/Spring (K-1)	Sat., March 1 – April 5, 9:30 – 10:20 a.m.	\$90
Winter/Spring (2-5)	Sat., March 1 – April 5, 10:30 – 11:20 a.m.	\$90
Spring (K-1)	Sat., May 3 – June 7, 9:30 – 10:20 a.m.	\$90
Spring (2-5)	Sat., May 3 – June 7, 10:30 – 11:20 a.m.	\$90

Toddler Tumbling and Fitness (Ages 3-5, with Parent)

Learn beginner tumbling and gymnastics skills while exploring athletic movement. Parents and guardians will help lead their children through the guided activities which promote strength-building, coordination, agility, and balance in an exciting and social atmosphere. Children will practice the proper positioning for handstands, cartwheels, forward rolls, and more while engaging classroom skills including direction-following through positive reinforcement.

Instructor: Laura Chadha, Certified Personal Trainer

Location: MSS Gym

Class	Dates & Times	Fee
Winter/Spring	Sat., March 1 – April 5, 8:30 – 9:15 a.m.	\$80
Spring	Sat., May 3 – June 7, 8:30 – 9:15 a.m.	\$80

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, 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: MLS or DCS
 Fee: \$80

	Dates	Time
Practice	April 14 – June 2 (no practice 4/21–23 or 5/26)	3:25 – 4:30
Meets	May 7, 14, 21, 28 / June 7	3:15 – 5:30 / TBA



Gee's Floor Hockey (Grades K–2)

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

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

Session	Dates	Fee
Grade 1	Mondays, February 24 – March 24	\$45
Grades K	Wednesdays, February 26 – March 26	\$45
Grades 2	Thursdays, February 27 – March 27	\$45

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 26 – March 9 (no class 2/16) Location: FMS Gym
 Time: 10:30 a.m. – 12:00 p.m. 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
 Dates: Thursdays, March 6 – April 10
 Time: 6:00 – 7:00 p.m.
 Location: FMS Gym
 Fee: \$40

Tae Kwon Do (Grade 2 and up)

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

Instructors: Jake Daniele, Steve Day & Donald Cyr
 Time: 5:00 – 5:45 p.m. (Beginner); 6:00 – 6:45 (Intermediate)
 Location: Mast Landing School Gym

Class	Dates	Fee
Late Winter	Thursdays, February 6 – April 10 (no class 2/20)	\$85
Spring	Thursdays, April 17 – June 19 (no class 4/24)	\$85
Summer	Thursdays, June 26 – August 28 (no class 7/3)	\$85

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: Saturdays, May 3 – June 7,
Times: 8:00 – 9:00 a.m.
Location: FHS JBS Track & Field
Fee: \$60

Youth Lacrosse (Grades 3-6)

Before April Vacation, practices will be held on Sunday mornings on the turf at FHS. After that, practices will move to two evenings per week at Pownal Road Field. Games will be on the weekends, often on Sundays, beginning May 3 or 4. Boys need NOCSAE ND200 approved shoulder pads, helmet, gloves, mouth guard, and stick. Girls need a mouth guard, eye guard, and stick. **Registration closes February 24.**

Dates: March 30 – June 15
Locations: FHS/Pownal Road Field
and surrounding towns
Fee: \$100



The FUNDamentals of Rugby (Grades K-2, 3-5 & 6-8)

In partnership with the Portland Rugby Football Club (PRFC), the Major League Rugby champion New England Free Jacks, and USA Rugby, we are excited to introduce the game of Rugby to our community! This five-week youth instructional program will emphasize the mechanics and skills of the game in a safe, fun environment. Players will learn the basics of playing offense and defense, passing and receiving, teamwork, and sportsmanship—all in a friendly flag-football-style setting. After five instructional sessions, there will be a capstone “festival” day, where the players from the rugby hubs will gather for a day of competitive round-robin play, food, and fun. This program will lead to summer Rugby camps, a youth Rugby league, and competitive Rugby offered through Maine high schools. Don’t miss this great chance to get involved early!

Dates: Thursdays, May 1 – 29 / Sunday, June 1
Times: 3:30 – 4:30 p.m. for grades 6-8
4:30 – 5:30 p.m. for K-2
Location: Freeport fields TBA
Fee: \$40



Youth Ultimate (Grades 6-12)

Join the Freeport Ultimate program and compete against other schools in this ultimate flying disc league! High school boys and girls teams will share the field in joint practices consisting of co-ed drills and scrimmages, as well as single-gender play. Teams will have the option to split into separate gender divisions, or play in the Mixed Division for league games and tournaments. Game days will take place on Tuesdays, with backup days (weather, other rescheduling) on Wednesdays and Thursdays. Please note that registration for this sport also requires a Youth Membership with USA Ultimate (an additional \$40 cost).

The middle school season will consist of clinic style practices, with an emphasis on learning basic fundamentals, rules and strategy of the game. These clinics will happen on Saturdays at Hunter Road Field, beginning in late April. This age group may have the option to play in additional scrimmages, games, or tournaments against other schools.

Dates & Times: March (for HS) and April (for MS) through June, TBD
Location: FHS JBS Track & Field/Hunter Road Fields
Fee: TBD



Winter/Spring Youth Volleyball (Grades 6-8)

Join this fun and competitive co-ed volleyball program! Come play pickup volleyball and sweat away those winter blues. No drop ins; must be pre-registered with Community Programs.

Instructor: Willo Wright
Dates: Sundays, January 19 – June 1
Time: 5:00 – 6:30 p.m.
Location: FHS Gym
Fee: FREE



Summer Camps

Camp Seaside (Grades K-5)

Camp Seaside is a summer day camp based out of Mast Landing School in Freeport designed to get kids outside and experiencing all that Maine has to offer over the summer vacation months. Campers and their team of counselors travel three to four times throughout each week to local parks, beaches, recreation areas and more to explore, learn and most importantly have fun!

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

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

Camp runs from 8:30 a.m.-3:30 p.m. daily. Before and after care for those participating in camp are available from 7:00am-8:30am and from 3:30-5:30pm daily. Before and aftercare cost is \$30 each for the week or \$60 for both (or less during a shortened week).

Camp fees include all field trips and special events. A deposit of 20% of your total camp fees is due when your child's registration is confirmed, with an additional 20% of the total cost due by the 20th day of the months of February, March, April and May. Full payment is due before your child is scheduled to attend. Scholarship applications are always welcome.



Session	Dates	Fee
Week 1	June 23 – June 27	\$280
Week 2	June 30 – July 3 (no camp 7/4)	\$224
Week 3	July 7 – 11	\$280
Week 4	July 14 – 18	\$280
Week 5	July 21 – 25	\$280
Week 6	July 28 – August 1	\$280
Week 7	August 4 – 8	\$280
Week 8	August 11 – 15	\$280

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!

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. A detailed schedule of events will be posted when available.

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 early Wednesday, and may return as late as 5:30 p.m. the following day. Teen Treks runs Monday through Thursday, only.

Session	Dates	Fee
Week 1	June 23 – June 26	\$280
Week 2	June 30 – July 3	\$280
Week 3x	July 7 – July 10*	\$440
Week 4	July 14 – July 17	\$280
Week 5x	July 21 – July 24*	\$440
Week 6	July 28 – July 31	\$280
Week 7x	August 4 – 7*	\$440
Week 8	August 11 – 14	\$280

* includes Wednesday overnight



(Photo for illustration only. All of our kayakers wear a PFD.)

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

Location	Dates & Times	Fee
Kids Kayaking	June 23 – 27, 9:00 a.m. – 12:00 p.m.	\$265
Overnight Kayaking	Monday – Friday, TBD	TBD

Arts and Enrichment Camps

Maine Summer Art Camps (Grades K–6)

Our drawing, painting and sculpting projects will reflect animals and places around Maine. We might 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.

Instructor: Sarah Cass

Days: Monday – Friday

Time: 9:00 a.m. – 12:00 p.m. (K-3), or 9:00 a.m. – 3:00 p.m. (4-6)

Session	Location	Dates	Fee
Loon (K–3)	MSS	July 7– 11	\$150
Moose (4–6)	FHS	July 21 – 25	\$250
Chickadee (K–3)	DCS Art Room	August 4 – 8	\$150
Bear (4–6)	DCS Art Room	August 11 – 15	\$250

Junior Chef Camp (Grades 3–6)

Join DCS Kitchen Manager and Chef Extraordinaire Deb Koval 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 having eating a lunch they prepared together, and with the skills to help you in the kitchen and help themselves to something delicious!

Instructor: Deb Koval

Dates: Monday – Friday, August 11 – 15

Time: 9:00 a.m. – 12:00 p.m.

Location: DCS Kitchen & Cafeteria

Fee: \$135



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!

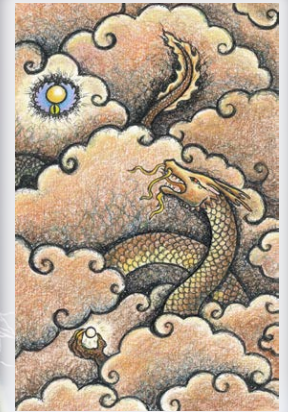
Instructor: Mara Dale

Time: 9:00 a.m. – 3:00 p.m.

Location	Dates	Fee
FHS Performing Arts Center	Monday – Friday, July 28 – August 1	\$185
DCS Stage/Cafeteria	Monday – Friday, August 4 – 8	\$185

Dragon's Eye Adventures (Grades 5–9, or 4–9 where indicated)

An adventure play program for young people who love mystery, magic, and mythology. Our stories unfold through storytelling, acting, team challenges, games, puzzles, ciphers, and art work, all drawing on a particular culture and time. Register at DragonsEyeAdventures.com



Instructor: Rebecca McNulty,
Dragon's Eye Adventures

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

Days: Monday – Friday (no camp July 4)

Location: FHS Rooms 710 & 711

Theme	Dates	Fee
Dreamsong/Garden Koi (Japan/China, Gr. 4+)	June 30 – July 3	\$300
The Sea Sheep (Japanese Sea Lore, Gr. 4+)	July 7 – 11	\$350
The Great Turtlecon (Cosmic Turtles, Gr. 4+)	July 14 – 18	\$350
The Potter's Guild (World Tree myths)	July 21 – 25	\$350
Wyrdweavers Guild (Playwright's Choice)	July 28 – August 1	\$350
The Shadow Dragon (Himalayan myth)	August 4 – 8	\$350

STEAM Camps

Mad Science Day Camps (Grades 1–6)

Red Hot Robots: Children learn about the uses of robots in our world and spend time experimenting with super cool robots. They discover the science of circuits and how robots use sensors to explore things around them.

Astro-Innovators: Think and act like NASA innovators during this hands-on program inspired by NASA's current missions. The primary focus will include the ARTEMIS mission to the moon during which NASA will land the first woman and next man on the moon's surface by 2025, using innovative technologies to explore more of the lunar surface than ever before.

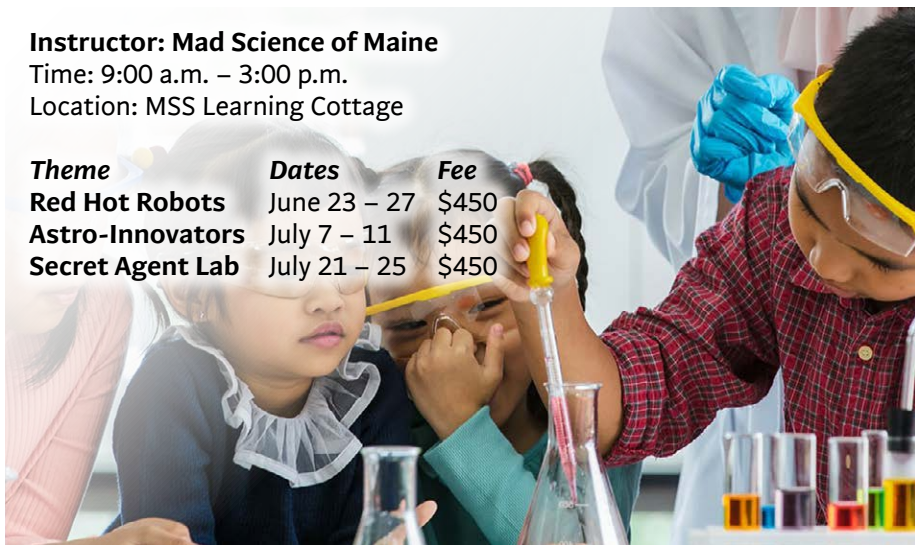
Secret Agent Lab: This program features fun-filled, hands-on secret agent-themed activities that allow kids to play detective, explore forensic sciences, sharpen their surveillance skills, and crack encrypted messages. Campers become super sleuths!

Instructor: Mad Science of Maine

Time: 9:00 a.m. – 3:00 p.m.

Location: MSS Learning Cottage

Theme	Dates	Fee
Red Hot Robots	June 23 – 27	\$450
Astro-Innovators	July 7 – 11	\$450
Secret Agent Lab	July 21 – 25	\$450



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

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

SparkYou Wizards and Potions School (Grades 1-6)

Is your child fascinated by a young wizard learning the magical arts and spells? You arrived at the perfect camp. During the week participants will have the chance to wear their wizard robes, make wands, and immerse themselves in the enchanting ambiance of the camp. The camp's curriculum combines principles of "wizardry" combined with chemistry, physics, biology, and other sciences. The magic of wizard influence encourages campers to think creatively.

Campers can expect a wide range of activities, including writing a secret message, brewing bubbly slime potions with household ingredients, making enchanted crystals and unraveling the secrets of fire fairies. All activities are offered in age-appropriate groups of muggles. During the week we will also venture out on field trips that usually include a hike and visit to a local attraction. To check out our wizard-themed camp gallery please visit us at [instagram.com/sparkyouscience](https://www.instagram.com/sparkyouscience).

SparkYou is coming to Maine from Hawaii, and is excited to offer vacation programming now, and after-school programs in the years to come!

Instructor: SparkYou

Dates: Monday – Friday, July 14 – 18

Time: 9:00 a.m. – 3:00 p.m.

Location: MSS Learning Cottage

Fee: \$390

NEW!



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: Pownal Elementary School Gym & Fields

Session	Dates	Time	Fee
GGG1	Monday–Thursday, July 21 – 24	9:00 a.m. – 4:00 p.m.	\$135
GGG2	Monday–Thursday, June 28 – 31	9:00 a.m. – 4:00 p.m.	\$135

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 7 – 11
 Time: 9:00 a.m. – 4:00 p.m.
 Location: PES Gym & Fields
 Fee: \$155



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 14 – 18
 Time: 9:00 a.m. – 4:00 p.m.
 Location: PES Gym & Cafeteria
 Fee: \$155

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 7 – 11
 Time: 9:00 a.m. – 12:00 p.m.
 Location: MSS Gym
 Fee: \$165



Fairy Tale Princess Dance Camp (Ages 5-8)

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 14 – 18
 Time: 9:00 a.m. – 12:00 p.m.
 Location: MSS Gym
 Fee: \$165

Top Rockers Hip-Hop and Jazz Dance Camp (Ages 6-11)

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 21 – 25
 Time: 9:00 a.m. – 12:00 p.m.
 Location: MSS Gym
 Fee: \$165

Sports Camps

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.**

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, FHS

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

Falcon Football Camp (Grades 3-8)

This year we're offering a week long camp with half day and full day options. Morning sessions will consist of agility training, individual technique drills for all positions, fun games such as Falcon Ball, Endzone Passing, and Punt/Pass/Kick. Afternoon sessions will cover offensive and defensive schemes, followed by Flag Football games. Players need to bring cleats, a large refillable water bottle, athletic clothes, snacks, sunblock and a ton of Falcon Pride!

Instructors: Paul St. Pierre & FHS Players

Dates: July 14 – 18

Time: 8:00 a.m. – 12:00 or 3:00 p.m.

Location: Joan Benoit Samuelson Track & Field, FHS

Fee: \$125/\$165

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. (*Boys 5-8 moves to week of July 7 in case of multiple district snow cancellations.)

Instructors: FHS Coaches and Players

Location: FHS Gym



Session	Dates & Times	Fee
Boys 5-8*	Monday – Thursday, June 16 – 19, 8:30 a.m. – 3:00 p.m.	\$125
Girls 3-8	Monday – Friday, June 23 – 27, 8:00 a.m. – 11:00 a.m.	\$80
Boys 3-6	Monday – Friday, July 7 – 11, 8:00 – 11:00 a.m.	\$80

Falcon 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: Peter Mills & FHS Players

Days: Monday – Friday

Time: 8:00 – 11:00 a.m.

Session	Location	Dates	Fee
Seniors (4-8)	JBS Track & Field, FHS	July 21 – 25	\$80
Juniors (K-3)	JBS Track & Field, FHS	July 28 – August 1	\$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 4 – 8	3-4	9:00 – 9:45 a.m.	\$125
Location: DCS fields	5-6	10:15 – 11:30 a.m.	\$150
Register at ChallengerSports.com	7-14	12:30 – 3:30 p.m.	\$220

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: June 16 – 20

Location: Joan Benoit Samuelson Track & Field

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



Falcon Golf Clinic (Ages 8–13)

Skilled members of the Freeport High School golf team will be present to provide instruction and guidance to the participants. It presents an excellent opportunity for young golfers to learn from some of the finest high school golfers in the state. While it is recommended that each student brings their own set of clubs, we will have a limited number of clubs available for use in case bringing personal clubs is not feasible.

Instructor: Jason Oulette

Dates: Monday – Wednesday, June 16 – 18

Time: 6:00 – 7:00 p.m.

Location: Maine Golf Center, Freeport

Fee: \$50



Girls Rule! (Grades K–5)

Calling all young ladies who love to run, jump, play, and want to try out some new sports and activities with their peers. Join amazing female athletes and coaches in our community for a week of sports, games and team building activities. Participants will experience the value of teamwork, learn about and play a variety of different sports and games in a fun, supportive environment.

Instructor: Megan Vaughan

Dates: Monday – Thursday, June 30 – July 3

Time: 9:00 a.m. – 4:00 p.m.

Location: PES Gym & Fields

Fee: \$150

Team Sports Sampler (Grades 2–6)

Experience traditional sports from around the world including soccer, basketball, lacrosse, volleyball, football, and more. All activities will promote good sportsmanship, teamwork, and most of all, FUN. This sports camp is appropriate for children of all abilities.

Instructor: Rocco Linehan

Days: Monday – Friday

Times: 9:00 a.m. – 12:00 p.m.

Location: FMS Field & Woods

Session	Dates	Fee
Grades 2–4	August 4–8	\$80
Grades 4–6	August 11–15	\$80



Fall Football

The Freeport Gridiron Club will be hosting their annual Registration Event in June – more details to come. All players and their families are invited to attend this FUN event, regardless of whether you’ve already registered. Players in grades 3–6 are requested to attend this FUN event, which includes equipment sizing. Measuring our players for equipment is critical in ensuring we have the right equipment for players when the season starts in August. **All programs are open to youth in Durham, Freeport and Pownal.** Visit our Facebook page at Freeport/Pownal/Durham Football.

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 the main focus. This program will provide an introduction to football for our younger players. Equipment and team shirts will be provided. Players need to provide their own cleats, protective cups, and mouth guards. Players practice once a week at the Pownal Road Field and will have both home and away games. All dates are subject to change. Exact dates and times of practices and games are TBD until the season gets closer.

Dates: Wednesdays & Sundays, August 24 – October 26

Times: Wednesday evenings & Saturday mornings, TBD, *subject to change*

Location: Pownal Road Field

Fee: \$75

Youth Football (Grades 3–6)

Get your youth athlete enrolled in this exciting program! Teams are formed as grades 3/4 and grades 5/6. Each team holds 2-3 practices per week, with games on the weekends, at Pownal Road Field. Games are both home and away. Players will be provided practice and game pants and jerseys, shoulder pads and helmets. Players need to provide their own cleats, protective cups, and mouthguards. Our youth football team is a member of the Maine Sportsmanship League (MSL) and supported by the Freeport Gridiron Club (FGC). Dates and times of practices and games will be announced as the season nears.

Dates: August 17 – November 9, TBD

Fee: \$90



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 for students ages 5–12 years old in the Durham, Freeport and Pownal schools.

The Laugh & Learn preschool program is rooted in a thoughtful child focused curriculum with 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 the opportunity 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 those schools and Pownal Elementary.

Preschool Program (Ages 3–5)

Location: Enrichment & Learning Center at MLS

Options (3 day minimum):

Morning Half Day: 8:30 a.m. – 11:45 a.m.

Afternoon Half Day: 11:45 a.m. – 3:00 p.m.

Full Day: 8:30 a.m. – 3:00 p.m.

Before Care: 7:00 a.m. – 8:30 a.m.

After Care: 3:00 p.m. – 5:30 p.m.

*Bus transportation available between Public Pre-K and Before/ After Care only
Preschool Registration for the '25-'26 school year opens February 5

Before and After Care Programs (Ages 5–12)

Locations: DCS; MLS; & PES (after care only)

Options (3 day minimum):

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

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

Before/ After Care Registration for the '25-'26 school year opens April 1st 2025

A deposit of \$50 is due at the time of registration



Harraseeket Adventure Triathlon

Come out this spring and test your adventure endurance at the Harraseeket Adventure Triathlon! Whether you’re competing for best time, or for the simple satisfaction of showing your mettle – we’ve got an exciting day waiting for you. The tri begins with a kayak sprint on the waters of Casco Bay, then moves to a road and trail bike course, and wraps with a trail run. Competitors may use their own equipment, or rent from our outfitting partners. We hope you’ll take part in this fun event that will surely become a standby of the spring race circuit. Proceeds from this event will help support our summer camp scholarship program.

Date & Time: Saturday, June 7, 8:00 a.m. start

Fee: \$75

Kayak or Bike Rental: additional \$30 each

Great Osprey 10K
Our annual race also returns this fall!
Saturday, November 8,
Wolfe’s Neck Woods
State Park

RSU5 Community Programs

17 West Street
Freeport, Maine 04032

Office Hours

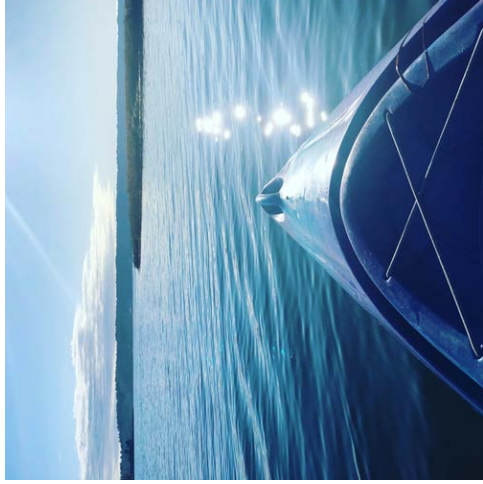
Monday – Friday
7:30 a.m. – 4:00 p.m.

Website

www.rsu5cp.org

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

ECR-WSS Postal Customer



Telephone Numbers

Community Programs	207-865-6171
Recreation	207-865-6171 x325
Adult Education	207-865-6171 x322
Childhood Education/Laugh & Learn	207-865-6171 x326
RSU5 Central office	207-865-0928