Community Programs
April–August 2017

Includes Summer Camps!
## Summer Camp Quick Reference

### Grade, Fall 2017 (Age)*

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*Marked camps run only as a multi-week session  #Marked camps run fewer than five days per week

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7/26 - 7/7

7/10 - 7/14

7/17 - 7/21

7/24 - 7/28

7/31 - 8/4

8/7 - 8/11

8/14 - 8/18

8/21 - 8/25

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*Marked camps run only as a multi-week session  #Marked camps run fewer than five days per week
Message from the Director

The only things inevitable are...death and taxes. Well, that may not be true. Lifespans continue to increase and tax codes constantly change. They are two of the reasons our country’s social security system and health insurance costs are in such upheaval. So, what is inevitable? CHANGE.

How we react to change says a lot about us. I’m not offering an opinion here. It simply is a matter of personality and genetics. I love change... that is as long as it is meaningful, thoughtful and actually transformative. I have changed jobs, entire career paths, moved across numerous state lines, gone from never wanting to have children to embracing fatherhood with every fiber of my being and surrounding myself with other people’s children on a daily basis. I am a lifelong learner who voraciously reads, researches and takes college classes nearly every year since graduating with my first degree. I LOVE change and growth.

So why bring this up now? RSU5 Community Programs continually looks to provide opportunities for growth and change. Spring and Summer are upon us. And after the long Maine winters, everyone is ready to move, get outside, reinvigorate the mind, body and spirit. And we continually look at ways to improve our course offerings as well as the ways in which we deliver services to our communities.

One major item of change you will see with this brochure - we are adopting a new publication timing. We will no longer be ‘crossing’ seasons with our three-per-year brochure format. This has created some confusion with instructors, coaches, and parents in the past. So in order to streamline, beginning in September we will be going to a Fall/Winter and Spring/Summer format. There will no longer be a Winter brochure that partially includes Spring, or a Spring/Summer brochure that partially includes Fall.

What does that mean to you? You will not find any Fall soccer registration information in this brochure. We will be putting midterm updates out via our website and through digital newsletters. We will be getting program updates into ActiveNet earlier rather than waiting for brochures to be mailed. This is a perfect time to make sure you ‘like’ our Facebook page or update your ActiveNet profile to make sure you are getting our emails. We will be reaching out to our stakeholders in many ways and hope you will find our new formats easier to understand and more pleasurable to read.

Other small and not-so-small changes are taking place with our summer camps. Our popular Teen Treks program has some new and exciting opportunities. A morning bus loop through the schools in RSU5 will hopefully make getting your kids to camps across town lines easier. A summer camp schedule is included this year to make it easier to find opportunities for kids by week and age group. Plans are being explored for a district-wide community garden project.

Warmer weather is upon us. Send your kids to camp. Get outside. Be an active part of the RSU5 community. Effect positive change. I look forward to seeing you out and about this season!

Be well,

David Watts
Director, RSU5 Community Programs
wattsd@rsu5.org
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## Program Locations

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<td>20 Mollymawk Lane, Freeport</td>
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## Mission Statement

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

“Enriching lives... strengthening community”

## RSU5 Community Programs Staff

- **David Watts**, Director  
  wattsd@rsu5.org
- **Chris Guerette**, Recreation Coordinator  
  guerettec@rsu5.org
- **Andrea Harkins**, Childcare Coordinator  
  harkinsa@rsu5.org
- **Kelli Park**, Adult Education Coordinator  
  parkk@rsu5.org
- **Sarah Cass**, Office Manager  
  cassin@rsu5.org
How do I register for a class or program?
Registration is accepted in many convenient ways: online, in person, by mail or by phone. To register online, log onto www.rsu5cp.org and click on the “Register Online” link. Registrations are accepted using VISA, MasterCard, AMEX and Discover. If mailing, please include a completed registration form (s) and make checks payable to RSU5 Community Programs.

How do I establish an online account?
Before registering for any programs online, you must establish an online registration account and create a “Login Name and Password” (please be sure to remember this). Click on the “Request Account” button, fill out the form for “New Account Request” and click submit. Please submit your request only once.

Please Note: If you are registering a child for an activity, please use your own information when filling out the online registration account request form, NOT the information of the child you wish to register for an activity. Once you have an online registration account, you will have the opportunity to add family members.

Will I be sent confirmation?
Online registrations receive a confirmation email of 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 cancelled.

Don’t Wait to Sign Up!
If you snooze, we all lose... please register early! Many programs are adversely affected each year due to participants waiting until the last minute to register. Courses that don’t meet minimum enrollment generally one week before the start date are cancelled. Some camps may be cancelled two weeks ahead if ordering of materials is affected. Please register early to keep instructors coming back and programs vibrant in RSU5.

Cancellation & Refund Policy
Community Programs reserves the right to cancel or consolidate any program that does not meet minimum participant registration numbers. Avoid disappointment and please register promptly. If we cancel a class or activity, we will do so 2 business days before the first scheduled start date and all program registration fees will be refunded (minus any convenience fees). If you withdraw at least three (3) business days before the first scheduled class, you will receive a full refund less a $5 processing fee (minus any convenience fees). If you withdraw with less than three (3) business days before the first scheduled class, but before the second class, a 50% refund will be given unless otherwise noted (minus any convenience fees). No refund will be given if you withdraw from a program after the second class, less than three days before a one-class workshop or if you drop and do not notify us.

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 program. Our scholarship form can be found on our website under “Forms”. For more information or to apply, contact Community Programs at 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 865–3985.

Accessibility
If you have a disability and need any special accommodations to participate in one of our programs, please call the Community Programs office at 865–6171.

Are there late pickup charges?
Yes! It is very important that children 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 child to be picked up.
Adult Education

**High School Equivalency Diploma (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. HiSET™ replaces the GED in Maine. 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 Kelli Park at 865-6171 to register. **Registration is 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

Take advantage of these classes to get started on your future today. Call Kelli Park at 865-6171 to register. **Registration is FREE!**

**Instructor: Bob Deady-Schulz**
Days: Mondays & Wednesdays
Time: 6:00 – 8:00 p.m.
Location: FHS Room 401

**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 don’t know what support services are available to you? 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 David Watts or Kelli Park at 865-6171.

We offer FREE advising services in the following:
- Career Transitions
- Referrals to nonprofit agencies
- Entrepreneurship and small business development
- Certificate programs
- Post-secondary education

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**Connecting Maine’s Workforce to Careers in Information Technology and Computing**

- Individualized education and training plans based on participants’ needs
- Acquisition of industry recognized credentials and sector specific skills
- On-the-job career development, including internships and paid work experiences

TechHire Maine’s focus is to recruit, assess, train, and place young adults and underserved individuals into Maine’s IT industry. Participants take part in training and work experiences tailored to their career goals using a customized track approach. All of the tracks are driven by employer demand and provide opportunities to obtain the specific competencies or experiences participants need to meet their employment objectives. Find out how to get started today! Call Kelli, our Adult Ed Coordinator, at 865-6171 for more info.

This project is funded through a TechHire grant awarded to Coastal Counties Workforce, Inc., by the U.S. Dept. of Labor’s Employment and Training Administration under the H-1B Grant program.

**English as a Second Language (ESL)**
RSU No. 5 Adult Education 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 of RSU No. 5 to attend this program. Classes and tutoring services are available. Please call the Adult Ed Coordinator at 865-6171 to schedule your first meeting.
College Transitions

- 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?

Maine College Transitions is a comprehensive program of study leading to enrollment in a post-secondary institution. MCT includes career planning, academic preparation, financial aid assistance, college planning and Accuplacer testing. In partnership with community colleges and the university system, MCT programs offer high-quality, cost-effective and accessible pathways to post-secondary education for adults.

FEES FOR CLASSES ARE WAIVED if you become a College Transitions student through RSU5 Adult Education. For more info, call Kelli Park, the Adult Education Coordinator, at 865-6171 or email parkk@rsu5.org

Chemistry with Lab
Study the atom, elements, problem solving, electron configuration, gases and their laws. This is a laboratory practice class and will satisfy entrance requirements for post-secondary schools and CNA or nursing preparation. Prerequisite: Algebra I or currently enrolled in Algebra. 

Dates: June 27 – August 25
Days: Tuesdays and Thursdays
Time: 5:00 p.m. – 8:00 p.m.
Location: Brunswick High School
Fee: $180 or FREE to College Transitions students
Course #: 63-201

Biology with Lab
This activity oriented course deals with the study of life. Explore all major biological concepts including cells, reproduction, genetics, evolution, plants, invertebrates and vertebrate animals, along with human biology. Biology with lab is a fast paced offering that will satisfy requirements for most post-secondary schools, including those in the medical field. Lab fee and books included.

Dates: June 26 – August 24
Days: Mondays and Wednesdays
Time: 5:00 – 8:00 p.m.
Location: Brunswick High School
Fee: $180 or FREE to College Transitions students
Course #: 63-202

Math Academy
This is the perfect class for students to review for the math Accuplacer tests. Make the best of individualized programming where you can move at your own pace or receive guidance with an instructor in arithmetic and/ or algebra. Take the Accuplacer when you are ready and prepare for college registration. Textbooks included. Free for students enrolled in the College Transitions program.

Location: University College Bath/Brunswick
Fee: $135 or FREE to College Transitions students
Course #: 63-203

Morning Class
Dates: June 26 – August 24
Days: Monday and Wednesday
Time: 9:00 a.m. – 12:00 p.m.

Evening Class
Dates: June 26 - August 24
Days: Monday and Wednesday
Time: 5:00 p.m. – 8:00 p.m.
Community Programs offers online career training, professional development and personal enrichment through Education 2 Go. These online courses are the perfect way to learn a new skill or enhance your existing ones.

Online Career Training Programs can start you on a path to an in-demand profession. You can begin these programs at any time and learn at your own pace. Upon successful completion of all coursework, you will receive a Certificate of Completion.

Programs are available in the following areas: Healthcare and Fitness, Business and Professional, IT and Software Development, Management and Corporate, Media and Design, Hospitality and Service Industry, Skilled Trades and Industrial, Sustainable Energy and Going Green. For more info, visit www.careertraining.ed2go.com/rsu5cp

To register for E2Go career programs, visit careertraining.ed2go.com/rsu5cp

Intro to Microsoft Excel 2016
Do you work with numbers? Then you need to master Microsoft Excel 2016—and this is the place to do it. Learn dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. Discover the secrets behind writing powerful mathematical formulas and how to use the function wizard to quickly and automatically calculate statistics, loan payments, future value, and more.
Fee: $89

Accounting Fundamentals
Demand for accounting professionals currently exceeds supply. Increase your financial awareness while gaining a marketable skill! Learn the basics of double-entry bookkeeping, how to analyze and record financial transactions. Gain hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities.
Fee: $89

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

To register for Health Ed Today classes, visit www.healthedtoday.com/rsu5

Pharmacy Technician Program
This comprehensive course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Course content includes pharmacy medical terminology, reading and interpreting prescriptions and defining generic and brand names drugs and much, much more! Program also includes an optional clinical externship at a local healthcare provider!
Fee: $1,299

Medical Billing & Coding
Develop the skills to solve insurance billing and coding problems! Learn proper assignment of codes and the process to file claims for reimbursement. With the transition to ICD-10, effective as of October 1, 2015, this course will now provide training in the ICD-10-CM code set. This course also covers: an overview of the healthcare and insurance industry, the organization and use of ICD-10-CM, CPT, and HCPCS manuals to identify correct codes, CPT and specialty fields such as surgery, radiology and laboratory.
Fee: $1,799

Clinical Medical Assistant
This program prepares students to assist physicians by performing functions related to the clinical aspects of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, pharmacology, taking and documenting vital signs, technical aspects of phlebotomy, the 12-lead EKG and the cardiac life cycle. Program also includes an optional clinical externship at a local healthcare provider!
Fee: $2,499
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.

Spring Session
Dates: Tuesday, May 9 - June 13
Location: MSS Gym
Fee: $30, Drop-In: $6 per class
Course #: 63-204

Summer Session
Dates: Tuesday, June 20 - July 25 (no class July 4)
Location: FMS Cafe
Fee: $25, Drop-In: $6 per class
Course #: 63-205

Zumba Gold
Zumba® Gold is a dance fitness program that is designed for Zumba beginners! Get started on your fit and healthy lifestyle today! Like Zumba® Fitness, Zumba® Gold is based on zesty Latin and international rhythms, and easy-to-follow moves. Zumba® Gold offers the same dynamic, exhilarating and FUN atmosphere. Build cardiovascular health and overall muscle tone, in a friendly, highly engaging and energizing fitness party atmosphere. Come give it a try! (Please bring a towel, bottled water and wear clean athletic shoes with a smooth sole that will aide with lateral movement - e.g. cross-trainers.)

Instructor: Shari Chaney
Time: 9:30 -10:30 a.m.

Spring Session
Dates: Thursday, May 11 - June 15
Location: South Freeport Church
Fee: $30, Drop-In: $6 per class
Course #: 63-206

Summer Session
Dates: Thursday, June 22 - July 29 (no class July 6)
Location: FMS Cafe
Fee: $25, Drop-In: $6 per class
Course #: 63-207

Gentle Yoga
Join us and explore the benefits of yoga! Learn to quiet the mind and body using basic yoga postures and breathwork techniques. Develop strategies to reduce stress and calm your mind. This fun and accessible class is open to all levels. Mats and props are available.

Instructor: Tanji Johnston
Dates: Tuesdays, May 3 - May 31
Time: 5:00 - 6:00 p.m.
Location: MSS Room 17
Fee: $49
Course #: 63-208

Moderate Yoga
Explore new ways to deepen your yoga practice! Focus on basic, intermediate and yin yoga postures, breathwork, and meditation techniques to cultivate a more peaceful body and mind. Some previous yoga experience will be helpful. Join the fun and learn about the benefits of yoga practice for your health!

Instructor: Tanji Johnston
Dates: Wednesdays, May 3 - May 31
Time: 6:15 - 7:15 p.m.
Location: MSS Room 17
Fee: $49
Course #: 63-209

Casual Ballroom Dancing
Get comfortable in your own shoes! Find out how much fun dancing can be! Learn the basics of ballroom dancing - without the necessity of perfection. Dance rhythms may include waltz, two-step, and/or one-step. Get ready for wedding season with these great dance moves!

Instructor: Al Hipkins
Dates: Mondays, April 24 - May 15
Time: 6:00 - 7:00 p.m.
Location: FMS Cafe
Fee: $35
Course #: 63-223
Cooking Matters at the Store
Make the most out of your grocery shopping! Join us for a tour of the Yarmouth Hannaford to learn how to make healthy purchases on a budget. We'll go through most sections of the store, including produce, dairy, meat and seafood, bread and pasta, and canned goods, talking about specific nutrition related to each section, budgeting and sale tips, the nutrition label, and food quality. Participants receive a free reusable shopping bag, a booklet containing healthy recipes and all the talking points covered on the tour, and a $10 Hannaford gift card. Meet in the produce section.

Instructor: Brenna Albert, RD, LD
Date: Wednesday, May 10
Time: 6:00 - 7:30 p.m.
Location: Yarmouth Hannaford
Fee: Free
Course #: 63-210

The Real Scoop on Nutrition, Diet and Your Health
Learn about the benefits of a whole food, local and organic diet! Find out what we can learn about eating from our ancestors. If you are confused or confabulated about the litany of diets and food supplements out there, join us and find out how to approach shopping and eating today!

Instructor: Wendy Pollock
Date: Tuesday, May 9
Time: 6:00 - 8:30 p.m.
Location: FMS Library
Fee: $19
Course #: 63-211

Non-Dairy Basics
Need or want to go dairy free? Learn how to experiment with healthy, unprocessed foods made dairy-free and vegan, such as mayo, cream and cheese sauces, butter, coffee creamer and more! Don't miss out on this hands-on workshop! Food fee included!

Instructor: Sara Cromwell
Date: Tuesday, May 16
Time: 6:00 - 8:00 p.m.
Location: FMS 106
Fee: $29
Course #: 63-212

Essential Oils
Essential oils can enhance many areas of your daily life. They are often used for immune support, relaxation and sleep, stress relief, emotional balance, skin care, respiratory health, green cleaning and even muscle tension and pain. Learn about essential oil safety, how essential oils are produced and common methods of use. Don't miss this opportunity to create a more natural, healthy lifestyle with aromatherapy!

Instructor: Kelly Carey
Date: Monday, May 22
Time: 6:00 - 7:30 p.m.
Location: FMS Library
Fee: $15
Course #: 63-213

Moon Manifestation Meditation
Discover how to use the moon’s energy to improve your life! Learn how to release elements that no longer serve you, while manifesting the good that surrounds you. Find out how to experience powerful meditation techniques that help you create the life you want. Learn to release and let go to allow space for the good! Don’t miss out on this fun outdoor workshop! Start your summer off with great energy! Park admission not included in cost.

Instructor: Jeannie Sullivan
Date: Tuesdays, May 30 - June 13
Time: 6:00 - 7:30 p.m.
Location: Winslow Park
Fee: $45
Course #: 63-214
Beginners’ Pickleball Clinic
Join us to learn what this great game is all about! Pickleball shares features of other racket sports: the dimensions and layout of badminton, and a net and rules similar to tennis, but with a few modifications. Mostly played as doubles, this is a very popular game in Southern Maine and nationally, both indoors and outdoors especially with the retirement community. Rules, strategies and basic techniques will be covered to help you get started playing Pickleball right away. Paddles and balls will be provided during the clinic. Check out the USAPA website www.usapa.org for more information about Pickleball.

Coordinator: Peter Brown
Date: Monday, April 24
Time: 5:30 – 7:30 p.m.
Ages: 30 +
Location: PES Gym
Drop in Fee: $3/pp
Course #: 63-235

Early A.M. Interval Training
Are you stuck in a workout rut? Studies show that getting in a workout first thing in the morning is the path to being more productive, creative and healthy. Join this interval training class to start your day right. Each class is designed to improve your flexibility, strength, cardiovascular fitness and balance. Exercises will vary from class to class so you won’t get bored with your workout. Participants will learn a variety of exercises that can be done with little or no equipment necessary. All fitness levels welcome. This class will be held outside, weather permitting. Participants should bring a water bottle and a mat or beach towel to class.

Instructor: Rachel Mills, Certified Personal Trainer
Dates: Monday, Wednesday & Friday, May 1 – June 2
(no class 5/29)
Time: 5:30 – 6:30 a.m.
Location: MSS Parking Lot
Fee: $79
Course #: 63-236

Couch to 5K
Always wanted to run a road race? Designed for the beginner runner, this 8 week program will get you up and moving – just in time for the spring race season. Each session will include some strength training as well as build up your running time. All you need are running shoes and the desire to run a 5K. Classes will be 30-45 minutes long. Participants should bring a water bottle to class.

Instructor: Rachel Mills, Personal Trainer
Dates: Monday, Wednesday & Friday, April 24 – June 16
(no class 5/30)
Time: 6:30 – 7:15 a.m.
Location: MSS Parking Lot
Fee: $49
Course #: 63-237

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.

Coordinator: Peter Brown
Dates: Mondays, April 3 – August 28
(no session 4/17 or 6/19)
Time: 5:30 – 8:30 p.m.
Ages: 30 +
Location: PES Gym
Drop in Fee: $3
Course #: 63-234

Saturday to Sundae
5K
Saturday, June 10, 2017
See details, page 36
Adult Sports & Fitness

Adult Golf Lessons
Longtime Golf Instructor 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. Please bring own equipment. Note: the last day of lessons will run from 5:30 – 7:30 p.m., with the first hour on the range and the second hour on the course.

Instructor: Gerry Caron
Dates: Mondays, May 15 – June 12 (no program 5/29)
Time: 5:30 – 6:30 p.m. (7:30 on 6/12)
Location: Freeport Country Club Practice Facility
Fee: $95
Course #: 63-238

Women’s Summer Field Hockey
Love field hockey but not sure where to find a game? Join us this summer on Sunday evenings at Freeport Middle School for some competitive field hockey fun! Prior field hockey playing experience required. Participants must supply their own stick, mouth-guard and shin guards. For more information, contact Angela Ingerson at aingerson@myfairpoint.net.

Coordinator: Angela Ingerson
Dates: June 4 – August 27
Day: Sundays
Time: 4:00 – 5:30 p.m.
Ages: 18 +
Location: FMS Field
(Pownal Road Field 8/6 & 8/13 only)
Fee: $10
Course #: 63-241

Co-ed Basketball 30+ Open Gym
This is a co-ed program for those over 30 interested in an easy game of pickup basketball for fun and exercise. No drop-ins. Must pre-register with Community Programs.

Coordinator: Fritz Lee
Dates: Wednesdays, March 8 – June 14 (no program 4/19)
Time: 7:00 – 9:00 p.m.
Location: FMS Gym
Fee: $25
Course #: 63-242

Sunday Softball League
This spring we are introducing an adult slow-pitch, co-ed softball league. If you’re looking for a fun way to spend the afternoon with your family, while getting some exercise and engaging in a little friendly competition, this league is for you. If you’re into arguing balls and strikes, winning at all costs, crushing your enemies and seeing them driven before you, we might suggest another league. Practices will be arranged to be held during the week when possible. Price will include a baseball t-shirt and cap. We encourage you to find a sponsor for your team, and we’ll get their logo on your gear!

Coordinator: Chris LaChance
Dates: Sundays, May 7 – August 13 (no program 5/28)
Time: 1 p.m.
Location: Pownal Road Field
Fee: $595 team; $75 individual
Course #: 63-243

Tae Kwon Do for Adults
Tae Kwon Do is a great way to become physically fit and develop self-defense skills. Classes, taught by a staff of certified black belt instructors, continue year round in 9-week sessions and incorporate all ages and levels of expertise. If you are interested in the competitive side of martial arts, join the Tae Kwon Do competition team to participate in tournaments in Maine and other parts of New England. A uniform fee of $30 (includes white belt) is paid directly to the instructor. Belt promotion testing takes place at the discretion of the instructor.

Instructors: Wanda Daniele, Steve Day, Donald Cyr and Doug Bowen
Days: Tuesdays
Location: MLS Gym
Fee: $85
Course #: 62-211

Spring
Dates: April 4 – June 6
62-211

Summer
Dates: June 20 – August 22
63-240
(no program 4/18 or 7/4)
Adult Creative Endeavors

**Drawing Night: Birds**
Join us for this fun, relaxing workshop! Discover the joy of working with colored pencils while learning how to draw birds. Navigate the creative process with local artist Kelli McNichols! Create a gorgeous drawing of a downy woodpecker in just one night! No experience necessary. Materials will be provided.

**Instructor:** Kelli McNichols  
**Date:** Monday, May 8  
**Time:** 6:00 - 8:00 p.m.  
**Location:** FHS Art Room  
**Fee:** $29 or $75 for all three workshops  
**Course #:** 63-215 (63-239 for all three)

**NEW!**

**Drawing Night: Owls on Colored Paper**
Discover the art of drawing on black paper! Find out how to create a beautiful, unique drawing with local artist Kelli McNichols! Colored pencil drawings done on black paper are elegant and fun to do. Learn how to draw a gorgeous owl in just one night! No experience necessary. Materials will be provided.

**Instructor:** Kelli McNichols  
**Date:** Monday, May 22  
**Time:** 6:00 - 8:00 p.m.  
**Location:** FHS Art Room  
**Fee:** $29 or $75 for all three workshops  
**Course #:** 63-217 (63-239 for all three)

**NEW!**

**Drawing Night: Botanicals**
Discover the art of the botanical world in this fun, one-night workshop! Learn how to work with colored pencils while receiving detailed instruction from local artist Kelli McNichols. Find out how to depict the beauty of apple blossoms! Discover how much fun drawing flowers and leaves can be! No experience necessary. Materials will be provided.

**Instructor:** Kelli McNichols  
**Date:** Monday, May 15  
**Time:** 6:00 - 8:00 p.m.  
**Location:** FHS Art Room  
**Fee:** $29 or $75 for all three workshops  
**Course #:** 63-216 (63-239 for all three)

**NEW!**

**Watercolor Paint Night**
Just in time for Mother’s Day - join us for this fun, hands-on painting workshop! Local artist Kellie Chasse guides you through the creative process with step-by-step instruction! Find out how to paint a beautiful beach scene with watercolors. No experience is required to join in on the fun. Bring your favorite beverage with you! All materials and an 8x10 mat included.

**Instructor:** Kellie Chasse  
**Date:** Wednesday, May 3  
**Time:** 6:00 - 8:00 p.m.  
**Location:** Freeport Community Services - Bradley Room  
**Fee:** $40  
**Course #:** 63-218

**NEW!**
Adult Creative Endeavors

Exploring Camera Functions and Settings
Today's digital cameras have a variety of features. Are you getting the most out of your investment? Are you happy with your results. You'll be surprised by how much sharper and more interesting your photos are when you learn how to use your digital tools. We'll discuss image size and quality, shooting options, and menu choices that will make a difference in the sharpness of your photos. Leave this course with a solid understanding of your camera and the confidence to start making it work for you.

Instructor: Gary Swinton
Dates: Tuesdays, May 16 - 23
Time: 6:00 - 8:00 p.m.
Location: FHS 103
Fee: $59
Course #: 63-219

So You Want to Write a Book?
Whether you want to write non-fiction, a memoir, or the next great American novel, this is the course for you! Designed especially for the first-time book writer, a professional book writing coach and editor will cover a wide variety of topics in this program – how to figure out what to write about, where to begin, how to stay motivated, what to do when writer's block strikes. We will also address the pros and cons of traditional vs. self-publishing and who you need on your book team, why, and what to look for.

Instructor: Carol Hess
Date: Thursday, April 27
Time: 6:00 - 8:30 p.m.
Location: FMS Library
Fee: $19
Course #: 63-221

Photo Expedition: Coastal Maine Botanical Gardens
Learn to create amazing photos from a professional! Find out how to choose the right camera gear, isolate subjects, deal with backgrounds, use natural light to your advantage, use zoom functions effectively, choose exposure techniques, and find uncommon perspectives. There will be two classroom sessions and one session at Coastal Maine Botanical Gardens on Saturday, June 3 (admission not included in cost of class).

Instructor: Gary Swinton
Date: Wednesdays, May 31 - June 7
(expedition on Saturday, June 3)
Time: 6:00 - 8:00 p.m.
Location: FHS 103
Fee: $79
Course #: 63-220

NEW!

Ukulele Review and Something New!
Did you take our beginner ukulele course, only to have life intervene? Do you want to get back to ukulele playing? Spring is the season for renewal; there is no better time to regenerate your playing skills... and then take it up a notch! Join Duncan Perry, our popular ukulele instructor, for a review of the ukulele basics you’ve learned. Discover techniques that will enhance your playing and get your toes tapping - guaranteed to amaze your family and friends! The ukulele is fun, but you know that! Why wait? Sign up, space is limited.

Instructor: Duncan Perry
Date: Mondays, May 1 and May 8
Time: 6:00 - 7:30 p.m.
Location: FMS Music Room
Fee: $35
Course #: 63-222

NEW!

Summer Ukulele Mania!
Ukulele! Discover the hottest, happiest musical instrument around! You can learn to play it this summer in a laid-back program designed to set you on the road to becoming a ukulele dynamo. No experience is necessary and you don’t have to read music! This is a fun way to learn ukulele fundamentals – of course, you need to: have a ukulele, come to each class, and practice! Get ready to make some music!

Summer dates and times are to be determined by student and instructor availability. If you're interested, please email Kelli at parkk@rsu5.org for more information!
Adult Enrichment

Caribbean Cooking
Savor the flavors of the Caribbean! Chris spent part of this past winter on the Caribbean island of St. Croix learning from Chef Jamal Miranda, a local chef. Join us as he shares what he learned! Steamed shrimp and mussels, Caribbean beans and rice, jerk salmon, roasted veggies, and fried bananas for dessert! Don't miss out - this is one class you don't want to miss! Bring containers for leftovers. Food fee included.

Instructor: Chris Toy  
Date: Monday, June 5  
Time: 6:00 - 8:30 p.m.  
Location: FMS 106  
Fee: $39  
Course #: 63-224

Savory Jellies: Herb, Pepper, Garlic!
Herbs, sweet and hot peppers, onions, and garlic can all be preserved in jams and jellies, which make unique treats in the dark of winter. These spreads will warm up your hearty winter fare as a glaze on meats or an appetizer served with soft cheese. Learn about the versatility of savory jams and jellies in this hands-on class from University of Maine Cooperative Extension staff and Master Food Preserver volunteers. Participants will receive recipes and a jar of savory jelly. Please bring a potholder with you to class. $20 materials fee paid to instructor.

Instructor: Kate McCarty  
Date: Thursday, May 25  
Time: 5:30 - 8:30 p.m.  
Location: FMS 106  
Fee: $5  
Course #: 63-226

Camp Cooking Hacks
Summer is on its way! Learn the tricks to enjoying every meal on-the-go, whether it’s a seaside lobster bake, brunch on a boat, lunch on a mountaintop, dinner by campfire, and more! It’s summer and time for hitting the trails. There’s no need to compromise on variety, flavor, and quality of your meals though! Come join Chris as he shares some of his favorite recipes, tools, techniques, and stoves on the go. Bring containers for leftovers. Food fee included.

Instructor: Chris Toy  
Date: Thursday, June 1  
Time: 6:00 - 8:30 p.m.  
Location: FMS 106  
Fee: $39  
Course #: 63-224

Handmade Mexican Corn Tortillas
Just in time for Cinco de Mayo–Make your own tortilla press for fresh corn tortillas! Afterward we’ll fill them with tasty salsa rice, chipotle beef, cheese, and fresh lettuce. Yum! We’ll also make an easy cold avocado soup. You’ll go home with a full stomach, new recipes, and your own tortilla press! Bring a Phillips screwdriver for assembly. Materials fee included.

Instructor: Chris Toy  
Date: Thursday, May 4  
Time: 6:00 - 8:30 p.m.  
Location: FMS 106  
Fee: $39  
Course #: 63-244

Community Garden
RSU5 Community Programs is hoping to start a Community Garden in the near future! We are in the early planning stages - our goal is to have the garden up and running within the next year. We are looking for community members to participate in the development and oversight of the garden, whether it’s by volunteering, donating materials, grant writing, or becoming part of the advisory board. Coren Wheeler of Pownal will be our Community Garden Coordinator. If you’re interested in joining our cause, please email Kelli at parkk@rsu5.org
Adult Enrichment

Registered Maine Guide Training Course
Become a Registered Maine Guide! Upgrade your knowledge or learn current standards for trip creation and leading, map & compass navigation, cooking for clients, safety, catastrophic event solutions, client issues, weather-related issues and much more. Each week there will be required reading and homework to prepare for the upcoming weekend training. Get the training needed to prepare to take licensing exams in June for summer employment. While training doesn’t guarantee that you will pass your licensing examinations, it will significantly increase your chances. This training is geared for those wishing to become Registered Maine Guides with license specialties of Recreation, Hunting, Fishing, Sea Kayaking and Tide-water Fishing. Sea Kayak specialty candidates will have one additional day of training for on-water skills.
Please have at least three years of experience in your future specialty area. Classes will be held outdoors, so be prepared for inclement weather. Participants should have American Red Cross or American Heart Association First Aid and CPR completed by May 15. Canoeing and SUP skills on the water will be held on May 6 - wetsuits are required and can be rented at an additional cost.

Instructor: Alice Bean-Andrenyak
Dates: Saturdays and Sundays, April 29 - May 21
(no class May 13 and 14)
Time: Saturdays, 8:30 a.m. - 5:00 p.m.
Sundays, 8:30 a.m. - 4:00 p.m.
Location: Alice’s Awesome Adventures, Brunswick
Fee: $499
Course # 63-228

Steamer Dig on the Coast of Maine
Get your hands dirty at Wolfe’s Neck Woods State Park! Don’t miss this opportunity to embrace the art of clam digging with your local park rangers! Learn about the life history of softshell clams and other clams, threats to clams, rules around digging clams, and how to dig for them. Get out there and enjoy life on the coast of Maine!

Instructor: Wolfe’s Neck Woods State Park Staff
Date: Sunday, May 7 or Wednesday, August 9
Time: 2:00 - 3:30 p.m.
Location: Wolfe’s Neck Woods State Park
Fee: Free with park admission
Course #: 63-230

Primitive Skills - Fire Starting
Learn the ancient skill of fire starting without flint or matches! Of all humanity’s tools, fire may have played the most essential role in helping us develop the societies we live in today. Rediscover the ancient art of fire starting using the bow-and-drill method. Please call Wolfe’s Neck at 865-4465 to register.

Instructor: Wolfe’s Neck Woods State Park Staff
Date: Saturday, May 13 or Saturday, July 29
Time: 2:00 - 3:30 p.m.
Location: Wolfe’s Neck Woods State Park
Fee: Free with park admission
Course #: 63-231

Bin to Bale: Reduce Your Waste
Learn easy ways to help you sort your waste, make a positive impact on the environment, and lower trash outputs and costs. Get answers to questions such as: do you really need to rinse out cans and bottles before you put them into recycling? What about pizza boxes and liners with bits of pizza attached? What if a bag or container has no triangle on it? Find out how you can reduce your environmental footprint!

Instructor: Katrina Venhuizen
Date: Monday, May 8
Time: 6:00 - 8:00 p.m.
Location: FHS 103
Fee: Free
Course #: 63-232

Explore Freeport by Kayak
This is your chance to get out and discover the history of Freeport! Meet at Porter’s Landing and learn about your surroundings with Registered Maine Guide Alice Bean Andrenyak. Paddle and explore Lower Mast Landing and the remains of a historic mill. Snacks are included. This is a great way to celebrate Father’s Day in advance!

Instructor: Alice Bean-Andrenyak
Date: Saturday, June 10
Time: 9:00 a.m. - 1:00 p.m.
Location: Porter’s Landing boat launch, Freeport
Fee: $59
Course # 63-229
RSU5 Community Programs now offers travel planning and booking services for tours, cruises, hotels & resorts and villa/apartment rentals throughout the world. This travel program is managed by Ray Ramage, Freeport resident, and a veteran of the travel industry since 1999.

Travel provides the enrichment of a broadened perspective, seeing and learning from historic sites and different peoples and cultures. We offer you the world as your classroom and provide a resource to help you get out there! There is no minimum to the size of your travel group - solo, to hundreds. And we offer the only Satisfaction Guarantee in the cruise industry!

Check out our website or call for more information. You’ll be amazed at the kinds of opportunities that are available! Not sure what the world has to offer?

For more info, visit www.rayramage.wixsite.com/rsu5

**Boston Dragonboat Festival**

Join us for an exciting cultural experience along both banks of the Charles River in Boston and Cambridge! Chris Toy will lead this excursion to Boston, where you will sample the cultural and culinary delights of China! This is one cultural experience you won’t want to miss!

Dragon Boat Festival commemorates the ancient patriot-poet Qu Yuan who lived from 340-278 B.C. The King banished him. When Qu Yuan heard that his home had been invaded, he drowned himself in the Mi Lo River.

Too late to save him, the people splashed furiously and threw steamed rice wrapped in reed leaf into the river as a sacrifice to his spirit and to keep the fish from Qu Yuan’s body.

Today the boats still race in his honor and there are traditional dances, arts, crafts, and food for visitors to enjoy! For more info on the schedule of events, visit www.bostondragonboat.org.

Transportation will be provided by Amtrak Downeaster and Massachusetts Bay Transportation Authority. The train departs from Freeport Amtrak Station promptly at 7:40 a.m. Participants also have the option of boarding at the Portland Amtrak Station - the train leaves Portland at 8:20 a.m. Please notify us if you plan to board in Portland. Please come prepared to walk! Meals not included in cost.

**Instructor: Chris Toy**

Date: Sunday, June 11
Time: 7:20 a.m. - 8:00 p.m.
Location: Depart Freeport Train Station
Fee: $99
Course # 63-233
The newly redesigned PORT is open Monday through Friday afternoons with FREE programs designed for RSU5 teens. Each day of the week is different. Space is limited! Pre-registration is required. Sign up for as many days as you’d like!

**The PORT: Call for Adult Volunteers**

Continuing toward the roots of the teen center, we hope to create a space for youth to hold events or relax under volunteer adult supervision. We are looking for adult volunteers interested in keeping The PORT open later on weekdays to give kids a safe, chem-free environment, where they can work on homework, or socialize with friends. If you have an afternoon or two a week and would like to give back to the youth of our community, please contact our office!

**MONDAY**

Grades 6–12, 2:30–4:30 p.m.

Looking for a new way to relax and develop your skills as an artist? Come to The PORT if you’d like to hang out and be creative at the same time! Grab a sketchbook and bring your friends – make the most of your Monday afternoon! Bring a snack and a basic sketchbook. Drawing pencils will be provided.

Kelli Park, RSU5 Adult Ed Coordinator, instructs. She started private art lessons at eight, and eventually earned her B.A. in Studio Art from Marietta College. She has documented years of travel around the world with her camera.

**TUESDAY**

Grades 6–12, 2:30–4:30 p.m.

Join the Board Game Revolution every Tuesday. Since the 90’s, board games have been changing in leaps and bounds to encourage decision making and strategy, while ensuring everyone always has a stake in the game. 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 and RSU5 Recreation Coordinator Chris Guerette is an avid board gamer, graphic designer, paddler and hiker. He lives in New Gloucester with his wife and two sons.

**WEDNESDAY**

Skew@School

Grades 6–10

Do some of your classes feel like they are 22 hours long? Do you read a chapter and have no idea what you just read? Do you ever tell yourself, “I can’t do this,” when you are given an assignment? If so, and you also enjoy activities like low ropes course challenges, arts & crafts, cooking, or sports, then you might be the perfect candidate for Skew@School. This new multi-week program will help make it easier to stay organized, understand how you learn, and practice strategies to do even better in school.

Jason Bradeen, a teacher and certified guidance counselor with over fourteen years experience working with students, is the instructor and the creator of Skew. He holds a B.A. in psychology, an M.A. in Education, and an M.Ed. in Leadership and Policy Studies. His passions are helping students achieve & enjoying the outdoors.

**THURSDAY**

Hip-Hop Club 207

Grades 6–12, 2:30–4:00 p.m.

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 is the Dance Director at Studio 48 Performing Arts Center in Brunswick. She has been in the performance industry for more than 17 years, training all over New England. She holds a B.S. in Sociology and has also worked in mental health.

**FRIDAY**

COMPOSED mind & body

Grades 6–12, 2:30–3:45 p.m.

New Program! Begins May 12, 2017

Warmer weather is upon us. Get your minds and bodies in shape for the summer with some fun and healthy games and activities. Learn why and how you are what you eat. Discover that the whole is greater than the sum of the parts, and how the mind and body complement each other. Join Trish Baird of Off the Mat Yoga each week as she leads activities developed specifically for teens, including games, movement, discussions and preparations of healthy snacks. Come dressed ready to move! If you have your own yoga mat, please bring it. We have rugs and a few mats to share.

Trish Baird is a Registered Yoga and Children’s Yoga Teacher. She is also certified to teach Yoga Nidra. She lives in Portland.
**Youth Sports & Fitness**

**Tae Kwon Do Dragons – Youth**
Tae Kwon Do is a great way to become physically fit and develop self-defense skills. Classes, taught by a staff of certified black belt instructors, incorporate all ages and levels of expertise. **Parents are asked not to remain in the gym after the first class.** Parents, siblings, and friends are invited to attend the belt promotion classes. If you are interested in the competitive side of martial arts, join the Tae Kwon Do competition team to participate in tournaments in Maine and other parts of New England. A uniform fee of $30 (includes white belt) is paid directly to the instructor. Belt promotion testing takes place at the discretion of the instructor.

**Instructors:** Wanda Daniele, Steve Day, Donald Cyr and Doug Bowen

<table>
<thead>
<tr>
<th>Days</th>
<th>Level</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>Introductory</td>
<td>5:00 – 5:45 p.m.</td>
</tr>
<tr>
<td>Ages: 6 – 12</td>
<td>Intermediate</td>
<td>5:45 – 6:30 p.m.</td>
</tr>
<tr>
<td>Location: MLS Gym</td>
<td>Advanced</td>
<td>6:30 – 7:30 p.m.</td>
</tr>
<tr>
<td>Fee: $85</td>
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</tr>
</tbody>
</table>

**Session** | **Dates** | **Course #**
---|---|---
Spring | April 6 – June 8 | 62-130
Summer | June 22 – August 24 | 63-311
(no program 4/20 or 7/6)

**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:** Kevin Woods

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time: 8:00 – 9:00 a.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays, May 6 – June 10</td>
<td>Grades: K – 2</td>
</tr>
<tr>
<td>Location: FMS Fields</td>
<td>Fee: $59</td>
</tr>
<tr>
<td>Course #: 62-122</td>
<td></td>
</tr>
</tbody>
</table>

**Harraseeket Harriers Coastal Running Team**
Lace up those sneakers and get ready to run like the wind in another exciting Harriers season! The primary focus of this six week 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 each Wednesday with other surrounding communities.** A meet schedule will be handed out at one of the first practices. Practices will run Mondays and the first Wednesday, with meets held each successive Wednesday, beginning May 3rd. A meet schedule will be distributed at the first practice.

**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 3rd at 1 p.m. at Twin Brook Recreation area in Cumberland.

**Parent Volunteers Needed:** In order to provide adequate programming for our youth we need the help of parent volunteers. Please help us continue our tradition of offering this quality program by volunteering to help.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time: 3:20 – 4:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays &amp; Wednesdays, April 24 – June 3</td>
<td>Grades: 6 – 12</td>
</tr>
<tr>
<td>Practice Times: 3:20 – 5:30 p.m. (approx.)</td>
<td>Fee: $69</td>
</tr>
</tbody>
</table>

**Morse Street and Mast Landing**

**Coach:** Rachel Mills

**Location:** MLS Playground Field

| Course #: 63-313 |

**Durham Community School**

**Coach:** John Simoneau

**Location:** DCS Fields

| Course #: 63-314 |
Youth Sports & Fitness

TinyTykes Soccer
Challenger Sports introduces TinyTykes (formerly MiniKickers), 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 to return next week. Come join our Cubs and Lions Program and join Lenny the Lion as you learn our TinyTykes theme song! Registrations for this program are only being accepted online at www.challengersports.com.

Instructor: Challenger Sports
Dates: Saturdays, April 22 – May 20
Location: FMS Field
Fee: $90

<table>
<thead>
<tr>
<th>Ages</th>
<th>Times</th>
<th>Course #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cubs, Ages 2 – 3</td>
<td>4:00 – 4:45 p.m.</td>
<td>63-315</td>
</tr>
<tr>
<td>Lions, Ages 4 – 5</td>
<td>5:00 – 5:45 p.m.</td>
<td>63-316</td>
</tr>
</tbody>
</table>

Pitch, Hit & Run/Jr. Home Run Derby Competition
Sponsored by the Maine Recreation & Park Association (MRPA), Scott’s Lawn Care & Major League Baseball Pitch, Hit & Run (PHR) is an exciting skills competition that provides boys and girls the chance to advance through four levels of competition, including Team Championship events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game. PHR is intended to encourage youth participation and emphasize the fun element of baseball/softball. This year we will also be hosting a fourth and separate skills competition: the official Jr. Home Run Derby. Register by May 18th.

Date: Sunday, May 21st
Time: 1 p.m.
Ages: 7-14
Location: Hunter Road Fields
Fee: FREE
Course #: 63-317

Hip Hop Dance
Calling all enthusiastic dancers! Learn beginning hip hop moves, dance class etiquette, improvisation, and much more! Get ready to have fun and work hard in this fast paced class! Please send your dancer in comfortable, flexible clothes with sneakers. No jeans please. Beginning dancers welcome. There will be a parent showcase on the last day of class.

Instructor: Brio Dance Studio
Dates: Tuesdays, May 2 – June 6
Time: 3:20 – 4:15 p.m.
Grades: 3 - 5
Location: MLS Gym
Fee: $59
Course #: 63-300

Hippity Hop Dance
Join us for some fun in this new after school dance class at Morse Street School! Hippity Hop is a fun, high–energy class that includes conditioning, stretching, basic jazz and hip hop steps while introducing hip hop dance. Age appropriate music will be used for all sessions. Please send your dancer in comfortable, flexible clothes with sneakers. No jeans please. There will be a parent showcase on the last day of class.

Instructor: Brio Dance Studio
Dates: Wednesdays, May 3 – June 7
Time: 3:15 – 4:00 p.m.
Grades: K – 2
Location: MSS Gym
Fee: $59
Course #: 63-301

Spinning Sprouts
Explore the art of dance with Brio Dance Studio! Learn basic ballet, basic tap, and creative movement steps. Dance encourages self-confidence, balance, and coordination to aid in your child’s development. Visitors are not allowed during class. 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 will be a parent showcase on the last day of class.

Instructor: Brio Dance Studio
Dates: Wednesdays, May 3 – June 7
Time: 4:15 – 5:00 p.m.
Ages: 3 - 5
Location: MSS Gym
Fee: $59
Course #: 63-302
Youth Enrichment

**Little Lions Yoga & Movement**
Using music, songs, stories, games and age appropriate yogic philosophy, Trish of Off the Mat Yoga will lead a fun and unique class for your child. Yoga has been shown to increase motor skills, impulse control, verbal skills and social skills. Yoga gives your child a sense of control over their body and allows them to practice ownership over their feelings. No experience is necessary. This is an independent class for children; parents do not participate.

**Instructor: Trish Baird**  
Dates: Fridays, May 12 – June 16  
Time: 9:15 – 10:00 a.m.  
Ages: 3 – 5  
Location: The PORT  
Fee: $59  
Course #: 63-303

**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: Cameron Trotter**  
Time: 3:30 – 5:00 p.m.  
Ages: 7 – 12  
Location: MLS Room 20

- **Class**  
  - Dates: Thursdays & Fridays, April 7 – May 26  
  - Girls Only: Mondays, April 3 – May 22  
  - Open: April 14, 17 or 21  
  - Fee: $55  
  - Course #: 63-304

- **Girls Only**  
  - Dates: April 3 – May 22  
  - Fee: $65  
  - Course #: 63-305

**Clay, Clay, Clay**
Everybody loves clay! Each week will be a different project ranging from ceramics to sculpture. Come join the fun, get your hands dirty and make some wonderful gifts. Morse Street School students may ride the bus to Mast Landing. Instructor will meet students at the bus.

**Instructor: Rachel Mills**  
Dates: Tuesdays, May 2 – 30  
Time: 3:30 - 4:45 p.m.  
Grades: K – 5  
Location: MLS Art Room  
Fee: $69  
Course #: 63-308

**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. An additional $50 materials fee is due on the first night of class and is paid directly to the instructor. Checks should be made payable to Judy Emch. Participants MUST attend all classes to gain certification.

**Instructor: Judy Emch**  
Time: 3:20 – 5:50 p.m.  
Ages: 11 & up (or have completed 5th grade)  
Fee: $39 (an additional $50 materials fee is paid directly to instructor)

- **Dates: Thursday & Friday, April 27 – May 11**  
- Location: DCS Library  
- Course #: 63-306

- **Dates: Thursday & Friday, May 18 – June 1**  
- Location: MLS Room 28  
- Course #: 63-307

**Pottery**
Work on wheel-thrown pottery and hand building with kiln-fired clay. Create some wonderful bowls, cups and sculpture. Instruction in the use of a pottery wheel as well as special attention on details and embellishment to our pieces will be the focus. Come try casting, imprinting and glazing in this fun class. Class size limited to 4 – sign up soon!

**Instructor: Rachel Mills**  
Dates: Fridays, May 5 – June 9  
(no class 5/19)  
Time: 3:30 – 4:45 p.m.  
Grades: 3 - 5  
Location: MLS Art Room  
Fee: $89  
Course #: 63-309
Morning Summer Camp Bus Loop and Camp Start Times
This year we are adding something we hope will be helpful to families. A school bus will run a morning loop through the schools in RSU5 where camps are being held, picking up and dropping off students at the location of their camps. There is no afternoon bus available. Since camps end at various times, it is still important that parents pick up their child at the end of the camp. All morning camps will begin at the same time within the specific schools, making it easier for parents and children to get to multiple locations.

<table>
<thead>
<tr>
<th>Bus Route</th>
<th>DCS</th>
<th>FMS</th>
<th>MLS</th>
<th>MSS</th>
<th>DCS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Departure Time</td>
<td>8:15 a.m.</td>
<td>8:35 a.m.</td>
<td>8:45 a.m.</td>
<td>8:50 a.m.</td>
<td>–</td>
</tr>
<tr>
<td>Camps at Location Begin</td>
<td>–</td>
<td>8:45 a.m.</td>
<td>9:00 a.m.</td>
<td>9:00 a.m.</td>
<td>9:15 a.m.</td>
</tr>
</tbody>
</table>

The bus run will leave DCS at 8:15, then proceed to each location, drop off and pick up students, and return for the final drop off at DCS. Parents will only need to travel across district one time to pick up children at the end of each camp. Morning camp start times have been adjusted slightly this year to accommodate the bus schedule.

If you plan to use the bus, please be sure to check the appropriate box when registering so that we can plan for an appropriate number of children.
Camp Seaside

Camp Seaside is a summer day camp based out of the Mast Landing School on Bow Street in Freeport. Our day camp is designed to spark your child’s imagination, grow new friendships and create a memorable summertime experience for all. Some of our time will be spent, weather permitting, at Winslow Park on beautiful Casco Bay. Each week will also consist of a “highlight trip” and a trip to a local state park or beach. Daily activities will include arts, crafts, sports and games. Campers are divided into age appropriate groups for most activities and trips, but participate in whole camp events as well. See below for a tentative schedule of some this summer’s “highlight trips”. A more definitive schedule will be available on our website by mid June.

Lunch
We are once again teaming up with Freeport Community Services and the USDA Federally Funded Summer Lunch Program. Each lunch contains the federally required percentage of protein, fruit, vegetables & grain and all lunches include milk.

Staff
Camp Seaside prides itself on the quality and commitment of our staff. Staff members largely consist of college or senior high school students. These individuals are caring, fun, energetic and responsible people, who participate in a pre-camp training program and are certified in First Aid and CPR. Our staff works hard to provide campers with the opportunity to have fun in an active, safe environment.

Camp Hours
Camp hours are 9:00 a.m. – 3:30 p.m. daily. Extended care is provided at no additional charge from 7:15 – 9:00 a.m. and 3:30 – 5:30 p.m. each day. If you will be taking advantage of our extended care option, you must indicate so upon registration.

Camp Fees
Camp fees includes lunch, all field trips and special events. Full payment is due the week before your child is scheduled to attend.

Camp Information
Trips and activities are subject to change. Register for all 8 weeks of camp by June 1st and save over $100!

Camp Director: Andrea Harkins
Days: Mondays – Fridays
Time: 7:15 a.m. – 5:30 p.m.
Grades: Entering K – 5
Location: MLS after care rooms

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 life-long skills? If you will be at least 15 years old as of June 26, 2017 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 www.rsu5cp.org. The deadline to apply is Friday, May 19 and two letters of recommendation will need to be provided with your application (letters should be from people other than your parents).

<table>
<thead>
<tr>
<th>Week/Dates</th>
<th>Highlight Trips</th>
<th>Fee</th>
<th>Course #</th>
</tr>
</thead>
<tbody>
<tr>
<td>All June 26 – August 18</td>
<td>All Trips</td>
<td>$1450</td>
<td>63-100</td>
</tr>
<tr>
<td>1 June 26 – 30</td>
<td>Maine Wildlife Park</td>
<td>$199</td>
<td>63-101</td>
</tr>
<tr>
<td>2 July 3, 5, 6, 7</td>
<td>Funtown/Splashtown</td>
<td>$160</td>
<td>63-102</td>
</tr>
<tr>
<td>3 July 10 – 14</td>
<td>Pirate’s Cove Mini Golf, Old Orchard Beach</td>
<td>$199</td>
<td>63-103</td>
</tr>
<tr>
<td>4 July 17 – 21</td>
<td>Aquaboggan</td>
<td>$199</td>
<td>63-104</td>
</tr>
<tr>
<td>5 July 24 – 28</td>
<td>York’s Wild Animal Kingdom</td>
<td>$199</td>
<td>63-105</td>
</tr>
<tr>
<td>6 July 31 – August 4</td>
<td>Splashtown</td>
<td>$199</td>
<td>63-106</td>
</tr>
<tr>
<td>7 August 7 – 11</td>
<td>Circus Smirkus</td>
<td>$199</td>
<td>63-107</td>
</tr>
<tr>
<td>8 August 14 – 18</td>
<td>Aquaboggan</td>
<td>$199</td>
<td>63-108</td>
</tr>
</tbody>
</table>
**Adventure Camps**

**Teen Treks**

Fun and adventure are guaranteed in this on-the-go camp for teens. These trips provide an excellent opportunity for teens to make new friends, get outdoors and enjoy all the wonderful things Maine has to offer during the summer. Each week of camp includes adventurous trips and activities suited for any teen looking to have a memorable summer! Scholarships are available through Freeport Community Services. Call 865-3985 for more information.

**Trips Leaders:** Community Programs Staff

**Grades:** Entering 6 and up

**Location:** The PORT, 53 Depot St., Freeport

<table>
<thead>
<tr>
<th>Week/Dates</th>
<th>Highlight Trips</th>
<th>Fee</th>
<th>Course #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Seguin Island, WaterCountry</td>
<td>$199</td>
<td>63-109</td>
</tr>
<tr>
<td>2</td>
<td>Seacoast Adventure, SailMaine</td>
<td>$199</td>
<td>63-110</td>
</tr>
<tr>
<td>3</td>
<td>Deep Sea Fishing, Funtown/Splashtown</td>
<td>$199</td>
<td>63-111</td>
</tr>
<tr>
<td>4</td>
<td>Seaspray Sea Kayaking, Gorilla Tactics Laser Tag</td>
<td>$199</td>
<td>63-112</td>
</tr>
<tr>
<td>5</td>
<td>Stand Up Paddleboarding, Aquaboggan</td>
<td>$199</td>
<td>63-113</td>
</tr>
<tr>
<td>6</td>
<td>Biking on Peaks Island, Seacoast Adventure</td>
<td>$199</td>
<td>63-114</td>
</tr>
<tr>
<td>7</td>
<td>Rock Climbing/Whitewater Rafting Overnight</td>
<td>$325</td>
<td>63-115</td>
</tr>
<tr>
<td>8</td>
<td>Fort Gorges Kayak Tour, Pirate’s Cove Mini Golf</td>
<td>$199</td>
<td>63-116</td>
</tr>
</tbody>
</table>

**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 and all paddlers will receive a kayaking t-shirt on the last day! Guaranteed to be the talk of the summer!

Kayakers should be prepared for a change in weather conditions. If a change in the schedule is made, all participants will be notified by phone. Campers will receive release forms and gear lists before camp begins.

**Staff:** Seaspray Kayaking

**Dates:** Monday – Friday, July 10 – 14

**Time:** 1:00 – 4:00 p.m.

**Ages:** 8 – 15

**Location:** Winslow Park, Freeport

**Fee:** $225

**Course #:** 63-143

**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. All Kayakers will receive a kayaking T-Shirt!

Kayakers should be prepared for a change in weather conditions. If a change in the schedule is made, all participants will be notified by phone. Campers will receive release forms and gear lists before camp begins.

**Staff:** Seaspray Kayaking

**Dates:** Monday – Thursday, July 31 – August 3

(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:** $339

**Course #:** 63-144
Enrichment Camps

Broadway Musical Camp, Jr.
Join us for our next musical theater adventure! We have a special opportunity this year. We'll be joining forces with Freeport Players, our resident theater company, to provide an opportunity for even more stage time for campers. During the day, camp participants will learn songs, dance and set construction while building relationships and confidence on stage. At various times during the three week camp, students will learn techniques and get critiques from the directors of Freeport Players' upcoming summer production of *Seussical™*. We’ll even spend time learning some chorus scenes and parts from the production. And then, campers who would like to continue, will have the chance to perform in *Seussical™* at the end of July at the Freeport Performing Arts Center! (additional evening rehearsals would be required during the week of July 17. *Seussical™* Performances: July 20 - 30 - Th/F/Sa at 7 p.m., Sun at 2 p.m.)

And If you’d like to take your experience to the next level, try out to be one of the teen leads in *Seussical™* during Freeport Players’ Open Auditions on April 23rd and 24th at Freeport High School (not required to be part of the camp or performances).

Each camper must bring a lunch, clothing to move in, closed toe shoes, a water bottle, and a great attitude every day. We’ll choose the musical for our camp production and Friday, July 14th performance based on the number of registrations and cast members. So don’t delay! Register now to reserve your place in the cast!

Instructors: RSU5 Community Programs staff, Maya and Liva Pierce
Camp Dates: Monday – Friday, June 27 – July 14  
(Begins on Tuesday, no camp on July 4)
Grades: Entering 3 – 8
Time: 9:00 a.m. - 2:30 p.m.
Location: MLS cafeteria
Fee: $535
Course #: 63-118

Music Explorer’s Camp
Come experience the joy of making music! We'll move, sing and experiment with different types of instruments. We’ll create sound stories and begin or continue developing music skills, independence and creativity. Students will spend time both indoors and outdoors, so be prepared. Each camper must bring a snack, clothing to move in, shoes that stay on, and a water bottle to camp each day.

Instructor: Rosemarie Lawrence, MLS music teacher
Dates: Monday – Friday, August 21 – 25
Time: 9:00 a.m. - 12:00 p.m.
Age: 5 – 8 (or Entering K – 2)
Location: MSS Music Room
Fee: $125
Course #: 63-120

Tune Up Band Camp
Don’t take the summer slide backwards! This camp will keep you moving forward in your studies. The program takes place over a three and a half week period depending on student availability, M/W/F. Designed to be flexible to student and family needs and time constraints, students will be scheduled for approximately three hours of instruction each week. Students will be given goals for home practice in between sessions. Each student will have a private lessons and one or two small or large group experiences each week. Daily schedule will be determined based on instrumentation and registration numbers. We can work within your schedule. The camp is open to any student entering grades five through nine with at least one year of study. Open to all woodwind, brass and percussion players.

Instructor: Rosemarie Lawrence, MLS music teacher
Dates: Mondays, Wednesdays & Thursdays, July 5 – 27
Time: TBD
Grades: Entering 5 – 9 (minimum 1 year of study)
Location: FMS Band Room
Fee: $175
Course #: 63-119
Enrichment Camps

Script 2 Stage
You asked for it and now we are offering it! Have you ever visited the theater with your family, only to discover 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 you need 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. The Morning Summer Camp bus will drop off at FHS after MSS this week only.

Instructor: Tim Ryan
Dates: Monday – Friday, August 21 – 25
Time: 9:00 a.m. – 3:00 p.m.
Grade: Entering 4 – 9
Location: FHS Performing Arts Center
Fee: $129
Course #: 63-121

NEW!

Community Garden
RSU5 Community Programs is hoping to start a Community Garden! We are looking for community members to participate in the development and oversight of the garden, whether it’s by volunteering, donating materials, grant writing, or becoming part of the advisory board. Coren Wheeler of Pownal will be our Community Garden Coordinator. If you’re interested in joining our cause, please email Kelli at parkk@rsu5.org

Princess Dance Camp
Doesn’t every little girl deserve the royal treatment? We think so! Join us for a week of dancing with the princesses! Each day will focus on a different Disney Princess. Daily activities will include: stretching, dance class, healthy snacks, craft time, princess manners and dress up! Come explore the art of dance while learning the story of Ariel, Belle, and others! The performing arts aid in the growth of a child’s self-confidence, coordination and creative expression. Join Brio Dance Studio for a week of fun, learning and finding your inner princess! Learn more about Brio Dance Studio at www.briodancestudio.com.

Instructor: Brio Dance Studio
Dates: Monday – Friday, June 26 – 30
Time: 9:00 a.m. – 12:00 p.m.
Ages: 3 – 6
Location: MSS Gym
Fee: $115
Course #: 63-125

Hip Hop Dance Camp
Does your child have fast moving feet? Do they like to jump and dance around? We have the perfect camp for them! Join us for a week of movin’ and groovin’ at Hip Hop Dance Camp! Each day your dancer will learn new moves that they can show off to family and friends. Daily activities will include: stretching, dance class, healthy snacks, craft time, and performance preparation! Come explore the art of hip hop and freestyle! Family and friends will be invited to the end-of-camp presentation at 12:45pm on Friday! The performing arts aid in the growth of a child’s self-confidence, coordination, and creative expression. Please send your camper with lunch each day. Snacks will be provided, however we ask that if your camper has allergies that snack is sent with them. Learn more about Brio Dance Studio at www.briodancestudio.com.

Instructor: Brio Dance Studio
Dates: Monday – Friday, July 10 – 14
Time: 9:00 a.m. – 1:00 p.m.
Grades: Entering K – 4
Location: MSS Gym
Fee: $125
Course #: 63-126

Camp Cookees: Magical Cooking
Join “Nana Chef” Sandy Garson in our cooking camp for kids! Participants will learn how to apply math skills in the kitchen, cooking terminology and what it means to have proper nutrition, all while gaining hands on experience in making recipes from all over the world from Maine food! For more information about “Nana Chef,” visit www.nana-chef.com. **An additional $10 food fee is due directly to instructor on the first day of camp.**

Instructor: Sandy “Nana Chef” Garson
Dates: Monday – Friday, August 21 – 25
Time: 9:00 a.m. – 12:00 p.m.
Grades: Entering 1 – 5
Location: FMS Room 106
Fee: $109 (+ $10 food fee)
Course #: 63-127

Community Garden
RSU5 Community Programs is hoping to start a Community Garden! We are looking for community members to participate in the development and oversight of the garden, whether it’s by volunteering, donating materials, grant writing, or becoming part of the advisory board. Coren Wheeler of Pownal will be our Community Garden Coordinator. If you’re interested in joining our cause, please email Kelli at parkk@rsu5.org

Instructor: Brio Dance Studio
Dates: Monday – Friday, July 10 – 14
Time: 9:00 a.m. – 1:00 p.m.
Grades: Entering K – 4
Location: MSS Gym
Fee: $125
Course #: 63-126
Enrichment Camps

**Engineering & Design Camp**
Are you interested in how things work? Do you like solving problems? Then this camp is for you! During this week long camp you will use design software to create and tweak your ideas. You will then bring those ideas to life by building them. Come design, build, create, and challenge yourself during this week-long camp where you will turn your ideas into reality. Participants should bring a lunch and snack.

**Instructor:** Andrew Davidson  
**Dates:** Monday – Friday, August 7 – 11  
**Time:** 9:00 a.m. – 4:00 p.m.  
**Grades:** Entering 5 – 8  
**Location:** MLS Computer Lab & Art Room  
**Fee:** $199  
**Course #:** 63-122

**Scratch Camp: Animation & Video Game Creation**
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 14 – 18  
**Time:** 9:00 a.m. – 12:00 p.m.  
**Grades:** Entering grades 5 - 8  
**Location:** MLS Computer Lab  
**Fee:** $99  
**Course #:** 63-123

**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, August 7 – 11  
**Time:** 9:15 a.m. –12:15 p.m.  
**Grades:** Entering 3 – 6  
**Location:** DCS Art Room  
**Fee:** $125  
**Course #:** 63-128

**Mad Science – Spy Academy**
Become a Mad Science secret spy and take a fascinating journey into the world of detection, forensics, and classified information. Go undercover with your spy name and decode messages from other agents using your top secret tools and techniques. Each day includes several exciting take home projects that are integrated into this Spy Science themed Summer Camp!

**Parents may drop of their child as early as 8:40 a.m.**  
**Late Fee:** If a parent is more than 10 minutes late to pick up a child, a late pick-up fee will be charged at $1/minute. Payment should be given to the Mad Science Instructor on the day of late pick-up or by the next morning before camp starts.

**Instructor:** Mad Science Staff  
**Dates:** Monday – Friday, July 31 – August 4  
**Time:** 9:00 a.m. – 3:00 p.m.  
**Ages:** 6 – 12  
**Location:** MLS art room  
**Fee:** $285  
**Course #:** 63-117

**Boot Up Camp**
This program will teach middle school students the history and functions of computers through explanations of the hardware in old computer and game consoles. Students will learn the functionality of various hardware components in both new and old computers. They will also be taught how computers run software as well as how to use the open source Linux operating system and the command line as well as learn its history. By the latter half of the week, students will be introduced to programming via the Python language. Students are allowed to bring their own computers to the program, but tablets will not be usable.

**Instructor:** Aidan Trotter  
**Dates:** Monday – Friday, July 24 – 28  
**Time:** 9:00 a.m. – 4:00 p.m.  
**Grades:** Entering 6 – 8  
**Location:** MLS Computer Lab  
**Fee:** $179  
**Course #:** 63-124
Enrichment Camps

Summer Art Camp
Creativity is the name of the game in this art camp. Students will explore a variety of hands-on activities. Every session includes clay, needlework, beading, drawing and paper crafts. New this year, each week will focus on specific themes, including sculpture, printmaking, tie-dye and up-cycling. Don’t miss the “Artist Reception” on Friday! Use of natural materials, recycled items and your imagination will be the focus of many creations. Students will need to bring a lunch, two snacks, beverages and 9x12 sketch pad. Don’t forget to wear clothes that can get messy.

Instructor: Rachel Mills
Days: Monday – Friday
Time: 9:00 a.m. – 3:00 p.m.
Ages: 5 – 12
Location: MLS Art Room
Fee: $215

<table>
<thead>
<tr>
<th>Theme</th>
<th>Dates</th>
<th>Course #</th>
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</thead>
<tbody>
<tr>
<td>Sculpture &amp; 3D</td>
<td>7/17–21</td>
<td>63-129</td>
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<tr>
<td>Up-Cycle/Re-Design &amp; Fiber Art</td>
<td>8/14–18</td>
<td>63-130</td>
</tr>
<tr>
<td>Inks, Dyes and Paint</td>
<td>8/21–25</td>
<td>63-131</td>
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Art Excursions: On Location
Develop your skills as an artist in Maine’s great outdoors! Find out what it means to be inspired by your surroundings. Explore traditional drawing techniques and find your artistic style in this relaxed, hands-on workshop. This is a great way to grow as an artist while developing an appreciation for the natural landscape that surrounds us. We will be working from different parks and open spaces in the Midcoast, so please bring layers and appropriate footwear, a lunch, water, swimsuit and towel, sunscreen, bug spray, picnic blanket, etc. Participants are welcome to bring additional art supplies and cameras. A materials fee of $20 for each day is due at time of registration, and participants will keep their fine art supplies. If you sign up for Day 3, you may either use your materials from a previous day or purchase one or both packages.

Instructor: Kelli Park
Time: 9:00 a.m. – 3:30 p.m.
Grades: Entering 6 and up
Location: The PORT, 53 Depot St., Freeport
Fee: $35 per person (plus materials fee of $20 per day)

Gardens, Fairies and Gnomes
Do you have a green thumb? What can you find in a Farmer’s Market? Where do fairies and gnomes live? Plan on taking a walk in the woods and through the garden to find the answers to these questions and more as we build terrariums, plant seeds, build fairy and gnome homes and try our hand at growing, cooking and eating things from the garden. Students need to bring two snacks, beverages and a lunch every day.

Instructor: Rachel Mills
Dates: Monday – Friday, August 7 – 11
Time: 9:00 a.m. – 3:00 p.m.
Ages: 5 – 9
Location: MSS Room 15
Fee: $175
Course #: 63-132

Me, Myself & I: Creating Self Portraits
You call that a selfie? In this week long session, campers will explore ways of creating “self portraits” that illustrate their own experiences, dreams, and interests, through an introduction to contemporary artists and a variety of media and techniques. We’ll spend time in the studio and outside, and will have plenty of opportunities to recharge our creativity through play and group games. Bring your sunscreen and leave the selfie-stick at home!

Instructor: Ashley Shoukimas
Dates: Monday – Friday, July 10 – 14
Time: 9:15 a.m. – 2:15 p.m.
Ages: 8 – 11
Location: DCS Art Room
Fee: $175
Course #: 63-133

Sun, Bugs, Moose & More: Exploring Our Natural World Through Art
Mother Nature is the inspiration in this week long exploration of nature in art and the art found in nature! Students will look at the work of contemporary artists who are inspired by our natural world, as well as venture into the woods, gardens and fields around us to find inspiration for our art. Using a variety of media, as well as natural materials, campers will create art works which honor and illustrate the beauty of summer in Maine!

Instructor: Ashley Shoukimas
Dates: Monday – Friday, July 31 – August 4
Time: 9:15 a.m. – 2:15 p.m.
Ages: 8 – 11
Location: DCS Art Room
Fee: $175
Course #: 63-134
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 – Friday, July 3 – 7  
(no camp July 4)
Time: 8:45 a.m. – 3:45 p.m.
Grades: Entering K – 5
Location: FMS Gym & Fields
Fee: $129
Course #: 63-140

**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 24 – 28
Time: 8:45 a.m. – 3:45 p.m.
Grades: Entering K - 5
Location: FMS Gym
Fee: $139
Course #: 63-139

**PE Essentials**
Spend a week playing all of your favorite games from Physical Education class! What could be cooler than indoor snowball fights in July? Sportsmanship and teamwork will be emphasized while campers enjoy playing capture the flag, G-Y-M ball and many other popular P.E. games. The week will wrap up with a Color Olympic Competition on Friday. Campers should bring snacks, lunch and a water bottle and come dressed to be active. Sneakers are a must.

**Instructor: Robin O’Connor**
Dates: Monday – Friday, July 31 – August 4
Time: 8:45 a.m. – 3:45 p.m.
Grades: Entering 4 – 6
Fee: $145
Location: FMS Gym & Fields
Course #: 63-141

**Outdoor Games Camp: From Quidditch to Quoits**
Weather permitting, we will spend the whole week playing different games outdoors. Campers will learn new games and old favorites, all with a little twist. For example, did you know that after losing too many baseballs in the snow, some Alaskans, keen to participate in our national pastime, have taken to using chickens instead? Cooperative games, problem solving and self-confidence will all be stressed, along with a healthy dose of the silly and absurd.

**Instructor: Chris Guerette**
Dates: Monday – Friday, August 21 – 25
Time: 8:45 a.m. – 3:45 p.m.
Grades: Entering 4 - 6
Location: FMS Gym, Woods & Fields
Fee: $139
Course #: 63-142

**Summer Discount Tickets are available for**
Funtown/Splashtown  
Aquaboggan  
York's Wild Animal Kingdom  
They can be purchased by cash or check from our office at 17 West Street, Freeport, between 7:30 and 4:00 weekdays.
Challenger Sports British Soccer Camps
Challenger Sports’ British Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the company 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 we 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. Camp includes free ball and t-shirt. Receive a FREE Game Jersey when you register online by June 24th!

Note: All registrations for Challenger Sports camps will be taken online at www.challengersports.com. Participants in this program should not use the Morning Summer Camp Bus, as it will not arrive too late or too early for the start times.

Dates: Monday – Friday, August 14 – 18
Location: DCS fields
Course #: 63-135

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<thead>
<tr>
<th>Ages</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>Ages 3 – 4</td>
<td>9:00 – 10:00 a.m.</td>
<td>$89</td>
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<tr>
<td>Ages 5 – 6</td>
<td>10:15 – 11:45 a.m.</td>
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<tr>
<td>Ages 7 – 14</td>
<td>12:30 – 3:30 p.m.</td>
<td>$165</td>
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Mort Soule Baseball Camp
Join Maine Baseball Hall of Famer Mort Soule for a fun-filled week of baseball. This camp has a long history of developing skills in hitting, defense, pitching, catching, base-running, and learning the game. Players will be grouped and divided by age. Parents are invited to attend the entire session on the last day of camp and hear Mort perform the legendary baseball poem, “Casey at the Bat.” Participants should bring a water bottle, glove, and sneakers (for gym in case of rain). Space is limited.

Instructor: Mort Soule, Maine Baseball Hall of Famer
Dates: Monday – Friday, July 31 – August 4
Time: 9:15 a.m. – 12:15 p.m.
Ages: 6 – 12
Location: FMS Fields
Fee: $75
Course #: 63-136

US Sports Institute Multi-Sports Camp
Experience over 16 different sports from around the world including, soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and many more at US Sports Institute's Total Play Multi Sports camp. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, fun. Campers will receive technical instruction, have the chance experience the sport in a realistic game situation, and will participate in the exciting USSI World Cup Competition. All participants will receive a t-shirt and certificate. This sports camp is truly dedicated to children of all abilities.

Staff: US Sports Institute Coaches
Dates: Monday – Friday, July 17 – 21
Time: 9:00 a.m. – 4:00 p.m.
Ages: 6 – 12
Location: FMS Fields
Fee: $199
Course #: 63-137

US Sports Institute Total Sports Squirts
The Total Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child’s imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there’s fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun!

Staff: US Sports Institute Coaches
Dates: Monday – Friday, July 17 – 21
Time: 4:30 – 5:30 p.m.
Ages: 3 – 5
Location: FMS Fields
Fee: $90
Course #: 63-138
Sports & Fitness Camps

**Falcon Field Hockey Camp***
Break out that field hockey stick and get ready to have some fun! Join Varsity Coach Marcia Wood and her high school players in this exciting 4-day camp that will focus on skill development and having fun! Each day, campers will participate in fun skill-building drills and small sided scrimmages aimed at improving and enhancing your overall game. All skill levels are encouraged to join. Campers should wear shin guards, mouth guard, sneakers or cleats, and bring a water bottle and field hockey stick.

**Instructor:** Marcia Wood, Varsity Field Hockey Coach  
**Dates:** Monday – Thursday, June 26 – 29  
**Time:** 8:45 a.m. – 12:15 p.m.  
**Grades:** K – 8  
**Location:** FMS Field Hockey Field  
**Fee:** $49  
**Course #:** 63-145

**Falcon Lacrosse Camp for Girls***
Suit up and come find out why Lacrosse has become one of the fastest growing sports in the country. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast paced, high scoring game. Through fun drills and small sided scrimmages, athletes will learn the fundamentals of stick handling, cradling, passing, and shooting, as well as the rules of the game, all in a fun, non-checking environment. All skill levels are encouraged to join. Campers should bring a mouth guard, eye guard and stick along with a water bottle and sneakers for the gym in case of rain.

**Instructor:** Marcia Wood, Girls Varsity Lacrosse Coach  
**Dates:** Monday – Thursday, June 26 – 29  
**Time:** 1:00 – 4:00 p.m.  
**Grades:** K – 8  
**Location:** FMS Lacrosse Field  
**Fee:** $49  
**Course #:** 63-146

**Falcon Combo Camp for Girls***
Find this course number to sign up for both the Field Hockey and Lacrosse camps together, and spend the whole day honing your skills! Campers must provide their own lunch.

**Fee:** $95  
**Course #:** 63-145a

**Falcon Soccer Camp**
Join us in this fun & educational soccer camp for youngsters. Campers will learn about passing, trapping, shooting, dribbling, and gain a better understanding of the correct terminology and rules of the game of soccer. Campers will be divided by age/skill and participate in fun drills and small sided games. Players should come with shin guards, cleats, and a water bottle. Participants should also bring sneakers for the gym in case of inclement weather. Director Joe Heathco is the FHS varsity boys’ soccer coach, a USSF D license holder, the 2005 Maine Soccer Coaches and Forecaster Coach of the Year, and has over 20 years coaching experience.

**Director:** Joe Heathco, Boys’ Varsity Soccer Coach  
**Dates:** Monday – Friday, July 10 – 14  
**Time:** 8:45 – 11:45 a.m.  
**Grades:** Entering K – 5  
**Location:** FMS soccer field  
**Fee:** $90  
**Course #:** 63-147

**Highland Mountain Bike Park: Find Your Ride™**
Join us for a one-day trip to Highland Mountain Bike Park in Northfield, New Hampshire. This package includes Bike rental and protective gear, a lift pass and lessons. After learning basic downhill biking skills, participants spend all day taking a chair lift up the mountain, then riding down a variety of trails suitable for all ability levels! To learn more about the park, please visit their website at www.highlandmountain.com

**Coordinator:** Chris Guerette  
**Date:** Friday, July 21  
**Time:** 8:30 a.m. – 5:30 p.m.  
**Grades:** Entering 6 & up  
**Location:** The PORT, 53 Depot St., Freeport  
**Fee:** $125  
**Course #:** 63-155
Falcon Girls Basketball Clinics
These clinics will focus on teaching and developing the fundamental skills needed to play team basketball while having fun. Skill stations will focus on individual fundamentals in dribbling, passing, shooting, rebounding and defensive principles. This is a great opportunity for young female players to work closely with some of the high school varsity players and coaches.

Instructors: FHS Girls Coaches & Players
Dates: Monday – Friday, August 7 – 11

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<thead>
<tr>
<th>Grade</th>
<th>Times</th>
<th>Location</th>
<th>Fee</th>
<th>Course #</th>
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<tr>
<td>K – 2</td>
<td>5:00 – 5:45 p.m.</td>
<td>FMS Gym</td>
<td>$35</td>
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<tr>
<td>3 – 5</td>
<td>6:00 – 7:00 p.m.</td>
<td>FMS Gym</td>
<td>$39</td>
<td>63-149</td>
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<tr>
<td>6 – 8</td>
<td>4:30 – 6:30 p.m.</td>
<td>FHS Gym</td>
<td>$65</td>
<td>63-150</td>
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</tbody>
</table>

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 male players to work closely with some of the high school varsity players and coaches. Players should bring a lunch, snacks and water bottle.

Instructors: Bill Ridge & HS Players
Dates: Monday – Friday, July 17 – 21
Time: 9:00 a.m. – 3:30 p.m.
Grades: Entering 3 – 8
Location: FMS Gym & Outside Courts
Fee: $145
Course #: 63-151

Falcon Youth Football Camp
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 and sneakers, workout clothes, sunscreen, a water bottle, snack, lunch, and extra clothes (and socks). Campers will also receive a t-shirt.

Instructor: Paul St. Pierre, Varsity Football Coach
Dates: Monday – Friday, July 24 – 28
Time: 9:00 a.m. – 3:00 p.m.
Grades: Entering 4 – 8
Location: Pownal Road Field or School Gyms
Fee: $129
Course #: 63-152

Freeport–Pownal Little League and The Athletic Booster Club of Durham are not affiliated with RSU5 Community Programs, but offer some programs you might enjoy!

Freeport–Pownal Little League
Register your kiddo for spring-summer baseball or softball! Freeport–Pownal Little League is a program of service to youth run solely by community volunteers. It is geared to provide an outlet of healthy activity and training under good leadership in the atmosphere of wholesome community participation. The league is dedicated to helping children become good citizens and ball players. It inspires them with a goal and enriches their lives towards the day when they must take their places in the world. It establishes the values of teamwork, leadership and fair play.

The Freeport–Pownal Little League season for baseball and softball, ages 4–14, begins in late April and runs through mid-June. Registration is now open!

For more information or to register
www.freeportpownallittleleague.org
www.facebook.com/FreeportPownalLittleLeague
aaron.francis@trane.com
fpillbaseball@gmail.com

Durham Youth Softball
This program is run by the Athletic Booster Club of Durham and is for girls ages 6–12. Girls can still play if they are currently 13 as long as they were 12 on January 1, 2017. Games will be against teams from area towns. Home games will be played in Durham on the softball field behind the town hall.

Registration deadline is April 8, 2016. Late signups permitted only if space available on a team. Volunteers and coaches needed for all ages groups.

For more information or to register
Jake Webb
jwebb@hammondlumber.com
jacobwebb21@yahoo.com
**Youth Football**

**Pee Wee Football (Entering Grades 2 – 3)**
Come join us for the seventh year of Pee Wee football in Durham, Freeport and Pownal. This program provides 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 with home games played in Freeport at Pownal Road field.

- Coaches: TBD
- Dates: August – October, TBA
- Days: Practices – TBA, Games – Sundays
- Time: Practices – TBA
- Grades: Entering 2 – 3
- Location: Pownal Road Field
- Fee: $75
- Course #: 63-153

**Youth Football (Entering Grades 4 – 6)**
Football is on the rise in Durham, Freeport and Pownal players. Get your youngster enrolled in this exciting program. Our youth football team is a member of the Maine Sportmanship 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 3 times per week in Freeport at the Pownal Road Field.

- Coaches: TBA
- Dates: August - October, TBA
- Days: Practices - TBA, Games – Saturdays
- Time: Practices - 5:00 – 7:00 p.m. (5:00 – 6:30 p.m. mid September to end of season)
- Grades: JV Team – entering grades 4 – 5
- Varsity Team – entering grades 5 – 6
- Location: Pownal Road Field
- Fee: $90
- Course #: 63-154

Both programs take place at the Pownal Road Football Field. Game & practice schedules will be handed out on the first day of practice for each program. Open to both male and female children in Durham, Freeport and Pownal.

Watch your school newsletters for the date for our Football Registration event held near the last day of school at the Pownal Road Field. It’s a great time for the kids to have fun passing and throwing footballs and tackling dummies while the parent can ask questions and register their player. Come join the fun, no obligation to play.

**Registration**
Registration needs to be completed through Recreation & Community Education by July 31. Players will not be allowed to practice or receive equipment until registration and payment has been received. Registration after July 31 may be accepted, but equipment cannot be guaranteed for the beginning of the season for late registrants.

**For More Information**
Please visit our website www.freeportfootball.com or contact Becky Michaud at mishes@comcast.net.

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**K–1 Flag Football**

**RSU5 Community Programs and the Freeport Gridiron Club** are interested in starting a Flag Football Program in the fall of 2017. If interested in coaching, please contact Chris Guerette at guerettec@rsu5.org or Becky Michaud at mishes@comcast.net
Unaffiliated Programs

Camps and programs on this page are not affiliated with RSU5 Community Programs, but may be of interest to your family!

Learn to Sail!

Summer 2017 | June 19th - August 11th
YOUTH (8-18) and WOMEN’S SAILING

Haraseeket Yacht Club
South Freeport, ME

NEW! NEW! NEW! NEW!
OPEN to ALL LEVELS

for more info
www.hyc.cc

Freeport United Soccer Club provides area children the opportunity to play competitive youth soccer in a league with similar clubs in the Casco Bay and Mid-Coast regions (games are usually within 45 minutes of Freeport). Freeport United’s goal is to support the development of skillful and intelligent soccer players, foster joy in playing soccer and to encourage players to perform to the best of their abilities. Currently, Freeport United fields teams for boys and girls from under-9 to under-14 age groups. Players participate on the age-appropriate team based on the U.S. Youth Soccer age standards (age as of August 1, 2017).

Registration, Player Evaluation and Player Minimum Requirements
Sign-ups for new and returning players for all Freeport United teams will start in May. We will conduct mandatory pre-registration and player evaluations sessions in early May so that parents and players can meet club officials and team coaches, and players abilities can be assessed. Attending a player evaluation is mandatory for both new and returning players. New Players to the club must have completed two years of Rec Soccer in order to be considered for placement on a Freeport United Team.

Girls Evaluations: Saturday May 13th  Boys Evaluations: Sunday May 14th
Time TBD (refer to website after May 1st)  Rain dates: May 20th & 21st  Location: Hunter Road Fields Complex
For More Information
Visit: www.freeportunitedsoccerclub.com  Email: daveintra@hotmail.com
Dear Families,

Laugh & Learn open registration for the 2017/2018 school year has begun! If you are interested in preschool or before/after school care with us, confirm your spot by registering soon!

The Laugh & Learn Program has two preschool classrooms at the Morse Street school (open to children age 3-5, regardless of whether you are an RSU5 resident or not), as well as before and after care programs at the Morse Street, Durham Community and Mast Landing schools.

Our programs are responsive to children's needs. The before school program allows children to come in at their own pace, providing such options as quiet activities, gross motor activities (in the gym or outside), games and art activities. After a full day of school work, our after school program is designed to provide plenty of time for children to unwind and take part in much needed physical activity outside (on the playground or school trails) or in the gymnasium if the weather doesn't permit getting out into the fresh air. We also provide a healthy snack (in accordance with the national 5-2-1-0 program) and time for your child to do their homework, hopefully allowing for one less thing to do once your family finally gets home after a long day. We're here for you and your family and hope that we can meet your childcare needs!

If you are interested in our programs, or know someone who may be, please visit our website or call us for more information! Confirm your spot by registering soon!

Andrea Harkins  
Childcare Coordinator  
harkinsa@rsu5.org

For more information visit our website : www.rsu5cp.org/laugh-learn-childcare  
OR call the Community Programs office at 865-6171

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**Our Mission**

The mission of the Laugh &Learn Childcare Program is to provide high-quality care and education for children in a safe and nurturing environment. Our staff is responsive to the needs of each individual child and work to develop curriculum and routines that contribute to the growth of each child. Our staff feels strongly about helping children develop a sense of belonging and responsibility to their community, and the greater natural world around them, and in doing so aim to create classroom communities where all members are respectful and supportive of each other.

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**Preschool Programs**

Location: Morse Street School  
Ages: 3 – 5 (must be completely potty trained)  
Options (3 day minimum*):
  - Half day – 8:45 a.m. – 11:45 a.m.
  - Full day – 8:45 a.m. – 3:05 p.m.
  - Before and/or After Care is also available

*If your child enrolls in RSU5's public pre-K, we will waive the 3 day minimum and allow a 2 day minimum.

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**Before and After Care Programs**

Locations:  
  - Morse Street School (grades pre-K – 2)
  - Mast Landing School (grades 3 – 5)
  - Durham Community School (grades pre-K – 5)

Options:  
  - Before Care: 7:00 a.m. – approx. 8:45 a.m.  
    (end time varies slightly by school)
  - After Care: approximately 3:15 p.m. – 5:30 p.m.  
    (start time varies slightly by school)
Childcare for School Closings
School is closed but you need child care! Have your child join us for a variety of activities, including crafts, gym games, and outdoor adventures! Your child will have the opportunity to play with their friends, make new friends, and participate in hands on activities, while under the supervision of our seasoned Laugh & Learn and Camp Seaside staff! During the school vacation weeks, we will also take a field trip, off site, on at least one of the camp days. We look forward to spending time together!

If your child is enrolled in our Laugh and Learn preschool, please call the office regarding enrollment.

IMPORTANT NOTES FOR CAMP DAYS:
1. This classroom is strictly NUT FREE so please pack snacks and lunches accordingly!
2. Please send your child with 2 healthy snacks, a lunch, water bottle and warm outdoor clothing.
3. Technology is not allowed on site (please leave texting devices, iPads, phones, etc. at home).
4. Trips subject to change.
5. On field trip days, we will depart MLS by 9:30 a.m. and return by 3:30 p.m.

Staff: Laugh and Learn & Camp Seaside staff
Time: 7:00 a.m. – 5:30 p.m.
Grades: K – 5
Location: MLS Laugh & Learn

PLD Day - April 14th
Date: Friday, April 14
Fee: $49
Course #: 62-156

Registration Deadline:
12 p.m., Thursday, April 6

April Vacation Camp
Dates: Tuesday – Thursday, April 18 – 21
Fee: $189
Course #: 62-158

Registration Deadline:
12 p.m., Thursday, April 6

Saturday to Sundae 5K
Saturday, June 10th, 9 a.m. Start
Join us for our Saturday to Sundae 5K, supporting youth and teen programs in RSU5! The race begins and ends at Freeport Community Center, 53 Depot Street. Following the race, all participants will have the opportunity to make their own Ben & Jerry’s Ice Cream sundae, and the top finishers in each age and gender category will be awarded medals. A race map is available on the registration website.

Register at Running4Free.com
Pre-Registration Deadline: June 2, 2017, $25
Race Day Registration begins at 8 a.m., $30
The first 100 registrants receive an aluminum water bottle!
# Youth Registration Form

Participant Name: ________________________________ DOB: ______ Grade: ______ Gender: ___

Participant Name: ________________________________ DOB: ______ Grade: ______ Gender: ___

Address: ______________________________________ Town: _______________ Zip: ______

Home Phone: _______________ Work Phone: _______________ Cell Phone: ________________________

Parent/Guardian: __________________________________ Email: _____________________________

Medical Concerns/Medication/Limitations: ____________________________________________________

Emergency Contact (Relationship): __________________________________ Phone: ______________

<table>
<thead>
<tr>
<th>Child Name(s)</th>
<th>Course #</th>
<th>Program Name</th>
<th>Fee</th>
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Subtotal: __________________ 

Credit Card #: ________________________________

Expiration Date: ______________________________ TOTAL FEE: __________________

I hereby authorize that the above named person may participate in the listed programs conducted by RSU 5 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: __________________

Do you plan to use our Summer Camp Bus? If so, from which location? ________________________________

Please make checks payable to RSUS Community Programs

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

Questions? Please call (207) 865-6171 www.rsu5cp.org
**Adult Registration Form**

Participant Name: ____________________________  Adult (18+)/Senior (65+): _____  Gender: __

Participant Name: ____________________________  Adult (18+)/Senior (65+): _____  Gender: __

Address: ____________________________________  Town: ______________________  Zip: ______

Home Phone: ___________  Work Phone: ___________  Cell Phone: __________________________

Email: _______________________________________

Medical Concerns/Medication/Limitations: __________________________

Emergency Contact (Relationship): ____________________________  Phone: ___________

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<tr>
<th>Name(s)</th>
<th>Course #</th>
<th>Program Name</th>
<th>Fee</th>
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Subtotal: __________________________

![Payment Options]

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<tr>
<th>For office use only</th>
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<tbody>
<tr>
<td>Gift Certificate/Credit Amount</td>
</tr>
<tr>
<td>CP Scholarship Amount</td>
</tr>
<tr>
<td>FCS Scholarship Amount</td>
</tr>
<tr>
<td>Convenience Fee ($3.00)</td>
</tr>
</tbody>
</table>

Credit Card #: ____________________________

Expiration Date: ____________________________  TOTAL FEE: ________

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Signature: ____________________________  Date: ____________________________

Please make checks payable to RSU5 Community Programs

Please mail or drop off form to:
RSUS5 Community Programs
17 West Street, Freeport ME 04032

Questions? Please call (207) 865-6171
www.rsu5cp.org
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 on our website at www.rsu5-cp.org.

“Like” RSU5 Community Programs on FACEBOOK and get updates, information and photos on all your favorite programs!

www.facebook.com/RSU5CP

Program Updates & Cancellations
Participants will be notified of changes and cancellations via email. In addition, Program changes, updates and weather cancellations are posted on the our website (www.rsu5-cp.org) and on our Facebook Page (www.facebook.com/RSU5CP).

THANK YOU VOLUNTEERS!
Many of 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
- Holiday gift wrapping at L.L. Bean
- Hand to Hand Food Drive
- Practice conversational English with non-native speakers

We look forward to seeing you in the community!

Community Resource Directory

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Freeport Community Services</td>
<td>865-3985</td>
<td><a href="http://www.fcsmaine.org">www.fcsmaine.org</a></td>
</tr>
<tr>
<td>Freeport Community Library</td>
<td>865-3307</td>
<td><a href="http://www.freeportlibrary.com">www.freeportlibrary.com</a></td>
</tr>
<tr>
<td>Freeport Conservation Trust</td>
<td>865-3985 x 212</td>
<td><a href="http://www.freeportconservationtrust.org">www.freeportconservationtrust.org</a></td>
</tr>
<tr>
<td>Freeport Town Hall</td>
<td>865-4743</td>
<td><a href="http://www.freeportmaine.com">www.freeportmaine.com</a></td>
</tr>
<tr>
<td>Hunter Road Fields</td>
<td></td>
<td><a href="mailto:hunterfields@freeportmaine.com">hunterfields@freeportmaine.com</a></td>
</tr>
<tr>
<td>New Ventures Maine</td>
<td>844-2102</td>
<td><a href="http://www.newventuresmaine.org">www.newventuresmaine.org</a></td>
</tr>
<tr>
<td>SMCC (Brunswick campus)</td>
<td>688-4407</td>
<td><a href="http://www.smccme.edu">www.smccme.edu</a></td>
</tr>
<tr>
<td>SNHU Maine</td>
<td>725-6486</td>
<td><a href="http://www.snhu.edu/maine">www.snhu.edu/maine</a></td>
</tr>
<tr>
<td>Southern MidCoast Career Center</td>
<td>386-1664</td>
<td><a href="http://www.mainecareercenter.com">www.mainecareercenter.com</a></td>
</tr>
<tr>
<td>Town of Durham</td>
<td>353-2561</td>
<td><a href="http://www.durhamme.com">www.durhamme.com</a></td>
</tr>
<tr>
<td>Town of Pownal</td>
<td>688-4407</td>
<td><a href="http://www.pownalmaine.org">www.pownalmaine.org</a></td>
</tr>
<tr>
<td>Tri-County Literacy</td>
<td>442-7736</td>
<td><a href="http://www.tricountyliteracy.org">www.tricountyliteracy.org</a></td>
</tr>
</tbody>
</table>
RSU No5
Community Programs
17 West Street

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.

**Telephone Numbers**
Community Programs 865-6171
Recreation 865-6171, ext. 25
Adult Education 865-6171, ext. 22
Childcare 865-6171, ext. 26
RSU5 Central office 865-0928
Laugh & Learn MSS 865-6361 ext. 254
Laugh & Learn MLS 865-6361 ext. 254
Laugh & Learn DCS 353-9333 ext. 118

**Website**
www.RSU5CP.org

**Thank You Program Volunteers!**

Aaron Francis
Matthew McLaughlin
Trever MacDonald
Jonathan Morris
Sarah Jacobs
John Sterling
Jeremy Clough
Adam Ulrickson
Ben Love
Ryan Galway
Kelley Erskine
Steve Moore
Mary Griffith
Stephanie Cooper-Scherr
Mary Willink
Mia Montalvo
Lisa Kelley
Sue Shaw
Amy Theriault