



Durham • Freeport • Pownal

# Community Programs



**February – August 2020**



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

# Summer Camp Quick Reference

			Grade, Fall 2020 (Age)										
Week	Dates	Camp Program	Pre-K	K	1 (6)	2	3	4	5 (10)	6	7	8 (13)	9+
1	6/22 - 6/26	Camp Seaside <b>6/24-6/26*</b> (p 24)											
		CIT Training Camp <b>6/25 only*</b> (p 23)											
		Falcon Girls Basketball Camp (p 31)											
		Junior Chef Camp AM <b>6/23-6/26*</b> (p 27)											
2	6/29 - 7/2	Camp Seaside (p 24)											
		Teen Treks * (p 25)											
		Kids Kayaking & Paddling Camp AM (p 25)											
		Gee's Games & Giggles * (p 29)											
3	7/6 - 7/10	Camp Seaside (p 24)											
		Teen Treks Extreme * (p 25)											
		Art Camp AM (p 27)											
		Davinci Camp Sorcery NEW (p 26)											
		Falcon Soccer Camp AM (p 31)											
		Grid Iron Hustle Youth Football Camp (p 30)											
4	7/13 - 7/17	Camp Seaside (p 24)											
		Teen Treks * (p 25)											
		Script 2 Stage (p 28)											
		Fairy Dance Camp AM (p 28)											
		Falcon Boys Hoop Camp Week A (p 31)											
		Art Exploration Camp (p 27)											
		Gee's Skills Academy (p 29)											
5	7/20 - 7/24	Camp Seaside (p 24)											
		Teen Treks Extreme * (p 25)											
		Gee's Drama & Dance NEW (p 29)											
		The Dance Connection Teen Dance Camp (p 28)											
		Falcon Boys Hoop Camp Week B (p 31)											
		Fairy Tale Princess Camp AM (p 28)											
6	7/27 - 7/31	Camp Seaside (p 24)											
		Teen Treks * (p 25)											
		Art Exploration Camp (p 27)											
		Mad Science Underground Explorer Camp (p 26)											
		Sew Wicked Fun Camp (p 27)											
		Girls Basketball Camp (p 31)											
7	8/3 - 8/7	Camp Seaside (p 24)											
		Teen Treks Extreme * (p 25)											
		Code Camp AM (p 27)											
		Top Rockers Hip-Hop Jazz Dance Camp (p 28)											
		Team Sports Sampler (p 29)											
		Davinci Camp Farming Frenzy NEW (p 26)											
8	8/10 - 8/14	Camp Seaside (p 24)											
		Teen Treks * (p 25)											
		Davinci Camp Engineers NEW (p 26)											
		Challenger Sports International Soccer Camps (p 30)											
		Island Overnight Kayaking Camp (p 25)											
		Art Camp AM (p 27)											

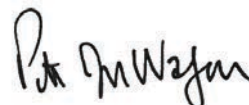
\* Marked camps run fewer than five days per week

# Message from the Director

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There's plenty of exciting news to share from Community Programs as we look forward to the next six months of classes, courses, trips, and camps. There's so much to learn, so much to do, and so much fun to be had... indoors and outdoors... for adults and children of all ages. Throughout this book you'll find great opportunities to try something new, either on your own or with a friend, or for a young learner in your life. Below I've highlighted some of the ones about which I'm particularly fired up. Please take a close look at this season's offerings, and engage with something that you'll love. We'll see you out there!

With my best,



Peter Wagner  
Director of Community Programs  
wagnerp@rsu5.org  
207-865-6171 x323

- Fulfilling a promise of the Joan Benoit Samuelson Track & Field, we're launching the Falcon Fusion Summer Track & Field program for athletes through 9th grade (roughly). (pg.47)
- Check out our third full season of trips and excursions, exploring fascinating destinations in Maine, Canada, Germany, and Iceland. (pg.18)
- We're partnering with our friends at the Arts and Cultural Alliance of Freeport (ACAF), and they've got some neat programs happening in February and April. (pg.40)
- This summer we've got some great new offerings for kids, including some cool camps run by the Davinci Experience. (pg.26)
- Along with Harraseeket Harriers and Girls on the Run, we're adding a third running club this spring: HERO Boys. More than just running, we'll help our boys explore issues relevant to growing up and becoming responsible young men. (pg.47)
- For high-schoolers who want to work in camps and clinics during the summer (or even during the school year), we're offering a Junior Counselor training course that includes CPR and first aid training. (pg.23)
- As part of the ongoing Tech Tuesdays program, take advantage of the weekly Tech Cafe at Freeport High School. We've got free wireless, tech support, and loaner devices... and coffee! (pg.7)

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## Program Locations

Facility	Address	Abbr.
Freeport High School	30 Holbrook Street, Freeport	FHS
Freeport Middle School	19 Kendall Lane, Freeport	FMS
Mast Landing School	20 Mollymauk Lane, Freeport	MLS
Morse Street School	21 Morse Street, Freeport	MSS
Durham Community School	654 Hallowell Road, Durham	DCS
Pownal Elementary School	587 Elmwood Road, Pownal	PES
The PORT at the Freeport Community Center	53 Depot Street, Freeport	PORT

### Mission Statement

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

**"Enriching lives... strengthening community"**

## RSU5 Community Programs Staff

**Peter Wagner**, Director

*wagnerp@rsu5.org*

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*guerettec@rsu5.org*

**Leah Campbell**, Childhood Education Coordinator

*campbelll@rsu5.org*

**Kelli Park**, Adult Education Coordinator

*parkk@rsu5.org*

**Sarah Cass**, Office Coordinator

*casss@rsu5.org*



# Registration Information

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Address: 17 West Street, Freeport, Maine 04032  
Phone: (207) 865-6171  
Fax: (207) 865-2855

Website: ***rsu5cp.org***  
Office Hours: Monday-Friday, 7:30 a.m. – 4:00 p.m.

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## 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 on the **Register Now** button. Visa, MasterCard, Discover, and American Express are accepted online. 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. Please submit your request only once. 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 will have the opportunity to add family members.

## Will I be sent confirmation?

Online registrations receive a confirmation email for each transaction. Phone and in-person registrations will also receive confirmation only if an email has been attached to your online account. Unless otherwise noted, we will not hold a spot in a program without full payment. We will notify you if a class is filled or canceled.

## Do you offer scholarships?

Community Programs offers limited scholarships for most school year programs. Amount of scholarship is based on Maine State income guidelines for free and reduced school lunch. **Scholarship applications must be completed at least 2 weeks prior to start of any program.** Our scholarship form can be found on our website behind the **Forms** button. For more information or to apply, contact Community Programs at 207-865-6171. Some programs are ineligible for discounted rates. Scholarships do not apply to school vacation or summer programs. For summer camp scholarship information, please contact Freeport Community Services at 207-865-3985.

## Accessibility

If you require any special accommodations to participate, please call our office at 207-865-6171.

## 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. Online registration convenience fees are non-refundable.

We will credit an account for all refunds under \$10. If requesting a check for a larger refund, it may take two to three weeks for the refund to process. Refunds for credit card purchases can be processed immediately. We do not provide cash refunds.

### *Refunds for Regular Programs/Classes*

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

In the event of an extended illness or injury, we will issue a prorated refund after the start of a program. We must receive written notification along with a physician's note excusing the participant from continuing. All documentation must be received before the last session of the program.

**Trips and travel may not be refunded inside of two weeks from departure date.** For Summer Camp details and differences, please visit *rsu5cp.org*.

## 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 15 minutes that a staff member must wait with a minor to be picked up.

# Adult Education

## High School Equivalency Diploma

If you're an adult without a high school diploma, the High School Equivalency Test (HiSET) could be your route to improved career prospects, a college education, and increased earnings potential. Adult High School Diploma programs are central to the mission and tradition of Maine Adult Education. These are secondary educational offerings that lead to a high school diploma. Join other students who have recently completed the program. Get your diploma and be one step closer to achieving your life's goals. *Call 207-865-6171 to learn more or to register. Adult education programs are FREE!*

## Learning Lab – Freeport

Learning Lab is open to all adults in need of academic instruction and guidance. Teachers provide individualized instruction in the areas of:

- High school equivalency
- HiSET prep
- Accuplacer prep
- Math and ELA instruction to prepare you for college-level coursework
- Other academic test prep

## Instructors: Pierre Martin & Kelli Park

Days: Mondays & Wednesdays

Time: 5:30 - 7:30 p.m.

Location: The PORT, Freeport Community Center, 53 Depot Street

## Adult Transitions

Considering a career change? Need assistance going back to college, but not sure where to start? Have you recently lost your job and are looking for support services? A new federal law provides access for free career training and support services for adults and youth to overcome barriers to employment. Our local partners are Workforce Solutions Maine, Maine Career Centers, and Maine Community College System. Set up an appointment with our Adult Ed team and let us help you navigate the murky waters of adult transitions. *Call 207-865-6171 for more info.*

We offer FREE advising services in the following:

- Career Transitions
- Referrals to nonprofit agencies
- Entrepreneurship and small business development
- Certificate programs
- Post-secondary education



## Are you interested in a career in Information Technology?

TechHire is a program designed to recruit, assess, train, and place young adults into Maine's IT industry in positions like computer support specialist, software, and health informatics. Completed training will result in credentials recognized by the IT industry. This grant-funded program provides a host of services to train young adults (between the ages of 17 and 29) and career-changers who are looking to transition into IT roles. *For more information please contact Dylan Barnett at 207-724-9131 or [dylan.barnett@workforcesolutionsme.org](mailto:dylan.barnett@workforcesolutionsme.org).*



## NEW MAINERS

RSU5 Community Programs welcomes all foreign-born people. We offer FREE classes to help you improve your English skills. Instruction is individualized, and students may work with tutors at their own pace. You do not have to be a resident to attend these programs. Classes and tutoring services are available. *Please call 207-865-6171 to schedule your first meeting.*

## New Mainers Resource Center

We provide skilled professionals programs, employment and case management, intensive classes focused on job readiness skills, networking opportunities, workshops, and other services designed to help New Mainers of all backgrounds overcome barriers to entering the US workforce. NMRC participants can also take advantage of other classes and programs offered at Portland Adult Education and by community partners. *For more information, visit [www.nmrcline.org](http://www.nmrcline.org).*

# Adult Education



## MAINE Adult Education College Transitions

### Maine College & Career Access

- Want to go to college?
- Need to brush up on your Math and English skills?
- Need to pass the Accuplacer tests?
- Have you already tested into Developmental Math and English classes?
- Looking for workforce training programs?
- Hoping to change careers?

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 community colleges and the university system, MCCA programs offer high-quality, cost-effective, and accessible pathways to post-secondary education for adults. *For more info, call 207-865-6171 and take your next big step today.*



### Success in College (Tandberg)

Success in College introduces students to the college environment and provides opportunities to strengthen skills necessary for success at the college level. The Learning Theories and Self-Assessment units explore the learning process, learning styles, and student developmental theory. The Career Decision Making unit helps students understand and successfully manage some of their life and career transitions through readings, writing, and other activities. *This course, under certain circumstances, earns three credits at SMCC and one credit at CMCC. This course is offered through Windham Adult Education. For more information on dates, please call 207-892-1819.*



**Tech Tuesday Community Technology Café**  
Tuesdays 2:30-4:00 pm, beginning December 3  
Freeport High School cafeteria, 30 Holbrook Street



You're invited to the  
RSU5 COMMUNITY TECHNOLOGY CAFÉ  
Please join us on Tuesday afternoons at the  
beautiful FHS cafeteria – an inviting, bright, warm,  
and comfortable space to work or meet friends.

Free high-speed internet  
Technology staff on hand to answer questions & provide support  
Hot beverages and occasional baked goods



# Adult Education

## Ed2Go Online Courses

Community Programs offers online career training through Education 2 Go. Whether you're looking for professional development or personal enrichment, these online courses are the perfect way to learn a new skill or enhance your existing ones.



To register for Ed2Go classes, visit [www.ed2go.com/rsu5cp](http://www.ed2go.com/rsu5cp)

To register for Ed2Go certificate programs, visit [www.careertraining.ed2go.com/rsu5cp](http://www.careertraining.ed2go.com/rsu5cp)



## Health Ed Today

Consider taking an online Health Care class! These courses are highly interactive and provide students with an enriched learning experience. Job placement rates for these classes are extremely high, so consider taking the leap today.

To register for Health Ed Today classes, visit [www.healthedtoday.com/rsu5](http://www.healthedtoday.com/rsu5)



## Pre-CNA Class for English Language Learners

This 14-week class prepares English Language Learners for the CNA class with enhanced English reading comprehension and communication skills. Sponsored by Sedgewood Common, a Genesis Healthcare Facility in Falmouth, this course provides intensive English instruction during the first three weeks and continued English support during the CNA class. *Acceptance into the program requires a minimum CASAS score of 230 and complete application packet, including evidence of high school completion, photo ID, and Social Security card. For more information, call Joan at Scarborough Adult Education at 207-730-5040 or [jtremberth@scarboroughschools.org](mailto:jtremberth@scarboroughschools.org).*

## Phlebotomy Technician Course

Learn to work with patients in hospitals, blood banks, and other medical operations. Both courses include 20-hours of clinical experience at Bridgton Hospital. Pre-registration is required. *This course is offered through Lake Region Adult Education. Call 207-627-4291 for more information and to find out about financial assistance.*

## CNA - Certified Nurse Assistant

Certified Nurse Assistant is a high-demand job in Maine! Completion of the 180-hour state-approved certification course will open the door to a new career in the healthcare industry. *Scarborough Adult Education will offer two classes this semester. For more information, please call Joan at 207-730-5040 or email [jtremberth@scarboroughschools.org](mailto:jtremberth@scarboroughschools.org).*



# Adult Health & Fitness

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## **Zumba Fitness**

Zumba blends upbeat Latin and other international rhythms with easy-to-follow moves to create a dynamic and exhilarating dance fitness program that will keep you coming back for more. Zumba is for people of all shapes, sizes, and abilities. Absolutely no dance experience is necessary. You'll have so much fun, you won't even realize you're working out! Whether you've never taken a class, or you're a Zumba veteran, join our welcoming group for a highly engaging, energizing, calorie-burning fitness party!

### **Instructor: Shari Chaney**

Time: 6:00 - 7:00 p.m.

Location: MSS Gym

#### *Session I*

Dates: Tuesdays, March 3 - April 14

Fee: \$42, Drop-In: \$7 per class

#### *Session II*

Dates: Tuesdays, April 28 - June 9

Fee: \$42, Drop-In: \$7 per class

#### *Session III*

Dates: June through TBD

Fee: TBD, Drop-In: \$7 per class

## **Tai Chi**

If you feel the need to slow things down in your life and enjoy gentle nature sounds or silence, or if slow learning of timeless movements appeals to you, Tai Chi Chuan might be right for you. While we often hear about the physical benefits of Tai Chi, it is difficult to convey the meditative qualities. As my teacher always said, "If you want to learn Tai Chi, you just have to show up." No matter your age, background, or experience, Tai Chi is for those who are willing to learn. *We only learn what is comfortable in the time we have. Please wear loose clothing and flat shoes for the best mobility.*

### **Instructor: Heather McLean**

Dates: Mondays, March 2 - April 6

Time: 6:00 - 7:00 p.m.

Location: MSS Gym

Fee: \$55

## **Zumba Gold**

Zumba Gold is a dance fitness program that is designed for Zumba beginners, the active older participant, those returning to or just starting a journey to a fit and healthy lifestyle, or anyone who simply wants a lower-intensity Zumba class. Like Zumba Fitness, Zumba Gold is based on zesty Latin and international rhythms, and easy-to-follow moves. Studies show that dancing is a great way to get fit and live longer. Best of all, it's fun... you can do it! Join us, and see what it's all about. *Now offering separate sessions two days a week.*

### **Instructor: Shari Chaney**

Time: 9:30 - 10:30 a.m.

Location: South Freeport Church

#### *Session I - Mondays*

Dates: March 2 - April 13

Fee: \$42, Drop-In: \$7 per class

#### *Session I - Thursdays*

Dates: March 5 - April 16

Fee: \$42, Drop-In: \$7 per class

#### *Session II - Mondays*

Dates: April 27 - June 15

Fee: \$42, Drop-In: \$7 per class

#### *Session II - Thursdays*

Dates: April 30 - June 18

Fee: \$48, Drop-In: \$7 per class

#### *Session III - Mondays*

Location: FMS Cafe

Dates: June 22 - TBD

Fee: TBD, Drop-In: \$7 per class

#### *Session III - Thursdays*

Location: FMS Cafe

Dates: June 25 - TBD

Fee: TBD, Drop-In: \$7 per class

# Adult Health & Fitness

## Gentle Flow Yoga

Relax and unwind while you strengthen and stretch! Discover the benefits of Gentle Flow Yoga - focus on slowing down, stretching, and building strength with slow vinyasas. Find out what it means to feel refreshed, relaxed, and energized at the same time. *All levels welcome. Wear loose, comfortable clothing; bring a water bottle and yoga mat.*

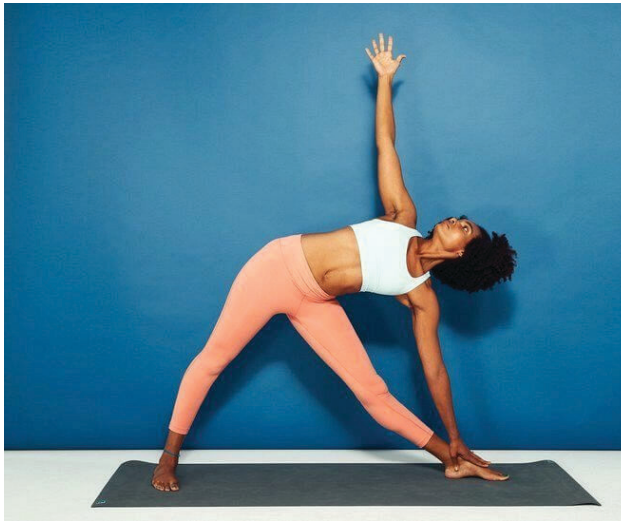
### Instructor: Leah Campbell

Dates: Tuesdays, February 25 - March 31

Time: 6:00 - 7:00 p.m.

Location: MLS Cafe (Except 3/10 in MLS Atrium)

Fee: \$60



## Cuban Salsa

Join us for an introduction to Cuban Salsa! Learn the basics of the Salsa footwork and some simple, fun moves that will get you out on the dance floor! Learn how to connect with any partner and build your confidence dancing to different styles and tempos of music. This is one workout you won't want to miss! *Partner is not required, but recommended.*

### Instructor: Anna Golendukhina

Dates: March 11 - April 1

Time: 6:00 - 7:00 p.m.

Location: MLS Gym

Fee: \$49



## Irish Set Dancing

Are you new to Irish Set Dancing? That's "set" and not "step." Big difference! Set dancing is fun and is not the performance style dancing you may have seen on *Riverdance*. It is a social form of folk dancing and a team effort. If you are not yet a dancer, but are curious, this is the class for you. It's the easiest way to get started. *No prior dance experience is necessary. No partner required. We recommend comfortable shoes. Bring a water bottle – you will get thirsty!*

### Instructor: Mike Gentile

Dates: Thursdays, February 13 - March 12

(no class 2/20)

Time: 7:00 - 9:00 p.m.

Location: FMS Cafe

Fee: \$39

**NEW!**

## Line Dancing

Find out how much fun line dancing can be! Learn to line dance to a variety of rhythms: Latin, country standards, and even the Electric Slide! Get a great cardio workout and learn to dance to your favorite songs. Requests will be taken for specific dances and/or music on the first night, and dances will be taught in response to requests whenever possible. *No experience necessary. Wear comfortable clothing and soft-soled shoes. No partner is required for this fun, energetic class.*

### Instructor: Elizabeth Richards

Dates: Mondays, March 2 - April 6

Time: 6:00 - 7:00 p.m.

Location: MLS Gym

Fee: \$39

# Adult Health & Fitness

## Adult Golf Lessons

Back-to-back Portland Sunday Telegram Golf Coach of the Year Gerry Caron will get you started playing and enjoying the great game of golf. Learn swing basics including grip, stance, and alignment, followed by an introduction to irons, woods, chipping, and putting. Also learn golf rules and etiquette. Once the class is complete, you will be ready to schedule your first tee time. Bring clubs if you have them, but we can provide for some participants as needed. Note that the last day of lessons includes an hour of free play on the course.

### Instructor: Gerry Caron

Dates: Mondays, May 11 – June 8

(no program 5/25)

Time: 5:30 – 6:30 p.m. (7:30 on 6/8)

Location: Freeport Country Club Practice Facility

Fee: \$95



## Adult 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 preregistered with Community Programs. Monday nights will be a bit more competitive, Thursdays will be a bit more relaxed.

### Coordinator: Tom McKibben

Dates: Mondays, February 24 – May 18

or Thursdays, February 27 – May 21

Time: 7:30 – 9:30 pm

Location: MLS Gym

Fee: \$15 (1 night/week)

## 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. We stress going at your own pace and strive to help you on your journey. *Free uniform for your first session. (Beginners are asked to arrive at 5:30 p.m. and stay for the second class as well.)*

### Instructors: Jake Daniele, Steve Day, Donald Cyr

Days: Tuesdays

Level

Times

Location: MLS Gym

Introductory

5:30 – 6:00 p.m.

Fee: \$85

All Ranks

6:00 – 7:30 p.m.

### Session

### Dates

Late Winter

February 4 - April 7

Spring

April 14 - June 16

Summer

June 30 - August 25

(no program 2/18 or 4/21)

## Drop-In Pickleball in Pownal

Come drop-in for some Pickleball action, get some great exercise, and have some fun! All levels and abilities are welcome. Some paddles will be provided, but if you have your own, you should bring it with you. *You must pre-register at no cost in order to attend any session.*

Dates: Mondays, January 6 - June 22nd

Time: 5:30 – 8:30 p.m.

Ages: 30 +

Location: PES Gym

Drop in Fee: \$3

## Adult Rec Basketball Open Gym

Play pickup basketball and stay in shape year round. *Must be pre-registered with Community Programs. NO Drop-Ins.*

Dates: February 2 – June 13

Fee: \$30 per session

Day

Time

Location

Sunday

9:00 - 11:00 a.m.

DCS Gym

Sunday

7:00 - 9:00 p.m.

FMS Gym



# Adult Creative Endeavors

## Acrylic Painting for Beginners

New to painting? Interested in trying a new medium? Join us for fun and learning. In 8 weeks, we will learn to mix colors and to use basic tools, gesso, and painting supports (canvas, wood, etc.). Create appealing still life compositions and experiment with texture, color, and contrast. Work at your own pace in your own style with Pat Casey, an experienced instructor and painter. *Provide your own materials (listed on website). Email [pcasey.maine@gmail.com](mailto:pcasey.maine@gmail.com) with questions, including where to buy materials.*

### Instructor: Pat Casey

Date: Thursdays, March 26 - May 21 (No class 4/16)

Time: 10:00 am - 12:30 pm

Location: PORT, Freeport Community Services, 53 Depot Street

Fee: \$129



## Acrylic Painting: Intermediate

If you've taken a beginner's course or have some previous painting experience, this course will help you continue to explore acrylics. Begin at your own skill level and work at your own pace. Review mixing colors, choosing and preparing supports, and adding texture... then move on to using acrylic gels and other mediums (including mixed media art), composing a still life, and painting landscapes/seascapes from photos. We encourage experimentation and expanding your painting horizons. *Optional project: painting BIG (using a 20" x 30" or similar size canvas). Provide your own materials (listed on website). Students can email Pat at [pcasey.maine@gmail.com](mailto:pcasey.maine@gmail.com) with questions, including where to buy materials, etc.*

### Instructor: Pat Casey

Date: Thursdays, March 26 - May 21 (No class 4/16)

Time: 2:00 pm - 4:30 pm

Location: PORT, Freeport Community Services, 53 Depot Street

Fee: \$129



## Dress Your Best:

### Natural Coloring & Face Shape!

Dress your best! Master the art of flattery - when it comes to colors, shapes, necklines, and hairstyles. Learn to make the most of your physical features with tips from Candace Sanborn, a marketing expert with 30 years of experience teaching companies, organizations, and individuals how to market themselves. Find out how to make the most of your face shape and coloring, while learning tips and tricks for choosing glasses, hairstyles, necklines, and more. Be the best version of yourself and feel the difference.

### Instructor: Candace Sanborn

Date: Thursday, April 2

Time: 5:30 - 8:30 p.m.

Location: FMS Library

Fee: \$25

## Dress Your Best: Body Shape & Style!

Do you have a lot of clothes in your closet but still feel like you have nothing to wear? Do you dislike shopping because you're not sure what looks good on you? Learn about body types and face shapes, then learn tips for choosing the most flattering clothing styles and necklines for your features. Dress your best! Master the art of flattery - when it comes to shapes, styles, and body type. Learn to make the most of your physical features with tips from Candace Sanborn, a marketing expert with 30 years of experience teaching companies, organizations, and individuals how to market themselves. *Bring your phone to take pictures and a pen and paper for notes.*

### Instructor: Candace Sanborn

Date: Tuesday, May 5

Time: 5:30 - 8:30 p.m.

Location: FMS Library

Fee: \$25

**NEW!**



# Adult Creative Endeavors

## Recycled Driftwood Trees with Chris Toy

Move over, bonsai trees! A handcrafted tabletop driftwood tree will add a touch of the Maine coast to your home decor. Join Chris Toy for this fun, hands-on craft activity using driftwood, beach stones, and recycled wire from political signs. This is one decorative tree that lasts all year long. *Chris will supply all materials, but feel free to bring your own supplies from your walks along the shore, battery powered drills, and garden clippers. Price includes \$10 material fee.*

**Instructor: Chris Toy**

**Date:** Wednesday, May 27

**Time:** 6:00 - 8:30 p.m.

**Location:** FHS Art Room

**Fee:** \$39

**NEW!**

## Fresh Flavors: Food & Photography

Do you enjoy taking and sharing pictures of food? Do you wish you knew how to make it look as great as it tastes? Then you need to join Stonewall and LaRoux Kitchen cooking instructor Chris Toy and Professional Food Photographer Kerry Michaels for this evening of fantastic photography and Food. Come learn some great tasting recipes using fresh ingredients. *Bring your smartphone or camera to learn how to capture awesome images from preparation to plating to consumption! We'll have options for omnivores, vegetarians, vegans, and gluten free diners.*

**Instructor: Chris Toy & Kerry Michaels**

**Date:** June 2

**Time:** 6:00 - 8:30 p.m.

**Location:** FCS, 53 Depot St

**Fee:** \$49

**NEW!**



## Get to Know Your Digital Camera

Don't feel intimidated by the settings on your camera! Get to know the ins and outs of your digital camera in a comfortable classroom setting where you can ask questions freely. Learn to navigate and select your camera's settings in the various automatic and semi-automatic modes for the best possible results. *Please note that this is an introductory class designed for beginners.*

**Instructor: Leah Haraden**

**Date:** Thursday, April 30 - May 7

**Time:** 6:00 - 8:30 p.m.

**Location:** FMS Library

**Fee:** \$35

**NEW!**



## Digital Photography: Landscapes, Seascapes, & Nature Photography

Depict the beauty that surrounds us in Maine! Discover the essential tools and techniques for capturing the four seasons in the Maine outdoors with your digital camera. Learn about the selection of subjects, locations, composition, lighting, and some of the tools and equipment that will help you produce better quality images. *Please note that this class is designed for beginner/intermediate photographers.*

**Instructor: Leah Haraden**

**Dates:** Wednesdays, May 14 - May 21

**Time:** 6:00 - 8:30 p.m.

**Location:** FMS Library

**Fee:** \$35

**NEW!**

# Adult Creative Endeavors

## Studio Artisane: Workshops

Sandrine Moser is originally from a little town in southern France. Sandrine's woodworking career began in 2012 by building furniture for her daughter's dolls. From there, she pursued her love for the craft with bigger pieces by building all the furniture in her house, including bookshelves, tables, and beds. Sandrine wants to empower her students by teaching them to confidently build their own projects. She wants her students to be proud to say "I built it!" *This class is designed for beginner power tool users. Please keep long hair tied back, wear closed-toe shoes, and do not wear jewelry. Materials fees are payable by cash or check to the instructor at the start of class. For additional information about Sandrine and her craft, visit [www.studioartisane.com](http://www.studioartisane.com).*

### Instructor: Sandrine Moser

Time: 5:30 - 8:00 p.m.

Location: Studio Artisane, Falmouth

## Workshop Dates

### Studio Artisane: Let It Snow

Date: Thursday, February 6

Fee: \$45 + \$20 materials fee

### Studio Artisane: Farmhouse Frame

Date: Thursday, February 27

Fee: \$45 + \$20 materials fee

### Studio Artisane: Geometric Shelf

Date: Thursday, March 5

Fee: \$45 + \$20 materials fee

### Studio Artisane: Side Table

Date: Thursday, March 19

Fee: \$45 + \$20 materials fee

### Studio Artisane: Patio Lantern

Date: Thursday, April 9

Fee: \$45 + \$15 materials fee

### Studio Artisane: Modern Wooden Bench

Date: Thursday, May 7

Fee: \$45 + \$60 materials fee

### Studio Artisane: Modern Outdoor Chair

Date: Thursday, May 21

Fee: \$45 + \$45 materials fee

## Astrology I:

### Your Rising, Sun, and Moon Signs

Your birth chart (zodiac) is a 360-degree "map" of the sky at the time you were born. Each celestial body represents a part of your psyche and tells its own story. This workshop introduces astrology as a framework for understanding core parts of your personality by coming to understand your Sun, Moon, and Rising signs, which tell the story of you in the day-to-day, how you process emotion, and your external persona. Registrants must provide the following information prior to class date to receive their birth chart in class: city/state of birth, exact time and date of birth.

**NEW!**

### Instructor: Peggy Schick

Dates: Tuesday, March 31

Time: 6:00 - 8:00 p.m.

Location: FMS Library

Fee: \$29



## Astrology II:

### Your Mercury, Venus, and Mars Signs

Continue to discover your own personal astrology! Learn about the influences of Mercury (how we think), Venus (how we love), and Mars (how we assert ourselves). *Prerequisite is Peggy's Intro to Astrology: Rising, Sun, and Moon on March 16. Peggy will already have your birth information on file, so all you need to do is arrive ready to learn more about your beautiful self!*

### Instructor: Peggy Schick

Dates: Tuesday, April 7

Time: 6:00 - 8:00 p.m.

Location: FMS Library

Fee: \$29

**NEW!**

# Adult Enrichment

## Best Case of Wine 2020 at Bow Street Market

Join Bow Street Market wine expert Paula Truman as she explores the best of this year's wine - for less than \$12.99 per bottle! She has chosen wines from across the globe: white, reds, and rose. Let's taste the finest flavors this year has to offer with great taste, for a great value! *Refreshments included. For questions on the night of class, please call Paula at 207- 831-1922.*

Instructor: Paula Truman

Date: Wednesday, February 26

Time: 6:00 - 7:30 pm

Location: Bow Street Market, 79 Bow Street

Fee: \$29

## Bubbles and More Bubbles at Bow Street Market

Sparkling wines are always a great way to start the party! Join Bow Street Market wine expert Paula Truman as she ventures across the sea and back while exploring different fermentations, processes, and the aging of sparkling wines. Treat yourself to the best of bubbles! *Refreshments included. For questions on the night of class, please call Paula: 207-831-1922.*

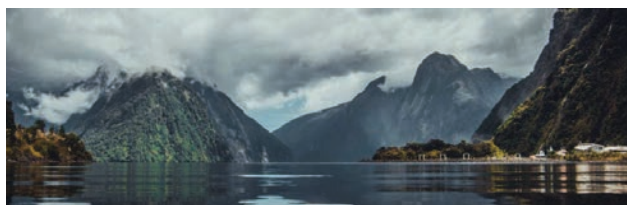
Instructor: Paula Truman

Date: Wednesday, March 4

Time: 6:00 - 7:30 pm

Location: Bow Street Market, 79 Bow Street

Fee: \$29



## New Zealand Sauvignon Blanc at Bow Street Market

Aren't they all the same?! Let's taste our way through New Zealand and experience the finest flavors! See what has made this grape the hot white wine pick for this year. *Refreshments included. For questions on the night of class, please call Paula: 207-831-1922.*

Instructor: Paula Truman

Date: Wednesday, April 8

Time: 6:00 - 7:30 pm

Location: Bow Street Market, 79 Bow Street

Fee: \$29

## Joys of Puff Pastries

Cream puffs, napoleons, fruit turnovers. . .the list of puff pastry delights is endless! You don't have to make this delicate pastry from scratch; you can find it in the freezer section of the grocery store! Using a few additional ingredients, you too can make delicious fruit or cream filled delights. *Ingredients included in cost. Recommended: bring a pan or plastic container (8x8 or larger) to carry your treats home.*

Instructor: Patricia Casey

Date: Saturday, April 11

Time: 12:00 p.m. - 3:00 p.m.

Location: Freeport Community Services, 53 Depot St.

Fee: \$39

**NEW!**

## Fun with Phyllo

Who doesn't love baklava? Anyone can make this delicious pastry with just a few ingredients and a little know-how. Use store-bought phyllo dough to make exotic baklava or fruit filled strudel. Once you know the tricks, you can also make savory appetizers or side dishes like spanakopita! *Ingredients included in cost. Bring an 8" square pan (glass, metal, or disposable aluminum) to make your own pan of baklava to bake at home.*

Instructor: Patricia Casey

Date: Saturday, May 16

Time: 12:00 p.m. - 3:00 p.m.

Location: Freeport Community Services, 53 Depot St.

Fee: \$39

**NEW!**

## Creative Cake Mix Desserts

Yummy petit fours, cream-filled chocolate ganache cakes, and even biscotti can begin with a simple boxed cake mix! We'll also cover several different fillings for your yummy pastries. Once you know the basics, the options are endless! *Ingredients included in cost. Recommended: bring a pan or other container to carry your treats home.*

Instructor: Patricia Casey

Date: Saturday, May 30

Time: 12:00 p.m. - 3:00 p.m.

Location: Freeport Community Services, 53 Depot St.

Fee: \$39

**NEW!**



# Adult Enrichment

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## Fruit Trees

Discover the fun in growing tree fruit! Join UMaine Cooperative Extension Master Gardener, Joel Leak, as he introduces you to the world of fruit trees. Learn how to grow tree fruit (including apples, pears, peaches, apricots, nectarines, cherries, and plums), about site selection, varieties, planting, pollination, insect pests, diseases, and pruning.

Instructor: Joel Leak

Dates: Tuesdays, February 25 - March 3

Time: 6:00 - 8:00 pm

Location: FHS 108

Fee: \$19

## Growing Great Berries

Make this the summer of great berries! Berries are delicious, nutritious, and easy to grow. Join Joel Leak, Master Gardener at UMaine Cooperative Extension, as he teaches you how to grow berries (including strawberries, raspberries, blackberries, grapes, and blueberries). Learn about site selection, varieties, planting, pollination, insect pests, diseases, and pruning.

Instructor: Joel Leak

Dates: Tuesdays, April 7 & April 14

Time: 6:00 - 8:00 pm

Location: FHS 108

Fee: \$19

## Gardening in Small Spaces

Do you love to garden but think your space is too small? Don't let limited outdoor space prevent you from using your green thumb! Yes, small garden spaces can present challenges, but a combination of advance planning, clever design techniques, creative thinking, appropriate plant selection, and basic gardening know-how can help you make every inch count. Don't miss this opportunity to make the most of your space.

Instructor: Amy Witt

Date: Tuesday, May 12

Time: 6:00 - 8:00 pm

Location: FHS 108

Fee: \$19

**NEW!**

## Preserving the Harvest: Rhubarb Orange Chutney

Discover delightful rhubarb in all its glory! Rhubarb is one of the first edible signs of spring in Maine, and its versatility is underappreciated. Discover the many uses of rhubarb in preserving while making chutney, a unique, flavor-filled condiment. Learn how to safely preserve rhubarb using the boiling water bath method with University of Maine Cooperative Extension staff and Master Food Preserver volunteers. *Participants will receive recipes and a jar of chutney. Please bring a potholder with you. There is a \$20 materials fee paid directly to the instructor.*

Instructor: Kate McCarty

Date: Wednesday, May 20

Time: 5:30 - 8:00 pm

Location: Freeport Community Services, 53 Depot St.

Fee: \$10 + materials fee to instructor

**NEW!**

## Dim Sum and Then Some with Chris Toy

Get ready to explore the flavors of Dim Sum, a traditional Chinese meal with small plates and big flavors! Join Chris Toy as he makes hands-on potstickers, wontons, veggie egg rolls, and spare ribs. Experience all the flavors of Chinatown (and China) close to home. This meal can be made vegetarian. *Bring containers for leftovers. Food fee included.*

Instructor: Chris Toy

Date: Thursday, May 21

Time: 6:00 - 8:30 pm

Location: Freeport Community Services, 53 Depot St.

Fee: \$39

## Handmade Pasta with Chris Toy

Join Stonewall and LeRoux Kitchen cooking instructor Chris Toy and discover the joys of making your own pasta by hand. After you experience handmade pasta, you'll never go back. Learn how to make and roll out fresh plain, spinach, and lemon-pepper pasta along with three easy sauces, including: vegetable, meat, and light cream. Come hungry and get ready to up your pasta game! *Bring containers for leftovers. Food fee included.*

Instructor: Chris Toy

Date: Tuesday, March 31

Time: 6:00 - 8:30 pm

Location: Freeport Community Services, 53 Depot St

Fee: \$39



# Adult Enrichment

## Maine Driving Dynamics

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

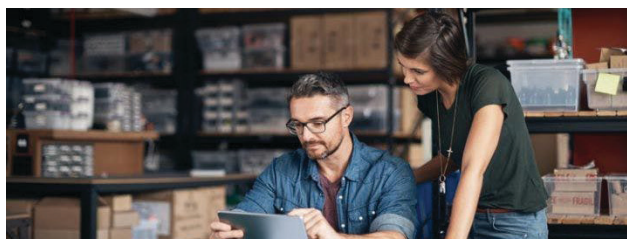
### Instructor: Maine Bureau of Highway Safety

Dates: Tuesday, March 10 & Thursday, March 12

Time: 6:00 - 8:30 p.m.

Location: FHS

Fee: \$40 Regular / \$25 Senior (age 65+)



## Into to Quickbooks

QuickBooks Online offers an easy-to-use accounting solution for any small business, but the initial setup can be daunting, especially for those lacking finance savvy. Join Carolyn Jensen, a QuickBooks ProAdvisor, to open your QuickBooks account, configure it to your needs, and learn how to run it. You'll be amazed at how simple running your own books can be!

### Instructor: Carolyn Jensen

Dates: Tuesdays, July 14 - July 28

Time: 6:00 - 8:00 p.m.

Location: FHS

Fee: \$85

## Quickbooks for Contractors

In QuickBooks for Contractors, we'll cover the fundamentals of QuickBooks Online focusing on the processes and features used in project-based work. We'll cover the available account settings, the chart of accounts, customer and vendor processes, standard reports, as well as progress invoicing, job costing, and more!

### Instructor: Carolyn Jensen

Dates: Tuesdays, May 5 - May 19

Time: 6:00 - 8:00 p.m.

Location: FHS

Fee: \$85



## Conversational German: Advanced

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. Let's get together and exchange our knowledge of the German language and learn about the rich culture, various traditions, and the German lifestyle in general. The class is held in a relaxed and fun atmosphere, open to everyone. *For more info about beginner classes, please call 207-865-6171.*

### Instructor: Valeska Hornschild-Bear

Time: 6:30 - 8:00 p.m.

Location: FMS

Fee: \$55

#### Session I

Dates: Mondays, February 10 - March 9- no class 2/16

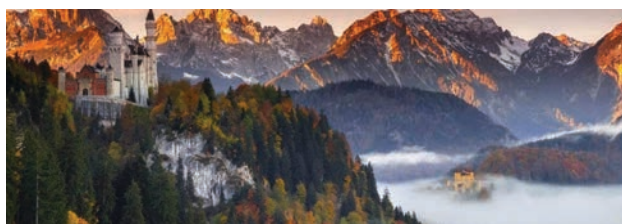
#### Session II

Dates: Monday, March 16 - April 6

#### Session III

Dates: Monday, May 18 - June 15 - no class 5/25

**See Page 18 for more information about the Tour of Germany with Valeska in May 2020!**



## American Sign Language I

Learn sign language communication with Martin Samelson, energetic college ASL professor and job coach for deaf individuals. Enhance your communication with deaf and hard of hearing family, friends, coworkers, and customers. *Late-deafened adults are welcome. No previous sign language experience is necessary.*

### Instructor: Martin Samelson

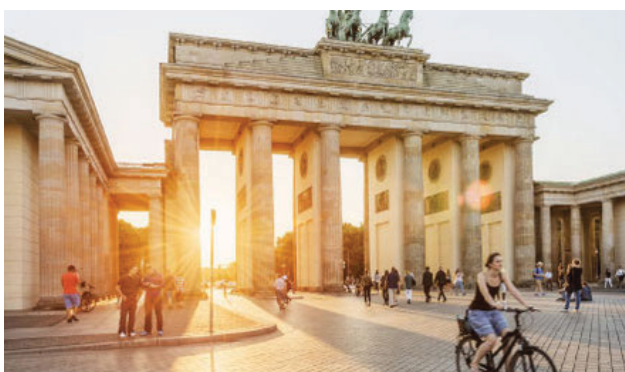
Dates: Mondays, March 4 - April 15

Time: 6:00 - 7:30 p.m.

Location: FHS

Fee: \$85

# Trips and Tours



## TOUR OF GERMANY

Whether you're interested in history, art, or culture, Berlin offers it all! Guided by a native Berliner - now living in Freeport - you'll explore Berlin and Potsdam, and enjoy a two-day adventure along the Baltic Sea. Everything will be organized for you, so you can relax and enjoy your week in Germany. *Included in cost: all admissions for 10+ events; walking tours of Berlin; TV Tower; 3-hour sightseeing tour by bus; visit to the Reichstag (Parliament Building); guided tour of Museum Island; evening boat tour; Berlin Wall Memorial; Cabaret show at The Chameleon Berlin; opera show; all transportation; 7 nights' accommodation in a modern 4-star hotel; 7 buffet-style breakfasts; 3 - 4 lunches; 6 selected dinners; suggestions for travel opportunities before/after the trip. Airfare must be purchased separately. Non-refundable deposit required. Email [rce@rsu5.org](mailto:rce@rsu5.org) for more information.*

### Trip Leader: Valeska Hornschild-Bear

Dates: Sunday, May 3 - Sunday, May 10, 2020

Fee: \$2000pp/double occupancy (airfare not included)



## CANADIAN MARITIMES: NOVA SCOTIA & CAPE BRETON

Enjoy breathtaking views as we make our way around Nova Scotia and Cape Breton Island on the Cabot Trail where the mountains meet the sea! Discover the rugged, wild landscape of Cape Breton Highlands National Park and immerse yourself in Gaelic culture and history. This is the perfect fusion of gorgeous natural landscapes, authentic local flavors, and rich cultural history. *Included in cost: all lodging and transportation, Cape Smokey Provincial Park, Cape Breton Highlands National Park, St. Paul's Lighthouse & Museum, North Highlands Community Museum, Highland Village, Cabot Landing Provincial Park, Oshan Whale Watch, Glenora Distillery, and Celtic Music Interpretive Centre, 6 breakfasts and 2 lunches. Transportation will be provided by a coach bus, equipped with a restroom. Deposit of \$300 due by March 31, 2020. Email [rce@rsu5.org](mailto:rce@rsu5.org) for more information.*

### Trip Leader: Community Programs Staff

Dates: Monday, August 24 - Sunday, August 30, 2020

Cost: \$2200pp/double occupancy (motorcoach included)



## THE ESSENCE OF QUEBEC: ILE D'ORLEANS & OLD QUEBEC CITY

Experience the rich cultural history of Quebec! Explore the Ile d'Orleans, and delight your tastebuds with vineyards, strawberry farms, orchards, bakeries, markets, jam factories, and creameries. *Included in cost: two nights of lodging in Quebec City, walking tours of Quebec City, tours and tastings. Transportation will be provided by a coach bus, equipped with a restroom and WiFi. Email [rce@rsu5.org](mailto:rce@rsu5.org) for more information.*

### Trip Leader: Community Programs Staff

Dates: TBD

Fee: TBD (motorcoach included)



# Trips and Tours

## THE MAINE TRAIL: THE STORY OF MALAGA

Discover the secrets of Malaga Island with Master Maine Guide Alice Bean Andrenyak! Spend the morning sea kayaking in beautiful Casco Bay and learn the history of Malaga Island, an interracial colony settled during the Civil War era which the State of Maine forcibly relocated in 1912. Explore the nooks and crannies of the rugged Maine coast, while learning about the culture of the island colony. We'll look for seals, osprey, and great blue herons during our five hour journey, and visit historic sites on the island and enjoy a picnic lunch on the beach. *All equipment included.*

**NEW!**

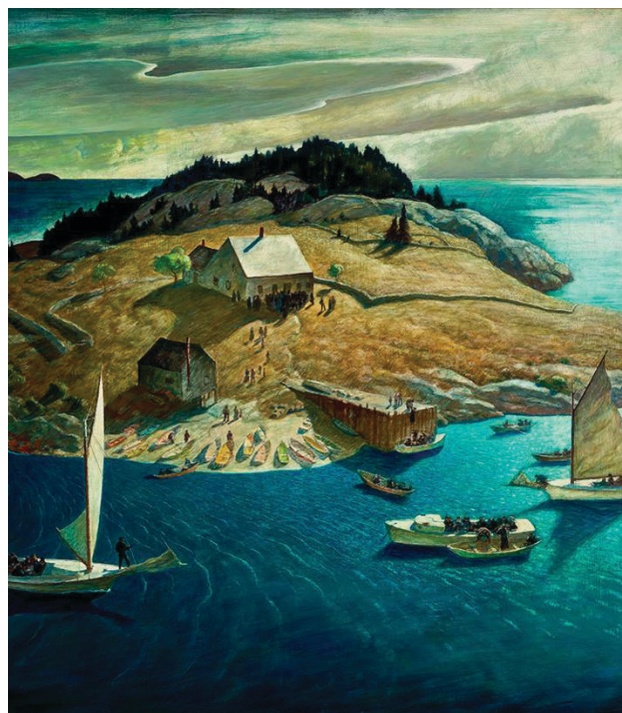
**Trip Leader: Community Programs Staff**

Date: Saturday, May 30

Time: Depart 8:30 a.m. - return 2:15 p.m.

Departs: TBD

Fee: \$69



## THE MAINE TRAIL: WYETH VISTAS

Discover the enchantment of the Wyeth legacy in Maine! Enjoy a private guided tour of the Olson House in Cushing - the site of Andrew Wyeth's famous painting, *Christina's World*. From there, we'll make our way to The Farnsworth Museum in Rockland, where we'll learn about the lives of N.C., Andrew, and Jamie Wyeth. After perusing the galleries and harbors of downtown Rockland we'll head to Port Clyde for lunch on the water, then immerse ourselves in the landscapes and seascapes that are central to three generations of Wyeth artwork. We'll explore the coast as we visit sites from Wyeth paintings aboard the *Linderin Losh*, a refitted lobster boat. We'll end our day with a visit to the Wyeth Gallery in Port Clyde. *Included in cost: admission/guided tours at the Olson House, The Farnsworth Museum, 2.5 hour guided boat tour. Lunch is not included in the cost. Transportation will be provided by a coach bus, equipped with Wifi and a restroom.*

**Trip Leader: Community Programs Staff**

Date: Wednesday, June 30

Time: 8:00 a.m. - 7:00 p.m.

Departs: Freeport Community Center, 53 Depot St.

Fee: \$139

**NEW!**

### Trips and Tours Cancellation Policy

Trips and tours, particularly those that require arrangements such as motorcoach travel, require two weeks' notice of cancellation.

***Inside of two weeks we cannot offer refunds***

# Trips and Tours



## A DAY IN THE CITY: DRAGONBOAT FESTIVAL & CHINATOWN

Enjoy a guided tour of Chinatown and explore the traditions, customs, and history of Chinese culture in Boston. Savor traditional Chinese *dim sum* at one of Chinatown's oldest restaurants. You'll then see the 41st Annual Boston Dragon Boat Festival on the Charles River. Get ready for dragon boat races, traditional arts and crafts, cultural performances and vendors, and the authentic flavors of Chinese culture. Make the most of your day in the city with international flavor. *Transportation will be provided by a coach bus, equipped with Wifi and a restroom. Meals are not included in the cost of the trip.*

### Trip Leader: Chris Toy

Date: Sunday, June 14

Time: Depart 7:15 a.m. – Return 8:00 p.m.

Departs: Freeport Community Center, 53 Depot St.

Fee: \$99

## TOUR OF FLAVORS: BOOTHBAY & CABBAGE ISLAND

Join us for this summer adventure to the Boothbay peninsula. We'll stop by East Boothbay General Store and pick up some pastries as we make our way around the scenic shores of Ocean Point. We'll visit the Wilson Memorial Chapel, a gorgeous 100-year old church, and enjoy the panoramic ocean views as we wind our way along the peninsula. We'll make our way downtown to Boothbay Harbor, and explore a number of boutiques and galleries. We'll enjoy a scenic narrated cruise aboard the *Bennie Alice* as we head out with Cabbage Island Clambakes for our quintessential Maine lobster bake experience. *Transportation will be provided by a coach bus, equipped with Wifi and a restroom. Not included in cost: pastries at East Boothbay General Store.*

### Trip Leader: Community Programs Staff

Date: Wednesday, July 15

Time: 8:30 a.m. - 5:45 p.m.

Departs: Freeport Community Center, 53 Depot St.

Fee: \$145

**NEW!**



## IN SEARCH OF... INSTRUCTORS & TUTORS!

Do you have a skill or talent that you'd like to share with the community? Are you looking for ways to make a difference in people's lives on an individual level? If you can answer yes to any of these, please email [rce@rsu5.org](mailto:rce@rsu5.org) to find out more!



# Trips and Tours



## THE MAINE ATLAS: SEAFARING TALES

Venture north along the coast to revisit Maine & maritime history. You'll see the Fort Knox Historic Site, the Penobscot Narrows Bridge & Observatory, and the Penobscot Marine Museum in Searsport. You'll then visit Belfast, one of Maine's most quintessential shipbuilding towns. At French & Webb boatbuilding, learn about the restoration of the *Sequoia*, a 104' presidential yacht built in 1925 that served eight presidents from Hoover to Ford. *Lunch not included. Transportation will be provided by a coach bus, equipped with Wifi and a restroom.*

### Trip Leader: Community Programs Staff

Date: Wednesday, July 1

Time: 8:00 a.m. - 6:30 p.m.

Departs: Freeport Community Center, 53 Depot St.

Fee: \$99

**NEW!**



## THE MAINE TRAIL: EAGLE ISLAND

We'll explore the beauty of Casco Bay aboard the *Pamela B.* as we venture out to Eagle Island, a Maine State Park, National Historic Landmark, and the summer home of arctic explorer Admiral Robert E. Peary. We'll learn about the life and work of Admiral Peary and the history of the island with a guided tour, and explore the ledges and beaches that surround us. After working up an appetite, we'll enjoy a local lunch on our cruise back to Freeport. *Participants will meet at Coffee by Design in Freeport and be transported to the marina in South Freeport by Seacoast Tours. Lunch is included in cost.*

### Trip Leader: Community Programs Staff

Date: Friday, August 14

Time: 8:30 a.m. - 2:00 p.m.

Departs: Freeport Community Center, 53 Depot St.

Fee: \$59

**NEW!**



# Trips and Tours

## MAINE BUCKET LIST: CLIMB MT. KATAHDIN

Mt. Katahdin is #2 on National Geographic's top 10 summits worldwide! Check Baxter State Park and Mt. Katahdin off your bucket list AND enjoy great camp cooking with Registered Maine Guide and cooking instructor Chris Toy. *The cost of the trip includes: campground fees; breakfast, lunch, and dinner for 3 days. Please note: Our group will stay together for the whole trip and gain the summit as a team or no one will. Be prepared to carry a 20lb pack and walk for extended periods of time. Transportation arrangements for carpooling from Freeport in personal vehicles will be made in advance. All events are subject to change due to weather.*

### Trip Leader: Chris Toy

Date: Thursday, August 27 - August 29

Depart: Freeport Community Center, 53 Depot St.

Fee: \$325



## MAINE BUCKET LIST: BAXTER STATE PARK

Join Registered Maine Guide and master chef Chris Toy for an adventure-filled weekend at Baxter State Park! Explore the beauty of the Katahdin wilderness with hiking, canoeing, delicious meals, and gourmet camp cooking lessons. *The cost of the trip includes: lodging; breakfast, lunch, and dinner for 3 days; guided hikes with a Registered Maine Guide, and canoe rentals. Transportation arrangements for car-pooling from Freeport in personal vehicles will be made in advance.*

### Trip Leader: Chris Toy

#### Session I: Lodging

Dates: July 11 - 13

Lodging: Big Moose Inn

Fee: \$475

#### Session II: Camping

Dates: September 18 - 20

Camping: Trout Brook Campground or South Branch Campground (tent or bunkhouse)

Fee: \$295



## MAINE BUCKET LIST: ACADIA NATIONAL PARK

Explore the best of Acadia with Registered Maine Guide Chris Toy! Enjoy a weekend full of great food, beautiful scenery, brisk outdoor adventures, and personalized cooking lessons during peak foliage season. *The cost of the trip includes: 2 nights of lodging at a 6-bedroom Airbnb, 2 continental breakfasts, 2 dinners with cooking lessons, and guided hikes with a Registered Maine Guide. Lunches are not included in the cost of the trip. Transportation arrangements for car-pooling from Freeport in personal vehicles will be made in advance.*

### Trip Leader: Chris Toy

Dates: Sunday, October 18 - Tuesday, October 20

Depart: Freeport Community Center, 53 Depot St.

Fee: \$475





# Summer Camps 2020

## **Falcon Sports Camp Counselor Training**

This year we are requiring all Falcon Sports Camp counselors to take part in a common training clinic that will help them deal with safety and first-aid concerns, bullying, and group dynamics. Students will be invited by their coaches to serve as counselors.

**Instructor: Chris Guerette**

**Dates: Thursday, June 25**

**Time: 1:00 – 4:00 p.m.**

**Grades: 9 & up**

**Location: FHS**

**Course #: S19-654**

**FREE!**

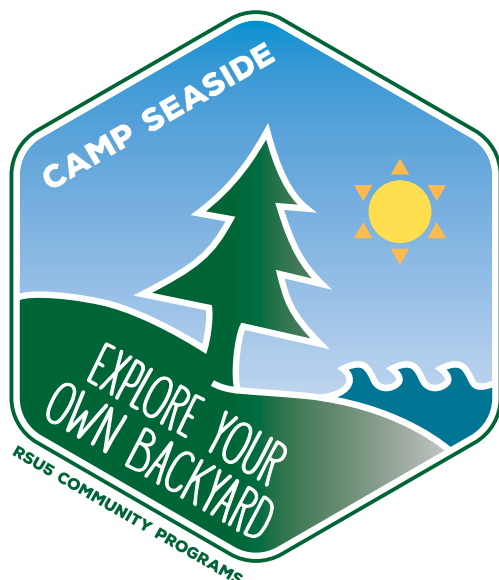
## **Camp Seaside Volunteer Counselor Program**

Would you like to get some experience doing something that will make you feel good about yourself and help you develop lifelong skills? If you will be at least 15 years old as of June 24, 2020 and would like to volunteer your services in a leadership capacity with younger campers at Camp Seaside this summer, then we encourage you to apply. Candidates for the program will be selected through an application and interview process and are invited to attend our summer staff trainings in June (date TBA). Applicants must commit to a consistent camp schedule. Involvement as a Volunteer Counselor does not guarantee future employment; however successful participants are given first consideration for open positions.

For more information contact the Community Programs office at 865-6171 or download an application at [rsu5cp.org](http://rsu5cp.org). The deadline to apply is May 15 and two letters of recommendation will need to be provided with your application (letters should be from people other than your parents).



# Traditional Camps



Camp Seaside is a summer day camp based out of Mast Landing School in Freeport. Our day camp is designed to get kids outside and experiencing all that Maine has to offer over the summer vacation months. Campers will go on three to four trips a week in the community and surrounding area. Trips will be to local parks, beaches, and recreation areas.

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

## Staff

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

## Snack & Lunch

We provide healthy snacks for kiddos including fruits, veggies, cheese, yogurt, and light snacks. Lunch is to be brought from home and anything that needs to be refrigerated should be packed in a lunch box with ice packs to keep until lunch time.

## Camp Hours & Cost

Camp runs from 8:30 am – 3:30 p.m. daily. Before care runs from 7:00 – 8:30 a.m. and after care runs from 3:30 – 5:30 p.m. Before and after care are only for children participating in Camp Seaside. The cost of camp is \$145 for 3 days, \$195 for 4 days, and \$240 for 5 days. Before and after care cost \$25 each for the week or \$50 for both.

## Camp Fees

Camp fees includes all field trips and special events. Full payment is due the week before your child is scheduled to attend. **A deposit of \$25 per week (\$200 for the full summer) is required at time of signup in order to hold your spot.**

## Camp Director: Leah Campbell

Days: Monday – Friday

Time: 8:30 a.m. – 3:30 p.m.

care available 7:00 a.m. – 5:30 p.m.

Week/Dates	Fee	Course #
All June 24 – August 14	\$1600	S20-300P/S
1 June 24 – July 26	\$145	S20-301P/S
2 June 29 – July 2	\$195	S20-302P/S
3 July 6 – 10	\$240	S20-303P/S
4 July 13 – 17	\$240	S20-304P/S
5 July 20 – 24	\$240	S20-305P/S
6 July 27 – 31	\$240	S20-306P/S
7 August 3 – 7	\$240	S20-307P/S
8 August 10 – 14	\$240	S20-308P/S

\* Before & After Care available for \$25 each



# Teen Adventure Camps



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 the wonderful things Maine has to offer in the summer. Each week includes adventurous trips and activities suited for any teen looking to have a memorable summer!

Participants must bring a snack, lunch, water bottle, rain gear, shoes that can get wet AND boots or sneakers for hiking, bathing suit, towel, and sunscreen to camp each day. On days that do not have featured trips, we will be visiting state parks and beaches. A schedule of events will be posted at [rsu5cp.org](http://rsu5cp.org).

This year we will offer three Teen Treks Extreme Weeks that include overnight camping. Week 3X will feature canoeing and moose watching, as well as hikes around the waterfalls and ice caves near Moosehead Lake. For week 5X we will travel to Gunstock Mountain Resort for a day of climbing, mountain coasters and optional zip lines, and to Highland Bike Park for a Find Your Ride downhill adventure. During week 7X we will head to AdventureBound for stand-up paddleboarding and whitewater rafting on the Kennebec River.

Campers may be dropped off at the PORT as early as 8:30 a.m., and must be picked up no later than 4:30 p.m. Overnight trips will depart at 7:00 a.m. and return by 4:30 p.m. the following day. More information will be sent to participants in regard to the overnight trips.

## Trips Leaders: Community Programs Staff

Time: 9:00 a.m. – 4:00 p.m.

Grades: Entering 6 and up

Location: The PORT, 53 Depot Street

Week/Dates	Fee	Course #
2 June 29 – July 2	\$240	S20-310
3X July 6 – 9	\$375	S20-311
4 July 13 – 16	\$240	S20-312
5X July 20 – 23	\$375	S20-313
6 July 27 – 30	\$240	S20-314
7X August 3 – 6	\$375	S20-315
8 August 10 – 13	\$240	S20-316

## Kids Kayaking & Paddleboard Camp

Spend the week having fun on the water at Winslow Park with Seaspray Kayaking! Each participant will have their own kayak and/or paddleboard as they explore nearby islands and beaches. Paddling skills, rescues, and safety will be taught to ensure plenty of summer fun after the camp. A snack and drink will be provided daily. Kayakers should be prepared for a change in weather conditions. All participants will be notified of schedule changes by phone. Release forms and gear lists can be found at [rsu5cp.org](http://rsu5cp.org). A \$20 sibling discount is available.

### Staff: Seaspray Kayaking

Dates: Monday – Friday, June 29 – July 3

Time: 8:30 – 11:30 a.m.

Ages: 8 – 15

Location: Winslow Park, Freeport

Fee: \$225

Course #: S20-341

## Island Overnight Kayaking Camp

After spending all day Monday refreshing paddling skills and preparing for the expedition, participants will head home to pack and be ready to explore Casco Bay for the next three days by sea kayak. Guides from Seaspray Kayaking will teach participants how to read the charts and navigate to their island campsites. This week is designed for youth who have some prior kayaking experience. Participants will plan out the menu on Monday, but should remember to bring lunch for Tuesday. Kayakers should be prepared for a change in weather conditions. All participants will be notified of schedule changes by phone. Release forms and gear lists can be found at [rsu5cp.org](http://rsu5cp.org).

### Staff: Seaspray Kayaking

Dates: Monday – Thursday, August 10 – 13

(overnight Tues & Wed)

Time: 9:00 a.m. – 4:00 p.m. Monday

9:00 a.m. Tuesday – 4:00 p.m. Thursday

Ages: 10 and up with prior kayaking experience

Location: Cousins Island Beach, Yarmouth

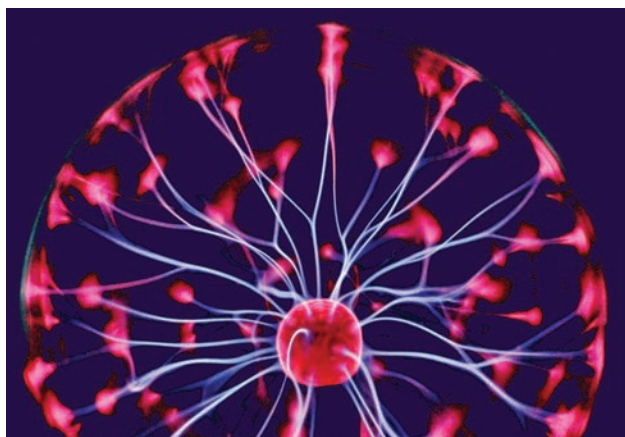
Fee: \$340

Course #: S20-342



# Enrichment Camps

## The DaVinci Experience



### **The Science of Sorcery**

Campers will interact with fantastical activities to learn the science behind sorcery, learn magic tricks, and watch a live magic show. We'll create dancing rice, expanding soap, electrified gummy worms, magic wands, potions, and tarot cards... and cast spells and examine stones and crystals. Senior campers will learn about the energies of the earth and body (chakras), explore the phases of the moon, and how to track the tides. Junior campers will invent their own wizard/witch persona for which they can create costumes, and create their own magical sidekicks to assist them in the week's magical adventures.

### **Farming Frenzy**

What is farming, and what can you farm? This week is jam-packed with hands-on activities full of discovery, field trips, and getting your hands dirty. Trips include Gray Animal Farm, Pineland Farms, and Toot's Ice Cream and Farm. We will talk about the history of farming and environmental impacts, make a farm to table meal, and have guest speakers of different farms talk to us about their experience including bee keepers. We play farm games, sing fun farm songs, and grow some of our own plants and crops.

### **Grinding Gears With Engineers**

Campers will dabble in engineering, architecture, construction, and other areas of design and building. Activities include the egg drop challenge, catapult building, sailboat designing, and bridge construction. Senior campers will learn about famous architects and engineers and try to emulate their styles. Junior campers will have a daily challenge where they will read a popular STEM children's book and have a corresponding design activity.

## **Instructor: The DaVinci Experience**

Days: Monday – Friday, August 5 – 9

Time: 8:00 a.m. – 12:00 or 3:00 p.m.

Ages: 4 – 12 (separated into two age groups)\*

Location: MLS Rooms 13 & 15

Fee: \$200 half-day/\$310 full-day

Session	Dates	Course #
Science of Sorcery	July 6 – 10	F20-317
Farming Frenzy	August 3 – 7	F20-318
Grinding Gears / Engineers	August 10 – 14	F20-319

**All registration for DaVinci Experience camps should be completed at [DaVinciExperience.com](http://DaVinciExperience.com)**

*\*Kids aged 13 or older are welcome to apply for a CIT or Junior Counselor position*



## **Mad Science – Underground Explorers**

Dig up the ancient past and solve real-life mysteries! Kids learn about archaeology and the techniques scientists use to excavate long lost cities, and discover ancient civilizations and the tools and artifacts they used in everyday life. They also study bone fragments, pottery shards, amber deposits, and fossils to understand what they can tell us about history. What's more, each class includes a make and take-home project!

## **Instructor: Mad Science Staff**

Dates: Monday – Friday, July 27 – July 31

Time: 9:00 a.m. – 3:00 p.m.

Grades: Entering 1 – 6

Location: MSS art room

Fee: \$310

Course #: S20-320





# Enrichment Camps

## Code Camp

Coding is really that easy! During the week campers will learn to code and create animations and video games using Scratch, a programming language developed by MIT Media Lab to enable kids to be creative with computers. Campers will explore their imagination and creativity all while learning the basics of computer programming. Participants should pack a snack.

### Instructor: Andrew Davidson

Dates: Monday – Friday, August 3 – 7

Time: 9:00 a.m. – 12:00 p.m.

Grades: Entering grades 5 - 8

Location: MLS Computer Lab

Fee: \$100

Course #: S20-321



## Summer Morning Art Camps

Creativity is the name of the game in this art camp. Students will explore a variety of hands-on activities. Use of natural materials, recycled items and your imagination will be the focus of many creations. Weather permitting, we will collect materials outside or even build projects in our gardens and in the woods, like rock art and fairy houses. Don't forget to wear clothes that can get messy.

Days: Monday – Friday

Time: 9:00 a.m. – 12:00 p.m.

Grades: Entering K-3

Location: MSS Art Room

Fee: \$125

Session

Dates

Course #

Basquiat

July 6 – 10

F20-324

Warhol

August 10 – 14

F20-325

## Sew Wicked Fun Camp

Come learn basic sewing skills or fine tune your existing ones while making fun projects. Campers will both hand-sew and machine-sew a variety of different items. Projects may include pillows, tool belts, snack bags, and more! Campers are encouraged to add their own creativity to their projects. No experience necessary. All materials and machines provided. Campers should bring water and a snack.

### Instructors: Lori Maxham, Cotton Weeds

Dates: Monday – Friday, July 27 – 31

Time: 9:00 a.m. – 12:00 p.m.

Grades: Entering 3 – 8

Location: MSS Art Room

Fee: \$125 (limited to 8 participants)

Course #: S20-322

## Junior Chef Camp

Join our professional chef each morning to learn how to make healthy snacks, meals, and desserts from around the world. Kids will get hands-on experience cooking and baking, while learning about nutrition, math, and culture. Each camper will come home with the recipes and skills to help you in the kitchen and help themselves to something delicious!

### Instructor: Stephanie Brewer

Dates: Tuesday – Friday, June 23 – 26

Time: 9:00 a.m. – 12:00 p.m.

Grades: Entering 3 – 6

Location: FMS Room 106

Fee: \$125

Course #: S20-323

## Art Exploration Camps

Take your art to the next level, as we draw, paint, sculpt, and more. We will look for inspiration in nature and non-traditional media. We'll fill out the day with creative games and activities.

Days: Monday – Friday

Time: 9:00 a.m. – 3:00 p.m.

Grades: Entering 4 – 6

Location: FMS Art Room

Fee: \$215

Session

Dates

Course #

O'Keeffe

July 13 – 17

F20-326

Pollock

July 27 – 31

F20-327

# Enrichment Camps

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## Fairy Dance Camp

Join us on a magical journey through a beautiful fairy garden! Spend your days with dance, story time, crafts, dress-up, games, activities, and more. Dancers will finish camp with a final performance for family and friends. Don't miss out on the magic!

**Instructor: Kate Andreu**

Dates: Monday – Friday,

July 13 – 17

Time: 9:00 a.m. – 12:00 p.m.

Ages: 3 – 5

Location: MSS Gym

Fee: \$115

Course #: S20-328

## Fairy Tale Princess Dance Camp

Join us for as we take our inner princess through the fairy tale land of dance and movement. We will be enjoying our mornings learning dance movements, playing games and activities, and preparing for our performance at the end of camp. Family and friends are encouraged to attend the performance as the kids dress up and show off their magical dance moves. Campers should bring snacks and water.

**Instructor: Kate Andreu**

Dates: Monday – Friday, July 20 – 24

Time: 9:00 a.m. – 12:00 p.m.

Grades: K – 2

Location: MSS Gym

Fee: \$115

Course #: S20-329

## Top Rockers Hip-Hop and Jazz Dance Camp

We will be traveling through the world of hip hop and jazz dance movements with age-appropriate music. Crump, bend, jump are energetic dance moves that we will show off at the end of the week during our performance. Please wear comfortable clothes and family and friends are welcome to attend our performance. Campers should bring snacks and water.

**Instructor: Kate Andreu**

Dates: Monday – Friday, August 3 – 7

Time: 9:00 a.m. – 12:00 p.m.

Grades: 2 – 4

Location: MSS Gym

Fee: \$115

Course #: S20-330

## The Dance Connection Teen Dance Camp

Students will learn hip hop, jazz, and contemporary dance styles and choreography, instruction on how to audition, and receive an introduction to tools and skills needed to build and create their own choreography. Students will work together throughout the week to create their own pieces. A demonstration on Friday will complete this high-energy week. Please wear comfortable clothes and family and friends are welcome to attend our performance. Campers should bring snacks and water. This class is appropriate for beginners through advanced levels.

**Instructor: Kate Andreu**

Dates: Monday – Friday, July 20 – 24

Time: 1:00 – 4:00 p.m.

Ages: 13 – 17

Location: MSS Gym

Fee: \$115

Course #: S20-330



## Script 2 Stage

Have you ever visited the theater with your family, and discovered that your child wants to be an actor? Take advantage of this opportunity to help them pursue that dream! For one week your child will learn what it takes to be part of the world of professional theater. Learn theatrical techniques both onstage and backstage and get the experience needed to understand and start being part of a theatrical production. Students will also play theater related games and other fun activities. During the week, campers will write, act, and perform an original skit to be shown to parents and friends on the last day. **Pack snacks, lunch and water.**

**Camp Director: Tim Ryan**

Dates: Monday – Friday, July 13 – 17

Time: 9:00 a.m. – 3:00 p.m.

Grade: Entering 4 – 9

Location: FHS Performing Arts Center

Fee: \$130

Course #: S20-331

# Sports & Fitness Camps



## Gee's Games & Giggles

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.

### Instructor: Pam Gee

Dates: Monday – Tuesday, June 29 – July 2  
(no camp July 3)

Time: 9:00 a.m. – 4:00 p.m.

Grades: Entering K – 5

Location: FMS Gym & Fields

Fee: \$125

Course #: S20-332

## Gee's Drama and Dance

Summer fun is at its finest with the newest camp offered by Pam Gee. 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!

### Instructor: Pam Gee

Dates: Monday – Friday, July 20 – 24

Time: 9:00 a.m. – 4:00 p.m.

Grades: Entering K – 5

Location: FMS Cafeteria

Fee: \$145

Course #: S20-333

**NEW!**

## Gee's Skills Academy

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.

### Instructor: Pam Gee

Dates: Monday – Friday, July 13 – 17

Time: 9:00 a.m. – 4:00 p.m.

Grades: Entering K – 5

Location: FMS Gym & Fields

Fee: \$145

Course #: S20-334

## Team Sports Sampler

Experience traditional sports from around the world including soccer, basketball, lacrosse, volleyball, football, and more. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork, and most of all, FUN. Camp also includes one morning of special baseball instruction from Maine Hall of Famer Mort Soule. This sports camp is appropriate for children of all abilities.

### Instructor: Ciprian Marinut

Dates: Monday – Friday, August 3 – 7

Time: 9:00 a.m. – 4:00 p.m.

Grades: Entering 3 – 6

Location: FMS Field & Woods

Fee: \$145

Course #: S20-335

*Summer Discount Tickets are available for*

**Funtown/Splashtown**

**Aquaboggan**

**York's Wild Animal Kingdom**

*They can be purchased with cash, check or credit card from our office at*

*17 West Street, Freeport, between  
7:30 and 4:00 weekdays.*



# Sports & Fitness Camps

## Challenger Sports International Soccer Camp

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. *Receive a FREE Game Jersey when you register by June 23rd!*

Dates: Monday – Friday, August 10 – 14

Location: DCS fields

Course #: S20-340

Ages	Time	Fee
Ages 3 – 4	9:00 – 10:00 a.m.	\$89
Ages 5 – 6	10:15 – 11:45 a.m.	\$115
Ages 7 – 14	12:30 – 3:30 p.m.	\$165

**All registrations for Challenger Sports camps will be taken online at [challengersports.com](http://challengersports.com).**



## Gridiron Hustle Youth Football Camp

Hustle Camp is designed to teach football fundamentals in a controlled setting. Each day will consist of drills and games focusing on: fundamentals of start & stance, route running, speed & footwork, offensive skill sets, and defensive skill sets. Coach Jason Jackson has wonderful enthusiasm for the game of football and knows how to make it fun while increasing each camper's skill and love of the sport. No helmet or pads are needed as there is no contact or tackling during this camp. For more information, call Nicky Knighton at 207-607-1698.

**Instructors: Jason Jackson and FHS Players**

Dates: Monday – Friday, July 6 – 10

Time: 9:00 a.m. – 4:00 p.m. (early release Friday)

Grades: Entering 2 – 8

Location: Joan Benoit Samuelson Track & Field

Fee: \$180

Course #: S20-336

## High School Summer Sports for students entering grades 9–12

- Encourages team bonding
- Increases skills and aids incoming 9th graders
  - Builds a sense of pride and positive spirit
- Provides conditioning work between seasons
  - Maintains a focus on form all year

*"You develop a team to achieve what one person cannot accomplish alone. All of us alone are weaker by far, than if all of us are together"*

Register after April Break at [rsu5cp.org](http://rsu5cp.org).  
Pricing differs for each sport depending on coach, activities, and equipment needed.

# Sports & Fitness Camps

## Falcon Boys Hoop Camp

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. This is a great opportunity for young players to work closely with some of the high school varsity players and coaches. This year, two sessions are offered. Register for either or for both! Players should bring a lunch, snacks, and water bottle.

### Instructors: Bill Ridge & FHS Players

Dates: Monday – Friday

Time: 9:00 a.m. – 3:30 p.m.

Grades: Entering 3 – 8

Fee: \$150 per session

Location: FHS Gym

Session	Dates	Fee	Course #
Week A	July 13 – 17	\$150	F20-337
Week B	July 20 – 24	\$150	F20-338

*register for both sessions and receive a \$25 discount*



## Falcon Girls Basketball Camp

Join girls varsity coach Seth Farrington, Peter Levesque, and the HS varsity team players for a week of basketball. Not only will we be focusing on basic skills, drills, and team building, but learning from the 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 a water bottle.

### Instructors: Seth Farrington & FHS Players

Dates: Monday – Friday, June 22 – 26

Time: 9:00 a.m. – 3:30 p.m.

Grades: Entering 3 – 8

Location: FHS Gym

Fee: \$150

Course #: S20-339



**Falcon Sports camps include a t-shirt with registration by June 1. Please be sure to register early and indicate your size on the registration form or online.**

## Falcon Soccer Camp

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, teamwork, and appreciation through fun games and team interaction.

### Instructor: Bob Strong & FHS Players

Dates: Monday – Friday, July 6 – 10

Time: 9:00 a.m. – 12:00 p.m.

Grades: Entering K – 5

Location: FMS Field

Fee: \$80

Course #: S20-340





# Youth Enrichment



## Girls Who Code Club

The 3rd-5th grade Girls Who Code Club provides a space for girls to build confidence in their creativity and Computer Science skills while simultaneously building camaraderie and a sense of community. Girls will get a Girls Who Code t-shirt for participating, and a snack each session.

### Instructor: Gayle Wolotsky

Dates: Tuesdays, February 25 – April 14

Time: 3:30 – 4:30 p.m.

Grades: Entering 3 – 5

Location: MLS Computer Lab

Fee: FREE

Course #: S20-100

**NEW!**

**FREE!**

## Instructors Needed!

Do you have a skill or talent you'd like to share with local youth? We are always looking for new offerings and new instructors. As great instructors move on to new chapters, we rely on other community members to step in and fill their shoes, some as big as that old boot that's become an icon in Freeport. We are seeking youth instructors to offer art programs and other enrichment activities. Don't just stand by! Please talk to us if you have a skill you'd like to share with the youth in our community... our success depends on your participation and support! Contact us at [rsu5cp.org](http://rsu5cp.org).



## Mad Science – Energize It!

Hop on board the Mad Science express for a high-speed hands-on experience that will energize your mind! Join us and explore the many facets of energy, forces, motion, potions, and yes...slime! Reach for your potential...and kinetic energy as you experiment with gadgets, cars, and catapults. Discover how to make objects disappear and reappear as we unravel the mysteries of magic with science. Explore forces by making centrifuges, gyroscopes, and building a center of gravity game.

### Instructor: Mad Science

Time: 3:20 – 4:20 p.m.

Fee: \$109

Dates: Wednesdays, April 8 – June 10

(no program 4/22 or 5/6)

Grades: K – 2

Location: MSS Art Room

Course #: S20-101

Dates: Thursdays, April 9 – June 4

(no program 4/23)

Grades: K – 5

Location: DCS Art Room

Course #: S20-102





# Youth Enrichment

## Babysitter's Training with Child and Infant CPR

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 all classes to gain certification.**

### Instructor: Judy Emch

Ages: 11 & up (or have completed 5th grade)  
Fee: \$115

Dates: Wednesdays & Thursdays,  
February 26 – March 12 (*no class 3/11*)  
Time: 2:30 – 5:00 p.m.  
Location: FMS Room 106  
Course #: S20-103

Dates: Thursdays & Fridays, March 26 – April 9  
Time: 3:20 – 5:50 p.m.  
Location: DCS Library  
Course #: S20-104

## Beginning to Stay Home Alone

Is your child ready to stay home alone? Help him or her prepare with the Maine Safety Education Home Alone program! Topics include: Stranger Danger, Basic First Aid for Cuts and Bruises, Preventing Fires and Burns, and How to Get Help in an Emergency. Enrollees need to have the maturity to understand and respond appropriately to this material. **Must attend both sessions in order to be certified.**

Instructor: Judy Emch  
Time: 3:20 – 5:20 p.m.  
Ages: 8 – 11  
Fee: \$30

Dates: Thursday, April 30 & Friday, May 1  
Location: MLS Room 28  
Course #: S20-105

Dates: Thursday & Friday, May 7 – 8  
Location: DCS Library  
Course #: S20-106

## Introduction to German

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 their school day like? What sports do they play? What do we all have in common? What is different? In a fun, interactive setting, we will discover Germany and the world together. *Bis bald!*

### Instructor: Valeska Hornschild-Bear

Days: Monday & Wednesdays  
Time: 8:00 – 8:40 a.m.  
Grades: K – 5  
Location: MLS Library  
Fee: \$60

Session	Dates	Course #
Winter/Frühling	24. Februar – 30. März	F20-107
Frühling	1. April – 27. Mai	F20-108
<i>(no class 20.04–22.04, 04.05–11.05 or 25.05)</i>		



## Fundamentals of Chess

This fun and engaging program will cover the basics of the great game of chess. Let's play on regulation tournament size chessboards and use chess clocks. Challenge your skills with quizzes and interactive games to sharpen your knowledge!

### Instructor: Ciprian Marinut

Dates: Thursdays, February 27 – April 16  
Time: 3:30 – 5:00 p.m.  
Ages: 7 – 12  
Location: MLS Room 38  
Fee: \$60  
Course #: S20-109

# Youth Sports & Fitness

## Cheer Dance

This class is geared towards students who are interested in learning more about the cheerleading sport. This class will combine dance combinations, movement typically seen in a cheerleading routine, acrobatic techniques, and stunt work. Students will also learn how to get through a typical cheer tryout and what to expect. All levels are welcome. *Students should bring water, sneakers, and flexible clothing.*

**Instructors: Kate Andreu and Heidi Penney**

Dates: Wednesdays

Time: 5:30– 6:30 p.m.

Grades: 5 - 9

Location: FMS Cafeteria

Fee: \$65 (5-week sessions)

Session	Dates	Course #
Early Spring	February 26 – April 8	F20-110
Late Spring	April 29 – June 3 (no class 3/18, 4/1 or 5/6)	F20-111



## Tiny Tappy Toes Dance Combo

Learn basic ballet, tap, and creative movement steps with instructor Kate Andreu. 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 in comfortable, flexible clothes with sneakers. No jeans please. There is a showcase for families on the last day of class.*

**Instructor: Kate Andreu**

Days: Wednesdays or Fridays

Time: 4:15 – 5:00 p.m.

Ages: 3 - 5

Location: MSS Gym

Fee: \$60 (5-week sessions)

Session	Dates	Course #
Early Spring	February 28 – April 10	F20-112
Late Spring	May 1 – 29 (no class 3/13 or 3/20)	F20-113

## Top Rockers Hip-Hop Dance Crew

Join us after school 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 in comfortable, flexible clothes with sneakers. No jeans please. There is a showcase for families on the last day of class.*

**Instructor: Kate Andreu**

Fee: \$60 (5-week sessions)

## Durham

Days: Tuesdays

Time: 3:15 – 4:15 p.m.

Grades: K – 5

Location: DCS Cafeteria

Session	Dates	Course #
Early Spring	February 26 – April 8	F20-114
Late Spring	April 29 – June 3 (no class 3/18, 4/1 or 5/6)	F20-115

## Freeport

Days: Fridays

Time: 3:15 – 4:00 p.m.

Grades: K – 2

Location: MSS Gym

Session	Dates	Course #
Early Spring Wed.	February 26 – April 8	F20-116
Early Spring Fridays	February 28 – April 10	F20-117
Late Spring Wed.	April 29 – June 3	F20-118
Late Spring Fridays	May 1 – 29 (no class 3/13 – 3/20, 4/1 or 5/6)	F20-119



# Youth Sports & Fitness

## Gee's Floor Hockey

It's floor hockey season at Morse Street School! This fun after-school program will introduce the skills of dribbling, passing, receiving, shooting, and offensive and defensive team play strategies of floor hockey. This hour will be full of high activity and excitement. Program broken into grade levels to allow for more individualized instruction. **Space is limited.**

**Instructor: Pam Gee**

Time: 3:15 – 4:30 p.m.

Location: MSS Gym

Fee: \$40

Grade	Dates	Course #
K	Thursdays, February 27 – March 26	S20-120
1	Tuesdays, February 25 – March 24	S20-121
2	Mondays, February 24 – March 23	S20-122



## Dodgeball Extravaganza

Want to stay active and have fun this winter while playing one of the most popular gym games around? Sportsmanship will be emphasized while we work up a sweat throwing and dodging in different variations of dodgeball. We will play old favorites like “indoor snowball fights” and “bombardment” as well as mix in some new variations of this fun game. *Sneakers required.*

**Instructor: Robin O'Connor**

Dates: Thursdays, February 27 – April 2

Time: 3:25 – 4:30 p.m.

Grades: 3 – 5

Location: MLS Gym

Fee: \$40

Course #: S20-123



## Tae Kwon Do Dragons – Youth

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: Thursdays

Times: 5:00 – 5:45 p.m. Introductory

6:00 – 7:00 p.m. Int/Adv

Ages: 6 – 12

Location: MLS Gym

Fee: \$85

Session	Dates	Course #
Late Winter	February 6 – April 9	F20-124
Spring	April 16 – June 18	F20-125
Summer	July 2 – August 27	F20-126
(no program 2/20 or 4/23)		

## Durham Dodgeball

Get ready for the weekend with a few rousing rounds of dodgeball! It's the end of winter and instead of watching your kids bounce off the walls, let them bounce a few balls off the walls (and their classmates). Sportsmanship will be stressed. Program underwritten by Aroma Joe's. Class runs the final full day of each school week (no class March 8 or 22).

**Instructor: Rich George**

Dates: Fridays, February 28 – April 10

and Thursday, March 12 (no class 3/13)

Time: 3:20 – 4:30 p.m.

Grades: 2 – 5

Location: DCS Gym

Fee: \$15

Course #: S20-127



# Youth Sports & Fitness



## TinyTykes Soccer

Challenger Sports brings you TinyTykes, focusing on the development of children aged 2-5 years old. Our soccer experts and child development professionals have designed an innovative curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills. Our British coaches are experts at working with young children and will combine soccer with fun games, stories, and music that keeps your children entertained and enthused for the next class. **Registrations for this program are only being accepted online at [challengersports.com](http://challengersports.com).**

## Instructor: Challenger Sports

Dates: Saturdays, May 9 – June 13

Location: FMS Field

Fee: \$90

Ages	Times	Course #
Cubs, Ages 2 – 3	4:00 – 4:45 p.m.	S20-128
Lions, Ages 3 – 4	5:00 – 5:45 p.m.	S20-129
Lions, Ages 4 – 5	6:00 – 6:45 p.m.	S20-130

## 12th Annual Mother/Son Sports Night

Moms and Sons: Join us for an evening of fun and food! This is a perfect chance to indulge in some healthy competition. Play fun team games in the gym, then join us for a pizza party after you've worked up an appetite. Come join the fun and create memories with your son! Please wear comfortable clothes and sneakers for the gym.

**Space is limited.**

Date: Friday, April 3  
Time: 5:30 – 7:30 p.m.  
Grades: 2 – 5  
Location: MSS Gym  
Fee: \$25 per family  
Course #: S20-131



## Casco Bay Boys Box Lacrosse Tournament

Start your season early at the 6th Annual Casco Bay Box Lacrosse Tournament. Box lacrosse is a five-on-five version of the standard game, played indoors. RSU5 will be fielding a team against other area towns in pursuit of the Evans Spear Memorial Cup. Practices will take place Thursday or Friday evening, followed by a minimum of three tournament games over the weekend. This is a great way to get in shape for the 2020 season, working with our own coaches. Players should be able to commit to both Thursday and Friday night practices and games, as well as all games on Saturday and Sunday. The roster is limited and will be filled on a first-come, first-served basis. First practice and game times are TBD.

## Instructor: Steve Moore

Dates: TBD, Early April

Grades: 5 – 6

Location: Casco Bay Arena

Fee: \$45

Course #: S20-132



## Physical Extracurriculars (Phys. Ex.)

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

## Instructor: Ciprian Marinut

Dates: Tuesdays, March 3 – April 7

Time: 3:30 – 4:30 p.m.

Grades: 3 – 5

Location: MLS Gym\*

Fee: \$40

Course #: S20-133

***\*If you want this program at your school, tell us!***

# Youth Sports & Fitness



## Youth Lacrosse

Emphasis will be on individual skill development with an introduction to game concepts in this youth lacrosse program. All players are welcome and will be placed on gender and age appropriate teams (grades 3/4 together and grades 5/6 together). Teams will be created with equally balanced skill levels and practice twice a week during the season. Games will be in Freeport and nearby towns on Saturdays, with an occasional Sunday game or tournament. The season begins with indoor practices if weather is uncooperative, and concludes in mid-June. Equipment needed: boys need shoulder pads, arm pads, helmet, gloves, mouth piece, and stick. Girls need a mouth guard, eye guard, and stick.

**Registration after March 29 will incur a late fee of \$25 and will only be accepted if there is room on a team. All uniforms will remain property of RSU5 Community Programs. A uniform fee will be charged at the end of the season for unreturned items.**

Dates: March 23 – mid-June  
Practice Time: 5:30 – 7:00 p.m.  
Fee: \$100

Grades	Tentative Practice Days	Course #
3/4 Boys	Monday & Wednesday	S20-134
3/4 Girls	Tuesday & Thursday	S20-135
5/6 Boys	Tuesday & Thursday	S20-136
5/6 Girls	Tuesday & Thursday	S20-137

## Falcon Girls Winter Lacrosse Clinics

These clinics will be jam-packed with stick skills, conditioning, and agilities to prepare you for the lacrosse season. Learn new throws and dodges, while enhancing the skills you already possess. This clinic will push you to try new things that will inevitably improve your game and abilities, and help get you in shape for the spring season! Players should bring a stick and sneakers.

### Instructor: Marcia Wood & FHS Girls Lacrosse

Dates: Wednesdays, March 4 – March 25

Time: 5:30 – 6:30 p.m.

Grades 3 – 8

Location: MSS Gym

Fee: \$40

Course #: S20-138

**Stay tuned for information regarding our Boys Youth Lacrosse Clinic in early spring, run by FHS Varsity Head Coach Geoff Arris and the Boys Varsity Lacrosse team.**

## Little Laxers (K-2) Lacrosse

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!

### Instructor: Jonathan Morris

Dates: Saturdays, May 2 – June 6

Time: 8:00 – 9:00 a.m.

Grades: K – 2

Location: FMS or FHS Fields

Fee: \$60

Course #: S20-139





# Youth Sports & Fitness

## Softball Clinic

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, helmets, and facemasks are welcome, but will be provided for those in need.*

**Instructor: Tabitha Lamontagne**

Dates: Thursdays, February 27 – April 16

Time: 6:00 – 7:00 p.m.

Grades 1 – 7

Location: FMS Gym

Fee: \$40

Course #: S20-140



## Pitch, Hit & Run/Jr. Home Run Derby

Pitch, Hit & Run (PHR) is an exciting skills competition that provides boys and girls the chance to advance through four levels of competition, including events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game. PHR encourages youth participation and emphasizes the fun of baseball/softball. New this year: the official Jr. Home Run Derby. We host this co-ed event with our partners at Freeport Little League and Freeport High School Baseball. Register by May 14th.

Date: Sunday, May 17th

Time: 1 p.m.

Ages: 7-14

Location: Hunter Road Fields

Fee: FREE

Course #: S20-141

*Sponsored by the Maine Recreation & Park Association (MRPA), Scott's Lawn Care, and Major League Baseball*

## Youth Soccer

RSU5 Community Programs offers co-ed fall soccer programs beginning at the end of August.

We have two Pre-K/Kindergarten programs:

Little Falcons in Freeport and Tiny Tigers in Durham. We offer league play for kids in grades 1-4 with teams practicing in Freeport and Durham, and playing weekly games in either town. Our grade 5/6 program combines players from all three RSU5 towns and competes against area teams. Registration for these programs will be available in late July. Please visit [rsu5cp.org](http://rsu5cp.org) over the summer for more details.

## Baseball & Softball

Spring and summer baseball and softball are not managed through RSU5 Community Programs, but are offered by Freeport-Pownal Little League. There are programs for players aged 4-16, all of which are open to boys and girls in Durham, Freeport, and Pownal. For more information, visit [fppl.org](http://fppl.org) or email [fpplbaseball@gmail.com](mailto:fpplbaseball@gmail.com)

## Baseball & Softball

4-6 Tee Ball (and learning drills and games)

7-8 AAA (coach-pitch transitioning to kid-pitch)

9-10 Minors

11-12 Majors

## Baseball Only

13-14 Junior League

15-16 Senior League



Youth baseball is also offered through  
Durham Youth Baseball  
[facebook.com/durhambaseball](https://facebook.com/durhambaseball)

Youth softball is also offered through  
Durham Softball Association  
[facebook.com/durhamsoftballassociation](https://facebook.com/durhamsoftballassociation)



# Youth Sports & Fitness

## Football

Football programs are open to boys and girls in Durham, Freeport, and Pownal. Our Football Registration event will be held at Pownal Road Field on Thursday, June 18th (but will be postponed if we accumulate enough snow days). It's a great time for the kids to have fun passing, throwing, and tackling dummies while parents can ask questions and register their players. Come join the fun, no obligation to play.

**New 2020 Registration Deadline: July 3rd. Registration after the 3rd will only be accepted if there is an opening on the team.**

## NFL Flag Football (Entering Grades K – 2)

We are very excited to offer this NFL Flag Football program for all players from Durham, Freeport, and Pownal. This is a "no tackle" football program, where Safety and Fun are our main focus. This program will provide an introduction to football for our younger players. Equipment and team uniforms will be provided. Players will be required to provide their own cleats, protective cups, and mouth guards. Players practice twice a week at the Pownal Road Field and will have both home and away games.

Dates: August – October, TBA

Days: Practices – TBA, Games – Saturday or Sundays

Grades: Entering K – 2

Location: Pownal Road Field

Fee: \$50

Course #: F20-001



**Join us for our annual Pass/Punt/Run Fundraising Event on August 29th at the Joan Benoit Samuelson Track & Field. Details coming soon!**



## Youth Football (Entering Grades 3 – 6)

Football is on the rise in Durham, Freeport and Pownal. Get your youngster enrolled in this exciting program. Our youth football team is a member of the Maine Sportsmanship League (MSL) and supported by the Freeport Gridiron Club (FGC). Equipment and team uniforms will be provided. Players will be required to provide their own cleats, protective cups, and mouth guards. Players will practice up to 3 times per week and will have home and away games.

Dates: August – October, TBA

Days: Practices – TBA

Games – Saturdays or Sundays

Development Games\* – Wednesdays

Grades: Junior Team, entering 3 – 4

Senior Team, entering 5 – 6

Location: Pownal Road Fields

Fee: \$90

Course #: F20-002

\*Development Games: New and developing players will also be placed on a development team, playing additional games some Wednesdays. This is extremely helpful to give players extra play time and to learn the play system and/or hone their skills.

For More Information, please visit  
[freeportfootball.com](http://freeportfootball.com) or contact  
Becky Michaud at [mishes@comcast.net](mailto:mishes@comcast.net)

# Teen Programs



The following **FREE** programs  
are offered by the  
**Arts & Cultural  
Alliance of Freeport**

## Map Your World

Exploring our worlds and how we see them, we'll look at maps of places real and imagined and then have fun making mixed media maps of our own. Evan Haynes is an artist and mechanical designer with over 40 years of experience. His art practice has included exhibiting, teaching, consulting, planning, public art commissions, directing exhibitions and facilitating community design-build projects. In 2006 he began visiting New Zealand, starting new work in photography, cut paper and painting. He returned to Maine in 2018, residing in Freeport. Learn more about Evan and his work at [evanhaynes.com](http://evanhaynes.com)

### Instructor: Evan Haynes

Dates: Saturday, February 8

Time: 12:00 – 2:00 p.m.

Grades: 6 – 12

Location: MLS Cafeteria

Fee: FREE (limited to 10 participants)

Course #: S20-200

## Auditioning for the Musical Theater

Presented by musical theater veterans Kathy Slack and Janelle LoSciuto, this musical theater workshop focuses on making your audition the best it can be, top to bottom. From music selection, to acting your songs, to audition wardrobe choice; you will gain valuable insights to give you the confidence to rock your next audition. Please bring water, pencil, and, optionally, sheet music for songs you want to sing. *(We will provide a song for all to learn.)*

### Instructor: Kathy Slack & Janelle LoSciuto

Dates: Saturday, April 4

Time: 12:00 – 2:00 p.m.

Grades: 8 – 12

Location: FMS Cafeteria

Fee: FREE (limited to 15 participants)

Course #: S20-201

## Beginner Hand Embroidery

Learn a variety of hand embroidery stitches while working on a project of your own. Use hand embroidery as art, to mend clothes, or to personalize items. Hand sewing is a practical and portable skill to learn!

### Instructor: Lori Maxham of Cottonweeds

Time: 2:30 – 3:30 p.m.

Dates: Tuesdays, April 25 – June 2

(no class 5/12)

Grades: 6 – 8

Location: FMS Art Room

Fee: \$25

Course #: S20-202



## Driver's Education

This course meets the state required 30 hours of classroom lecture and 10 hours of driving time. Students must bring their birth certificate, social security card, and a blue or black ink pen to the first class. Students must turn 15 before the first class. All classes are held on Thursdays and Fridays, 3 to 6 p.m.; or Monday through Wednesday, 9 a.m. to noon, during the summer. **Call Roy's Driving Academy at 784-6245 for more information or to register.**

Session	Dates
Winter/Spring	March 5 – April 3
Spring	May 7 – June 5
Summer	July 8 – 29

# Teen Programs



The PORT offers programs designed for teens. Space is limited and pre-registration is required. Bus transportation from FMS and FHS is available each school day. If you or your teen has an interest you'd like us to address, please contact Chris Guerette at [guerettec@rsu5.org](mailto:guerettec@rsu5.org).

## Create a Digital Story

Digital Storytelling is the art of creating meaningful short stories with text, imagery, sound, and music. In this eight-session course, you will create one digital story. There will be several story options – from horror to superheroes, mythological to introspective – that will allow everyone to find a cool story to tell. Participants will work in teams.

### Instructor: Brett Pierce, Meridian Stories

Dates: Mondays & Thursdays, Feb. 25 – March 19

Time: 2:45 – 4:00 p.m.

Grades: 6 – 8

Location: The PORT

Fee: \$100

Course #: F20-203

**NEW!**

## Digital Portfolio Creation

Looking ahead to college? Consider creating a short Digital Story as part of your application that represents something important about you. It could be about humor, friendship, beliefs, or a re-telling of a pivotal moment in your life. In this eight-session course, you will create one or two digital stories that will help others understand who you are and what you have to say.

### Instructor: Brett Pierce, Meridian Stories

Dates: Mondays & Thursdays, Feb. 25 – March 19

Time: 4:00 – 5:00 p.m.

Grades: 9 – 12

Location: The PORT

Fee: \$100

Course #: F20-204



## Unplugged: The Board Game Revolution

Join the Board Game Revolution every Tuesday. Each week we will play a new game that redefines what a board game actually is. We will also visit classic games that have influenced generations of designers.

### Instructor: Chris Guerette

Dates: Tuesdays, February 25 – June 2

(no program 4/21)

Time: 2:30 – 4:30 p.m.

Grades: 6 – 12

Location: The PORT

Course #: F20-205



## Teen Treks Outdoor Leadership Club

Learn to improve your ability to **communicate** and **cooperate** while building **confidence** and having fun, especially outdoors. Activities include as many outdoor trips as possible: climbing, hiking, mountain biking, snowshoeing, plein air art, or whatever the students plan. Focusing on being part of a team, listening to others, and contributing to meaningful decisions are the hallmarks of a productive citizen, and fostering good citizenship is our goal.

### Instructor: Chris Guerette

Dates: Wednesdays, February 26 – June 3

(no program 4/22, meets early 4/3 and 5/6)

Time: 2:30 – 4:30 p.m.

Grades: 6 – 12

Location: The PORT

Course #: F20-206



## Hip-Hop Club 207

Get up and MOVE! In this club students will learn hip-hop choreography and technique while developing their understanding of rhythm, body awareness, and self-expression. You'll learn new and trending techniques as you move to your favorite tunes. Whether you're an experienced pro or an enthusiastic beginner, there's a place for you at Hip-Hop Club 207!

### Instructor: Kate Andreu

Dates: Wednesdays, February 26 – June 3

(no program 4/3, 4/22 or 5/6)

Time: 4:15 – 5:15 p.m.

Grades: 6 – 8

Location: FMS Cafeteria

Fee: FREE

Course #: S20-207





# Laugh & Learn

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Dear Families,

Laugh & Learn aims to provide high quality childcare to serve families' childcare needs outside of the school day. We offer full-day and half-day preschool with before- and after care options. Our preschool program is rooted in embedded literacy, numeracy, and thoughtful and child-centered curriculum. The day consists of a mixture of structured activities, free play, and outside play opportunities.

We offer before and after care at Morse Street, Mast Landing and Durham Community schools. We provide free play, structured activities, outside time, and healthy snack options. For PLD Days and February and April vacation we provide camps at Mast Landing school and go on outings in the community.

Camp Seaside, our summertime recreation camp, runs from June 24 through August 14. Camp runs from 8:30-3:30pm and goes on 4 outings a week in the community and surrounding area. Camp Seaside serves kiddos in two groups: Puffins (entering K-2)) and Seals (entering 3-5). Before care and after care is available every day for each group.

I wish the best to all with the start of the New Year and look forward to serving children and families in the RSU5 community for the coming year.

Leah Campbell  
Childhood Education Coordinator

For more information call or visit [rsu5cp.org](http://rsu5cp.org) or call 207-865-6171

***Want to work with children?  
Interested in working with children  
outside of the traditional school setting?***

Laugh and Learn is looking for people who are passionate about working with children and providing high quality child care to kiddos. If interested please visit [rsu5.tedk12.com/hire](http://rsu5.tedk12.com/hire)



## **Preschool Programs**

Location: Mast Landing School

Ages: 3 -5 yrs

Options (2 day minimum):

Morning Half Day: 8:30 – 11:30 a.m.

Afternoon Half Day: 11:30 – 3:00 p.m.

Full Day: 8:30 – 3:00 p.m.

Before Care: 7:00 – 8:30 a.m.

After Care: 3:00 – 5:30 p.m.

\*Bus transportation available between Public Pre-K and Before and After Care

## **Before and After Care Programs**

Locations: Durham Community School,  
Morse Street School & Mast Landing School

Ages:

DCS: Pre-K – 5th grade

MSS: K – 2nd grade

MLS: 3rd – 5th grade

Options (2 day minimum):

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

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

# Laugh & Learn

**PLD Days**

Time: 7:00 a.m. – 5:30 p.m.  
Grades: K – 5  
Location: Mast Landing School  
Fee: \$50  
Registration Deadline: 1 week prior to start of camp

Date	Course #
Friday, February 14	S20-401
Friday, March 13	S20-403

**School Vacation Camps**

Days: Tuesday – Friday  
Time: 7:00 a.m. – 5:30 p.m.  
Grades: K – 5  
Location: Mast Landing School  
Fee: \$190  
Registration Deadline: 1 week prior to start of camp

Camp	Dates	Course #
February Vacation Camp	February 18 – 21	S20-402
April Vacation Camp	April 21 – 24	S20-404

**IMPORTANT NOTES FOR PLD & CAMP DAYS:**  
1. Please send your child with 2 healthy snacks, a lunch, water bottle, and warm outdoor clothing.  
2. Technology is not allowed on site (please leave texting devices, iPads, phones, etc. at home).  
3. Trips subject to change.



# Youth Registration Form

Participant Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_

Participant Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone 1 (circle C / W / H): \_\_\_\_\_ Phone 2 (circle C / W / H): \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Parent DOB: \_\_\_\_\_

Email: \_\_\_\_\_ Volunteer Coach? \_\_\_\_\_

Medical Concerns/Medication/Limitations: \_\_\_\_\_

Emergency Contact (Relationship): \_\_\_\_\_ Phone: \_\_\_\_\_

Child Name(s)	Course #	Program Name	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Shirt size(s) for team sports, etc.: \_\_\_\_\_ Subtotal: \_\_\_\_\_



Credit Card #: \_\_\_\_\_

## For office use only

Gift Certificate/Credit Amount \_\_\_\_\_  
 CP Scholarship Amount \_\_\_\_\_  
 FCS Scholarship Amount \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV: \_\_\_\_\_ TOTAL FEE: \_\_\_\_\_

*I hereby authorize that the above named person may participate in the listed programs conducted by RSU5 Community Programs. I agree to release, discharge, indemnify and hold RSU 5 Community Programs and their agent and employees harmless from any liability claims, demands, costs or damages arising out of said program activities which are sustained during participation. I hereby authorize that the above named person may receive emergency medical treatment, including transportation and hospitalization, if needed. I certify that the participant is in good health and that there is no limit to his/her participation except as stated in writing below. I understand that any photographs taken during these programs may be used by RSU5 Community Programs for promotional purposes. I have read this document carefully, and sign it voluntarily with full knowledge of its significance.*

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please make checks payable to RSU5 Community Programs**

**Please mail or drop off form to:**  
**RSU5 Community Programs**  
**17 West Street, Freeport ME 04032**

**Questions? Please call 207-865-6171**  
**www.rsu5cp.org**



# Adult Registration Form

Participant Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: \_\_\_\_\_

Participant Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone 1 (circle C / W / H): \_\_\_\_\_ Phone 2 (circle C / W / H): \_\_\_\_\_

Email: \_\_\_\_\_

Medical Concerns/Medication/Limitations: \_\_\_\_\_

Emergency Contact (Relationship): \_\_\_\_\_ Phone: \_\_\_\_\_

Name(s)	Course #	Program Name	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Subtotal:** \_\_\_\_\_



Credit Card #: \_\_\_\_\_

## For office use only

Gift Certificate/Credit Amount \_\_\_\_\_  
 CP Scholarship Amount \_\_\_\_\_  
 FCS Scholarship Amount \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV: \_\_\_\_\_

**TOTAL FEE:** \_\_\_\_\_

*I hereby authorize that the above named person may participate in the listed programs conducted by RSU5 Community Programs. I agree to release, discharge, indemnify and hold RSU 5 Community Programs and their agent and employees harmless from any liability claims, demands, costs or damages arising out of said program activities which are sustained during participation. I hereby authorize that the above named person may receive emergency medical treatment, including transportation and hospitalization, if needed. I certify that the participant is in good health and that there is no limit to his/her participation except as stated in writing below. I understand that any photographs taken during these programs may be used by RSU5 Community Programs for promotional purposes. I have read this document carefully, and sign it voluntarily with full knowledge of its significance.*

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please make checks payable to RSU5 Community Programs**

**Please mail or drop off form to:**  
**RSU5 Community Programs**  
**17 West Street, Freeport ME 04032**

**Questions? Please call 207-865-6171**  
**www.rsu5cp.org**

# For Your Information

## Facility Scheduling

Did you know RSU5 Community Programs handles the scheduling of school buildings and school athletic fields? Avoid conflicts with school events, sports, meetings, and community events by scheduling your event early with Community Programs. Groups requesting use of the RSU5 school facilities must complete and submit a request form to RSU5 Community Programs at least ten working days prior to the use of the facility. Forms can be found at [rsu5cp.org](http://rsu5cp.org).

## Program Updates & Cancellations

Participants will be notified of changes and cancellations via email. Program cancellations are also posted on our website at [RSU5CP.org](http://RSU5CP.org).



Follow RSU5 Community Programs (**RSU5CP**) on **Facebook** and **Instagram** for info, updates, and to see what we're up to right now!

## Community Resource Directory

Freeport Community Services.....	865-3985
	<a href="http://fcsmaine.org">fcsmaine.org</a>
Freeport Community Library	865-3307
	<a href="http://freeportlibrary.com">freeportlibrary.com</a>
Freeport Conservation Trust	865-3985 x 212
	<a href="http://freeportconservationtrust.org">freeportconservationtrust.org</a>
Freeport Town Hall .....	865-4743
	<a href="http://freeportmaine.com">freeportmaine.com</a>
Hunter Road Fields	
	<a href="mailto:hunterfields@freeportmaine.com">hunterfields@freeportmaine.com</a>
New Ventures Maine .....	844-2102
	<a href="http://newventuresmaine.org">newventuresmaine.org</a>
SMCC (Brunswick campus).....	688-4407
	<a href="http://smccme.edu">smccme.edu</a>
SNHU Maine.....	725-6486
	<a href="http://snhu.edu/maine">snhu.edu/maine</a>
Southern MidCoast Career Center.....	386-1664
	<a href="http://mainecareercenter.com">mainecareercenter.com</a>
Town of Durham.....	353-2561
	<a href="http://durhamme.com">durhamme.com</a>
Town of Pownal .....	688-4407
	<a href="http://pownalmaine.org">pownalmaine.org</a>
Tri-County Literacy.....	442-7736
	<a href="http://tricountyliteracy.org">tricountyliteracy.org</a>
University College Bath/Brunswick.....	442-7736
	<a href="http://learn.maine.edu/bath">learn.maine.edu/bath</a>

## THANK YOU VOLUNTEERS!

Our programs would not be possible without the help of our community members. We appreciate all that you do to make our community a great place to live and play!

We are always looking for volunteers! Here are some ways to get involved:

- Coach a sports team
- Teach a workshop for kids or adults
- Help with the Great Osprey 10K Ocean Run
- Hand to Hand Food Drive
- Practice conversational English with non-native speakers

*We look forward to seeing you in the community!*

## Thank You Fall Volunteers:

Abigail Cassidy	Lisa Bogue
Anna Sutherland	Lucas Fournier
Ben Bucci	Matt Curran
Ben Daigle	Megan Best
Brian Beaulieu	Micheal Brown
Brian Enman	Michelle Peacock
Brian Steele	Ned O'Connor
Chris Hayes	Nicholas Chiasson
Colin Lindley	Nick Matluk
Courtenay Bucci	Nicole Hunt
Dan Bacon	Noah Hoffman
Dustin Sulak	Paige Fournier
Ethel Wilkerson	Pat Connolly
Gaurav Chadha	Polly Brann
Jaclyn Brown	Rich George
James Cassidy	Rhonda Vosmus
Jason Emery	Sarah Hoffman
Jay Flower	Shawn Rhoda
Joe Lemont	Sheila Finamore
Joel Lussier	Stacy Gaddis
John Jenusaitis	Suzi Spector
Jon Gagne	Tara Knight
Jonathan Novak	Terri Stronge
Julia Fusari	Tim Kieger
Julie Libby	Tim Reich
Justin Desrosiers	Tom Kryzak
Kate Bacon	Trapper Tinker
Kelsie Rioux	Tricia Emery
Kendall Scott	Vianna DiGristina
Kurt Arsenault	Vickie Beaulieu
Kyle Pouliot	Wade Caplinger
Laura Chadha	



## Falcon Fusion Summer Track & Field

*If you build it, they will come...* let's prove it! The beautiful Joan Benoit Samuelson Track & Field is the new crown jewel of the RSU5 athletics picture, and the home of a growing track & field program. This summer we're beginning our developmental/recreational offering in this great sport that has something to offer every young athlete.

Falcon Fusion will practice Mondays and Tuesdays, June through August, with weekly meets on Thursdays beginning June 25. A full range of running and field events will be coached, and participants will be encouraged to try out as many skills as they can.

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. Sibling discounts available.

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

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

Dates: Mondays & Tuesdays, June 8 – August 11  
Time: 6:00 – 7:30 p.m.

Grades: Entering K – 9, born 2005 or later

Location: Joan Benoit Samuelson Track & Field

Fee: \$75

Course #: S20-144

## Harraseeket Harriers Running Team

The focus of this program is to promote running as a fun, group-oriented activity that is a great way to stay healthy. "Fun Run Meets" will be scheduled with surrounding communities, each Wednesday until 5:30. Practices will run Mondays and the first Wednesday, with meets held each successive Wednesday, beginning May 6. **Practices will be canceled in the event of rain.** Bus transportation will be provided TO meet locations ONLY. Parents must pick up runners from meets. Running shoes or sneakers are required. An "All League Meet" will be held on Saturday, June 6th at 1 p.m. at Twin Brook Recreation Area.

Dates: Mon. & Wed., April 27 – June 3

Practice Times: 3:20 – 4:30 p.m.

Ages: 6 – 12

Fee: \$70

Durham Community School Course #: S20-142

Mast Landing School Course #: S20-143

**Volunteers Needed!**



## Girls on the Run

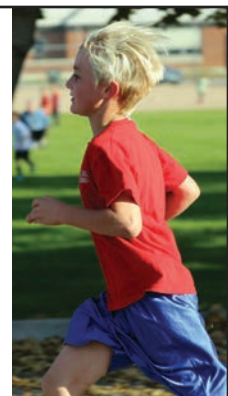
Meeting Mondays and Thursdays at MLS, trained volunteer coaches inspire girls to build confidence and other important life skills through dynamic, interactive lessons and physical activity.

[girlsontherunmaine.org](http://girlsontherunmaine.org)

## HERO Boys

HERO Boys, Fridays at MLS, inspires boys to discover the character and courage inside each of them to be brave, stand for what is right, and use their talents and strengths to lead and set a positive example for peers.

[heroboys.org](http://heroboys.org)





RSU No5  
Community Programs  
17 West Street

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

**ECR-WSS**  
**Postal Customer**

**RSU5 Community Programs**

17 West Street  
Freeport, Maine 04032

**Office Hours**

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

**Website**

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

**Telephone Numbers**

Community Programs	207-865-6171
Recreation	207-865-6171 x325
Adult Education	207-865-6171 x322
Childcare	207-865-6171 x326
RSU5 Central office	207-865-0928
Laugh & Learn MSS	207-865-6361 x254
Laugh & Learn MLS	207-865-6361 x254
Laugh & Learn DCS	207-353-9333 x118



**Iceland's Magical Northern Lights Discovery**

The “land of fire and ice” is a place of many wonders, including the rare opportunity to see the spectacular aurora borealis – or northern lights. This tour will bring you on a search for that once-in-a-lifetime moment. Take an exhilarating evening northern lights cruise. Travel to the “Golden Circle,” home to many of Iceland’s most renowned natural wonders. Spend time at Thingvellir National Park, the nation’s most historic area. Gaze at the spectacular Gullfoss waterfall – one of the world’s most incredible cascades. At the Lava Exhibition Center, learn about Iceland’s volcanic history and its impact on daily life. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the natural geothermal pool, the Blue Lagoon. Spend your evenings gazing at the night sky in search of the elusive and dazzling northern lights. **For more info, visit [rsu5cp.org](http://rsu5cp.org).**

Trip Dates: October 12 - 18, 2020  
Fee: \$2,899 (based on double occupancy)

**Information Night: 6:00 p.m. Tues., February 25**  
**Location: Freeport High School**