



Durham • Freeport • Pownal

Community Programs



Fall & Winter 2026-27



www.RSU5CP.org

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Laugh & Learn

Volunteers & Sponsors

Address

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

Abbr.

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Mission Statement

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

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



Great Osprey 10K Ocean Run

Saturday, November 7, 10 a.m.

Join us for the 44th 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 USATF 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.

Race sponsored by Bath Savings

Register at rsu5cp.org



Winter Gear Rentals

If you want to get out there and experience the Maine winters on your own, but aren't sure which gear to invest in, we've got you covered! We have snowshoes for the whole family, cross-country skis, boots and poles, and a fleet of bikes that can handle snow, mud, and sand—all three of Maine's seasons! Click the "Rent Gear" icon on our website during the winter months to sign up!



Snowshoes

\$10

Fat Tire Bikes

\$50

Nordic Skis (with Poles)

\$15

Nordic Ski Boots

\$10

How do I register for a class or program?

You may register online, in person, or by phone. To register online, visit rsu5cp.org and click **Register** in the main menu. All checks should be payable to *RSU5 Community Programs*. We accept MasterCard, Visa, and Discover payments.

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. **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**. Payment plans are also available.

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. For details about our policy, please visit the **General Info/ Policies & Forms** section of our website. In general, our policies follow these guidelines:

- For all regular program registrations, we retain a non-refundable processing fee of 5% (with a minimum of \$5). For summer camps, this fee is 20%.
- If you withdraw five business days before a regular program, or two weeks before a summer camp, you will be refunded all fees, less the processing fee.
- If you withdraw at least three business days in advance of any program or camp, you will receive a 50% refund.
- No refund will be given if you withdraw from a program or camp less than three days before it begins, or if you choose not to attend without notifying us. No refunds will be given if you withdraw after the program has concluded.
- Extenuating circumstances that lead to a late withdrawal (such as illness or injury), may qualify you for a full account credit, less processing fees.



Community Programs Adult Education *Powering Your Potential*

Have a question about our programs?

Email adulthood@rsu5.org or call 207-865-6171 x8322.

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 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. *Interested in tutoring an ESOL student? PLEASE reach out to us!

College and Career Advising

Navigating the road to college or your next job can feel overwhelming, but you don't have to walk it alone. We are here to listen, offer guidance, and help you ask the right questions to uncover your own path. Together, we can explore your options and build a roadmap that aligns with your strengths and goals.



The Christmas Market, Quebec City

Experience the magic of Old Quebec this winter with a festive 3-day getaway! Travel in comfort on a chartered coach and stay in a hotel in the heart of Quebec City. Enjoy included breakfasts and dinners featuring classic French-Canadian cuisine. Explore the enchanting German Christmas Market, twinkling cobblestone streets, and the grand Château Frontenac—all dressed in holiday splendor. This is your chance to experience the charm of Europe without leaving the continent. With French and German influences, Old Quebec offers Mainers a cultural escape that feels worlds away yet is just a few hours from home. Perfect for those who love history, food, and the holiday spirit. Don't miss this cozy, curated adventure in one of North America's most beautiful cities!

Guide: Valeska Horschild-Bear

Dates: December 4 – 6

Fee: Estimated \$1,100 per person

Information Night: September 14

7:00 p.m., FMS 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

Days: Wednesday (Beginner)

or Thursday (Advanced)

Time: 7:00 – 8:30 p.m.

Location: FMS Library

**Trip to
Berlin, Germany
April 16–April 23
2027**

Session	Dates	Fee
Herbst (Beginner)	October 28 – December 16 (no class 11/11, 25)	\$75
Herbst (Advanced)	October 29 – December 10 (no class 11/26)	\$75
Winter (Beginner)	January 6 – February 10	\$75
Winter (Advanced)	January 7 – February 11	\$75



Showtime: London, Stratford-upon-Avon, Oxford and Windsor

We are excited to offer a compelling journey to London next summer to tour one of the world's most vibrant and historic cities, and to celebrate the theatre with a focus on the life and art of William Shakespeare! Along with our travel partners at ACIS, join RSU5 Superintendent of Schools (and theatre aficionado and former teacher of British history) Tom Gray for SHOWTIME: an unforgettable week of learning, camaraderie, and fun.

Group Leader: Tom Gray and ACIS

Dates: June 24 – July 1, 2027

Fee: \$6,269 per person (valid through 9/1)

Register online at [acis.com/findmytrip](https://www.acis.com/findmytrip)



WHAT'S INCLUDED

- Round-Trip Flights
- Daily Breakfast and Dinner (unless otherwise noted)
- 3- or 4-Star Hotels
- 24-Hour Tour Manager
- Centrally Located Hotels
- Start Exploring
- Global Network
- All Local Transportation
- Personal Headsets Included Throughout Tour
- London Tour with Guide
- St. Paul's Cathedral
- Two London Theater Performances
- Tower of London
- Shakespeare Workshop at the Globe Theatre
- London Eye
- London Dinner Voucher
- Christ Church College
- Shakespeare's Birthplace
- Shakespearean School Day
- Royal Shakespeare Company Theater Performance
- Windsor Castle
- London by Bike
- London Theater Backstage Tour

TRIP ITINERARY

8 Days | Overnights: Overnight Flight (1), London (6)



Destination: Maine

Join us for one or more of these great journeys! We'll transport you from Freeport in the morning, explore our destinations and enjoy a local lunch, and have you back to Freeport in time for dinner. Leave all of the driving, parking, and ticket purchasing to us. *Lunch is not included in the cost of the trips.*

“The Producers” at Ogunquit Playhouse: Since 1933 the Ogunquit Playhouse has entertained audiences as one of New England’s premier theatres. Come along with us for shopping and lunch in the picturesque village along the shore, and then see the show that’s been knockin’em dead since 1968: *The Producers*, written by the legendary Mel Brooks.

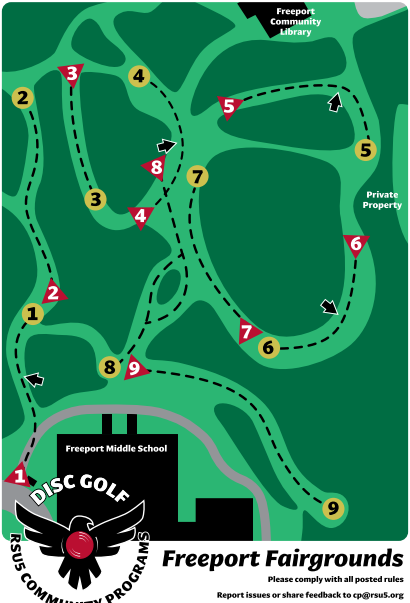
A Day on Monhegan Island: Join us for a day of exploring the magic of Monhegan Island! Rising dramatically out of the sea roughly 12 miles from the mainland, Monhegan has captured the imaginations of visitors for more than 400 years. Its small and hardy year-round population is complemented by countless artists who make the island among the most celebrated art colonies in America. We'll arrive in New Harbor by van, and jump the 9:00 a.m. ferry for the hour-long trip to the island. From there, we'll have five hours to take in the sights - from serene trails through the Cathedral Woods to the stunning lighthouse atop the highest point to the breathtaking cliffs overlooking the wild Atlantic Ocean. *Fee includes van transportation to and from Freeport, and ferry ticket to and from Monhegan.*

Wyeth Vistas: Don’t miss this chance to immerse yourself in the legacy of Maine’s most renowned family of artists. We'll begin our day at The Farnsworth Museum in Rockland, where we'll learn about the lives of N.C., Andrew, and Jamie Wyeth. After lunch, each participant will be able to choose their own adventure! For an additional fee, explore the landscapes and seascapes immortalized in three generations of the Wyeths’ artwork aboard a sailing vessel on Penobscot Bay. If being on the water isn’t for you, stay close to the mainland and join us for a walk out to the Rockland Breakwater lighthouse. Or if museums, art, and shopping are what you seek, simply continue exploring the Rockland waterfront’s many offerings. Regardless of your choice, together we'll depart for Freeport by 4:00. *Fee includes van transportation to and from Freeport, day-long admission to the Farnsworth Museum, and optional excursion to Rockland Breakwater.*

Trip Leader: Peter Wagner
Meeting Location: FMS Parking Lot

Session	Date	Time	Fee
Ogunquit Playhouse	Saturday, Sept. 12	9:00 a.m.–6:00 p.m.	\$135
Monhegan Island	Saturday, Sept. 19	7:30 a.m.–6:00 p.m.	\$145
Wyeth Vistas	Saturday, Sept. 26	8:30 a.m.–5:00 p.m.	\$80
Optional Wyeth Sailboat Cruise Fee:			\$65

Established in 2022, the Freeport Fairgrounds Disc Golf Course is a creation of RSU5 Community Programs in partnership with the Town of Freeport and the Freeport Community Library. The course is free to play and open to the public. There have been a ton of improvements made since last winter, and we're excited for you to see it. Come out and play!



Thanks to Stone Coast Fund Services for their volunteer work installing tee boxes on the course!

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! You must enroll at least one week before a class begins.



Location: online with Zoom OR in-person at Lincoln Middle School, Portland

Session	Date	Time	Fee
Kombucha	Wednesday, October 28	7:00 – 8:15 p.m.	\$25
Crisp Tangy Slaw	Wednesday, November 4	7:00 – 8:15 p.m.	\$25
Lactofermented Onions	Tuesday, November 10	7:00 – 8:15 p.m.	\$25

Wok and Roll with Chris!

Join me for a hands on evening of learning how to choose, use, and care for a wok along with secrets for making great stir-fry that is tasty, crisp, and not soggy! You'll learn how to roll and cook fresh crispy egg rolls along with a quick and easy homemade duck sauce. Chris will have specially curated woks, cleavers, and cookbooks available for sale as well. Bring leftover containers!

Instructor: Chris Toy

Date: Wednesday, October 21

Time: 5:00 – 8:00 p.m.

Location: Freeport Community Services

Fee: \$60

**Fresh Herbed Pasta Night**

Join me for a hands-on evening of making fresh pasta from scratch! I'll show you how to make fresh herb and vegetable infused pasta in minutes, not hours. We'll prepare and enjoy two homemade sauces as well! Bring leftover containers, just in case!

Instructor: Chris Toy

Date: Wednesday, November 18

Time: 5:00 – 8:00 p.m.

Location: Freeport Community Services

Fee: \$60

**Chris and Ken's Weekend Cooking and Carving Adventure**

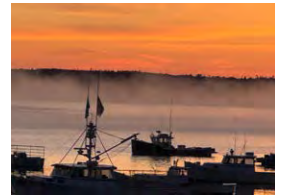
Ignite your creativity this fall in a unique blend of carving and culinary skills! Join Chris Toy (private chef and author) and Ken Wise (master woodturner and carver) on the picturesque shores of Merrymeeting Bay. Immerse yourself in hands-on carving with Ken, crafting beautiful spoons, spatulas, and chopsticks, as well as cooking Asian fusion dishes inspired by Chris' cookbooks. Choose how much you carve, cook, or explore the nature trails and kayaking on-site.

Instructors: Chris Toy & Ken Wise

Dates: Friday–Sunday, October 23–25

Location: Merrymeeting Bay, Bath

Fee: \$300 (Lodging not included)

**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**

September 18 – 21

October 9 – 12

November 6 – 9 (Combo)

Fee: \$695 (Lodging not included)

Locations

Prospect Harbor

Campobello Island

Butler Cove, Bath

**Making Music Again**

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, saxophone, French horn, trombone, violin, viola, cello, or double bass, and have prior musical experience (even from decades ago) on your instrument, this is a wonderful way to 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

Days & Times: Thursdays, 5:30 – 7:00 p.m.

Location: Freeport Middle School Band Room

Session	Dates	Fee
Fall	October 1 – November 19	\$45
Winter	January 7 – March 4 (no class 2/18)	\$45



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/Cafeteria

Session	Dates	Fee
Early Fall	Mondays, September 14 – October 26 (<i>no class 10/12</i>)	\$45
Late Fall	Mondays, November 9 – December 14	\$45
Winter	Mondays, January 4 – February 22 (<i>no class 1/18 or 2/15</i>)	\$45

Pickleball in Pownal

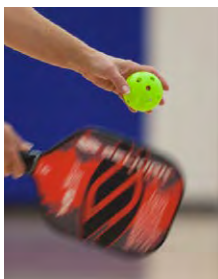
Come drop-in for some Pickleball action, get some great exercise, and have some fun! All levels and abilities are welcome. If you would like to rent a paddle for the season, you may. Paddles will not be provided otherwise. You must register for the whole season, no matter how many weeks you attend.

Time: 5:30 – 7:00 or 7:00 – 8:30 p.m.

Location: PES Gym

Fee: \$25 + optional \$5 paddle rental

Sessions	Dates
Fall	Mondays, September 14 – November 30
Winter	Mondays, December 7 – March 1 (<i>no meetings 9/21, 10/12, 12/28, 1/18, or 2/15</i>)



Fall/Winter Volleyball

Join this fun and competitive co-ed volleyball program for adults over 18! Come play pickup volleyball and earn those holiday meals. No drop ins; must be pre-registered with Community Programs.

Dates: Sundays, September 13 – February 7 (*no meeting 11/1*)

Time: 6:30 – 8:00 p.m.

Location: FHS Gym

Fee: \$25

Pine Tree TKD: 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

Days & Times: Thursdays, 7:00 – 7:45 p.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Fall	September 17 – November 5	\$85
Fall/Winter	November 12 – January 28	\$85
Winter	February 4 – April 8 (<i>No class 11/26, 12/24, 12/31 or 2/18</i>)	\$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 our website for a full schedule.

Dates: September 9 – February 7

Fee: \$25 per season

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



Enrichment

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 & Times: TBD, Fall and Winter

Location: Freeport Community Services

Fee: \$120



American Red Cross Adult and Pediatric CPR/AED and First Aid

This instructor-led, video driven course provides participants with the knowledge and skills necessary to help in an emergency situation until an EMT arrives and takes over care of the injured or ill person, whether the situation involves a heart attack, severe bleeding, burn, allergic reaction, diabetic issue or other medical emergency. Participants will practice or discuss all situations covered in the course and receive take-home reference cards and a nationally recognized certificate. **Must attend both nights to gain certification.**

Instructor: Steve Schulz

Dates: Saturday, October 24

Time: 9:00 a.m. – 3:30 p.m.

Location: FMS Library

Fee: \$130



Life Skills

Develop knowledge and skills that will help you as you graduate to your next adventure. Please register to reserve your spot.

Personal Finance: Learn from a local business about budgets, loans, credit cards, and investing. Come prepared with questions on items you’d like to understand better. This session will be led by Bath Savings Institution.



Instructor: Bath Savings Institution

Date: Tuesday, October 6

Time: 5:30 – 7:00 p.m.

Location: Freeport High School Library

Fee: FREE

NEW!

Job Search: Receive advice from a local business on the job search process. Topics include resumes, interviewing, and tips for your first month on the job. Bring your questions to share with the group. This session will be led by L.L.Bean.

Instructor: L.L. Bean

Date: Monday, October 26

Time: 5:30 – 7:00 p.m.

Location: Freeport High School Library

Fee: FREE

NEW!

Teen Programs

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

This fun, interactive course teaches infant and 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: Judy Emch

Dates: Two fall Saturdays, TBD

Times: 9:30 a.m. – 4:00 p.m.

Location: FMS Library

Fee: \$130

Explore... (Grades 6–8)

with RSU5 Community Programs and Freeport Community Library

Check our website for exciting new opportunities all year long! Dungeons & Dragons campaigns meet every Thursday. On Fridays, we will explore Movies, Cooking, Art, Music, Nature, Chess 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: Thursdays & Fridays

Dates: September 10 – February 12

(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

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. 9, 9 a.m. – 4 p.m.	\$110
November	Tuesday, Nov. 3, 9 a.m. – 4 p.m.	\$110



SparkYou: Science Masters (Grades 1–5)

Science is just the beginning! Each week, students explore exciting topics through hands-on experiments, engineering challenges, creative projects, games, and teamwork. They investigate subjects such as chemistry, physics, biology, engineering, space, geology, electricity, and environmental science—but there's a twist: our students help build the curriculum! We encourage them to suggest topics they're curious about, and we design future lessons around their ideas. By giving students a voice in what they learn, we build confidence, and make every class an exciting hour where learning is driven by imagination and discovery. **MSS students may take their regular bus to MLS for this program.**



Instructor: Natasha Skoberla, SparkYou

Location: MLS/DCS Art Rooms

MLS, Tuesdays, 3:25 – 4:25 p.m. (Grades 1–5)

Early Fall	September 15 – October 20	\$190
Late Fall	November 10 – December 15	\$190
Winter	January 5 – February 9	\$190

DCS, Wednesdays, 3:15 – 4:15 p.m. (Grades 1–5)

Early Fall	September 16 – October 21	\$190
Late Fall	October 28 – December 16 (no class 11/11 or 25)	\$190
Winter	January 6 – February 10 (including early release 2/3)	\$190

Adventure Art with Parfait (Grades K–2)

Join Parfait for an art-filled adventure! Each class will include a short outdoor walk to explore, gather inspiration, and spark new ideas. We'll then return to the classroom to create imaginative artwork inspired by adventure. During our final class, participants will bring their experiences and artwork together in a special culminating project. Financial assistance available.

Instructor: Anna Child, Parfait

Dates: Mondays, October 26 – November 16

Time: 3:15 – 4:50 p.m.

Location: Morse Street School Art Room

Fee: \$160, including snacks and supplies

Register online at heyparfait.carrrd.co



Mini Holiday Business Incubator with Parfait (Grades 3–5)

Join Parfait to dream up, create, and launch a mini holiday business. Participants will explore how businesses work, choose a handmade product to create, and use a startup budget to purchase supplies. Along the way, they'll calculate costs and potential profits, make their products, and create promotional items. Finished products will be featured at a local holiday market opportunity children can participate in. Financial assistance available.

Instructor: Anna Child, Parfait

Dates: Wednesdays, December 2 – 16

Time: 3:25 – 5:00 p.m.

Location: MLS Art Room

Fee: \$160, including snacks, supplies, and startup materials

Register online at heyparfait.carrrd.co



Maine Nature Art (Grades K–8)

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 p.m.

Early Fall	September 14 – October 26 (no class 10/12)	\$85
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Late Fall	November 9 – December 14	\$85
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Winter	January 4 – February 22 (no class 1/18, 2/15)	\$85
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FMS Life Skills Room (6–8), Tuesdays, 2:15 – 3:30 p.m.

Early Fall	September 15 – October 20	\$85
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Late Fall	November 10 – December 15	\$85
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Winter	January 5 – February 9	\$85
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MSS Art Room (K–2), Wednesdays, 3:20 – 4:20 p.m.

Early Fall	September 16 – October 21	\$85
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Late Fall	October 28 – December 16 (no class 11/11 or 25)	\$85
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Winter	January 6 – February 24 (no class 2/3 or 17)	\$85
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MLS Art Room (2–5), Thursdays, 3:30 – 4:30 p.m.

Early Fall	September 17 – October 22	\$85
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Late Fall	November 5 – December 17 (no class 11/26)	\$85
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Winter	January 7 – February 11	\$85
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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: Tuesdays, January 5 – 26

Time: 3:15 – 4:30 p.m.

Location: MSS Learning Cottage

Fee: \$35



Dungeons & Dragons Durham (Grades 3–8)

50 years worth of players and Dungeon Masters have made Dungeons & Dragons a cultural phenomenon. D&D is a game that combines creativity, conflict resolution, problem solving, art and, of course, math to tell stories set in a fictional world of elves, spirits and, of course, dragons. Our sessions will include age appropriate material and safety tools to promote the well-being of all players. No experience points necessary—everyone is welcome at our tables. Scholarships are available for this program, which meets three Fridays each month. High school students or parents who wish to get involved as game masters should contact Chris at guerettec@rsu5.org.

Dungeon Masters: Chris Guerette, Dr. Tristian Rowe & Guests

Days & Times: Wednesdays, 3:15 – 5:00 p.m.

Location: DCS Rooms 201 & 202

Session	Dates	Fee
Harvestide	September 16 – October 21	\$45
Moonfest	October 28 – December 16 (no meeting 11/11 or 25)	\$45
Midwinter	January 6 – February 24 (no meeting 2/3 or 17)	\$45



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

Your kids will be amazed by how much German they know already: auto, bus, ball, and gesundheit are all German words. In our morning classes, we will not only discover more about the German language, but also German culture. 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. *Bis bald!*

Instructor: Valeska Hornschild-Bear

Times: 7:50 – 8:35 a.m.

Location: Mast Landing School Library



Session	Dates	Fee
Herbst	Fridays, September 18 – November 20 (no class 10/9)	\$60
Winter	Fridays, December 11 – February 12 (no class 12/25 or 1/1)	\$60

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

Dates: Mondays,
Nov. 9 – Dec. 14

Time: 3:25 – 4:30 p.m.

Location: MLS Gym

Fee: \$70



Tumbling and Fitness for Small Groups

Laura Chadha is a Certified Personal Trainer with a strong background in gymnastics, functional fitness, and athletic coaching. This fall and winter she will be offering three different levels of programming, as follows:

Child with Parent (Ages 3–5*): Learn beginner tumbling and gymnastics skills while exploring athletic movement in this dynamic class. Parents and guardians will act as coaches to help lead their children through the guided activities which promote strength-building, coordination, agility, and balance in a fun 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. *Parent/guardian collaboration on the gym floor is required throughout the class.

Days & Times: Saturdays, 8:30 – 9:10 a.m.

Fee: \$70

Athlete Training (Grades K–2): Learn and improve basic gymnastics floor, youth fitness, and beam skills while attaining series connection proficiency in a positive and productive environment. Skills including handstands, cartwheels, round-offs, and forward rolls will be taught at a high level in a progressive and proficient manner, with wellness at the core of the program. Benefit from gymnastics and fitness-focused prompts while building strength, agility, balance, and flexibility in this dynamic small-group youth personal training offering.

Days & Times: Saturdays, 9:30 – 10:15 a.m.

Fee: \$75

Athlete Training (Grades 3–5): Energize from gymnastics and fitness-focused prompts while building strength, agility, balance, and flexibility in this dynamic small-group youth personal training offering. Learn and improve basic gymnastics floor, youth fitness, and beam skills while attaining tumbling series connection proficiency in a positive and productive environment. Skills including handstands, cartwheels, round-offs, and forward rolls will be taught at a high level in a progressive and proficient manner. Engage in body-weight strength training and flexibility movement exercises with wellness at the core of the program.

Days & Times: Saturdays, 10:30 – 11:15 a.m.

Fee: \$75

Instructor: Laura Chadha

Location: Morse Street School Gym

Session	Dates
Early Fall	September 12 – October 17 (no class 10/10)
Late Fall	October 24 – November 21
Winter	December 12 – January 30 (no class 12/26, 1/2 or 1/16)

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 second 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 p.m.

Early Fall	September 8 – October 13	\$85
Late Fall*	October 20 – December 1 (no class 11/3)	\$85
Winter	January 5 – February 9	\$85

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

Early Fall	September 2 – October 7	\$85
Late Fall*	October 14 – December 2 (no class 11/11, 25)	\$85
Winter	January 6 – February 10 (including early release day)	\$85

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

Early Fall	September 10 – October 15	\$85
Late Fall*	October 22 – December 3 (no class 11/26)	\$85
Winter	January 7 – February 11	\$85

** All of Miss Kate's Late Fall dancers are invited to a perform at the FHS Performing Arts Center on Tuesday, December 8th!*

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 p.m.

Early Fall	September 8 – October 13	\$85
Late Fall*	October 20 – December 1 (no class 11/3)	\$85
Winter	January 5 – February 9	\$85



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. **Parent volunteers are needed to assist with this program.**

Dates: Saturdays, September 12 – October 24 (rain date 10/10)

Location	Time	Fee
Hunter Road Field, Freeport	8:30 – 9:15 a.m.	\$65
Durham Community School	10:30 – 11:15 a.m.	\$65



Fall Soccer (Grades 1–6)

This fall, we have multiple soccer offerings for kids in grades 1-6. 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. This year we will continue to offer our 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 players also registered in the FSL).

All FSL teams will play games on Saturday mornings and will have one weekday practice per week (days/times are TBD); these will likely begin the week of August 24. Once teams are finalized a coach will contact you with logistics. USD will practice on Saturday mornings.

Grade 1–3 teams will play at least half of their six games in the town in which they practice. Grade 4–6 teams may be separated by gender and may play some games in a neighboring town. USD games are not guaranteed, however if scheduled, they will be in RSU5 towns.

Registration closes August 14th and parent volunteers are integral to making sure we can accommodate all players and their requests.

Locations: Hunter Road Field / Durham Community School / TBD
FSL Practices: One evening, Monday – Thursday, August 24 – October 22
FSL Games: Saturday mornings, September 12 – October 24 (rain date 10/10)
FSL Fee: \$65

USD Practices and Games: Saturday midday, September 12 – October 24
USD Fee: USD only players \$65, FSL registered "buddies" play for 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 17th. Running shoes are required, as is attire appropriate for the weather. **Practices will be canceled in the event of rain. MSS students may ride their usual bus to Mast Landing for practices. Buses will not be provided for meets this year. Parent volunteers are needed. Our Durham team still needs a dedicated coach in order to run!**

Instructors: Community Programs Staff

Dates: Mondays & Wednesdays, Sept. 14 – Oct. 14 (no practice 10/12)

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

Location: Durham Community School or Mast Landing School

Fee: \$65



Indoor Soccer (Grades 3–8)

Join us for this program where players have the opportunity to learn and develop their soccer skills in the off-season. Sessions will be divided by age.

Instructor: Ciprian Marinut

Dates: Sundays, January 3 – February 21 (no class 1/17 or 2/14)

Times: 1:00 – 2:00 p.m. (gr. 3–5), 2:00 – 3:00 p.m. (gr. 6–8)

Location: DCS Gymnasium

Fee: \$65

Pine Tree TKD: 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 17 – November 5	\$85
Fall/Winter	Thursdays, November 12 – January 28	\$85
Winter	Thursdays, February 4 – April 8 (No class 11/26, 12/24, 12/31 or 2/18)	\$85

Taekwondo at DCS (Grade K – 5)

Learn basic kicking and striking skills, self protection and defense skills, and traditional forms and patterns for the new student. You'll also learn ways to improve your physical fitness and focus while developing a positive attitude in your daily life! Come try out some classes and start on a track to achieving your first belt!

Instructor: Andrew Chasse

Times: 3:15 – 4:15 p.m.

Location: DCS Gym



Class	Dates	Fee
Fall	Tuesdays, September 8 – October 27	\$85
Fall/Winter	Tuesdays, November 10 – January 12	\$85
Winter	Tuesdays, January 26 – March 23 (No class 12/22, 12/29 or 2/16)	\$85

Fall Volleyball (Grades 6–8)

We are excited to offer this new program this coming fall! Middle schoolers can join this co-ed team to learn and develop the basic skills of volleyball, with an emphasis on having fun while playing the sport. The team will practice or play games against neighboring towns two to three times per week. **Please reach out if you are interested in helping lead this program as an assistant or a sponsor!**

Instructor: LuiLui Lui

Dates: Mondays & Wednesdays, Sept. 2 – Oct. 28 (no practice 10/12)

Times: 5:00 – 7:00 p.m. (Away game dates and times vary)

Location: FHS Gymnasium (practices), Games TBA

Fee: \$100

Fall Youth Ultimate (Grades 3–12)

Rowan McDonnell of Excel Ultimate will lead sessions for high-school-aged beginners to learn basic skills, as well as a more advanced group ready for specific training needs.

We are also offering our Youth Pickup Ultimate program again. All players welcome; we will split by age and skill to practice the fundamentals, run fun drills and play in scrimmages.

Coaches: Rowan McDonnell, Rich Young & RSU5/Maine Ultimate Volunteers

Times: 3–4 p.m. (Gr. 6–8), 4–5:30 p.m. (Gr. 9–12), 5 p.m.–dusk (Pickup)

Class	Dates & Times	Location	Fee
Excel (6–12)	Tuesdays, September 8 – October 13	FHS Gym	\$90
Pickup (3–12)	Sundays, September 6 – October 25	FHS Turf	\$20



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, and mouth guards required. Program is split K–2 & 3–6.*

Instructor: Marcia Wood, FHS Varsity Field Hockey Coach

Dates: One weeknight TBD & Saturdays, starting September 2

Time: One weeknight after 5:00; Saturday mornings

Location: JBS Track & Field, FHS

Fee: \$100

Youth Football (Grades K–6)

Calling all current and future football players! Our programs are open to boys and girls from Durham, Freeport, and Pownal, offering a fun, supportive experience for athletes of all skill levels. For students in grades K-2, our NFL Flag Football program is a perfect introduction to the game. Players will learn fundamental skills, build confidence, make new friends, and most importantly, have fun in a fast-paced environment. NFL Flag also provides a great foundation to continue into our successful youth tackle program. For students in grades 3/4 and 5/6, our Youth Tackle Football program focuses on skill development, teamwork, sportsmanship, and competition in a safe and structured setting. For both programs, team uniforms and equipment are provided. Players are responsible for providing their own cleats, mouthguard, and protective cup (if needed). Teams typically practice 2-3 times per week and participate in both home and away games throughout the season. Join us this season for fun, friendships, and football dreams! More details are available at rsu5cp.org.

Dates: Mid-August – November (Tackle),

Late August – Late October (Flag)

Time: TBD

Location: Pownal Road Field

Fee: \$90 (Tackle), \$75 (Flag)



Middle School Swimming will be sponsored by RSU5 Athletics this year. Students will be able to register through their school prior to the season. Unfortunately, Middle School Tennis will not be able to run this season, due to needed renovations at FHS. We hope to return next fall!

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 one weeknight, and have a Saturday morning game. Games will be held in Durham, Freeport, Yarmouth and 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 16. Sign up by November 3 to guarantee a spot.**

Dates: One weekday, November 16 – February 5

Saturday morning, December 5 – February 6

Times: Practice times vary by team,

Games are played Saturday mornings

Location: FHS / DCS / TBA

Fee: \$65



See our website for details about Mud Season Madness, a post season opportunity for players in grades 2–4 looking to enter local tournaments with players and coaches from the rec season!

Travel Basketball (Grades 5–6)

This winter we will offer a travel basketball program with teams competing in 5th and 6th grade divisions for both boys and girls. **The deadline to register is November 1st, with an evaluation night to be held during the first week of November. We will not accept new registrations after evaluations have concluded, no exceptions.** Teams will practice twice per week beginning the week of November 9th. The official game schedule is TBD, but will likely begin the last week of November and run until February Break. Teams will have the option to participate in additional scrimmages and tournaments. ***Parent coaches and assistants are needed in order to run this program.***



Evaluation Night: TBA, Week of 11/2

Location: Freeport Middle School

Fee: \$150 (*fully refunded for players not placed on a team*)

After the evaluation night, a coach will reach out with details on practice days and times.

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, and may be divided by age for instructional games. **Parent volunteers are needed to assist with this program.**

Dates: Saturdays, December 12 – January 30
(no meetings 12/26 & 1/2)

Time: K-1, 8:00 – 8:45; 1-2, 9:00 – 9:45 a.m.

Location: DCS or FHS Gym

Fee: \$65



Gee's Basketball Academy (Grades K-2)

This is a great introduction 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, October 28 – December 9	\$45
Grade 1	Mondays, November 2 – December 7	\$45
Grade 2	Thursdays, November 5 – December 10 (No class 11/11, 11/23-26)	\$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
Kindergarten	Wednesdays, January 6 – February 10 (no class 2/3)	\$45
Grade 1	Mondays, January 4 – February 8 (no class 1/18)	\$45
Grade 2	Thursdays, January 7 – February 4	\$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, as well as before and after care for children in our preschool programs and for students ages 5-12 years old in 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. Before Care takes place at Durham Community and Mast Landing Schools and our After Care programs take place at DCS, MLS, and Pownal Elementary.

Preschool Program (Ages 3-5)

Location: Enrichment and 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 '27-'28 school year opens February 1, 2027

Before and After Care (Ages 5-12)

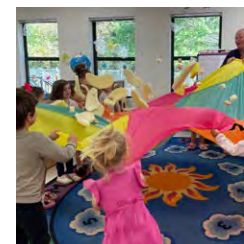
Locations: Durham Community School, Mast Landing School, Pownal Elementary School (after care only)

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 and After Care registration for the '27-'28 school year opens April 1st, 2027



Thank You to Our Amazing 2026–2027 Volunteers

Our programs simply wouldn't be possible without the help of our community. These people have all stepped up over the past year to volunteer coaching or to teach classes without compensation. If you'd like to join them, check that box when you register your own child, or reach out to us directly at cp@rsu5.org!

Monica House
Matt Howard
Charles Hunnewell
Nicole Hunt
Tyler Hutchinson
Jason Jack
Elizabeth Jacobson
Carrie James
David Jensen
Jennifer Jones
Eric Jordan
Tim Kieger
Patrick Krulik
Errol Kurtz
Jess LaRocque
Kim LaVallee
Janessa Leger
Bill Levay
Julie Libby
Caitlin Loveitt
Jake Lowell
LuiLui Lui
John Manganello
Daniel Martin
Jacob Martin
Amy Matulis
Andrew Matulis
Rayna Mayo
Ryan McCarthy
Carrie McCormick
Andrew McDonnell
Kevin Messner
Bobby Miles
Brooke Miller
Jon Morris
Jammie Murphy
Liz Neff
Jay Nelson
Beth Neuts
Ned O'Connor
Kate Olson
Winnett Ordway
Ben Palmer
Kate Parkin
Laura Walsh
Marc Pepin
Joe Perry
Mike Pistrang
Bennington Purcell
Elyzabeth Quintero

Stephen Racioppi
Andy Reagan
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Patrick Robinson
Heather Ross
Lindsay Routhier
Tom Rowe
Cara Sacks
Corey Sampson
Denis Saucier
Helki Schmanska
Hannah Schnyder
Andy Seymour
Kristen Sheehy
Emily Shepard
Derek Simkowitz
Kelly Sink
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Allie Spaulding
Paul St. Pierre
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Carissa Stone
Keith Stone
Michelle Stone
Larissa Stout
Stewart Strawbridge
Meghan Taylor
Lynsey Thibeault
Stephen Thibeault
Colby Thompson
Troy Thompson
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Tim Tolin
Mike Toomey
Sarah Toomey
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Kelly Waldroup
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Jessica Wallace
Ross Watson
Dillon Whitegiver
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Hilary Barber
Rebecka Beal-Lussier
Jon Bell
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Eliza Gleason
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