

Trailblazers

Join the PORT Teen Center for this exciting program designed specifically for students in grades 6-8. Each month we'll introduce a new topic of exploration that will lead us toward the goals of building confidence, skills, and friendships. **These programs have been financially supported by an anonymous donor through the Ollie Fund of the Maine Community Foundation which allows us to provide these programs at a reduced rate of \$15 per month. Transportation will be provided from Freeport Middle School. Participants should be picked up at the PORT teen center between 5:30 - 6:00 pm.**

April – Get Fit for Spring!

April Trailblazers is all about getting fit! We'll have the opportunity to participate in both an aerobic training session and an outdoor core fitness session, both with personal trainers. In between training sessions, we'll have a hands-on workshop with a nutrition expert to learn about how healthy eating affects our fitness level.

Dates: 4/10, 4/14 & 4/28

Fee: \$15

Course #: 94-226

May – Geocaching

The PORT is going high-tech treasure hunting! We'll kick off with a GPS workshop through L.L. Bean's Outdoor Discovery School, teaching us the basics of GPS use and geocaching. Then we'll go on a geocache outing for the early release day, and end the month by making and hiding our own geocache.

Dates: 5/12, 5/19 & 5/26

Fee: \$15

Course #: 94-227

June – Open House

Whether you've been wanting to learn more about Trailblazers or just check out The PORT Teen Center, this afternoon is for you! All middle school students, from grades 6-8, are welcome to come and find out about PORT programs and upcoming events. Snacks will be provided.

Dates: 6/15

Time: 3:00 - 5:00 pm