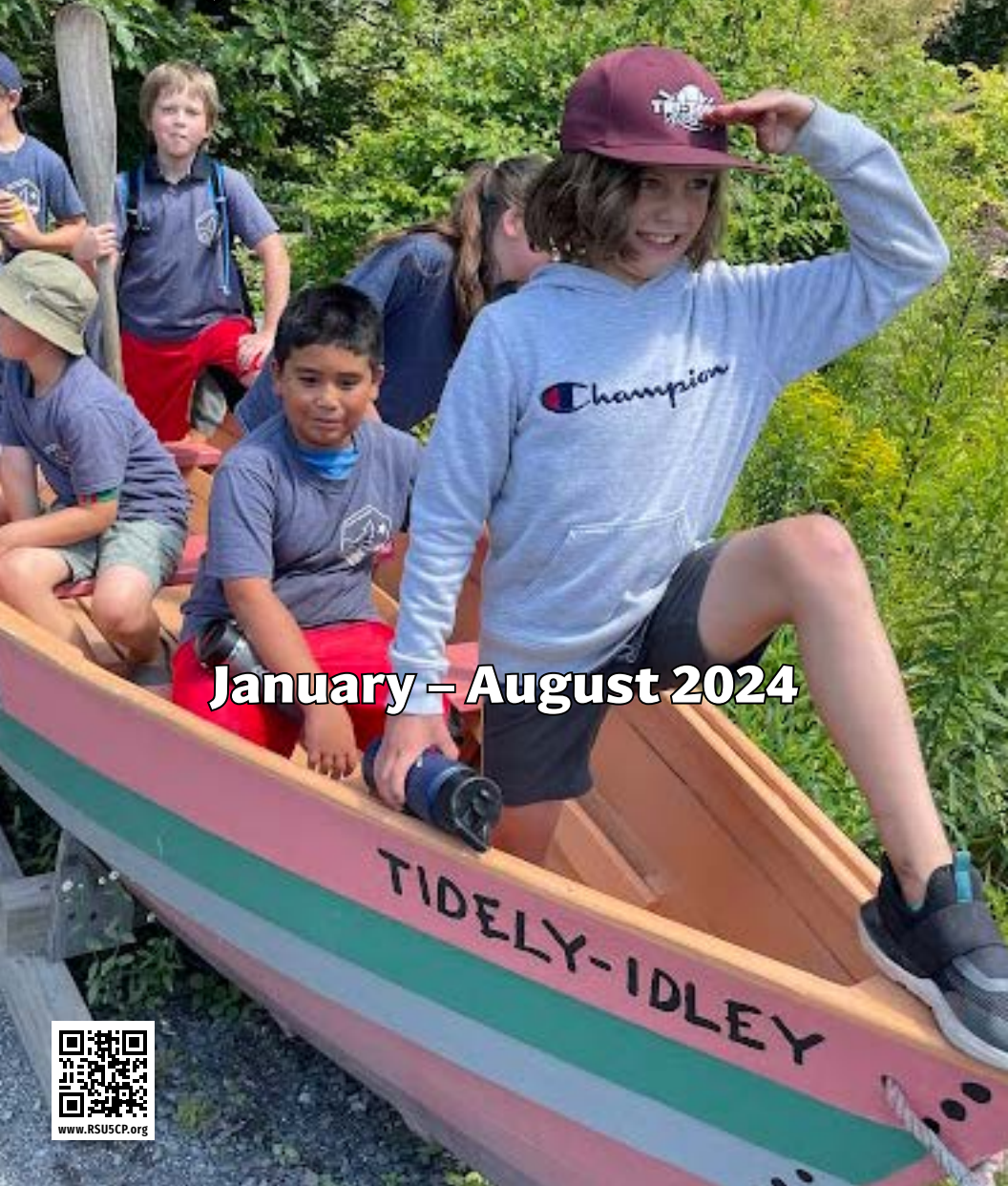




Durham • Freeport • Pownal

Community Programs



January – August 2024



www.RSUSCP.org

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Program Facilities

Freeport High School
 Freeport Middle School
 Durham Community School
 Mast Landing School
 Pownal Elementary School
 Morse Street School
 The PORT/Freeport Community Center

Address

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

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Dear Friends and Neighbors,

Happy New Year! And our gift to you and yours... this giant winter/spring/summer Community Programs catalog.

We've once again got a ton of new programs for you and all your friends and family, and I encourage you to spend some time with this book and plan out the ways you'll try something new, fun, educational, enriching, and exciting in the New Year.

And for those of you with children who have been patiently waiting for news of summer camps, this book is for you.

As always, I'll close with my usual call to action. If you have questions about any of our programs, or have suggestions for us or would like to offer your time and talents as an instructor/coach, please be in touch. The more we hear from you, the better we are.

See you out there!

Sincerely,



Peter Wagner

Director, RSU5 Community Programs

Adventure Race

Harraseeket Adventure Triathlon

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

Date & Time: Saturday, June 1, 8:00 a.m. start

Fee: \$75

Kayak or Bike Rental: additional \$30 each

Great Osprey 10K
Our annual race also
returns this fall!
Saturday, November 2,
Wolfe's Neck Woods
State Park



How do I register for a class or program?

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

How do I establish an online account?

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

Do you offer scholarships for children?

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

Are there late pickup charges?

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

Accessibility

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

Cancellation & Refund Policy

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

Refunds for Regular Programs/Classes

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

Adult Education

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

HiSET

If you're an adult without a high school diploma, the High School Equivalency Test (HiSET) could be your route to improved career prospects, a college education, and increased earnings potential. Individual sessions are held virtually or in-person and are arranged to suit the schedules of learners and our instructors.

Learning Lab – Freeport

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

Maine College & Career Access

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

English for Speakers of Other Languages (ESOL)

We're proud to offer small classes for Adult English Language Learners and we work closely with students from around the world. Our ESOL program helps people improve their English reading, writing, grammar and life skills. We offer in-person and remote learning. We also help students prepare for employment and continuing education. New students must have an intake to ensure proper placement in the correct level. Appointments are offered throughout the year. *We can offer CASAS testing for all levels, but if you believe you are at a higher level such as 5 or 6, but we do not offer Advanced level classes. We would send a referral for you to attend Advanced classes at another Adult Ed. Program.*

Digital Literacy

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



Line Dancing

In this class, you will learn choreographed routines to a wide variety of music—a little bit of country, disco, swing, Latin rhythms, and more. There is truly a line dance that works for any song. Dances will start out very simple and become more complicated throughout the session. All levels are welcome!

Instructor: Elizabeth Richards

Days & Time: Mondays, 6:00 – 7:00 p.m.

Class	Dates	Location	Fee
Winter	January 8 – February 26 (no class 1/15, 2/19)	FMS Cafeteria	\$40
Spring	March 18 – April 29 (no class 4/15)	FMS Gym	\$40

Outdoor Slow Flow Yoga

Connect to you mind and body through breathing and movement for strength and mobility. Practicing yoga outdoors can help us ground into the present moment while fully experiencing our natural environment. All levels welcome, yoga mats and blocks provided.



Instructor: Sara Helman

Dates: Thursdays, May 9 – June 13

Time: 9:00 – 10:00 a.m.

Location: Winslow Park, Freeport

Fee: \$60

Tae Kwon Do for Adults

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



Instructors: Jake Daniele, Steve Day & Donald Cyr

Times: 7:00 – 7:45 p.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Winter	Thursdays, February 1 – April 4	\$85
Spring	Thursdays, April 11 – June 20	\$85
Summer	Thursdays, June 27 – August 29 (no class 2/22, 4/18, 5/30 or 7/4)	\$85

Pickleball in Pownal

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

Dates: Mondays, March 11 – June 10
(no meeting 4/15 or 5/27)
Time: 5:30 – 7:00 or 7:00 – 8:30 p.m.
Location: PES Gym
Fee: \$20 + optional \$5 paddle rental



Adult Rec Basketball Open Gym

Play pickup basketball and stay in shape year-round. *You must pre-register with Community Programs. NO Drop-Ins.*

Location	Dates	Time	Fee
DCS Gym	Sunday, January 21 – July 28	9:00 – 10:30 a.m.	\$20
FMS Gym	Sunday, January 21 – July 28	6:00 – 8:00 p.m.	\$20
DCS Gym	Wednesday, January 31 – July 31 (no meetings 2/18, 4/14, 5/26, 6/19)	6:30 – 8:00 p.m.	\$20

The Maine Sandlot Baseball League (MSBL)

Presented by Rogers-Norton Wealth Management Group

We're back for its 5th season - and we continue to grow. The MSBL is a supremely player-friendly league for players who have completed their high school eligibility right up through age 25. What you can expect from the experience in summer 2024:

- Informal workout opportunities offered through the winter and spring
- June-August regular season (approximately 15 games)
- Championship tournament in early August
- Six teams playing games in multiple locations in Cumberland County
- Mid-season all-star game
- Player of the Week recognitions
- Improved social media presence
- Fewer weekend games
- Incentives for keeping uniform jerseys

For players aged 18-25
Fee: \$185



International Travel & Language

Trip to Berlin, Germany

Whether you are interested in history, art and/or culture, Berlin, Germany, offers it all! Guided and organized by a native from Berlin – now living in Freeport – you will dive into the city from day one, and bring back unforgettable memories. Everything will be organized for you, so you can relax, while absorbing the city's vibe. This year, the island Usedom (Baltic Sea) will be included in the package as an exciting bonus. More detailed information is available on our website.

Trip Leader: Valeska Hornschild-Bear

Dates: Friday, April 12th – Friday, April 19th

Fee: \$2,300 in double occupancy

(does not include airfare)

Tour of Berlin Info Night

Date: Thursday, January 18

Time: 7:00 p.m.

Location: FMS Library

Conversational German

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

Instructor: Valeska Hornschild-Bear

Dates: Thursdays, February 29 – April 4

Time: 7:00 – 8:30 p.m.

Location: FMS Library

Fee: \$75



Food & Drink

Wine Tasting with Paula Truman, Bow Street Market

Top 10 Wines for 2024: Reds & Whites from around the World. These are Bow Street Markets favorites, and hopefully some of yours.

California Cabernets, Reds, and Yes, Even Whites: This tasting will definitely get you thinking about grilling. We will kick it up a notch with some surprising big flavors!

Wines of Rhone & Burgundy: Similarities of agriculture, different grapes, nevertheless, always delicious. We will travel north to south, and finish in the Chateauf-neuf-du-Pape region. A tasty road to try one bottle at a time!

Location: Freeport Community Services, Learning Lab or Café

Session	Date	Time	Fee
Top Ten Wines	Wednesday, January 31	6:00 – 7:30 p.m.	\$40
California Cabernets	Wednesday, March 27	6:00 – 7:30 p.m.	\$40
Rhone and Burgundy	Wednesday, May 22	6:00 – 7:30 p.m.	\$40

4 Ways to Cook With a Wok

Woks aren't just for stir-frying! Come learn many ways to make delicious recipes with one of the world's oldest and most versatile pans from the author of the award winning *The Complete Wok Cookbook*.

Instructor: Chris Toy

Date: Monday, April 15

Time: 5:30 – 7:30 p.m.

Location: FCS Kitchen

Fee: \$60



Artistic Endeavors

Creating Upcycled Driftwood Mobiles & Stables

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

Instructor: Chris Toy

Date: Monday, May 13

Time: 5:30 – 7:30 p.m.

Location: FCS Learning Lab

Fee: \$60

Acadian Arts Maine Retreats

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

Locations

Searsport Shores

Prospect Harbor

Campobello Island

Dates

January 12 – 15

April 6 – 9

June 21 – 23,

July 12 – 15,

August 16 – 19

Fee: \$495



Art Nights: Beginning Crochet

Join us in learning beginning crochet stitches such as chain, single crochet, magic circle, half double crochet, double crochet, slip stitch. We will take what we learn and create a wall hanging plant hanging. All materials provided, including yarn, hook, and plant pot. You provide your own plant.

Instructor: Sarah Cass

Date: Tuesdays, March 5 – 19

Time: 6:00 – 7:00 p.m.

Location: FCS Learning Lab

Fee: \$50

*Visit rsu5cp.org for more
Art Nights with Sarah Cass!*

Introduction to Adobe Creative Cloud

This catalog was produced using Adobe Creative Cloud Software: Photoshop, Illustrator, and InDesign. You can learn the basics of these three programs and be designing your own print or digital projects within a matter of weeks! *Access to a laptop computer capable of running Adobe Creative Cloud and online connectivity are required. We will help you access Creative Cloud, but a subscription will be required after the class. Email guerettec@rsu5.org if you need assistance accessing a computer or software.*

Instructor: Chris Guerette

Dates: Mondays, January 22 – February 12

Time: 3:30 – 5:00 p.m.

Location: FCS Learning Lab

Fee: \$95

Making Music Again

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

Instructor: Ron Draddy

Class to be held this fall. Register for free to be added to a mailing list!



Mah Jong For Beginners

Learn to play “Hong Kong” or “Asian” style Mah Jong (which differs from “American” style). Our instructor has been playing for 60 years, has taught dozens of people to play, and plays regularly in several groups. We’ll play three-hour sessions once a week for three weeks in January, March and May. Reach out to Community Programs or Nancy at ncfarrand@gmail.com, and we will try to find a time that works for at least three students.

Instructor: Nancy Farrand

Dates and Time: TBD in January, March, or May

Location: Freeport Community Services

Fee: \$110



Introduction to the Fair Play Method

The Fair Play Method is a time and anxiety-saving system that offers couples a completely new way to divvy up their domestic responsibilities. Fair Play is not about blame or scorekeeping. Instead, Fair Play is about creating a fair and equitable division of domestic labor rooted in your shared values. It’s about taking the time to have the conversations that matter to bring your shared vision to life. This system can be helpful at any stage of life - from new roommates to expecting parents to retirees. You’ll leave the course with a new vocabulary for talking about domestic life, a strategy for sharing the mental load, a plan for finding more equity at home, and concrete steps for getting started. Participants will receive a downloadable copy of the Fair Play cards, a quickstart Fair Play guide, and more. Sandi Konta is a Maine-based Certified Fair Play Facilitator.

Instructor: Sandi Konta

Date: Tuesday, March 12

Time: 6:00 – 8:00 p.m.

Location: FHS Room 102

Fee: \$25 per couple



Maine Driving Dynamics

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

Dates: Monday & Wednesday, March 25 & 27

Time: 6:00 – 8:30 p.m.

Location: FHS Room 102

Fee: \$40/\$25 for seniors

Spring Youth Adventure

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

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

Instructors: L.L. Bean Outdoor Discovery Program

Time: 3:45 – 6:00 p.m.

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



<i>Session</i>	<i>Dates</i>	<i>Fee</i>
Winter Adventure	Tuesdays, January 2 – February 6	\$230
Spring Adventure	Tuesdays, April 30 – June 4	\$230

L.L. Bean Seasonal Adventure Days (Grades 3–8)

When school's not in session, try out some great seasonal activities! If the weather is right, we may be snowshoeing or cross-country skiing, but as the weather warms, we'll move on to archery and ropes course activities! Transportation available from Freeport or Durham for half-day programs.

Instructors: L.L. Bean Outdoor Discovery Program

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

<i>Session</i>	<i>Date & Time</i>	<i>Fee</i>
Winter Half-Day (6–8)	Friday, February 2, 12 – 4 p.m.	\$70
Mud Season Full-Day (3–6)	Friday, March 15, 9 a.m. – 4 p.m.	\$130
Mud Season Full-Day (3–6)	Friday, April 12, 9 a.m. – 4 p.m.	\$130
Spring Half-Day (6–8)	Wednesday, May 8, 12 – 4 p.m.	\$70

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

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

Instructors: Wolfe's Neck Center Staff

Location: Wolfe's Neck Center, Freeport

<i>Session</i>	<i>Date & Time</i>	<i>Fee</i>
March	Friday, March 15, 9 a.m. – 4 p.m.	\$100
April	Friday, April 12, 9 a.m. – 4 p.m.	\$100



Teen Treks (Grades 6–12)

Improve your ability to communicate and cooperate while building confidence and having fun outdoors. Focusing on being part of a team, listening to others, and contributing to meaningful decisions are the hallmarks of a productive citizen, and fostering good citizenship is our goal.

Instructor: Chris Guerette

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

Location: The PORT

Fee: FREE



Vacation Camps

Dragon's Eye Adventures (Grades 4–8)

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

Instructor: Rebecca McNulty, *Dragon's Eye Adventures*

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

Location: DCS Art & STEM Rooms

register at DragonsEyeAdventures.com



Theme

The Winter Queen (Scotland)

Teacup Trolls (Scandinavia)

Dates

Tuesday – Friday, February 20 – 23

Monday – Friday, April 15 – 19

Fee

\$300

\$350

Vacation Camps (Grades K–5)

Sorcerer's School: Join us for a week of games, crafts and activities that pay tribute to our favorite school of witchcraft and wizardry. We will make wands, mix potions, play quidditch and spend the week celebrating the wizarding world!

Olympic Fever Camp: Get ready for the 2024 Summer Olympics in Paris! Children will have the chance to collaborate with peers and counselors to create teams, participate in a large variety of games and activities, compete for individual and team medals and attend a closing medal ceremony.

Instructor: Meghan Vaughan

Time: 9:00 a.m. – 4:00 p.m.

Location: MLS TBA

Theme

Sorcerer's School

Olympic Fever Camp

Dates

Tuesday – Friday, February 20 – 23

Tuesday – Friday, April 16 – 19

Fee

\$221

\$221

Spring Youth Enrichment

Maine Nature Art (Grades K–5)

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



Instructor: Sarah Cass

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

Winter	January 8 – February 5 (<i>no class 1/15</i>)	\$55
Mud Season	February 26 – April 1	\$80
Spring	April 22 – June 3 (<i>no class 5/27</i>)	\$80

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

Winter	January 3 – February 7	\$80
Mud Season	February 28 – April 3	\$80
Spring	April 24 – June 5 (<i>no class 5/8</i>)	\$80

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

Winter	January 4 – February 8	\$80
Mud Season	February 29 – April 4	\$80
Spring	April 25 – May 30	\$80

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

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

Dates & Times: TBA at FMS Library

Explore... (Grades 6–8)

with RSU5 Community Programs and Freeport Community Library

Every week, we will explore Art, Drama, Music, Literature, Sports, Games and more. Check our website for the latest offerings, including Dungeons & Dragons every other Thursday.

Instructor: Chris Guerette & RSU5CP/FCL staff

Days: Wednesdays & Thursdays

Dates: Every school day

Time: 2:30 – 4:30 p.m.

Location: Freeport Community Library

Fee: FREE



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

Your kids will be amazed by how much German they know already: auto, bus, ball, and gesundheit are all German words. In our morning classes, we will not only discover more about the German language, but also German culture. Where is Germany on a map? How do German kids live? What is the school day like? What sports do they play? What do we all have in common? What is different? In a fun, interactive setting, we will discover Germany and the world together. Level II classes are for kids who have participated in previous sessions. *Bis bald!*



Instructors: Valeska Hornschild-Bear

Times: 7:50 – 8:35 a.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Winter I	Fridays, January 26 – March 29	\$50
Winter II	Wednesdays, January 24 – March 20	\$50
Frühling I	Fridays, April 5 – June 7	\$50
Frühling II	Wednesdays, March 27 – May 22 (no class 2/23, 3/15, 4/15–19)	\$50

Mad Science of Maine (Grades K–5)

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



Instructor: Mad Science of Maine

Locations: MSS STEAM Room, MLS or DCS Art Room

Fee: \$120

Location/Theme	Dates	Time
MSS NASA (K–2)	Mondays, January 8 – March 4	3:20 – 4:20
MLS NASA (2–5)	Wednesdays, Jan. 10 – Feb. 28	3:30 – 4:30
DCS NASA (1–5)	Wednesdays, Jan. 10 – Feb. 28	3:20 – 4:20
MSS Ready, STEM, Go! (K–2)	Mondays, April 1 – May 20	3:20 – 4:20
MLS Ready, STEM, Go! (2–5)	Wednesdays, April 3 – May 29	3:30 – 4:30
DCS Ready, STEM, Go! (1–5)	Wednesdays, April 3 – May 29	3:20 – 4:20

(7 weeks, no classes 1/15, 2/19–21, 4/15–17, or 5/8)

Spring Youth Movement & Fitness

Top Rockers Hip Hop Dance Crew (Grades K–5)

Join us to learn beginning jazz and hip hop dance moves, conditioning and improvisation. Get ready to have fun and work hard as we move to the beat! Age appropriate music will be used for all sessions. Please send your dancer with comfortable, flexible clothes (no jeans) and sneakers. Morse Street 2nd graders are encouraged to sign up for classes at Mast Landing, and may take their regular bus there on class days. *The last day of most classes will feature a parent showcase.*

Instructor: Kate Andreu

MSS Gym (K-2), Tuesdays, 3:20 – 4:20

Winter	January 2 – February 6	\$75
Winter/Spring	February 27 – April 2	\$75
Late Spring	April 23 – June 4	\$90

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

Winter	January 3 – February 7	\$75
Winter/Spring	February 28 – April 3	\$75
Late Spring	April 24 – June 5 (<i>no class 5/8</i>)	\$80

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

Winter	January 4 – February 8	\$75
Winter/Spring	February 29 – April 4	\$75
Late Spring	April 25 – June 6	\$90

** All of Miss Kate's Late Spring dancers are invited to a perform at the FHS Performing Arts Center on Tuesday, June 11!*

Tiny Tappy Toes Dance Combo (Ages 3–5)

Learn basic ballet, tap and creative movement steps. Dance teaches self confidence, balance, and coordination and keeps a child's mind and body working together. Bring a pair of socks or flexible shoes and dress shoes (for tap technique) to every class. Ballet and tap shoes are recommended but not required. *Please send your dancer with comfortable flexible clothes: not jeans. The last day of most classes will feature a parent showcase.*

Instructor: Kate Andreu

MSS Gym (K-2), Tuesdays, 4:30 – 5:15

Winter	January 2 – February 6	\$75
Winter/Spring	February 27 – April 2	\$75
Late Spring	April 23 – June 4	\$90



Kids Yoga and Mindfulness (K-5)

Yoga and mindfulness can promote resilience and self-regulation in children. Students will connect, breathe, move, focus and relax through cooperative games, art, music, physical postures, and mindfulness activities designed for kids. Classes are playful, explorative, responsive, and fun! *MSS students may ride the bus to MLS for after-school programs. Participants should bring a water bottle and a snack.*

Instructor: Sara Helman, RYT

Time: 3:25 – 4:30 p.m.

Location: MLS Gym



Session

Winter/Spring

Spring

Dates

March 4 – April 8

April 22 – June 3 (no class 5/27)

Fee

\$70

\$70

Toddler Tumbling and Fitness: Parent with Child (Ages 2-4)

Learn basic gymnastics and tumbling skills while exploring athletic movement in this dynamic class. Children will use equipment and props to build strength, coordination, agility, and balance in an exciting and social atmosphere. They will also engage in stories and art projects, and practice classroom skills including direction-following and group cooperation. Parent collaboration is required on the gym floor throughout the class.



Instructor: Laura Chadha

Days: Tuesdays

Time: 9:30 – 10:30 a.m.

Location: The Bradley Room at FCS

Session

Winter/Spring

Late Spring

Dates

February 27 – April 2

April 23 – May 28

Fee

\$70

\$70

Elementary Tumbling & Fitness

Learn basic tumbling and gymnastics skills while taking on strength and agility challenges. Learn body positioning, balance, coordination, and more to build self-confidence and improve fitness. Laura Chadha is a Certified Personal Trainer with a gymnastics and fitness background.

Instructor: Laura Chadha

Dates: Saturdays, January 6 – February 10

Location: MSS Gym

Session

Grades K-2

Grades 3-5

Times

9:00 – 10:00 a.m.

10:15 – 11:15 a.m.

Fee

\$80

\$80

Spring Youth Sports

Harraseeket Harriers Running Club (Grades 1–6)

Harriers promotes running as a fun, healthy, group-oriented activity. Meets will be scheduled with surrounding communities. Practices will run Mondays, with meets held some Wednesdays. A league-wide championship meet will be held on a Saturday. **Practices will be canceled in the event of rain.** Morse Street School students may ride their usual bus to Mast Landing. Bus transportation will be provided TO meet locations ONLY. Parents must pick up runners from meets. Running shoes or sneakers are required, as is attire appropriate for the weather. **Parent Volunteers Needed: In order to provide adequate programming for our youth, we need the help of parent volunteers.**

Location	Dates	Time	Fee
DCS Mondays	April 22 – May 20	3:15 – 4:30	\$80
MLS Mondays	April 22 – May 20	3:25 – 4:30	\$80
Meets	May 1, 8, 15, 22 / June 1	3:15 – 5:30 / TBA	



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

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



Instructor: Meghan Vaughan

Dates: Thursdays, February 29 – April 4

Times: 3:30 – 4:30 p.m.

Location: MLS Gym

Fee: \$45

Gee's Floor Hockey (Grades K–2)

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

Instructor: Pam Gee

Times: 3:15 – 4:30 p.m.

Location: MSS Gym

Session	Dates	Fee
Grades K/1	Wednesdays, February 28 – March 27	\$45
Grades 1/2	Thursdays, February 29 – March 28	\$45

Falcon Winter Baseball Clinic (Grades 3–6)

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

Instructor: FHS Varsity Coach Steve Shukie and players

Dates: Sundays, January 21 – March 3 (*no class 2/18*)

Time: 10:00 – 11:30 a.m.

Location: FMS Gym

Fee: \$80



Softball Clinics (Grades 1–7)

Through drills, stations, and games we will be focusing on teaching the proper mechanics of hitting, throwing and fielding. Students should bring a water bottle and glove. Bats and helmets will be provided for those in need. Softball safety facemasks are optional.

Instructor: Tabitha LaMontagne & Matt Walsh

Details available soon at rsu5cp.org

Little Laxers Lacrosse (Grades K–2)

Come out and learn one of the fastest growing sports in the country: lacrosse! This program will provide a fun introduction to basic lacrosse skills and help provide a great foundation for player development. Players will learn how to hold the stick, throw, catch, cradle, shoot and dodge. Sticks will be provided, so no equipment is necessary. Come join the fun!

Dates & Times: Saturdays, May 4 – June 1, 8:00 – 9:00 a.m.

Location: Pownal Road Field

Fee: \$60

Youth Lacrosse (Grades 3–6)

Lacrosse teams will practice twice a week during the season. Games will be on the weekends. The season may begin with indoor practices if needed, and concludes in mid-June. Boys need NOCSAE ND200 approved shoulder pads, helmet, gloves, mouth guard, and stick. Girls need a mouth guard, eye guard, and stick. **Registration closes March 29.**

Dates: April 3 – mid-June

Fee: \$100



Tae Kwon Do (Grade 2 and up)

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

Instructors: Jake Daniele, Steve Day & Donald Cyr

Time: 5:00 – 5:45 p.m. (Beginner); 6:00 – 6:45 (Intermediate)

Location: Mast Landing School Gym

Class	Dates	Fee
Winter	Thursdays, February 1 – April 4 (no class 2/22)	\$85
Spring	Thursdays, April 11 – June 20 (no class 4/18)	\$85
Summer	Thursdays, June 27 – August 29 (no class 7/4)	\$85

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

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

Dates: Tuesdays, April 30 – May 28 / Sunday, June 2

Times: 3:30 – 4:30 p.m. for grades 6–8

4:30 – 5:30 p.m. for K–5

Location: Freeport fields TBA

Fee: \$10



Falcon Esports (Grades 9–12)

Represent MPA Maine State Champion Freeport High School in competition with other teams from around the state and country playing Super Smash Bros.™ Ultimate, Splatoon™ 3, or Mario Kart™ 8 Deluxe. Preparedness and sportsmanship will be stressed, as we mold a respectful generation of gamers who can work together to hone their skills as a team.

Coach: Brandon Cass

Dates: Mondays – Thursdays, January 29 – April 25

Times: 3:30 – 5:00 p.m.

Location: TBA

Fee: \$150



Summer Camps

Camp Seaside (Grades K–5)

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



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

Camp runs from 8:30 a.m. – 3:30 p.m. daily. Before and after care for those participating in camp are available from 7:00 a.m. and until 5:30 p.m. daily, at \$30 each for a full week, or \$60 for both.

Seaside Dates	Fee	Session	Teen Treks Dates	Fee
June 24 – June 28	\$273	Week 1	June 24 – 27	\$273
July 1 – 5 (<i>no camp 7/4</i>)	\$221	Week 2	July 1 – 5 (<i>no camp 7/4</i>)	\$273
July 8 – July 12	\$273	Week 3	July 8 – July 11*	\$431
July 15 – July 19	\$273	Week 4	July 15 – July 18	\$273
July 22 – July 26	\$273	Week 5	July 22 – July 25*	\$431
July 29 – August 2	\$273	Week 6	July 29 – August 1	\$273
August 5 – 9	\$273	Week 7	August 5 – 8*	\$431
August 12 – 16	\$273	Week 8	August 12 – 15	\$273
All Summer	\$1706		* <i>includes Wednesday overnight</i>	

Teen Treks (Grades 6 – 12)

Fun and adventure are guaranteed in this on-the-go camp for teens. These trips provide an excellent opportunity for teens to get outdoors and enjoy all that Maine has to offer in the summer. Each week includes adventurous trips and activities suited for any teen looking to have a memorable summer!

Three Teen Treks Extreme Weeks that include overnight camping. Extreme activities may include canoeing and moose watching, downhill mountain biking, adventure parks, ropes course sessions, and whitewater rafting. A detailed schedule of events will be posted when available.

Campers may be dropped off at the PORT as early as 8:30 a.m., and must be picked up no later than 4:30 p.m. Overnight trips will depart early Wednesday, and may return as late as 5:30 p.m. the following day.



Arts and Enrichment Camps

Maine Summer Art Camps (Grades K–6)

Our drawing, painting and sculpting projects will reflect animals and places around Maine. We might create something to be used in nature, such as a bird house, bird feeder or fairy house! Kids can take projects home to share with their family.

Instructor: Sarah Cass

Days: Monday – Friday

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

Session	Location	Dates	Fee
Moose (4–6)	FMS	July 15 – 19	\$250
Loon (K–3)	FMS	July 22 – 26	\$150
Bear (4–6)	DCS Art Room	August 5 – 9	\$250
Chickadee (K–3)	DCS Art Room	August 12 – 19	\$150

Sew Wicked Fun Camp (Grades 4–6)

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

Instructor: Lori Maxham, Cotton Weeds

Dates: Monday – Friday, June 24 – 28

Time: 9:00 a.m. – 12:00 p.m.

Location: MSS STEAM Room

Fee: \$135



Junior Chef Camp (Grades 3–6)

Join DCS Kitchen Manager and Chef Extraordinaire Deb Koval each morning to learn how to make healthy snacks, meals, and desserts from around the world. Kids will get hands-on experience cooking and baking, while learning about nutrition, math, and culture. Each camper will come having eating a lunch they prepared together, and with the skills to help you in the kitchen and help themselves to something delicious!

Instructor: Deb Koval

Dates: Monday – Friday, June 17 – 21

Time: 9:00 a.m. – 12:00 p.m.

Location: MSS STEAM Room

Fee: \$135



Summer Drama (Grades 4–9)

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

Instructor: Mara Dale & Aisling Dono

Time: 9:00 a.m. – 3:00 p.m.

Location	Dates	Fee
FHS Performing Arts Center	Monday – Friday, July 29 – August 2	\$185
DCS Stage/Cafeteria	Monday – Friday, August 5 – 9	\$185



Dragon's Eye Adventures (Grades 4–8)

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

Instructor: Rebecca McNulty, Dragon's Eye Adventures

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

Days: Monday – Friday (*no camp July 4*)

Location: DCS Art & STEM Rooms

Theme	Dates	Fee
The Windhorse (Mongolian legend and myth)	June 24 – 28	\$350
Dunraven Fair (Dragon's Eye original)	July 1 – 3 & 5	\$300
Nine Fallen Suns (Chinese myth)	July 8 – 12	\$350
Twelve Moon Daughters (Chinese myth)	July 15 – 19	\$350
The Night Wanderer (Greek myth)	July 22 – 25	\$350
Crossroads of Knowledge (Egyptian myth)	July 29 – August 2	\$350

STEAM Camps

Mad Science Day Camps (Grades 1–6)

Spy Academy: Suspects, schematics, sleuthing, and of course science all come together in this exciting camp designed to help train your secret agent to connect the dots using science to help solve a crime and hone their skills in evidence gathering & analysis. Come join us to step into the shoes of a detective and go on a fascinating journey into the world of detection, forensics, spy technology, and classified information!

Underground Explorers: Kids Learn about archeology and the techniques scientists use to excavate long lost cities. They also study bone fragments, pottery shards, amber deposits, and fossils to understand what they can tell us about history. Children will take home geodes, fossils, and so much more!

Eureka! The Inventors Camp: Overcome challenges using basic materials, simple machines, tips from world famous inventors and the most important thing of all: your mind! Create mini light sabers, mini space stations, and electric flying contraptions. With a little bit of ingenuity, you'll construct catapults and forts, build contraptions to perform simple tasks, and experiment with robots. Thomas Edison said, "Invention is 10% inspiration and 90% perspiration." This camp is 100% FUN!



Instructor: Mad Science of Maine

Time: 9:00 a.m. – 3:00 p.m.

Location: MSS Learning Cottage

Theme

Spy Academy

Underground Explorers

Eureka! The Inventors Camp

Dates

June 24 – 28

July 8 – 12

July 22 – 26

Fee

\$365

\$365

\$365

The DaVinci Experience (Ages 4–12)*

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

Instructor: The DaVinci Experience

Time: 8:00 a.m. – 12:00 or 3:00 p.m.

Location: MSS Learning Cottage

Register at DaVinciExperience.com

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

Elementary Fun with Pam Gee

Gee's Games & Giggles (Grades K–5)

This program will offer a variety of games (tag, cooperative, team, competitive & un-games). Each day of camp will challenge the participant to honor the game and re-define the winner within themselves. The games taught will fill the emotional tank with giggles and game skills in becoming a better player. A week filled with laughter, lots of games, and playful spirit. Participants should pack a snack, lunch and water bottle as well as wear comfortable clothes and sneakers each day for camp.

Location: FMS Gym & Fields

<i>Session</i>	<i>Dates</i>	<i>Time</i>	<i>Fee</i>
June	Monday–Thursday, June 24 – 27	9:00 a.m. – 4:00 p.m.	\$135
July	Monday–Thursday, July 22 – 25	9:00 a.m. – 4:00 p.m.	\$135

Gee's Skills Academy (Grades K–5)

The Academy will focus on teaching children the skills they need to participate in a variety of sports and activities such as basketball, soccer, and more. Participants will learn the importance of maintaining a positive attitude and how to work effectively as part of a team. This program is perfect for the child who wants to learn the skills needed to understand how sports and games work. Campers should bring lunch, drinks, and snacks.

Dates: Monday – Friday, July 8 – 12

Time: 9:00 a.m. – 4:00 p.m.

Location: FMS Gym & Fields

Fee: \$155

Gee's Drama and Dance (Grades K–5)

Campers will enjoy a fun-filled week featuring daily centers and activities designed to boost improvisation, creative thinking and storytelling as well as expose them to music and movement from around the world. This camp also integrates special guest community leaders, musicians, and dancers from Freeport who will join us for spontaneous dance parties!

Dates: Monday – Friday, July 15 – 19

Time: 9:00 a.m. – 4:00 p.m.

Location: FMS Gym & Cafeteria

Fee: \$155



Dance Camps with Kate Andreu

Fairy Dance Camp (Ages 3–5)

Encourage your child to use their imagination, spread their wings and join us for a week of Fairy Fun Dance Camp! Daily activities include; ballet and creative movement dance instruction, with an emphasis on vocabulary and technique. We will round out the day with tumbling, crafts and dance games.

Days: Monday – Friday

Dates: July 15 – 19

Time: 9:00 a.m. – 12:00 p.m.

Location: MSS Gym

Fee: \$135

Fairy Tale Princess Dance Camp (Ages 6–8)

A magical experience to become the princess of your dancing dreams! Come dressed in your favorite Princess dance outfit. Students will learn themed movements and all the essentials of becoming a true princess! Activities include tap and ballet instruction, tumbling and creative movement, technique and vocabulary. Family are invited the last day to join the Royal Celebration!

Dates: Monday – Friday, July 22 – 26

Time: 9:00 a.m. – 12:00 p.m.

Location: MSS Gym

Fee: \$135

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

Students will learn various styles of hip hop and choreography. Instruction in the fundamentals and vocabulary of hip-hop will help to round out the week. Techniques include: popping, locking, waving, isolation, breaking and tumbling. We will finish out the day with dance games, crafts and other fun activities. An outdoor demonstration on Friday will complete this high energy week.

Dates: Monday – Friday, July 29 – August 2

Time: 9:00 a.m. – 12:00 p.m.

Location: MSS Gym

Fee: \$135



Sports Camps

Falcon Fusion Summer Track & Field (Grades K–9)

Join us this summer for this great sport that has something to offer every young athlete. Falcon Fusion promises to be a great deal of fun, will develop an appreciation for the sport, and build team and individual skills. Uniform tops provided. **Volunteers are critical to the success of this program. Please email cp@rsu5.org to help out.**

Instructors: Jared & Deedra Boudreau, & Matt Greear

Dates: Mondays & Tuesdays, June – August, TBD

Time: 5:00 – 6:30 p.m.

Location: Joan Benoit Samuelson Track & Field

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

Falcon Football Camp (Grades 3–8)

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

Instructors: Paul St. Pierre & FHS Players

Dates: July 8 – 12

Time: 8:00 a.m. – 12:00 p.m.

Location: Joan Benoit Samuelson Track & Field

Fee: \$125

Falcon Basketball Camp (Grades 3–8)

There is more to learn from basketball than just basketball itself. With an encouraging and supportive atmosphere, players will be introduced to basic skills, concepts, and fundamentals through fun and effective drills and games. Learning from older players gives an inside view to the future of high school basketball and the pride of our Falcon players. Players should bring lunch, snacks, and water.

Instructors: FHS Coaches and Players

Days: Monday – Friday



Session	Location	Dates & Times	Fee
Boys 7/8	FHS Gym	June 17 – 21, 8:30 a.m. – 3:00 p.m.	\$125
Girls 3–8	FHS Gym	June 24 – 28, 8:00 a.m. – 3:30 p.m.	\$150
Boys 3–6	DCS Gym	June 24 – 28, 8:00 - 11:00 a.m.	\$80

Falcon Soccer Camps (Grades K–8)

The focus of this program is to provide players with the correct tools to help them develop a passion for the game of soccer while teaching them the basic skills like dribbling, passing, and shooting. It will also highlight a positive character trait in each session, such as respect and teamwork, through fun games and team interaction. Hone your skills and get ready for the fall!

Instructor: RSU5 Coaches & Players

Days: Monday – Friday

Time: 8:00 – 11:00 a.m.

<i>Session</i>	<i>Location</i>	<i>Dates</i>	<i>Fee</i>
Seniors (5–8)	JBS Track & Field, FHS	July 22 – 26	\$80
Juniors (K–4)	FMS Fields	July 29 – August 2	\$80

Challenger Sports International Soccer Camp (Ages 3–14)

Challenger Sports International Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the organization develop one of the most innovative approaches to coaching youth soccer in the U.S. Our experienced staff study the game at all levels and have identified the key techniques and skills that your players need to work on and master to reach their true potential. Each day includes individual foot skills, technical drills, tactical practices, small sided games, coaches' scrimmages, and a daily World Cup tournament. Includes free ball and t-shirt.

Instructor: Challenger Sports

Dates: Monday – Friday, August 5 – 9

Location: DCS fields

Register at ChallengerSports.com

<i>Ages</i>	<i>Time</i>	<i>Fee</i>
3–4	9:00 – 9:45 a.m.	\$125
5–6	10:15 – 11:30 a.m.	\$150
7–14	12:30 – 3:30 p.m.	\$220

Falcon Girls Lacrosse and Field Hockey Camp (K–8)

Break out your field hockey and lacrosse sticks for a week of fun and skill development. Players may choose to participate in one or both sports. Mouth guards and sneakers or cleats are required for both sports, as well as a stick. Field hockey requires shin guards and lacrosse requires an eye guard. A snack (to be eaten outside the turf area) and water bottle are also required.

Instructors: Marcia Wood and FHS Players

Dates: June 17 – 21

Location: Joan Benoit Samuelson Track & Field

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



Seaspray Kayaking Camps

Kids Kayaking & Paddleboard Camp (Ages 8–11, 12–15): Spend the week kayaking and paddleboarding at Winslow Park in Freeport! Instructors from Seaspray Kayaking will mix games, challenges, exploration and a big expedition on the last day to ensure great memories! Participants will also learn paddle strokes and rescue techniques during the week.

Island Overnight Kayaking Camp (Ages 12 & up with prior paddling experience): After spending a day brushing up on paddling skills and preparing for the expedition, participants will be ready to explore Casco Bay for three days and two nights by sea kayak. Guides from Seaspray Kayaking will teach participants how to read the charts and navigate to their island campsites.

Instructors: Seaspray Kayaking

Locations: Winslow Park, Freeport/Sandy Beach, Cousins Island, Yarmouth

Details available soon at rsu5cp.org

Sports Samplers with Meghan Vaughan

Girls Rule! (Grades K–5)

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

Dates: Monday – Friday, July 1 – 3 & 5

Time: 9:00 a.m. – 4:00 p.m.

Location: FMS Gym & Fields

Fee: \$150



Olympic Fever Summer Camps (Grades K–5)

In celebration of the 2024 Summer Olympics in Paris we will be holding a week long Olympic themed summer camp. Children will have the chance to collaborate with peers and camp counselors to create teams, participate in a large variety of games and activities, compete for individual and team medals and attend a closing medal ceremony.

Location: FMS Gym & Fields

Session	Dates	Time	Fee
K – 2	Monday – Friday, August 5 – 9	9:00 a.m. – 4:00 p.m.	\$175
3 – 5	Monday – Friday, July 22 – 26	9:00 a.m. – 4:00 p.m.	\$175

Fall Football

Football programs are open to boys and girls in Durham, Freeport, and Pownal. Our Football Registration event will be held at Pownal Road Field in June. It's a great time for the kids to have fun passing, throwing, and tackling dummies while parents can ask questions and register their players. Come join the fun, no obligation to play.

After registration closes in early August, new registrations will only be accepted if there is an opening on the team. Join us for our annual Pass/Punt/Run Fundraising and Equipment Pickup Event at the Joan Benoit Samuelson Track & Field. Follow Freeport / Pownal / Durham Football on Facebook for details!

NFL Flag Football (Grades K – 2)

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

Details available at rsu5cp.org

Youth Football (Grades 3–6)

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

Details available at rsu5cp.org



Laugh & Learn

Our Laugh and Learn programs provide high quality early childhood education and childcare services to serve families in the RSU5 community. We offer full-day and half day preschool for children ages 3–5 years old, as well as before and after care for children in our preschool programs and for students ages 5–12 years old in the Durham, Freeport and Pownal schools.

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

Laugh & Learn’s Before and After Care offers children the opportunity to get outside, participate in free play, structured activities, basic homework help and includes a healthy snack option as well. Before Care takes place in Durham and Freeport Schools, and our After Care programs take place in Durham, Freeport and Pownal. For more information, call (207) 865-6171 ext. 326 or visit rsu5cp.org. We look forward to serving your family’s preschool and childcare needs this year!

Preschool Program (Ages 3–5)

Location: Freeport

Options (3 day minimum):

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

Afternoon Half Day: 11:30 a.m. – 3:00 p.m.

Full Day: 8:30 a.m. – 3:00 p.m.

Before Care: 7:00 a.m. – 8:30 a.m.

After Care: 3:00 p.m. – 5:30 p.m.

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

Registration Opens February 12



Before and After Care Programs (Ages 5–12)

Locations: Durham, Freeport & Pownal

Options (3 day minimum):

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

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

Registration Opens April 1



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

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Telephone Numbers

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