Message from the Director:

It’s the most wonderful time of the year! As soon as the back-to-school commercials start to run, I can’t get that Staples commercial out of my head. Of course, like everything else it seems, we want to rush things. Education, however, cannot be rushed. It is a lifelong, life-wide, and life-deep process. It takes patience and persistence on the part of both educator and learner. The motive for learning can be to improve one’s career and financial outlook, to learn a new skill, to improve one’s health and well being, or simply for enjoyment or enrichment. We learn on our own, from skilled teachers, coaches and each other.

Check out our new and returning programs. I’ll be leading a bus trip in October to learn about the Amish and Pennsylvania Dutch cultures, as well as visit the place where our nation was born. We have art and music offerings to keep your mind fit, and plenty of opportunities to help you and your family keep your bodies moving. Find something that excites you. Stay involved and take ownership of your learning.

Looking to be a knowledge provider instead? Community Programs is always looking for volunteers and new programming. Do you have a skill or knowledge to share? Would you like to be a volunteer literacy tutor? Would you assist with one of our fundraisers? Please contact me.

I hope you all have enjoyed the summer. The weather has been perfect for outdoor activities. This has been a tough year throughout the world. As we begin our move into the fall season, I hope you take the time to reflect on all of the people in your lives for whom you are thankful.

Be well,
David Watts
Director, RSU5 Community Programs
wattsd@rsu5.org
865-6171, ext 23

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<tr>
<th>Facility</th>
<th>Address</th>
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<tr>
<td>Freeport High School</td>
<td>30 Holbrook St, Freeport</td>
<td>FHS</td>
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<tr>
<td>Freeport Middle School</td>
<td>19 Kendall Lane, Freeport</td>
<td>FMS</td>
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<td>Mast Landing School</td>
<td>20 Mollymauk Lane, Freeport</td>
<td>MLS</td>
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<td>Morse Street School</td>
<td>21 Morse St, 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”

### RSU No. 5 Community Programs

**Central Office Staff**

**David Watts**, Director  
**Christopher Guerette**, Recreation Coordinator  
**Andrea Harkins**, Childcare Coordinator  
**Kelli Park**, Adult Education Coordinator  
**Tracy Warlick**, Office Manager
Registration Information

Address: 17 West Street, Freeport, Maine 04032
Phone: 207-865-6171
Fax: 207-865-2855
Website: www.rsu5cp.org
Office Hours: Monday - Friday, 7:30 am - 4:00 pm

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.rsu5-rcp.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 RSU No. 5

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.

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.

Visit our website and click on the “Register Online” button. Additional fees apply for online transactions.
Welcome Back!!

As is always the case in Maine, we’re coming to the time of year when we think “Summer can’t be over!” Whether you are rushing around trying to fit one more summer activity in, or counting down the days to school with excitement, on behalf of the Laugh and Learn staff, and all of Community Programs, I would like to say that we are looking forward to welcoming you back! While the staff members at Laugh and Learn have been enjoying their own summer adventures, they have also missed the faces and unique personalities of the children in our programs! We look forward to seeing you and your children and wish you a great 2016-2017 school year!

Sincerely,
Andrea Harkins
Child Care Coordinator
harkinsa@rsu5.org

The mission of the Laugh and Learn Childcare program is to provide high-quality care and education for children in a safe and nurturing environment. Because our programs are conveniently located within the public school buildings, transitions between before/after care and the regular school day are smoother and parents’ lives are a little more simple. Our seasoned staff is responsive to the needs of each individual child and works 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.

For more information please visit our website: www.rsu5cp.org or call our office at 865-6171

Preschool Program
Location: Morse Street School
Ages: 3-5 (must be potty-trained)
Options (3 day minimum):
Times: 9:00 am - 12:30 pm, optional before care and after-care

Before and After School Programs
Locations:
Morse Street School (K-2)
Durham Community School (preK-5)
Options:
Before Care: 7:00 - 8:45 am
After care: 3:15 - 5:30 pm
**Childcare - No School Days**

**PLD/No School Days**
School is closed, but do you still need child care? 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 and Learn staff! We look forward to spending the day together!

**Staff: Laugh & Learn Staff**
**Time:** 7:00 am - 5:30 pm  
**Grades:** K - 5  
**Location:** MLS School  
**Fee:** $49

**Date:** Friday, October 7  
**Course #:** 61-107  
**Register by 12:00 pm, Thursday, September 29**

**Date:** Tuesday, November 8  
**Course #:** 61-108  
**Register by 12:00 pm, Monday, October 31**

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**2016 Laugh and Learn Annual Fall Food Drive**

**Monday, November 21st, 2016 - 10:30 am**

The Laugh and Learn Childcare Program will work in conjunction with the public schools to collect food donations for our local food pantries. Items may be dropped off at the MLS, MSS, and DCS Laugh and Learn sites, and the RSU5 Community Programs office, by Friday, November 18th. Items brought to the Morse Street School will be hand delivered to Freeport Community Services by our preschool students on Monday November 21st!

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**PLD Days and Vacation Camps**

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, beverages and warm outdoor clothing.
3. Trips subject to change due to weather.
4. On field trip days, we will depart MLS by 9:30 am and return by 3:30 pm.
Driver's Education
This course meets the state required 30 hours of classroom lecture and 10 hours of driving time. Students must bring their birth certificate, social security card and a blue or black ink pen to the first class. **Students must turn 15 before the first class. Call Roy’s Driving Academy at 784-6245 to register.**

Instructor: Larry Caron, Roy’s Driving Academy
Day: Thursdays and Fridays
Dates:
Session I:
September 15 - October 20
Session II:
November 10 - December 22
Time: 3:00 - 6:00 pm
Location: FHS 402
Fee: $495

Coordinator Wanted
We are currently in the process of searching for an afterschool coordinator to provide oversight and programming at the PORT Teen Center. Until we can complete the hiring process, the center will be closed to students after school. Please stay tuned to school announcements and email updates from Community Programs.

If you, or anyone you know, may be interested in the position of Teen Center Coordinator, please contact our office. Information on the application requirements can be found on the RSU5 website.

The PORT Teen Center, established in 2005, is a safe, fun and relaxing place to hang out after school. Spend time with friends and play pool, ping pong, foosball, or watch a movie. Use our quiet study area if you need to work on homework or a project.

Free or low cost activities are often available to users of The PORT. The PORT is FREE and open to all students in grades 7 and up on a drop in basis. 6th Graders are allowed but must call our main office at 865-6171 to register at least 2 days prior to the first visit. Parents are encouraged to contact the PORT prior to their child’s first visit so they know what to expect.

Location: 53 Depot Street, Freeport, ME
(Basement of Community Center)
Hours: Monday - Friday, 2:20 - 6:00 pm
Phone: Teen Center - 865-3985 x236

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BIG THANKS to the following for their financial support of The PORT Teen Center in 2016!

LL Bean  |  Joan Garber
Bath Savings  |  Peter & Holly Horne
Petillo's  |  John Gleason
Enterprise Engineering  |  Katrina VanDusen
White Cedar Inn  |  Wilfred Gilman
Carol Anderson  |  William Browder
Lesa Andreasen  |  Eleanor Browder
Chris LeHay  |  John & Megan Albright
Edgar & Dorothy Leighton  |  Cynthia & Cito Selinger
Frank & Lorna Dorsey  |  Megan & Clayton Kyle
Stephanie Paine & John Pier  |  Lonny Winrich
John Egan  |  Lin Peyton
Michelle Bosse  |  Morris Hancock
Richard & Anne-Marie Davee  |  Kevin McElroy
Don & Jo Bail  |  Kate Butler
Julie Nisbet  |  Sara Hayes
Eric Horne & Val Steverlynck  |  James Chute
John & Sally Amory  |  Roger Richmond
Mr. Alain H. Roos  |  Beverly Richmond
Caroline Southall  |  Norway Savings Bank
Roy & Deb Driver  |  MacGregor Pierce
Arnie & Liza Moore  |  Lynn Pierce
Lance Fletcher  |  Kerry Michaels
David & Janice Latulippe  |  Patti & Lenny Drapeau
Patricia Serrentino  |  Peter Schwanda
Alex Haro  |  Shannon McHarg
Albert Presgraves  |  John Marroni
Jenny Yasi  |  Sheila Ryan

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Join us for the 35th Anniversary of this historic race! Challenge yourself on one of Maine’s premier 10K road races! Enjoy the scenery and coastal Maine’s fresh salt air on this USTAF approved course. Prizes are awarded to the top finishers in various age categories. All race proceeds benefit the RSU5 Community Programs Scholarship Fund, which allows youth and adults to participate in community programs in which they may not otherwise be able to.

*Race will be held rain or shine. If race is cancelled due to extreme weather conditions, refunds will not be issued. Parking is limited so be sure to arrive early!*

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**Pre-Registration Deadline - October 27**

**Register at:** [www.running4free.com](http://www.running4free.com)

**Date:** Saturday, October 29, 2016

**Time:** Race begins at 10:00 am

**Race Day Registration** is from 8:30 - 9:30 am

**Location:** Wolfe’s Neck State Park, Freeport

**Fee:**
- Pre-registration: $20 (no shirt), $25 (includes shirt)
- Race-day registration: $25 (no shirt), $30 (includes shirt, while supplies last)
**Youth Enrichment**

**Mad Science – Marvels of Science**
Have you ever wondered what clouds are made of, what goes on underneath the surface of the earth or how toys work? Join Mad Science after school to discover these countless wonders of science! Neither rain nor snow will prevent us from taking a voyage to the center of the Earth! Let’s investigate sound waves, suit up for a flight into space, and take a spacewalk mission that simulates a solar panel repair on the International Space Station. Inspect minerals with an ultraviolet light to see them fluoresce, investigate 3-D technology, and much more!

**Morse Street School**
Dates: September 20 - October 18
Day: Tuesdays
Time: 3:20 – 4:20 pm
Location: MSS Art Room
Grades: K – 2
Fee: $70
Course #: 61-109

**Durham Community School**
Dates: September 22 - October 20
Day: Thursdays
Time: 3:20 – 4:20 pm
Location: DCS Art Room
Grades: K – 5
Fee: $70
Course #: 61-110

**Clay, Clay, Clay!**
Everybody loves clay! Let’s work with both oven-baked and kiln-fired clay. Focus on a different project each week, 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: September 20 - October 18
Day: Tuesdays
Time: 3:30 – 4:45 pm
Grades: K - 5
Location: MLS Art Room
Fee: $69
Course #: 61-111

**Mad Science - Take a Bite Out of Science**
Has your mom ever told you that you have a big appetite? If so, then we invite you to “Take a Bite Out of Science” in this indulging afterschool program that will satiate your curiosity! In this sampler “course,” children unravel the mystery of chemistry and watch crystals form in a water glass, experiment with hovercrafts, build and take-home Technicolor Blenders to demonstrate Newton’s color wheel invention. Whether you like your science savory, spicy, or sweet, this class is sure to satisfy your curious appetite!

**Morse Street School**
Dates: October 25 – December 13
Day: Tuesdays (no program 11/8 & 11/22)
Time: 3:20 – 4:20 pm
Location: MSS Art Room
Grades: K – 2
Fee: $80
Course #: 61-112

**Durham Community School**
Dates: October 27 – December 8
Day: Thursdays (no program 11/24)
Time: 3:20 – 4:20 pm
Location: DCS Art Room
Grades: K – 5
Fee: $80
Course #: 61-113

**Sew Creatively**
Choose from a variety of patterns and we’ll walk you through your project. From determining fabric amounts and planning colors, to following written sewing instructions and putting on the final touches, we’ll cover it all! Make a gift for someone special this holiday season! All sewing levels welcome- no experience necessary. **Materials provided.**

**Instructor: Cotton Weeds Quilt Shop**
Dates: November 3 – December 15
Day: Thursdays (no class 11/24)
Time: 3:30 – 4:45 pm
Grade: K - 5
Location: MLS Art Room
Fee: $69
Course #: 61-114
### Youth Enrichment

**Sew Wicked Fun**
Learn basic sewing skills or improve your skills while making fun projects! Participants will hand stitch and machine stitch a variety of projects that may include bags, tool belts and more! Explore the art of sewing from choosing fabrics and planning your project, to stitching and embellishing. All sewing levels welcome- no experience necessary. **Materials provided.**

**Instructor:** Cotton Weeds Quilt Shop  
**Time:** 3:30 – 4:45 pm  
**Fee:** $69

**DCS Session**  
**Dates:** September 13 – October 18  
**Day:** Tuesdays  
**Grade:** 3 - 8  
**Location:** DCS Art Room  
**Course #:** 61-115

**MLS Session**  
**Dates:** September 15 – October 20  
**Day:** Thursdays  
**Grades:** 3 – 5  
**Location:** MLS Art Room  
**Course #:** 61-116

**The 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 pm  
**Ages:** 7 - 12  
**Location:** MLS Resolute Room  
**Fee:** $75

**Open Class**  
**Dates:** September 23 - December 2  
**Day:** Fridays **(no class 10/7, 11/11 & 11/25)**  
**Course #:** 61-117

**Girls Only Class**  
**Dates:** September 26 - November 21  
**Day:** Mondays **(no class 10/10)**  
**Course #:** 61-118

**Minecraft Madness**  
You have most likely heard of Minecraft, the immensely successful building computer game popular with both kids and adults. What you may not know, however, is that Minecraft boasts considerable educational value, with skills such as teamwork, creativity, spatial reasoning and, most importantly, building. Learn basic to intermediate design principles, such as depth, color balance and architecture, to help improve your builds in Minecraft and also attain real-world skills. We will be using Minecraft on Macs, so it is highly recommended that all attendees have computer Minecraft accounts (phone, tablet, Kindle, Xbox, Playstation, Wii U and Windows 10 Edition would not be compatible if we wished to play together on the same server).

**Instructor:** Aidan Trotter  
**Dates:** October 20 - December 8  
**Day:** Thursdays **(no class 11/24)**  
**Time:** 3:30 – 5:00 pm  
**Grades:** 3 - 6  
**Location:** MLS Computer Lab  
**Fee:** $55  
**Course #:** 61-119

**“I’m in Charge of Me”: Staying Home Alone**  
Is your child ready to stay home alone? Help him prepare with the American Red Cross Home Alone program! Topics include: Stranger Danger, Basic First Aid for Cuts and Bruises, Preventing Fires and Burns, and How to Get Help in an Emergency. Enrollees need to have the maturity to understand and respond appropriately to this material. Must attend both sessions in order to be certified.

**Instructor:** Judy Emch  
**Day:** Thursday & Friday  
**Time:** 3:20 – 5:20 pm  
**Ages:** 8 - 11  
**Fee:** $25

**Freeport Session**  
**Dates:** September 29 & 30  
**Location:** MLS Room 28  
**Course #:** 61-120

**Durham Session**  
**Dates:** October 13 & 14  
**Location:** DCS Library  
**Course #:** 61-121
Youth Enrichment

Babysitter's Training - Child and Infant CPR
This fun, interactive course teaches infant & child CPR along with safety skills so you can prevent and respond to emergencies. 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. **An additional $50 materials fee is due on the first night of class.** Checks should be made payable to Judy Emch. Participants MUST attend all classes to gain certification.

**Instructor:** Judy Emch
**Age:** 11 and up or have completed 5th grade
**Fee:** $39 (an additional $50 materials fee is paid directly to instructor)

**Freeport Session**
**Dates:** October 20 - November 17
**Day:** Thursdays
**Time:** 2:30 - 5:00 pm
**Location:** FMS Library
**Course #:** 61-122

**Durham Session**
**Dates:** December 1 - 15
**Day:** Thursdays & Fridays
**Time:** 3:20 - 5:50 pm
**Location:** DCS Library
**Course #:** 61-123

**Hippity Hop Dance (K-2)**
Join us for some Friday 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:** October 19 – December 7
**Day:** Wednesdays (no class 11/23)
**Time:** 3:15 – 4:00 pm
**Grades:** K – 2
**Location:** MSS Gym
**Fee:** $65
**Course #:** 61-124

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
**Day:** Tuesdays (no class 11/8 & 11/22)
**Fee:** $65

**Durham Session**
**Dates:** October 18 - December 13
**Time:** 3:30 - 4:15 pm
**Grades:** 3 - 6
**Location:** DCS Cafeteria
**Course #:** 61-125

**Pownal Session**
**Dates:** October 18 - December 13
**Time:** 5:00 - 5:45 pm
**Grades:** K - 5
**Location:** PES Gym
**Course #:** 61-126

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. Please note that 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:** October 19 – December 7
**Day:** Wednesdays (no class 11/23)
**Time:** 4:15 – 5:00 pm
**Ages:** 3 – 5
**Location:** MSS Gym
**Fee:** $65
**Course #:** 61-127
**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 $30.00 (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, & Doug Bowen

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<tr>
<th>Level</th>
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<tr>
<td>Introductory</td>
<td>5:00 - 5:45 pm</td>
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<tr>
<td>Intermediate</td>
<td>5:45 - 6:30 pm</td>
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<tr>
<td>Advanced</td>
<td>6:30 - 7:30 pm</td>
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**Dates:** September 10 – October 15
**Day:** Saturdays
**Time:** 9:00 – 10:30 am
**Grade:** K - 6 (divided by grade)
**Location:** FHS Field Hockey Field
**Fee:** $75

**K-2**
Course #: 61-130

**Grades 3-6**
Course #: 61-131

**Harraseeket Harriers Coastal Running Team**
Lace up those sneakers and get ready to run like the wind in another exciting Harriers season! Our focus 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 surrounding communities. A meet schedule will be handed out at one of the first practices. Initial practices will be on Mondays and Wednesdays. When meets begin, practices will be on Mondays and meets on Wednesdays. Running shoes or sneakers are required.

**Dates:** September 12 – October 12
**Days:** Mondays & Wednesdays
**(No practice 10/10)**
**Time:** 3:30 – 4:30 pm
**Ages:** 6 -12
**Fee:** $69

**Freeport - MLS**
Course #: 61-132

**Durham - DCS**
Course #: 61-133

**Falcon Field Hockey Clinics**
This is a great opportunity for girls to connect with high school players and coaches while learning the skills involved in the great game of field hockey! Participants will be divided by grade and have the opportunity to practice their skills in small-sided scrimmages each week. **Shin guards, sticks, eye goggles & mouth guards required.**

**Instructor:** Marcia Wood

**Dates:** September 10 - October 15
**Day:** Saturdays
**Time:** 9:00 – 10:30 am
**Grade:** K - 6 (divided by grade)
**Location:** FHS Field Hockey Field
**Fee:** $75

**K-2**
Course #: 61-130

**Grades 3-6**
Course #: 61-131

**Community Programs is always looking for new instructors, volunteers, and program ideas!**
**If you’re interested in teaching classes or have ideas for future programs, please email Kelli at parkk@rsu5.org.**
Youth Sports & Fitness

Get a KICK out of KICKBALL!
Like playing kickball? Get your friends together and join us! Players will be divided into teams and play games against each other. This is a great way to let loose and enjoy the fall weather. Wear your Halloween costume on the last day, as we finish up with a “Monster Mash Game!” Fills fast, so sign up early. Space is limited.

Instructor: Community Programs Staff
Fee: $45
Time: 3:30 – 4:15 pm
Grades: 3 - 6

Durham Session
Dates: September 20 – October 18
Day: Tuesdays
Location: DCS Softball Field
Course #: 61-134

Mast Landing Session
Dates: September 22 – October 20
Day: Thursdays
Location: MLS Baseball Field
Course #: 61-135

VolleyKids
Discover the great game of volleyball! Learn through drills and exercises and develop proper techniques in passing, setting, hitting and serving, and have fun at the same time! This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons, such as teamwork and sportsmanship.

Instructor: Rob Benica
Dates: October 17 – November 28
Day: Mondays (no program 10/31)
Location: MLS Gym
Fee: $55

Grades 3-5
Time: 5:30 – 6:15 pm
Course #: 61-136

Grades 6-8
Time: 6:15 – 7:00 pm
Course #: 61-137

Little Falcons Soccer
Little Falcons Soccer Saturdays are full of fun! Develop your soccer skills: dribbling, passing and foot/eye coordination. Participants will be divided by age/ability and play small sided games. Program emphasis will be on having fun, exercise and parent/child interaction. Includes program t-shirt and end of season award.

Registration Deadline – August 19! Enrollment is limited!

Volunteers Needed! No experience necessary, just the ability to have fun. Training will be provided. Parent involvement is crucial to the success of this program. Call 865-6171 for more info.

Instructor: Tom Howell
Dates: August 27 – October 1
Day: Saturdays
Time: 10:00 – 10:45 am
Ages: 3 - 5
Location: TBA
Fee: $65
Course #: 61-102
Youth Sports & Fitness

Field Game Frenzy
Do you need to run off some extra energy after school? Do you like playing “Capture the Flag” and “Ultimate Frisbee”? Focus on sportsmanship and fun and play field games of all kinds!

Instructor: Robin O’Connor
Dates: September 15- October 27
Day: Thursdays (no program 10/20)
Time: 3:30 - 4:30 pm
Grades: 3 - 5
Location: MLS Gym
Fee: $69
Course: 61-138

Kids Gymnastics
Join this fun introduction to gymnastics! Each class follows a weekly lesson plan centered on having fun, while building confidence through various developmental gymnastics skills. Focus on basic concepts of body positions, terminology and early stages of skill development. What to wear: any athletic wear that kids can bend and move in. No socks. Please tie back long hair.

Instructor: Maine Academy of Gymnastics
Dates: November 5 – December 10
Day: Saturdays
Location: MSS Gym
Fee: $99

Ages 4/5: 2:00 – 2:45 pm
Course #: 61-140

Ages 6/7: 3:00 – 4:00 pm
Course #: 61-141

Ages 8-10: 4:15 – 5:15pm
Course #: 61-142

Dodgeball Extravaganza
Want to stay active and have fun this fall while playing one of the most popular gym games around? Focus on sportsmanship while we work up a sweat throwing and dodging in different variations of dodgeball. Play old favorites such as “Indoor Snowball Fights” and “Bombardment” and mix in some new variations of this fun game!

Instructor: Robin O’Connor
Dates: September 20 - October 25
Day: Tuesdays
Time: 3:30 - 4:30 pm
Grades: 3 - 5
Location: MLS Gym
Fee: $69
Course: 61-139
Youth Basketball

Gee’s Basketball Academy
This is a great introductory program to the game of basketball. Participants will begin to learn the basic fundamentals of the game while developing passing, shooting, and ball handling skills through fun-filled activities and drills. Please note that each grade level will meet on a different day to allow for more individualized instruction. If a class is cancelled due to weather, a makeup date will be announced.  **Sign up soon, space is limited.**

Instructor: Pam Gee  
Time: 3:10 – 4:30 pm  
Location: MSS Gym  
Fee: $79

**Grade K**  
Dates: October 31 - November 28  
Course #: 61-143

**Grade 1**  
Dates: November 1 - December 6  
(no class 11/8)  
Course #: 61-144

**Grade 2**  
Dates: October 27 - December 8  
(no class 11/29)  
Course #: 61-145

Lil’ Hoopsters Basketball Program
Looking to get your little one involved in the great game of basketball? Lil’ Hoopsters is the perfect place to start! This co-ed weekend program is aimed at introducing the sport through fun drills and instructional games. Our goal is to give children the opportunity to try the sport in a fun, relaxed environment. Players will participate in fun drills as a group, but will be divided by age for instructional games. **Parent volunteers needed to assist with this program.**

Coordinator: Cameron Trotter  
Dates: December 3 – February 4  
Day: Saturdays  
(No program 12/24 & 12/31)  
Time: 8:00 – 8:45 am  
Grades: K - 2  
Location: FHS Gym  
Fee: $60  
Course #: 61-146

Hot Shot Competition – **FREE!**
The Maine Recreation & Park Association Hotshot Competition is a basketball skills event for youth ages 9 – 18. It involves shooting from 5 “hot spots” on the court. This competition tests each contestant’s speed, shooting, dribbling, and rebounding ability. Each participant begins by competing in a local Hotshot event sponsored by your community recreation department. All category winners of local events advance to the regional host site competitions. After the completion of the regional events, the winners and runners-up of each category advance to the M.R.P.A. State Hotshot Competition at the Portland Expo, home of the Maine Red Claws. **New this year: there will be an Open Gym until 1:00 following the competition.**

Please pre-register by December 27 so we may get a head count of participants beforehand.

Date: Thursday, December 29  
Time: Competition at 10:00 am, Open Gym until 1:00 pm  
Ages: 9 - 18  
Location: FMS Gym  
Course #: 61-147
Youth Basketball

Community Programs Rec Basketball League

Through practice, clinics and games, this in-house league provides and promotes a safe, recreational basketball program for youth in grades 3-6 throughout RSU5. Focus on good sportsmanship, developing strong playing skills, and promoting friendly relationships among the players, coaches, referees and parents. Our main objective is to promote sportsmanship, integrity, and fairness. Teams will practice once during the week in the evening. A game/clinic schedule will be distributed at your team’s first practice. Unfortunately we cannot honor all team/coach requests.

Early Bird Special – Register on or before 11/4 and take $10 off the regular program fee.

Grades 3/4 Division
Dates: December 3 – February 4
Day: Saturdays (No program 12/24, 12/31)
Time: TBA
Location: FHS Gym
Fee: $70

Girls
Course #: 61-148

Boys
Course #: 61-149

Grades 5/6 Division
Dates: December 3 – February 4
Day: Saturdays (No program 12/24, 12/31)
Time: TBA
Location: TBA (Freeport & surrounding communities)
Fee: $70

Girls
Course #: 61-150

Boys
Course #: 61-151
Travel Basketball

5th & 6th Grade Boys & Girls Travel League

All basketball players in grades 5 and 6 have the opportunity to try out for a travel team. The Travel League, sponsored by Cape Elizabeth Community Services, involves teams from surrounding communities and is a competitive program. After players are placed on teams, games and practices will begin in early November. Teams will practice or play games as often as three times a week. The league season runs from early November to early March and ALL GAMES ARE ON WEEKENDS. Although Community Programs stresses skill development, this is a competitive program that requires a serious time commitment.

7th & 8th Grade Travel League

The 7th & 8th grade league, sponsored by Cape Elizabeth Community Services, will compete against other teams from surrounding communities during the months of November and December (boys only) and the months of January and February (girls only). Although this is a competitive program, player development and fair play is stressed. Girls and boys will be placed on teams and practices will begin in early January. ALL GAMES ARE ON WEEKENDS.

Evaluation Night

All players interested in playing on the Community Programs 5th and 6th grade travel teams are required to attend. See information below on evaluation dates and times.

Parent Informational Meeting

New to Travel Basketball? Find out more about the requirements! Learn all about this program and find out if it’s a good fit for your child.

Date: Wednesday, October 5
Time: 5:00 pm
Location: FMS Gym

<table>
<thead>
<tr>
<th>Grade</th>
<th>Course #</th>
<th>Evaluation Day/Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys -Grade 5</td>
<td>61-152</td>
<td>10/12 @ 5:00 pm</td>
<td>FMS Gym</td>
<td>$100</td>
</tr>
<tr>
<td>Boys -Grade 6</td>
<td>61-153</td>
<td>10/12 @ 6:00 pm</td>
<td>FMS Gym</td>
<td>$100</td>
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<tr>
<td>Girls -Grade 5</td>
<td>61-154</td>
<td>10/12 @ 6:00 pm</td>
<td>FMS Gym</td>
<td>$100</td>
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<tr>
<td>Girls -Grade 6</td>
<td>61-155</td>
<td>TBA (If needed)</td>
<td>FMS Gym</td>
<td>$90</td>
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<tr>
<td>*Boys -Grade 7</td>
<td>61-156</td>
<td>TBA (If needed)</td>
<td>FMS Gym</td>
<td>$90</td>
</tr>
<tr>
<td>*Boys -Grade 8</td>
<td>61-157</td>
<td>TBA (If needed)</td>
<td>FMS Gym</td>
<td>$90</td>
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<tr>
<td>*Girls -Grade 7</td>
<td>61-158</td>
<td>TBA (If needed)</td>
<td>FMS Gym</td>
<td>$90</td>
</tr>
<tr>
<td>*Girls -Grade 8</td>
<td>61-159</td>
<td>TBA (If needed)</td>
<td>FMS Gym</td>
<td>$90</td>
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</tbody>
</table>

*7/8 Grade Girls Programs starts in January 2016

Registration Deadline for Grades 7/8 Girls (starts in January) – December 14, 2016
Mount Abram Sunday Ski/Ride Program

Located just five miles outside of Bethel, this family friendly mountain offers an unpretentious, laid back experience that is great for both skiers and riders. Mt. Abram has a premiere “learn to ski/ride” area with its own Westside lift and lodge, but also offers intermediate and expert trails on the main mountain. With 5 lifts and 44 trails to choose from, Mt. Abram has something for skiers and riders of all abilities.

This six-week program will be held on the following Sundays: January 8, 15, 22, 29, February 5, 12. Participants must sign up for all 6 weeks - no individual trip rates. Makeup dates will be scheduled as needed. There will be no refunds given if you are unable to attend a makeup date. It is strongly recommended that first time skier and riders enroll in lessons and that helmets are used by all participants. This program is run in conjunction with Yarmouth Community Services. Space is limited.

*New this year - Mt Abram Ski Program will depart from & return to the Freeport Bus Garage (7 Hunter Rd). There will not be a stop at the Rowe School in Yarmouth this year.

Program Details
Dates: January 8 – February 12 (6 weeks)  
Day: Sundays  
Grades: 2 – 8  
Time: Depart Freeport Bus Garage (Hunter Rd) at 7:00 am  
Return approximately 5:30 pm  
Course #: 61-160

Pricing
Transportation Only - $115  
Lift Only - $230  
Lift & Clinic - $335  
Lift & Rental - $335  
Lift, Clinic & Rental - $375

Parent Information Night
This is a great opportunity to register, get properly fitted for equipment and get your questions answered by mountain representatives.

Date: Tuesday, December 6, 2016  
Time: 5:00 – 5:45 pm  
Location: FMS Cafeteria

Nordic Ski Rentals Fit Night
Want to cross country ski this winter, but don’t want to buy all of the equipment? The Maine Winter Sports Center Healthy Hometown Ski Program offers a great opportunity to help kids stay active during the winter by leasing sets of skis, boots, & bindings. Participants must attend the fit night to get properly fitted for all equipment (skis, boots, and poles) and complete MWSC waiver agreement. Please note: this program is for ages 4 – 13 only. Participants are encouraged to pre-register with RSU5 Community Programs prior to the fit night.

Date: December 1  
Day: Thursday  
Time: 5:00 – 6:00 pm  
Ages: 4 - 13  
Location: FMS Café  
Fee: $75  
Course #: 61-161
Adult Sports

Adult Kickball League
Join us for our 7th season of Adult Kickball in Freeport! Come socialize, get some exercise, have fun and enjoy the beautiful fall weather. Teams must consist of at least 8 players, with a minimum of 3 females per team. There is a minimum of 4 teams needed to run this league. Each team will have one game each week. The last weekend of the season will be playoffs and the championship game. The idea behind kickball is to have fun first, win second. Win or lose, what’s better than being out there having fun with friends?

This league is for adult participation only (18+). Children are not allowed to play or fill in for adult players.

Registration Deadline September 2!
A Team Captain must submit their roster and registration form by September 2. This form can be found at www.rsu5-rce.org under the tab “Forms”. If you are a single player looking for a team, contact Chris at the Community Programs office, 865-6171. Online registration not available for this program.

Dates: September 11 – October 23
Day: Sundays
Time: early evenings - TBA
Location: MLS Baseball Field

<table>
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<tr>
<th>Option</th>
<th>Fee</th>
<th>Course #</th>
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</thead>
<tbody>
<tr>
<td>Single Player</td>
<td>$45</td>
<td>61-200</td>
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<tr>
<td>Team</td>
<td>$225</td>
<td>61-201</td>
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</table>

Adapted Basketball Open Gym for Age 30+
This is a co-ed program for those over age 30 interested in an easy game of pick-up basketball and physical exercise. No drop-ins. Must be pre-registered with Community Programs.

Supervisor: Fritz Lee
Dates: September 8 – October 27
Day: Thursdays
Time: 7:00 - 9:00 pm
Location: FMS Gym
Fee: $15
Course #: 61-202

Adult Pickup Field Hockey
Join us for this fun and semi-competitive fall pickup field hockey league! Please bring shin-guards, mouth-guard, cleats and a stick. You will receive weekly notifications about weather cancellations, etc.

Supervisor: Carrie Green
Dates: September 4 – November 6
Day: Sundays
Time: 4:00 – 5:30 pm
Location: FHS Field Hockey Field
Fee: $15
Course #: 61-203

Men’s 35 and over Basketball Open Gym
Play pickup basketball and stay in shape year round. This program is for men 35 years and older. Must be pre-registered with Community Programs.

Supervisor: Jim Gwilym
Dates: September 4, 2016 – August 27, 2017
Day: Sundays
Time: 7:00 – 9:00pm
Location: FMS Gym
Fee: $55
Course #: 61-204

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

Coordinator: Tom McKibben
Dates: September 8, 2016 – May 25, 2017
Day: Thursdays
Time: 8:00 – 10:00 pm
Location: MLS Gym
Fee: $40
Course #: 61-205
**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 $30.00 (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 & Doug Bowen

**Day:** Tuesdays  
**Location:** MLS Gym/Cafeteria  
**Fee:** $85

<table>
<thead>
<tr>
<th>Level</th>
<th>Times</th>
<th>Course #</th>
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<tbody>
<tr>
<td>Intermediate</td>
<td>5:30 - 6:30 pm</td>
<td>61-206</td>
</tr>
<tr>
<td>Advanced</td>
<td>6:30 - 7:30 pm</td>
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</tr>
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</table>

- Early Fall Session  
  Dates: 9/6 - 11/1  
  Course #: 61-206

- Late Fall Session  
  Dates: 11/8 - 1/17 (no class 11/22 & 12/27)  
  Course #: 61-207

**Gentle Yoga**
Come explore the benefits of yoga! Quiet the mind and body using basic yoga postures and breathwork techniques. Develop strategies for home practice, learn about supports and ideas for your needs! Open to all levels!

**Instructor:** Tanji Johnston

**Day:** Wednesdays  
**Time:** 5:00 - 6:00 pm  
**Location:** MSS Room 17  
**Fee:** $39  
**Course #:** 61-209

- Early Fall Session  
  Dates: September 7 - September 28  
  Course #: 61-209

- Late Fall Session  
  Dates: October 19 - November 16  
  Fee: $49  
  Course #: 61-210

**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 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, October 12  
**Time:** 6:00 - 7:30 pm  
**Location:** Yarmouth Hannaford  
**Fee:** Free  
**Course #:** 61-208

**Moderate Yoga**
Explore new ways to deepen your yoga practice. Focus on basic, intermediate and yin yoga postures and breathwork techniques that cultivate a deeper, more meditative yoga experience. Some previous yoga experience will be helpful.

**Instructor:** Tanji Johnston

**Day:** Wednesdays  
**Time:** 6:15 - 7:15 pm  
**Location:** MSS Room 17  
**Fee:** Free  
**Course #:** 61-210

- Early Fall Session  
  Dates: September 7 - September 28  
  Fee: $39  
  Course #: 61-211

- Late Fall Session  
  Dates: October 19 - November 16  
  Fee: $49  
  Course #: 61-212
Early A.M. Circuit Training
Circuit or interval training is one of the quickest and most effective ways to get in shape, and with the ever changing routine, you won't get bored with your workout. Suitable for all levels, this class is designed to improve cardiovascular fitness, flexibility, strength and balance. You'll come out of this class looking and feeling great! Bring a water bottle to class.

Instructor: Rachel Mills, Personal Trainer
Dates: September 7 - October 18
Day: Mon, Wed & Fri (no class 10/10)
Time: 5:30 – 6:30 am
Location: MSS Parking Lot
Fee: $85
Course #: 61-217

Couch to 5K
Always wanted to run a road race? Designed for the beginner runner, this 9 week program will get you up and moving! Build up your running time while strength training. All you need is running shoes and the desire to run a 5K. Classes will be 30 - 45 minutes long. Bring a water bottle to class.

Instructor: Rachel Mills, Personal Trainer
Dates: September 7 - November 11
Days: Mon, Wed & Fri (no class 10/10)
Time: 6:30 – 7:15 am
Location: MSS Parking Lot
Fee: $55
Course #: 61-218

Zumba Fitness
Zumba® blends upbeat Latin and 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 open and welcoming group for a highly engaging, energizing, calorie-burning fitness party!

Instructor: Shari Chaney
Day: Tuesdays
Time: 6:00 - 7:00 pm
Location: MSS Gym
Fee: $35, Drop-in: $6 per class

Early Fall Session
Dates: September 13 - October 25
Course #: 61-213

Late Fall Session
Dates: November 1 - December 13
Course #: 61-214

Zumba Gold
Get started on your fit and healthy lifestyle today! 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 your cardiovascular health and overall muscle tone, in a friendly, highly engaging and energizing fitness party atmosphere. Come...give it a try! Beginners are welcome! Please bring a towel, bottled water and clean athletic shoes with a smooth sole that will aide with lateral movement - e.g. cross-trainers.

Instructor: Shari Chaney
Day: Thursdays
Time: 9:30 - 10:30 am
Location: South Freeport Church
Fee: $35, Drop-In: $6 per class

Early Fall Session
Dates: September 8 - October 20
Course #: 61-215

Late Fall Session:
Dates: October 27 - December 15
Course #: 61-216
Art of Color Mixing
Immerse yourself in color! Your confidence in painting will grow as you learn how to mix the colors you want for your paintings. With vibrant acrylic paint, have fun practicing what you learn by painting bottles, jars, and bowls. Enjoy a supportive atmosphere filled with discussion, painting and drawing demonstrations, hand-outs, and plenty of time for individual practice and personal attention. A list of basic, inexpensive materials is available at www.rsu5cp.org.

Instructor: Diana Johnson
Dates: September 21 - October 26
Day: Wednesday
Time: 6:00 - 8:00 pm
Location: FHS Room 203
Fee: $89
Course #: 61-219

Quilt Creations
Discover the fun, and often social, art of quilting! For beginners, we’ll cover all aspects of the quilting process, from choosing a pattern to the last binding stitch, both by hand and machine. More experienced quilters will be able to enjoy a forum for sharing ideas, learning new techniques, and working on their own projects.

Instructor: Lucille Hunt
Dates: September 26 - November 21
Day: Mondays
Time: 6:00 - 8:30 pm
Location: FHS 113
Fee: $75
Course #: 61-221

Painting with the Color Wheel
Have you ever wondered how to choose colors for your paintings? Learn the theory behind the Artist’s Color Wheel. With vibrant acrylic paint, explore and practice basic color theory by painting fruits, vegetables, and more! Enjoy a supportive atmosphere filled with discussion, simple painting and drawing demonstrations, hand-outs, and plenty of time for individual practice and personal attention. A list of basic, inexpensive materials is available at www.rsu5cp.org.

Instructor: Diana Johnson
Date: November 2 - December 7
Time: 6:00 - 8:00 pm
Location: FHS 203
Fee: $89
Course #: 61-220

Photography Safari
Amateur photographers: it’s time to take your skills to the next level! Find out how to control exposure, depth of field, and shutter speed for certain effects. Learn all you need to know about photography in the classroom, and then apply your skills in the great outdoors! Practice with a variety of camera functions with special emphasis on the macro settings for close up shots. Reviewing and critiquing your photos will be the focus of the last class. The class will visit Boothbay Botanical Gardens on Saturday, October 1. Please bring a camera that has an option for manual settings.

Instructor: Gary Swinton
Date: Tuesday
Day: September 27 and October 4
Time: 6:00 - 8:00 pm
Location: FHS 103
Fee: $69
Course #: 61-222
**Creative Endeavors**

**Collage Resin Coasters**
Take your collaging to the next level! Design your own mini collages and transform them into a set of four high-quality customized coasters. Use our extensive collection of background papers, small photos and found text, or bring your own laser-copied ephemera to create a truly personalized set of coasters. This is a great way to preserve vacation memories, original artwork, or cherished photos of loved ones. *Materials include 1 oz tube of resin and four self-adhesive felt pieces to complete their coasters at home. If using your own images, ONLY laser copies will work in these collages. Coaster size is roughly 3.25” square. Workshop fee includes all materials to make a set of four coasters.*

Instructor: Art Night Out  
Date: Tuesday, October 25  
Time: 6:00 - 8:00 pm  
Location: FHS 203  
Fee: $49  
Course #: 61-223

**Pet Portrait: Step by Step**
Embrace your inner artist and find out how to translate your pet’s photo into a beautiful painting! Even if you’ve never painted before, this is a fun way to explore your creativity and showcase your pet. Don’t miss this opportunity to participate in an exciting new project and develop your skills as an artist! *Please submit a photo of the pet you wish to paint two weeks prior to the class so we can create a starting point for you. Workshop includes all materials to make one 11x14 inch painting.*

Instructor: Art Night Out  
Date: Tuesday, November 15  
Time: 6:00 - 8:30 pm  
Location: FHS 203  
Fee: $69  
Course #: 61-224

**Wire-Wrapped Sea Glass Earrings**
Impress your friends and family with handcrafted items that you’ve made yourself! Relax with friends and indulge your creative spirit! Learn basic wire-wrapping techniques to make matching wire-wrapped earrings using pre-drilled cultured sea glass available in a variety of colors. *Workshop fee includes all materials needed to make two pairs of earrings.*

Instructor: Art Night Out  
Date: Monday, December 5  
Time: 6:00 - 8:00 pm  
Location: FHS 203  
Fee: $49  
Course #: 61-225

**Ukulele for Beginners**
The ukulele has captured hearts and minds in Maine and around the world! Come join our beginners’ class and share in the joy. The ukulele is versatile and easy to play (if you regularly practice!). Learn basic chord positions, strumming techniques and picking styles. You must have a soprano, concert, or tenor size ukulele (no baritones, please) an electronic tuner, and bring along a music stand if you have one. Learn how and where to buy the best ukulele to suit your taste and budget once you enroll. Stimulate your mind and light up your world!

Instructor: Duncan Perry  
Dates: October 18 - November 8  
Day: Tuesday  
Time: 6:00 - 7:30 pm  
Location: FMS 134  
Fee: $69  
Course #: 61-226

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**NEW!**
**Creative Endeavors**

**Just Once Piano**
Some music teachers may not want you to know this, but you don’t need years of weekly lessons to learn piano. In just a few hours, learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. You can learn all the chords you’ll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Required materials fee of $29 for workbook and practice CD will be collected in class by the instructor.

Instructor: Don Pride  
Date: Monday, November 7  
Time: 6:30 - 9:00 pm  
Location: FMS Music Room  
Fee: $29  
Course #: 61-227

**Just Once Guitar**
Always wanted to learn guitar, but simply can’t find the time? In just a few hours, you’ll learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. For ages 13+. For more information go to justonceclasses.com. Required materials fee of $29 for workbook and practice DVD will be collected in class by the instructor.

Instructor: Don Pride  
Date: Monday, October 11  
Time: 6:30 - 9:00 pm  
Location: FMS Music Room  
Fee: $29  
Course #: 61-228

**Culinary Adventures**

**Pinot Noir from Around the World**
We will travel from Maine to the East Coast to California, discussion will take us to Europe from France to Italy, find our way over to Chile……and a shortcut……across again to Oregon! A great grape for all occasions! Learn about the terroir of each area, compare and taste some of the differences of pinot noir. Six properties, the same grape. Grazing and tasting included!

Instructor: Paula Truman  
Date: Wednesday, November 9  
Time: 5:45 - 7:15 pm  
Location: Bow Street Market  
Fee: $29  
Course # 61-229

**Cocktail Concoctions for The Holidays**
Classic cocktails using fresh ingredients! This is your excuse for becoming the best home bartender! Experiment with sparkling wines, spirits, organic simple syrups, and bitters to help you build your own favorite beverages. We will also look at the history and story of many of the ingredients. Refreshments included.

Instructor: Paula Truman  
Date: Wednesday, December 7  
Time: 5:45 - 7:15 pm  
Location: Bow Street Market  
Fee: $29  
Course # 61-230
Culinary Adventures

Make Your Own Sushi
Master the art of making your own sushi with Chris Toy! Indulge in a world of flavors, including: edamame, seafood miso soup, California rolls, and inside-out rolls! Make your own sushi at home and enjoy this healthy, naturally gluten-free dish as often as you’d like. Don’t miss this opportunity to explore the art of making sushi! Everyone will take home their own sushi mat. Food fee included.

Instructor: Chris Toy
Date: Thursday, October 27
Time: 6:00 - 8:30 pm
Location: FMS Room 106
Fee: $39
Course #: 61-232

Mexican Street Food
Discover the secrets of Mexican street food! Chris tasted his way through Mexico and is ready to share some authentic flavors! Make homemade tortillas, avocado soup, chipotle chicken tacos and vegetarian tacos. Enjoy fried mangoes or pineapple for dessert! This is one class you definitely won’t want to miss! Food fee included.

Instructor: Chris Toy
Date: Thursday, December 8
Time: 6:00 - 8:30 pm
Location: FMS Room 106
Fee: $39
Course #: 61-233

Mexican Street Food
Discover the secrets of Mexican street food! Chris tasted his way through Mexico and is ready to share some authentic flavors! Make homemade tortillas, avocado soup, chipotle chicken tacos and vegetarian tacos. Enjoy fried mangoes or pineapple for dessert! This is one class you definitely won’t want to miss! Food fee included.

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Instructor: Chris Toy
Date: Thursday, December 8
Time: 6:00 - 8:30 pm
Location: FMS Room 106
Fee: $39
Course #: 61-233

Thanksgiving Leftovers
Find new ways to spice things up and make the most of your Thanksgiving leftovers! Join Chris Toy for a night full of international flavors! Turkey tacos, soup, fried rice, and international wraps are on the menu. Don’t throw those leftovers away - give new life to those old classics! Food fee included.

Instructor: Chris Toy
Date: Thursday, November 10
Time: 6:00 - 8:30 pm
Location: FMS Room 106
Fee: $39
Course #: 61-234
Culinary Adventures

Getting Ready For Soup Weather
As the weather cools, the need for warm soup rises. This class will encompass the making of good stocks that serve as the basis for these soups. Each student will leave with three freezer-ready soups (ham and local white bean; smoked chicken and potato chowder; and a roasted root vegetable). Each student should bring 3 one-quart containers to bring soup home. Food fee included.

Instructor: Christine Burns-Rudalevige
Date: Wednesday, October 19
Time: 6:00 - 8:30 pm
Location: Freeport Community Services Kitchen
Fee: $39
Course #: 61-235

Preserving the Harvest - Apple Chutney
Ever wonder how to preserve all those great fall apples? Discover the many ways to preserve apples and make chutney, a unique, flavor-filled condiment from University of Maine Cooperative Extension staff and Master Food Preserver volunteers. Participants will receive a Preserving the Harvest food preservation packet, and learn recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety and how to check for properly sealed jars. Please bring a pot holder with you. Materials fee of $20 paid directly to instructor.

Instructor: Kate McCarty
Date: Thursday, October 13, 2016
Time: 5:30 - 8:30 pm
Location: FMS Room 106
Fee: $5
Course # 61-236

Not Your Grandmother’s Pie Crust
There is no sense in messing with perfection, so let’s not even attempt a better butter crust than the one you grew up eating! Learn to make a hazelnut crust in the form of a caramel apple tart; an airy meringue and soda cracker crust that travels well and gets filled with flavored whipped cream; and a cinnamon roll pie crust that makes any pumpkin pie you make with it the talk of the dessert table. Delight your tastebuds and your holiday visitors! Each student should bring one 8-inch tart pan and one 9-inch pie tin. Food fee included.

Instructor: Christine Burns-Rudalevige
Date: Wednesday, November 16
Time: 6:00 - 8:30 pm
Location: Freeport Community Services Kitchen
Fee: $39
Course #: 61-237

DIY Extras for the Holidays
Up your holiday culinary game with simple DIY treats! We’ll make homemade crackers and a quick cranberry chutney so you’ll be ready for drop by guests; freezer scones that bake while you open gifts; maple oatmeal rolls for dinner; and candied cranberries to top your favorite holiday cheesecakes. Food fee included.

Instructor: Christine Burns-Rudalevige
Date: Thursday, December 1
Time: 6:00- 8:30 pm
Location: Freeport Community Services Kitchen
Fee: $39
Course #: 61-238

NEW!
Community Education

**American Sign Language**
Learn basic sign language communication, including the sign alphabet, finger-spelling, basic vocabulary (colors, numbers, and animals) basic grammar, "baby sign" by request, and introduction to Deaf culture. Join Martin Samelson, energetic college ASL professor, and job coach for Deaf in learning how to communicate without using voice. Enhance your communication with Deaf and hard of hearing family, friends, coworkers, and customers. Late-Deafened Adults are welcome. No previous sign language experience is necessary.

**Instructor: Martin Samelson**
Date: October 5 to October 26
Day: Wednesday
Time: 6:00 - 7:30 pm
Location: FMS Library
Fee: $69
Course #: 61-239

**American Sign Language II**
ASL II will begin with a brief review of ASL I (basic sign language communication). ASL II is designed to raise your skill level and be a "user-friendly" place to practice the sign alphabet, finger-spelling, numbers, vocabulary (hand-shape, location, movement), and familiar phrases. Our goal is to increase your awareness of Deaf culture and build confidence for communication with Deaf and Hard of Hearing family, friends, co-workers and customers. Serious high school students, "baby sign" users, and Late-Deafened adults are welcome. Some previous sign language experience is helpful, but not necessary. Join Martin Samelson, energetic ASL college professor and job coach for the Deaf, in learning how to communicate without voice. ASL is a visual language so no textbook is required.

**Instructor: Martin Samelson**
Date: November 2 - November 23
Day: Wednesdays
Time: 6:00 - 7:30 pm
Location: FMS Library
Fee: $69
Course #: 61-240

**French for Travelers**
Voulez-vous parlez français? Will you be traveling to French-speaking countries? Learn to speak French for your adventures abroad! This course covers pronunciation, basic phrases, structure and vocabulary for travel to French-speaking countries. Don’t miss this opportunity to get ready for your next big adventure!

**Instructor: Laurie Notch**
Date: October 14 - November 4
Day: Fridays
Time: 5:00 - 7:00 pm
Location: FMS Library
Fee: $29
Course #: 61-241

**Who Are My People?**
Do you wish you knew more about your ancestors' lives? Learn how to start a genealogy search – explore sources, stay organized, problem solve and share findings. Discover your personal history! Together, let's find your people.

**Instructor: Fran Townsend**
Date: October 13 - November 3
Day: Thursdays
Time: 6:00 - 8:00 pm
Location: MLS Computer Lab
Fee: $59
Course #: 61-242

**Retrain Your Brain**
Discover techniques that will help you break through old thought patterns and beliefs, empowering you to make changes to live a healthier, less stressful life. Learn to: shift the negativity bias of the brain; cultivate self-compassion, gratitude, and loving-kindness; internalize positive experiences to manage difficult emotions; and develop greater resilience and energy through mindfulness practices. Don’t miss this opportunity to improve your life, one thought at a time!

**Instructor: Deb Bergeron**
Date: Wednesday, October 26
Time: 6:00 - 8:00 pm
Location: FHS 103
Fee: $29
Course #: 61-243
Community Education

Building Interior Solar Thermal Windows
Save money this winter! Learn all the tricks and techniques that go into assembling an interior storm window! These windows cost around $1.25/square foot and pay for themselves in reduced heating costs in the first heating season. Only very basic carpentry skills are necessary. Anyone can assemble these windows on a dining room table or any large flat surface at home. There is a $5 materials fee paid to the instructor.

Instructor: Guy Marsden
Date: Tuesday, December 6
Time: 6:00 - 8:00 pm
Location: FHS Room 203
Fee: $9
Course #: 61-244

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

Instructor: Maine Bureau of Highway Safety Staff
Dates: October 25 and October 27
Time: 6:00 - 8:30 pm
Location: FHS 103
Fee: $40/$10 (age 65+)
Course #: 61-245

The Great Outdoors

Registered Maine Guide Training Course
Become a Registered Maine Guide today! Don’t miss this opportunity to prepare for your next challenge! Get paid to go hiking, camping, canoeing, sea kayaking, fishing, and hunting with others. Learn to use a compass with a map or a chart, search for a separated client, identify flora and fauna, plan a trip for an afternoon or a three-day adventure. Learn the in’s and out’s of running a successful trip: camp cooking for groups, reacting to environmental issues to ensure the safety of the group, and more! Find out how to create the best experience for your clients! Mandatory outdoor training will be held on the following days: Saturday, October 15 and Saturday, October 29, 8:30 am - 5:00 pm.

Instructor: Alice Bean-Andrenyak
Date: October 4 - November 22
Time: 6:00 - 9:00 pm
Location: FHS 310
Fee: $499
Course #: 61-246

Canoeing Basics for Trip Planners, Leaders, and Future Registered Maine Guides
Gain confidence in canoeing with a Registered Maine Guide! Being comfortable canoeing with a group or clients means that you should be able to teach canoeing strokes, and be able to perform canoe rescues and on-water group management. Class will be outside all day. Students should bring a dry suit or wetsuit, canoe paddle, PFD, a canoe if you have one, a change of clothing and be prepared to cook a meal that will be assigned in advance.

Instructor: Alice Bean-Andrenyak
Date: Saturday, October 15
Time: 8:30 am - 5:00 pm
Location: Alice’s Awesome Adventures,
17 Webb Field Road, Brunswick
Fee: $59
Course #: 61-247
Outdoor Skills for Trip Planners, Leaders, and Future Registered Maine Guides

Master the art of winter expeditions with a Registered Maine Guide! Being comfortable outdoors with a group or clients means that your winter outdoors skills should be top notch. Learn or polish your skills in: snowshoeing, fire building, emergency shelter building, outdoor cooking, compass, and immediate search for separated group members. Class will be outside all day. Be prepared to cook a meal that will be assigned in advance.

Instructor: Alice Bean Andrenyak
Date: Saturday, October 29
Time: 8:30 am - 5:00 pm
Location: Alice’s Awesome Adventures, 17 Webb Field Road, Brunswick
Fee: $59
Course #: 61-248

Intro to Vegetable Gardening

Get ready to plan your next vegetable garden! Learn about site selections and preparation, crop selections and rotation, composting, starting plants indoors from seed, garden pests and diseases, succession planting, harvesting, and tips and tricks for all kinds of vegetables. Joel Leak has been gardening for 40 years and started with a small vegetable garden when he was young. He graduated from the Cumberland County Master Gardener Program in 2001.

Instructor: Joel Leak
Date: November 3 and November 10
Day: Thursday
Time: 6:00 - 8:00 pm
Location: FHS Library
Fee: $15
Course #: 61-250

Fall Foliage Kayak Tour

Join Alice’s Awesome Adventures for a kayak adventure on Merrymeeting Bay! Admire the colors and explore either the Androscoggin River or the Cochance River. Enjoy the great outdoors and witness migrating waterfowl! Don’t miss this opportunity to appreciate the natural beauty around us! Kayaks, paddles, life jackets and safety gear are provided. Trip may be adjusted, postponed or cancelled due to weather conditions.

Instructor: Alice Bean-Andrenyak
Date: Saturday, October 1
Time: 9:00 am - 12:00 pm
Location: TBD based on foliage
Fee: $49
Course # 61-249

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! This workshop will be offered on two dates. Please call Wolfe’s Neck at 865-4465 to register.

Instructor: Wolfe’s Neck Woods State Park Staff
Date: Sunday, September 11 or Saturday, October 15
Time: 2:00 - 3:30 pm
Location: Wolfe’s Neck Woods State Park
Fee: Free with park admission
**Trips & Tours**

**Amish Country and Philadelphia Bus Tour**
Join Director, David Watts, on a trip to his home state of Pennsylvania and the land of the Amish and Pennsylvania Dutch. We’ll travel by coach bus for a five-day, four-night excursion to learn about the German heritage that has become the subject of many movies, books and television shows. Enjoy legendary farmland, family-style feasts, artistry and craftsmanship. We’ll visit and tour the Landis Valley Farm Museum, spend time in Intercourse at Kitchen Kettle Village, and find out how the pretzel came into existence in Lititz. Plan to shop early for unique holiday gifts. We’ll see the show SAMSON at the amazing Sight and Sound Theater. We’ll also spend a day on a side trip to Philadelphia, where you’ll have time on your own to explore the historic district and visit Independence Hall and the Liberty Bell, as well as taste authentic food such as the legendary Philly Cheesesteak. Cost of the trip includes all transportation, lodging, four dinners, four breakfasts, theater and museum tickets in the Lancaster area. **Register early to secure your room and tickets!**

**Deadline for registration and payment, 9/15.**

- Date: Monday, October 17 - Friday, October 21
- Time: Depart 8:00 am on 10/17
- Return 7:00 pm on 10/21
- Location: Depart from Freeport Community Services
- Fee: $599 per person (double occupancy)
- $840 per person (single rate)
- Course # (single): 61-251
- Course # (double): 61-252

Please indicate the name of your roommate in the comments section of your registration.

**Common Ground Fair**
Reduce your carbon footprint by sharing a bus to the Common Ground Fair this year! If you’re serious about sustainable living, this fair is a must! Eat delicious organic Maine-grown food and admire beautiful Maine-made crafts. Dance, sing and have a great time! Ride with us and avoid driving and parking hassles. **Cost includes discount admission to the fair.**

- Date: Saturday, September 24
- Time: 8:45 am - 6:00 pm
- Location: Depart Freeport High School
- Fee: $34
- Course #: 61-253

![Common Ground Fair](image)

**Hobo Turkey Dinner Train**
Back by popular demand!! Join us for a fun-filled scenic railroad ride along Lake Winnipesaukee! Enjoy a scenic foliage ride through the mountains and a delicious turkey dinner as you travel the shoreline of the lake. Your turkey dinner will be catered by the famous Hart’s Turkey Farm. **Transportation on coach bus - depart Yarmouth Park & Ride.**

- Date: Thursday, October 13
- Time: 10:00 am - 6:00 pm
- Location: Depart Yarmouth Park & Ride
- Fee: $82
- Course #: 61-255

![Hobo Turkey Dinner Train](image)
Trips & Tours

GET OUT OF TOWN!

With Community Programs Travel

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!

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.

Please check out our website for more information, or contact Ray directly by phone at 865-1789.

A Tour of Chinese Art and Food in Boston

Join Chris for a day of art, food, and shopping in and around Boston's Chinatown! Visit Kamman Marketplace, the largest Indoor Asian Market in New England with over 40 vendors. Then we'll head to Chinatown where you can choose from dozens of authentic restaurants. For those interested in authentic Family Style Chinese Dim Sum, Chris will head to China Pearl, where he and his family have dined for over 50 years! After lunch, let's stroll around Chinatown before we head to the Museum of Fine Arts, where Chris will talk about some of the artifacts in the Asian Collection. So bring your cameras, appetites, and shopping lists!

Instructor: Chris Toy
Date: Saturday, November 12
Time: 8:00 am - 8:00 pm
Location: Depart Freeport High School
Fee: $129
Course #: 61-254

Photo courtesy Laura Ramage
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 awarded by RSU No. 5. 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 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 pm
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? Set up an appointment with our Adult Ed team to 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
• Job searching, resume writing and interviewing

Don’t miss this opportunity - take advantage of the FREE services we provide!
Adult Education

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 postsecondary 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.

College Transitions Classes

College Transitions Math & English

Do you want to go to College? Need to brush up your math and English skills or pass the Accuplacer tests? In this supportive day time class you will sharpen your skills to enter directly into college-level courses. Mini workshops are included on important subjects such as test taking strategies, study skills, and finding a good career in today’s economy. Wednesday’s class is held at Merrymeeting Adult Education and Friday’s class is held on the Southern Maine Community College Brunswick Campus where students become accustomed to being in a college environment. All books included. Fee is waived if you become a College Transition Student.

Instructor: Jan Crosson & Pat Casey
Date: September 28 - December 9
Day: Wednesday and Friday
Time:
Wednesday: 9:00 am - 12:15 pm
Friday: 9:00 am - 1:30 pm
Location:
Wednesday: Merrymeeting Adult Education
Friday: SMCC Brunswick
Fee: $125/$135 or free for CT students
Course #: 61-256

Arithmetic & Algebra Accuplacer Prep

Review for the math Accuplacer tests! Make the best of individualized programming where you can move at your own pace or and receive guidance in arithmetic and algebra. Take the Accuplacer when you are ready. Textbook included in fee. Free for students enrolled in the College Transitions and Hi-Set programs.

Instructor: Jan Crosson
Date: September 26 - November 21
Day: Monday and Wednesday
Time: 5:00 - 8:00 pm
Location: Mt. Ararat High School
Fee: $125/$135 or free for CT students
Course #: 61-257

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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. A non-refundable materials fee of $50 (per academic year) is due at the time of registration. You do not have to be a resident of RSU No. 5 to attend this program.

Please call the Adult Ed Coordinator at 865-6171 to schedule your first meeting.

Daytime Class Schedule:
Monday from 10 AM - 12 noon

Evening Class Schedule:
Monday and Wednesday from 5:30 - 7:30 PM

Volunteer Tutors Needed for Adult Literacy & ESL

You do not need to have special training or a college degree. We will train you. Just be open-minded, flexible and willing to spend a few hours of your time each week helping other adults learn to read.

Ed2Go Online Courses
Recreation & Community Education offers online courses through Education 2 Go. Whether you're looking for professional development or personal enrichment, these six-week online courses are the perfect way to learn a new skill or enhance your existing ones.

To register: www.ed2go.com/rce

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: www.healthedtoday.com/rsu5

Popular Online Courses:
Accounting Fundamentals
Creating Web Pages
Grant Writing
Medical Terminology
And more!

Popular Online Courses:
Pharmacy Technician Program
Clinical Medical Assistant
Dental Assisting Program
Medical Billing & Coding
And more!!!
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).

Substitute Teacher Training
Do you have a desire to work with children? Learn how to present teachers’ lesson plans, manage a classroom and the general logistics of being a substitute teacher. Participants will complete paperwork for an application packet to be delivered to RSU 5 Human Resources. Must pre-register with Community Programs.

Instructor: Diane Whitmore
Date: Monday, September 19
Time: 6:00 - 8:30 pm
Cost: Free
Location: FHS Room 103
Course #: 61-258

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Community Resource Directory

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone</th>
<th>Website</th>
</tr>
</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>
<tr>
<td>University College Bath/Brunswick</td>
<td>442-7736</td>
<td><a href="http://www.learn.maine.edu/bath">www.learn.maine.edu/bath</a></td>
</tr>
</tbody>
</table>
Youth Registration Form

Participant Name: _______________________           DOB: ________   Grade: _______ Gender: ____
Participant Name: _____________________________DOB: ________   Grade: _______ Gender: ____
Address: ____________________________________Town: _____________________   Zip: __________
Home Phone: ______________ Work Phone: ________________ Cell Phone: ________________
Email: ______________________________________
Parent/Guardian __________________________________
Medical Concerns/Medication/Limitations: ________________________________________________
Emergency Contact: _______________    Phone: ____________   Relationship to Participant:________

Child Name (s)                        Course # Program Name  Fee
______________________________________  __________ __________ _______________________ ______
______________________________________  __________ _________________________________ ______
______________________________________  __________ _________________________________ ______
______________________________________  __________ ____________________ _____________ ______
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Subtotal ______

TOTAL FEE:   ______

For office use only
Gift Certificate/Credit Amount                   ______
CP Scholarship Amount                           ______
FCS Scholarship Amount                         ______
Convenience Fee ($3.00)                         ______

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.

Please make checks payable to RSU5 Community Programs

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

Questions? Please call 207-865-6171
www.rsu5cp.org
### Adult Registration Form

<table>
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<tr>
<th>Name (s)</th>
<th>Course #</th>
<th>Program Name</th>
<th>Fee</th>
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**Subtotal:** __________

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**For office use only**
- Gift Certificate/Credit Amount: __________
- Convenience Fee ($3.00): __________

**TOTAL FEE:** __________

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

Questions? Please call 207-865-6171
www.rsu5cp.org
Say hello to our new Recreation Coordinator!

Many of you have already seen our announcements that Anthony Johnson has moved on from Community Programs to pursue another opportunity closer to his home. Anthony’s time in the Freeport Public Schools and then RSU No. 5 has resulted in great expansion of sports and enrichment opportunities for the youth of our three towns. His expertise and affable spirit will be missed.

It is with great pleasure that I introduce Chris Guerette as our new Recreation Coordinator. Chris comes to us with significant experience in developing and running outdoor programs for youth. As a former Park Ranger with the town of New Haven, Connecticut, he developed year-round programs for children and adults in nature education, team-building, and high-adventure. He was also an instructor and program director for the Deer Lake Boy Scout Reservation and Wilderness School, and has experience building, maintaining and training staff on ropes courses. His water experience includes instructing canoeing, kayaking, and adaptive paddling.

Community Programs is very excited to have Chris begin on August 18th. He will be diving right into coordination of the fall programming that is already established. Look for Chris out on the fields, say hello and introduce yourselves to him. And be ready later in the school year to see what new adventures Chris may have in store for the youth of Durham-Freeport-Pownal!

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!

Throughout the year, we run numerous programs and events that require help from volunteers. If you are interested in giving back to your community, consider getting involved with Community Programs!

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 Programs Location
17 West Street, Freeport ME 04032

Office Hours
Monday - Friday 7:30 am - 4:00 pm

Telephone Numbers
Community Programs 865-6171
RSU5 Central office 865-0928
Teen Center 865-3985 ext. 236
Laugh & Learn MSS 865-6361 ext. 254
Laugh & Learn MLS 865-4561 ext. 254
Laugh & Learn DCS 353-9333 ext. 118

Website - www.rsu5cp.org

Thank You Program Volunteers!
Mary Okin        Joe Parent
Julie Quimby     Sheila Towne
Linda Whittier   Jon Morris
Stacy Noreika    Ben Love
Carly Richards   Sue Jones
Katy DiCara      Adam Ulrickson
Cecilia          Trever
Duchano-Martin   MacDonald
Jon Sterling     Ryan Galway
Sarah Jacobs     Sven Fahlgren

Call me today at 207.846.1175 to help make the most of what you’ve achieved.
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