



Durham • Freeport • Pownal

Community Programs

Fall & Winter 2025-26



www.RSU5CP.org

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Address

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

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.

RSU5 Community Programs Staff

Director

Peter Wagner, wagnerp@rsu5.org

Recreation & Enrichment Coordinator

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Office Coordinator

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

Dear Friends and Neighbors--

By the time this book is in your hands we'll be into the last precious weeks of summer, and along with you we'll be casting an eye toward the new school year and fall and winter activities. But let's not rush ahead too far right yet... there's still plenty of seasonal weather to enjoy and I hope you're able to find ways to get outdoors and soak it in.

I'm proud of our team, our varied programs that well near offer something for everyone, and our many partnerships that we continue building around Durham, Freeport, and Pownal. We've got lots of offerings for you to have fun and learn something along the way, and I hope you'll take a good look at this catalog, spanning August through February, to see what's new.

Here's a small sampling of some great new offerings you'll find within:

- Tea Tasting with Ray Marcotte and Elle Kanner (pg. 9)
- Pasta Making at Wolfe's Neck Center (pg. 10)
- Photography classes with Rick Berk (pg. 11)
- Writing and editing classes (pg. 13)
- SparkYou: Slime Masters after school science classes (pg. 17)
- Dungeons & Dragons in Durham (pg. 19)
- Volleyball and swim teams for middle school students (pg. 25)

The Adult Education program is as busy as it's been in recent memory, and we're always looking for more English learners and people seeking their high school equivalency degrees through HiSET. If you or someone you know could benefit from these services, or from advisory assistance in making the transition to college or work, please send them our way. The second best part of this program is that everything is still 100% free of charge (pg. 6).

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

See you out there!

Sincerely,

A handwritten signature in dark ink, appearing to read "Peter Wagner". The signature is fluid and cursive, with the first name "Peter" and last name "Wagner" clearly distinguishable.

Peter Wagner
Director, RSU5 Community Programs

How do I register for a class or program?

You may register online, by mail, in person, or by phone at (207) 865-6171. To register online (our preferred method), visit **rsu5cp.org** and click **Register** in the main menu. If mailing, please include a completed registration form and make checks payable to *RSU5 Community Programs*.

How do I establish an online account?

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

Do you offer scholarships?

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

Are there late pickup charges?

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

Accessibility

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

Cancellation & Refund Policy

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

Refunds for Regular Programs/Classes

- Cancellations must be processed through our office, not our website
- 95% Refund (minimum \$5 processing fee) - you withdraw from class five business days or more before the start of class.
- 50% Refund - you withdraw three business days before a one-class workshop, or up to the end of the first class for a class that meets more than once.
- No refund will be given if you withdraw from a program less than three days before a one-class workshop, or if you drop and do not notify us. After the end of the first class no refund will be given.

RSU5 Community Programs Office Spotlight

WELCOME, KATHY!

Back in February we welcomed the newest member of our team, Office Coordinator Kathy DeGrandpre! By now I hope that you've had a chance to connect with her in the office or via phone or email - she's hit the ground running and has added a wonderful personal and locally-informed touch to our team, and first-rate customer service and problem-solving skills.

Kathy DeGrandpre grew up in Freeport. After attending Wheaton College in Massachusetts and a few years away she eagerly returned to Maine. Kathy has spent most of her career working in operational roles in the insurance industry. She has also been involved with the Immigrant Legal Advocacy Project and Freeport Community Services. In her free time, Kathy enjoys rock climbing, skiing, games, reading, and exploring New England with family and friends. She is excited to get to know more neighbors through our community programs.



You Can Make a Difference!

Do you have a skill you'd like to share with your community? Reach out to cp@rsu5.org to offer up your skills as an enrichment instructor, coach or teacher. We're always looking for new ideas, and we can't find them without your input. Reach out today!

Adult Education

*Have a question about our programs?
Email us at adulthood@rsu5.org or call us at 207-865-6171 x322.*

HiSET Learning Lab

If you are an adult without a high school diploma, the High School Equivalency Test (HiSET) could be your best route to improved career prospects, a college education, and increased earnings potential. Our HiSET instructor can meet with you online or in person and guide you through the testing.

English for Speakers of Other Languages (ESOL)

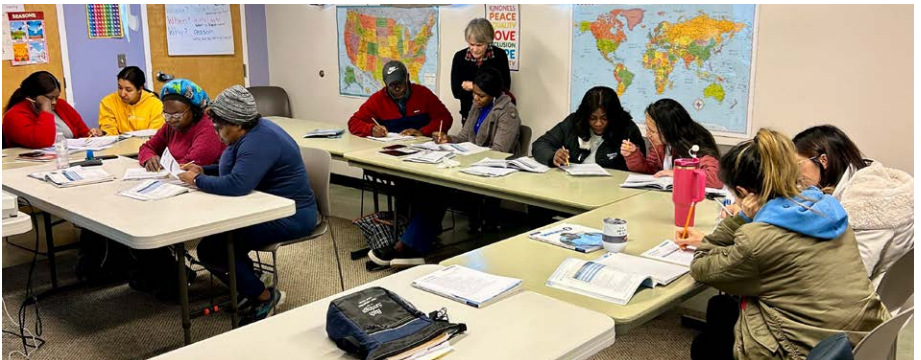
We're proud to offer small classes for adult English Language Learners. Our program helps students improve their English reading, writing, grammar, and life skills. ESOL classes also help students prepare for employment and continuing education. *Interested in tutoring an ESOL student? PLEASE reach out to us!

Maine College & Career Access (MCCA)

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

MCCA Post High School Transition ("PoHST") Program

The goal of this program is to help students bridge the time between high school graduation and the start of post-secondary education. Our staff will help you with tasks such as enrolling in classes, starting your student profile on the college's website, completing financial aid paperwork, submitting your health & vaccine records, student orientation meetings, obtaining school IDs, parking permits, and more. Our goal is for you to begin your next chapter feeling ready and prepared.





Great Osprey 10K Ocean Run Saturday, November 8, 10 a.m.

Join us for the 43rd running of this historic race! Challenge yourself on one of Maine's premier 10K road races! Enjoy the scenery and coastal Maine's fresh salt air on this USTAF approved course. Prizes are awarded to the chip-timed top finishers in various age categories. All race proceeds benefit the RSU5CP Scholarship Fund, helping youth and adults to participate in community programs. Race will be held rain or shine. If race is canceled due to extreme weather conditions, refunds will not be issued. Parking is limited so be sure to arrive early!

Register at rsu5cp.org



The Christmas Market, Quebec City

Experience the magic of Old Quebec this winter with a festive 3-day getaway from December 5–7, 2025! Travel in comfort on a chartered coach and stay in a centrally located hotel in the heart of Quebec City. Enjoy included breakfasts and dinners featuring classic French-Canadian cuisine. Explore the enchanting German Christmas Market, twinkling cobblestone streets, and the grand Château Frontenac—all dressed in holiday splendor. This is your chance to experience the charm of Europe without leaving the continent—with French and German influences, Old Quebec offers Mainers a cultural escape that feels worlds away yet is just a few hours from home. Perfect for those who love history, food, and the holiday spirit. Don't miss this cozy, curated adventure in one of North America's most beautiful cities!

Guide: Valeska Horschild-Bear

Dates: December 5 – 7

Fee: Estimated \$1,100 per person

Information Night: September 16

7:00 p.m., FMS Library



Conversational German

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

Instructor: Valeska Hornschild-Bear

Time: 7:00 – 8:30 p.m.

Location: FMS Library

**Trip to
Berlin, Germany
April 17–April 24
2026**

Session	Dates	Fee
Herbst	Wednesdays, October 1 – November 5	\$75
Winter 1	Wednesdays, November 12 – December 17	\$75
Winter 2	Wednesdays, January 7 – February 11	\$75

Food & Drink

Wine Tasting with Susan Grenier, Bow Street Market

Join us throughout the year as we try wines from around the world!

Session	Date	Time	Fee
Demistifying Sherry	Wed., September 17	6:00 – 7:30 p.m.	\$45
Spooky/Haunted Wines	Wed., October 22	6:00 – 7:30 p.m.	\$45
Blind Tasting	Wed., November 12	6:00 – 7:30 p.m.	\$45

Tea Tasting

The tasting will cover the six classes of tea, from white, green, yellow, oolong, black, and pu'er, tasting one to two teas per class. We'll have light snacks and cover history, culture, cultivating, and selecting quality teas. This is more of a traditional as opposed to English tasting, true to origin and the original brewing methods. All teas are caffeinated and tasters are suggested to have a meal before the tea tasting. The instructors have offered tea since 2011, first in their tea house Dobrá Tea, and now at Teafarers.com.



Instructors: Ray Marcotte and Elle Kanner

Date: Saturday, September 20

Time: 11:00 a.m. – 2:00 p.m.

Location: Freeport Community Services

Fee: \$75

Ferment This! with Emma Holder

Fall into fermentation with four different and delicious options. Each stand-alone class will cover a bit of microbiology to define what fermentation is and how it works so you can troubleshoot, some historical context, and then recipes and techniques for the unique ferment of the day. Take one class or a combination! You can attend in person (Portland location), or Zoom in from your kitchen. Visit emmaholder.com/fermentation for more info!



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

Session	Date	Time	Fee
Kombucha	Wednesday, October 22	7:00 – 8:15 p.m.	\$25
Sauerkraut & Slaw	Wednesday, October 29	7:00 – 8:15 p.m.	\$25
Veggie Variety Pack	Wednesday, November 5	7:00 – 8:15 p.m.	\$25

Wok and Cleaver Bootcamp

Participants will learn how to season, care for, and use a Chinese wok and cleaver. The recipes for the class will include stir-frying, oven roasting, and preparing steamed rice. Each student will take home a specially selected kit including a lightweight cast iron wok, wok spatula, carbon steel cleaver, honing steel, a heavy duty cutting board, and one of Chris Toy's 6 cookbooks. The retail value of the kit is \$230. (Those in the know bring containers just in case!)



Instructor: Chris Toy

Date: Wednesday, October 29

Time: 5:00 – 8:00 p.m.

Location: Freeport Community Services

Fee: \$225



Pasta Making at Wolfe's Neck Center

Enjoy dinner with a view! Join Chef Malcolm Kelly at Wolfe's Neck Center for an unforgettable pasta-making evening. Using products from the farm, participants will learn how to make their own fresh pasta and sauce. They'll then get to eat their delicious creation while taking in Wolfe's Neck Center's scenic landscape.

Instructor: Malcolm Kelly

Date: Tuesday, September 30

Time: 5:30 – 7:30 p.m.

Location: Wolfe's Neck Center's Smith Center

Fee: \$65

NEW!

Artistic Endeavors

Chris and Ken's Weekend Cooking and Carving Adventure

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

Instructors: Chris Toy & Ken Wise

Dates: Friday–Sunday, October 24–26

Location: Merrymeeting Bay, Bath

Fee: \$300



Acadian Arts Maine Retreats

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



Dates

September 12 – 15

October 10 – 13

November 14 – 17

Locations

Prospect Harbor

Campobello Island

Merrymeeting Bay

Fee: \$595



Art Nights with Sarah Cass

Join Sarah Cass for a variety of art classes this fall and winter! We'll start learning the basics of crochet with our first two-part class. Once you've got a handle on some basic technique, we'll take on a full project in the second class! One-night classes later in the season focus on smaller projects just when you need them. For full descriptions of each class, visit our website!

Instructor: Sarah Cass

Location: FCS Learning Lab

Session	Dates & Times	Fee
Beginner Crochet	Tuesdays, October 7 & 14, 6:30 - 7:30 p.m.	\$50
Intermediate Crochet	Tuesdays, November 4 & 18, 6:30 - 7:30 p.m.	\$50
Holiday Arrangements	Tuesday, December 2, 6:00 - 7:30 p.m.	\$40

Basic Photography

Learn how to confidently take creative control of your photos. Topics include light exposure, understanding camera settings, photo composition, and practical tips and feedback on your photos. The instructor will share his knowledge and experience from decades in sports and landscape photography.

Instructor: Rick Berk

Dates: Tuesdays, October 7 - 28

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

Location: FHS Art Room

Fee: \$80



Photo Editing

Learn how to use LightRoom and Photoshop to organize, edit, and adjust your photos. Participants will complete the class able to make high quality, consistent improvements to their photos. The instructor will share his knowledge and experience from decades in sports and landscape photography.

Instructor: Rick Berk

Dates: Tuesdays, November 4 - December 9

(no class 11/18 or 11/25)

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

Location: FHS Art Room

Fee: \$80



Making Music Again

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

Instructor: Ron Draddy

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

Location: Freeport High School Band Room



Session	Dates & Times	Fee
Fall	October 2 –November 20	\$45
Winter	January 8 –March 5 (<i>no class 2/19</i>)	\$45

Enrichment

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

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

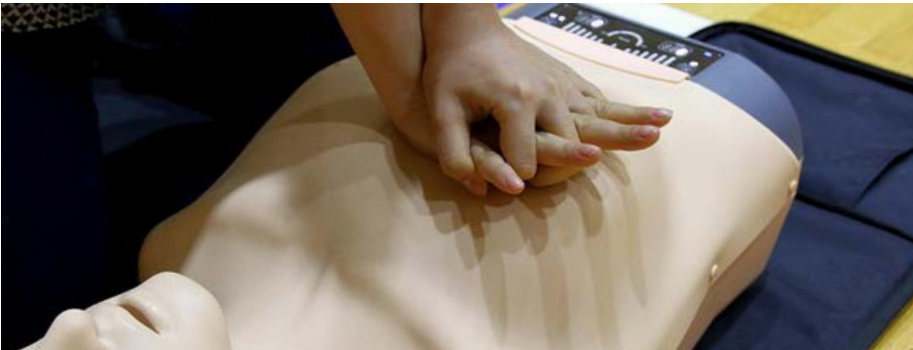
Instructor: Ken Graham

Dates: Tuesday, October 14 and Thursday, October 16

Time: 5:30 – 8:45 p.m.

Location: FMS Library

Fee: \$130



Mah Jong For Beginners

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

Instructor: Nancy Farrand

Dates & Times: TBD, Fall and Winter

Location: Freeport Community Services

Fee: \$120



Writing Picture Books

Have you always wanted to write a picture book? 2025 is your year! Kick start your creativity with a 6-week workshop series covering brainstorming to publishing and everything in between. Each week we’ll explore a new topic related to the process of writing picture books, study mentor texts, put pen to paper as we develop our manuscripts, and build a repository of resources to fuel our practice. There will be an opportunity to share and receive feedback on your story if you choose. This course is designed for adults who want to write content for children. You do not need any previous writing experience nor do you need to be an illustrator. Register to help us choose our meeting dates!

Instructors: Erin Bond & Taylor McCafferty

Dates & Times: TBD, Fall 2025

Location: Freeport Community Library

Fee: TBD



The Art of Editing & Publishing

Love to write but hate editing? This course will teach you how to perfect both your writing and editing skills, learning how to polish your work. We will use examples and activities to enhance these skills. We’ll also spend at least one session looking at the publishing process—how to submit to literary journals, craft your query letter, and ultimately accept rejection as part of the writing process.

Instructor: Megan Turner, MFA

Date: Thursdays, January 8 – 22

Time: 5:30 – 7:00 p.m.

Location: FMS Library

Fee: \$50



Adult Fitness

Line Dancing

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



Instructor: Elizabeth Richards

Time: 6:00 – 7:00 p.m.

Location: FMS Gym (*September*)/Cafeteria

Session	Dates	Fee
September	Mondays, September 8 – 22	\$25
Late Fall	Mondays, October 20 – December 1 (<i>no class 11/10</i>)	\$45
Winter	Mondays, January 5 – February 23 (<i>no class 1/19 or 2/16</i>)	\$45

Yoga Online Live

Experience the gifts of yoga through awareness of mind and body, attention to movement and breath, studies in slowing down, and moments of settling into stillness, all from the comfort of your own space.

Intro to Chair Yoga: The chair is a prop that can be used to allow participants to access postures and support their physical alignment in many ways.

Explorations in Chair Yoga: This longer session may include more time studying poses outside of the chair.

Flow and Gentle Yoga: Engage in developing knowledge in individually appropriate postures using props, breathwork, and mindfulness.

Instructor: Nicola Eden

Location: Online

NEW!

**Visit our website for session dates,
October through March**

Class	Days & Times	Fee
Intro to Chair Yoga	Saturdays, 11:00 – 11:30 a.m.	\$45
Explorations in Chair Yoga	Saturdays, 9:30 – 10:30 a.m.	\$75
Flow and Gentle Yoga	Saturdays, 8:00 – 9:00 a.m.	\$75

Fall/Winter Volleyball

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

Dates: Sundays, September 7 – February 8

Time: 6:30 – 8:00 p.m.

Location: FHS Gym

Fee: \$25



Tae Kwon Do for Adults

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



Instructors: Jake Daniele, Steve Day & Donald Cyr

Times: 7:00 – 7:45 p.m.

Location: Mast Landing School Gym

Class	Dates	Fee
Fall	Thursdays, September 11 – November 6	\$85
Fall/Winter	Thursdays, November 13 – January 29	\$85
<i>(No class 11/27, 12/25 or 1/1)</i>		

Adult Rec Basketball Open Gym

Play pickup basketball and stay in shape year-round. You must register for each location you might attend, but you will only be charged a fee for your first registration. *You must be pre-registered with Community Programs. NO Drop-Ins.* Sundays excluded when Monday is a holiday. Wednesdays excluded for school gatherings and during middle school basketball season. See website for schedule.

Dates: September 7 – February 11

Fee: \$25 per season

Location	Day	Time
DCS Gym	Sunday	9:00 – 10:30 a.m.
FMS Gym	Sunday	7:00 – 9:00 p.m.
DCS Gym	Wednesday	6:30 – 8:00 p.m.



Pickleball in Pownal

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

Time: 5:30 – 7:00 or 7:00 – 8:30 p.m.

Location: PES Gym

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

Sessions	Dates
Fall	Mondays, September 8 – November 24 <i>(no meeting 10/14 or 11/11)</i>
Winter	Mondays, December 1 – March 2 <i>(no meetings 12/22, 12/29, 1/19, or 2/16)</i>



Teen Programs

Explore... (Grades 6–8)

with RSU5 Community Programs and Freeport Community Library

Watch this space for exciting new opportunities all year long! Dungeons & Dragons campaigns meet every Thursday. On Wednesdays, we will explore Movies, Cooking, Art, Music, Nature, Chess and more. Do you have a particular passion you'd like to Explore with us? Let us know! We can learn together or find an expert in the community to join us. Check our website for a schedule of upcoming events.

Instructor: Chris Guerette & RSU5CP/FCL staff

Days: Wednesdays & Thursdays

Dates: September 3 – February 12

(no program on school days off)

Time: 2:30 – 4:30 p.m.

Location: Freeport Community Library

Fee: FREE



Driver Education (Ages 15+)

Roy's Driver & Rider Education offers in-person classes at Freeport High School. Classes start at the beginning of each month, and include the state required 30 hours of classroom and 10 hours of on-road driving instruction. Students must be 15 years old before the first class, and bring their birth certificate, social security card and a blue or black ink pen to the first class. Registration is directly through Roy's Driver & Rider Education at www.roysdriving.com or at (207) 784-6245. Visit their website for the most up-to-date schedule.

Youth Enrichment

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

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

Instructors: Wolfe's Neck Center Staff

Location: Wolfe's Neck Center, Freeport

Session	Date & Time	Fee
October	Friday, Oct. 10, 9 a.m. – 4 p.m.	\$100
November	Monday, Nov. 10, 9 a.m. – 4 p.m.	\$100



SparkYou: Slime Masters (Grades K-5)

Each week, kids will dive into the science of slime through hands-on experiments exploring the chemistry of matter. From glow-in-the-dark goo to magnetic slime, they'll create a new slime every class—building focus, confidence, and a love for science through sensory play. It's the science parents love to hate, but kids can't get enough of—because getting messy has actually been shown to be calming and therapeutic!



Instructor: Natasha Skoberla, SparkYou
Location: MSS Learning Cottage/MLS Art Room

Session	Dates & Times	Fee
MSS (K-2)	Thursdays, September 11 – October 16, 3:15 – 4:15 p.m.	\$190
MLS (2-5)	Tuesdays, September 9 – October 14, 3:25 – 4:25 p.m.	\$190



Mad Science of Maine (Grades K-5)

Science Surprise! Experiments are the best part of being a Mad Scientist! In this program, kids learn about several specialized areas of science, including forensics, geology, kinesiology, meteorology, entomology, and mechanical engineering.

Ready, STEM, Go! Kids find out how science is at work in the world around them! They learn about the animal kingdom, both on land and under the sea. They make mixtures and explore the science of motion and energy. They also discover the technology that powers our modern world and keeps us connected.
MSS students may ride the bus from school to MLS.

Instructor: Mad Science of Maine

MSS Art Room (K-2), Mondays, 3:15 – 4:15 p.m.		
Science Surprise	September 22 – November 24 (8 weeks)	\$235
Ready, STEM, Go!	January 12 – March 16 (8 weeks)	\$235
MLS Art Room (2-5), Wednesdays, 3:25 – 4:25 p.m.		
Science Surprise	September 24 – November 12 (8 weeks)	\$235
Ready, STEM, Go!	January 14 – March 18 (8 weeks)	\$235
DCS Art Room (1-5), Wednesdays, 3:15 – 4:15 p.m.		
Science Surprise	September 24 – November 12 (8 weeks)	\$235
Ready, STEM, Go!	January 14 – March 18 (8 weeks)	\$235
<i>(no class 10/13, 11/10, 1/19, 2/4, 2/16-18)</i>		

Sew Wicked Fun (Grades 4–6)

Learn basic sewing skills or improve your skills while making fun projects like bags, banners, and more! We will both hand and machine-stitch while exploring the art of sewing. We always have NEW projects if you have already taken our class.



Instructor: Lori Maxham of Cottonweeds

Dates: Thursdays, September 11 – October 16

Time: 5:15 – 6:30 p.m.

Location: Cotton Weeds, 15 Main St., Freeport

Fee: \$75



Maine Nature Art (Grades K–5)

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

Instructor: Sarah Cass

DCS Art Room (K–5), Mondays, 3:20 – 4:20 p.m.

Late Fall	October 27 – December 8 (<i>no class 11/10</i>)	\$85
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Winter	January 5 – February 23 (<i>no class 1/19, 2/16</i>)	\$85
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MSS Art Room (K–2), Wednesdays, 3:20 – 4:20 p.m.

Late Fall	October 29 – December 10 (<i>no class 11/26</i>)	\$85
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Winter	January 7 – February 25 (<i>no class 2/4, 2/18</i>)	\$85
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MLS Art Room (3–5), Thursdays, 3:30 – 4:30 p.m.

Late Fall	October 30 – December 11 (<i>no class 11/27</i>)	\$85
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Winter	January 8 – February 12	\$85
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Gee's Game Hour (Grades K-2)

Don't miss this popular winter program. Participants will play a variety of games (Both physical & mental) including competitive, cooperative, card, and board games. The hour is designed to bring back the art of PLAY so kids can develop through games. Space is limited.

Instructor: Pam Gee

Dates: Tuesdays, November 4 – December 9
(no class 11/11)

Time: 3:15 – 4:30 p.m.

Location: MSS Learning Cottage

Fee: \$35



Dungeons & Dragons Durham (Grades 3-8)

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

Dungeon Masters: Chris Guerette & Dr. Tristian Rowe

Times: 3:15 – 5:30 p.m.

Location: DCS Art and STEM Rooms

NEW!



Session	Dates
Harvestide	Fridays, September 5–26, October 3 & 17
Moonfest	Fridays, November 7–21, December 5–19
Midwinter	Fridays, January 9–23, February 6–13 & 27

Fee
\$45
\$45
\$45



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

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



Instructor: Valeska Hornschild-Bear

Times: 7:50 – 8:35 a.m.

Location: Mast Landing School Library

Session	Dates	Fee
Herbst	Fridays, October 3 – December 12 (no class 10/10, 11/28 or 12/5)	\$60
Winter	Fridays, January 9 – March 6 (no class 2/20)	\$60

Youth Movement & Fitness

Kids Yoga and Mindfulness (K–5)

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

Instructor: Sara Helman, RYT

Days: Mondays

Time: 3:25 – 4:30 p.m.

Location: MLS Gym

Session	Dates	Fee
Fall	October 27 – December 8 (no class 11/10)	\$70
Winter	January 5 – February 23 (no class 1/19 or 2/16)	\$70



Tumbling and Fitness: Toddler with Parent (Ages 3–5)

Learn beginner tumbling and gymnastics skills while exploring athletic movement in this dynamic class. Parents and guardians will act as coaches to help lead their children through the guided activities which promote strength-building, coordination, agility, and balance in a fun and social atmosphere. Children will practice the proper positioning for handstands, cartwheels, forward rolls, and more while engaging classroom skills including direction-following through positive reinforcement. **Parent/guardian collaboration on the gym floor is required throughout the class.*



Instructor: Laura Chadha

Days: Saturdays

Time: 8:30 – 9:15 a.m.

Location: MSS Gym

Session	Dates	Fee
Early Fall	September 6 – October 18	\$85
Late Fall	October 25 – December 13	\$85
Winter	January 10 – February 14	\$85
<i>(no class 10/11, 11/1 or 11/29)</i>		

Tumbling and Fitness (Grades K–2)

Engage in fitness fun through basic tumbling, gymnastics, and exercise activities in an encouraging, small-group environment to achieve your personal best. Learn and practice the proper techniques for handstands, cartwheels, series connection skills, and balance beam drills, and benefit from a youth workout that aims to build and improve cardio endurance, strength, coordination, and wellness.



Instructor: Laura Chadha

Days: Saturdays

Time: 9:30 – 10:20 a.m.

Location: MSS Gym

Session	Dates	Fee
Early Fall	September 6 – October 18 <i>(no class 10/11)</i>	\$90
Late Fall	October 25 – December 13 <i>(no class 11/1 or 11/29)</i>	\$90
Winter	January 10 – February 14	\$90

Tumbling and Fitness (Grades 3–5)

We expect to offer tumbling classes for older students later this fall. Stay tuned to our monthly newsletter for more details!

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

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

Instructor: Kate Andreu

MSS Gym (K-2), Tuesdays, 3:20 – 4:20 p.m.

Early Fall	September 9 – October 14	\$85
Late Fall*	October 21 – December 2 (<i>no class 11/11</i>)	\$85
Winter	January 6 – February 10	\$85

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

Early Fall	September 10 – October 15	\$85
Late Fall*	October 22 – December 3 (<i>no class 11/26</i>)	\$85
Winter	January 7 – February 11 (<i>including early release day</i>)	\$85

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

Early Fall	September 11 – October 16	\$85
Late Fall*	October 23 – December 4 (<i>no class 11/27</i>)	\$85
Winter	January 8 – February 12	\$85

** All of Miss Kate's Late Fall dancers are invited to a perform at the FHS Performing Arts Center on Wednesday, December 10!*

Tiny Tappy Toes Dance Combo (Ages 3-5)

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

Instructor: Kate Andreu

MSS Gym, Tuesdays, 4:30 – 5:15 p.m.

Early Fall	September 9 – October 14	\$85
Late Fall*	October 21 – December 2 (<i>no class 11/11</i>)	\$85
Winter	January 6 – February 10	\$85



Little Falcons & Tiny Tigers (Ages 3–5)

Little Falcons (at Freeport's Hunter Road Fields) & Tiny Tigers (at Durham Community School) Soccer Saturdays are full of fun! We'll work on developing soccer skills including dribbling, passing and foot/eye coordination. Participants will be divided by age/ability and also play small sided games. Program emphasis will be on having fun, exercise and parent/child interaction. Includes program t-shirt. ***Parent volunteers are needed to assist with this program.***

Dates: Saturdays, September 6 – October 18 (*rain date 10/11*)

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



Fall Soccer (Grades 1–8)

This fall, we have multiple soccer offerings for kids in grades 1–8. Our Fall Soccer League (FSL) is designed for children to learn, develop, and enhance their overall skills while having fun and gaining experience on the field and as part of a team. This year we will continue to offer our Unified Soccer Division (USD) designed for children with physical challenges, neurodiversities, social differences and unique communication needs. This program is open to players of all abilities, and we encourage players without special needs to register as a “Buddy” (free for players also registered in the FSL).

All FSL teams will play games on Saturday mornings and will have one weekday practice per week (days/times are TBD); these will likely begin the week of August 25. Once teams are finalized a coach will contact you with logistics. USD will practice on Saturday mornings.

Grade 1–3 teams will play at least half of their six games in the town in which they practice. Grade 4/5 and 6–8 teams may be separated by gender and may play some games in a neighboring town. USD games are not guaranteed, however if scheduled, they will be in RSU5 towns.

Registration closes August 22nd and parent volunteers are integral to making sure we can accommodate all players and their requests.

Locations: Hunter Road Field / Durham Community School / TBD

FSL Practices: One evening, Monday – Thursday, August 25 – October 16

FSL Games: Saturday mornings, September 6 – October 18 (*rain date 10/11*)

FSL Fee: \$65

USD Practices and Games: Saturday midday, September 13 – October 18 (*rain date 10/11*)

USD Fee: USD only players \$55, FSL registered “buddies” play for free

Harraseeket Harriers Running Club (Grades 1–5)

Harriers promotes running as a fun, group-oriented activity that is a great way to stay healthy. Meets will be scheduled with surrounding communities. Practices will run Mondays and the first Wednesday, with meets held each successive Wednesday. A league-wide championship meet will be held on October 18th. Running shoes are required, as is attire appropriate for the weather. **Practices will be canceled in the event of rain.** *MSS students may ride their usual bus to Mast Landing. Buses may be provided one way only. Parents must pick up runners from meets.* **Parent volunteers are needed. Our Durham team still needs a dedicated coach in order to run!**

Instructors: Community Programs Staff

Dates: Mondays & Wednesdays, Sept. 15 – Oct. 15 (no practice 10/13)
Times: 3:25 – 4:30 p.m. (meets end around 5:30 p.m.)
Location: Durham Community School or Mast Landing School
Fee: \$80



Tae Kwon Do Dragons (Grade 2 and up)

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

Instructors: Jake Daniele, Steve Day & Donald Cyr

Times: Beginner: 5:00 – 5:45 p.m.; Intermediate: 6:00 – 6:45 p.m.
Location: Mast Landing School Gym

Class	Dates	Fee
Fall	Thursdays, September 11 – November 6	\$85
Fall/Winter	Thursdays, November 13 – January 29	\$85
Winter	Thursdays, February 5 – April 9 (No class 11/27, 12/25, 1/1 or 2/19)	\$85

Coach a Team Today!

We rely on volunteer coaches to keep these sports affordable for all families. We also offer paid league coach, site supervisor, and referee positions. Please write to cpathletics@rsu5.org for more info.



Fall Volleyball (Grades 6-8)

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

Instructor: Willo Wright and Parent Volunteer Support

Dates: Weekday evenings; specific dates TBA

Location: FHS Gymnasium (practices), Games TBA

Fee: \$100



Fall Tennis (Grades 6-8)

Tennis is back once again for middle schoolers! This fun and instructional tennis program is for all students with an interest in the game of tennis. Sessions will emphasize fundamentals and mechanics, and is a fun way to learn the game or to sharpen skills. Nine weeks of play will include multiple competitive opportunities against other local middle school programs. Meeting times are subject to change. ***Parent volunteers are needed to assist with this program.***

Instructor: TBD

Dates: Tuesdays and Thursdays,

August 26 – October 21

Time: 2:45 – 4:15 p.m. or later for meets

Location: FHS Tennis courts/Meets TBA

Fee: \$100



Winter/Spring Swim Team (Grades 6-8)

We are excited to announce the return of our middle school swim team! Middle schoolers can join this co-ed team to learn and develop the necessary event skills including different strokes, breathing techniques, flip turns and more. No experience necessary; beginners welcome! The team will practice or attend meets against neighboring towns two to three times (specific days and times TBD). ***Please reach out if you are interested in helping lead this program!***

Instructor: TBD

Dates: Winter/Spring Shoulder Season (likely February-April);
specific dates TBA

Time: Weekday evenings; specific times TBA

Location: Practices & Meets TBA

Fee: \$100





Falcon Field Hockey Clinic (Grades K–6)

Join the Freeport High School coaching staff and members of the team to learn and improve your field hockey skills. All levels are welcome. Basic skills will be taught and reinforced, along with small game play strategies and tactics. Weekends may include scrimmages with local teams. *Shin guards, sticks, and mouth guards required. Program is split K–2 & 3–6.*

Instructor: Marcia Wood, FHS Varsity Field Hockey Coach

Dates: Tuesdays & Saturdays, September 2 – October 4

Time: 5:30 – 6:30 p.m., Tuesdays; 8:00 – 9:00 a.m., Saturdays

Location: JBS Track & Field, FHS

Fee: \$100

Youth Football (Grades K–6)

Football programs are open to boys and girls in Durham, Freeport and Pownal. We are excited to offer an NFL Flag Football program for players in grades K-2, and also a Youth Tackle program for players in grades 3/4 and 5/6. For the NFL Flag option, safety and fun are the main focus as this is an introductory program for younger players. For both programs, equipment and team uniforms will be provided; players are required to provide their own cleats, mouthguards and protective cups (as needed). Teams practice 2-3x per week and will have both home and away games. ***More details are available at rsu5cp.org***

Dates: August 17 – November 9 (Tackle), August 24 – October 26 (Flag)

Time: 5:00 – 6:30 p.m. (Tackle), 5:30 – 6:30 p.m. (Flag)

Location: Pownal Road Field

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

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

Physical Extracurriculars is an after school program that will give participants the opportunity to play a variety of games in a fun and supportive atmosphere. We will play games such as pickleball, floor hockey, handball, soccer and more!



Instructor: Rocco Linehan

Dates: Fridays, January 9 – February 13

Times: 3:30 – 4:30 p.m.

Location: MLS Gym

Fee: \$50

Rec Basketball League (Grades 3–6)

Through practice, clinics, and games, this local league promotes a safe, recreational basketball program for youth in grades 3 – 6 throughout RSU5. Focus is on sportsmanship, developing strong playing skills, and promoting friendly relationships among the players, coaches, referees, and parents.

Teams will practice once during the week in the evening, and have a Saturday morning game. Games will be held in Durham, Freeport, Yarmouth and Brunswick. ***Parent coaches and assistants are needed in order to run this program.***

When you register, you will be asked where you would prefer to practice. You may choose either Durham/Pownal (Pownal Elementary School with home games at DCS) or Freeport (Mast Landing School with home games at FHS), and we will do all that we can to place your child on a team that practices in that town. **Practices begin as soon as November 19. Sign up by November 7 to guarantee a spot.**

Dates: One weekday, November 19 – January 30

Saturday morning, December 6 – January 31

Times: Practice times vary by team,

Games are played Saturday mornings

Location: FHS / DCS / TBA

Fee: \$65



Travel Basketball (Grades 5–6)

Maine offers various opportunities for kids to play basketball at a higher level. We are offering early registration for those interested in a competitive Travel Basketball league taking place north of Cumberland County. **The deadline to register is October 24th.** Registration after October 24 will only be taken if there is room on a team. During the first week of November, RSU5CP and surrounding towns will meet to determine a game schedule for this coming winter. Teams will practice twice per week beginning in November and games will be played on Saturdays beginning in December and running until February break. Additional pre-season scrimmages and post-season tournaments are available for teams that are interested.

Parent coaches and assistants are needed in order to run this program.



Evaluation Night: November 5

Time: 5:00 p.m. for girls, 6:30 p.m. for boys

Location: Freeport Middle School

Fee: Free Evaluation, League Fees \$150

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

All Basketball Photos by Kelly Sink

Little Hoopsters (Grades K-2)

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

Dates: Saturdays, December 6 – January 31

(no FHS 12/20 & 27; no DCS 12/6 & 27)

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

Location: DCS or FHS Gym

Fee: \$65

Gee's Basketball Academy (Grades K-2)

This is a great introduction to the game of basketball. Participants will begin to learn the basic fundamentals of the game while developing passing, shooting, and ball handling skills through fun-filled activities and drills.



Instructor: Pam Gee

Time: 3:15 – 4:30 p.m.

Location: MSS Gym

Class	Dates	Fee
Kindergarten	Wednesdays, November 5 – December 10	\$45
Grade 1	Mondays, November 3 – December 8	\$45
Grade 2	Thursdays, November 6 – December 11 (No class 11/10, 11/26-27)	\$45

Gee's Indoor Soccer (Grades K-2)

Come sharpen your soccer skills while staying active throughout the winter in this weekend program. Players will participate in fun drills and games while working on passing, shooting, dribbling, and more!

Instructor: Pam Gee

Time: 3:15 – 4:30 p.m.

Location: MSS Gym

Class	Dates	Fee
Kindergarten	Wednesdays, January 7 – February 11 (no class 2/4)	\$45
Grade 1	Mondays, January 5 – February 9 (no class 1/19)	\$45
Grade 2	Thursdays, January 8 – February 5	\$45

Laugh & Learn

Dear Families,

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

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

Laugh & Learn’s Before and After Care offers children the opportunity to get outside, participate in free play, structured activities, basic homework help and includes a healthy snack option as well. Before Care takes place at Durham Community and Mast Landing Schools and our After Care programs take place at those schools and Pownal Elementary.

Preschool Program (Ages 3–5)

Location: Enrichment & Learning Center at MLS

Options (3 day minimum):

Morning Half Day: 8:30 a.m. – 11:45 a.m.

Afternoon Half Day: 11:45 a.m. – 3:00 p.m.

Full Day: 8:30 a.m. – 3:00 p.m.

Before Care: 7:00 a.m. – 8:30 a.m.

After Care: 3:00 p.m. – 5:30 p.m.

*Bus transportation available between

Public Pre-K and Before/ After Care only

Preschool Registration for the '26–'27 school year opens February 2, 2026

Before and After Care Programs (Ages 5–12)

Locations: DCS; MLS; and PES (after care only)

Options (3 day minimum):

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

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

Before/ After Care Registration for the '26–'27 school year opens April 1, 2026

A deposit of \$50 is due at the time of registration.



Thank You to Our Amazing 2024–2025 Volunteers

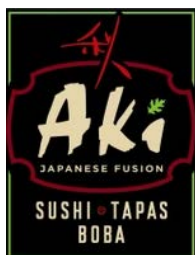
Our programs simply wouldn't be possible without the help of our community. These people have all stepped up over the past year to volunteer coaching or to teach classes without compensation. If you'd like to join them, check that box when you register your own child, or reach out to us directly at cp@rsu5.org!

Jenna Adamo	Tom Drouin
Brent Allen	Tom Durrell
Alice Altieri	Jason Eisenhuth
Henry Barrett	Aimee Ely
Rebecca Beal-Lussier	Charlie Ely
Jon Bell	Jason Emery
Megan Best	Sheila Finamore
Kelsey Bisson	James Flynn
Meredith Black	Christina Mealey
Maggie Blatchford	Heather Fraser
Lisa Bogue	Jared Freeman
Deedra Boudreau	Kelsi Gagne
Dru Breitbeil	Eric Giroux
Heather Breitbeil	Tim Gray
Kelly Brodeur	Matt Greear
Micheal Brown	Ben Hansen
Barbara Burgess	Meneah Haworth
Dan Burgess	Judah Helman
David Campbell	Sara Helman
Heather Campbell	Chris Henderson
Wade Caplinger	Jordan Henshaw
Susana Rosquette	Alyssa Herling
Emily Carville	Jennifer Hould
Gregg Carville	Monica House
Nick Cole	Matt Howard
Elizabeth Connolly	Nicole Hunt
Thomas Connolly	Jason Jack
Jacob Crone	David Jensen
Chris Cyr	John Jenusaitis
Nicholas Cyr	Jenny Jones
Ben Daigle	Genesis Juat
Luke DelPonte	Rodney Kenneybrew
Kelly DeMartini	Timothy Kieger
Phil DiRusso	Charles Kinsella

Zoe Kinsella	Patrick Robinson
Tara Knight	John Roode
Patrick Krulik	Lindsay Routhier
Janessa Leger	Tom Rowe
Patrick Leonard	Tristian Rowe
Bill Levay	Denis Saucier
Evan Libby	Michael Scheib
Julie Libby	Caitlin Shetterly
John Manganello	Derek Simkowitz
Rebecca Martin	Kelly Sink
Amy Matulis	John Smalley
Amanda Merrill	Courtney Stephens
Bobby Miles	Danielle Sterling
Mike Miles	Michelle Stone
Dan Mills	Stewart Strawbridge
Jon Morris	Erin Summers
Patrick Mosley	Nick Thibault
Brandon Nash	Colby Thompson
Beth Neuts	Ian Toal
Ned O'Connor	Morgan Tolin
Ben Palmer	Michael Toomey
Fred Palmer	Sarah Toomey
Dom Petrillo	Rocco Toppi
Suzi Piker	Ian Tovell
Jamieson Potter	Ben Walker
Bennington Purcell	Jessica Wallace
Elyzabeth Quintero	Laura Walsh
Andy Reagan	Ross Watson
David Redding	Roy White
Caitlin Reiche	Allison Wiest
Sam Reiche	Sam Witherbee
Shawn Rhoda	Steven York
Gareth Roberts	Rich Young
Reid Roberts	



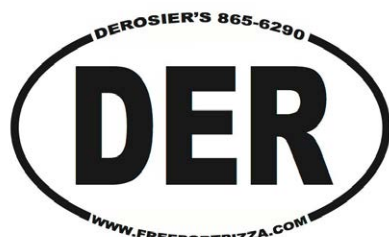
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