

Swim Lessons

All Farmington Recreation Department swimming lessons are affiliated with the American Red Cross. The Red Cross recommends that level achievement classes begin at 6 years old. Therefore, we offer Mommy and Me and "Prep" Swim during the early afternoon at Hippach to facilitate their transition to future swim instruction.

The following is a list of levels recognized by the American Red Cross that will be taught this summer:

Parent and Child "Mommy and Me" - Age < 2 (WP)	Level 3 Stroke Development (SPM)
Parent and Child "Mommy and Me" - Age 2 < 4 (WP)	Level 4 Stroke Improvement (SPM)
Preschool "Prep" Swim - Ages 4 & 5 (WP)	Level 5 Stroke Refinement (SPM)
Level 1 Introduction to Water Skills (WP and SPM)	Level 6 Swimming and Skill Proficiency (SPM)
Level 2 Fundamental Aquatic Skills (SPM)	

Registration for all swim programs will begin **May 29th**



Mommy and Me

Or Daddy and Me, or Nana and Me ...For youngsters and someone to assist and supervise them, this class will introduce children to water activity and safety. Up to 8 children and their supervisors will be placed in a class on Monday and Wednesdays or Tuesday and Thursdays for an entire 3 week session. Please be advised that parents are required to be in the water with their child and participate in the swimming activities. If you do not feel comfortable assisting your child, it is recommended that they wait until they are old enough for "Prep" swim class. For proposed times see the schedule listed below. ONE CHILD PER SUPERVISOR

Wading Pool Program



More convenient times!

DATES:	SESSION I - July 9 th to July 26 th SESSION II - July 30 th to August 16 th
DAYS:	Monday through Thursday ONLY
AGES:	1 - 6
DIRECTOR:	Nicole Pires WSI
REGISTRATION:	--FREE-- to all children - Registration fees are subsidized by the Sumner P. Mills Trust Fund regardless of residence



The Farmington Recreation Department will offer two sessions of swim instruction for young children at the Wading Pool this summer. A lifeguard is in place during each class to ensure the safety of all participants. **Instructors will be on site each day to teach swimming not matter what! We do not allow children in the water during thunderstorms but the decision to bring a child to their scheduled lessons in poor or iffy weather conditions is left to the discretion of each parent.**

Level 1 children, ages 6 and older, will receive instruction in holding their breath underwater, kicking their feet, bobbing underwater for objects, doggy paddle swimming and floating. Classes will be comprised of a maximum of 10 participants of similar age and ability. The Rec. Dept. will try to place children from the same family in the same class when possible.

The following is a proposed schedule for classes and free swim at the Wading Pool this summer:

11:45 - 12:15	Level 1	12:45 - 1:15	M/W ages < 2 Mommy and Me
11:45 - 12:15	"Prep" Swim	12:45 - 1:15	T/Th ages 2 < 4 Mommy and Me
12:15 - 12:45	Level 1	<u>2:30 - 3:30 Free Swim - Ages 12 & under (Monday - Friday)</u>	
12:15 - 12:45	"Prep" Swim		

Please note: Adults and child care providers may not exceed a 3 child to 1 adult supervisor ratio for the Free Swim period.



More convenient times!

Sumner P. Mills Program

DATES:	SESSION I - July 9 th to July 26 th SESSION II - July 30 th to August 16 st
DAYS:	Monday through Thursday ONLY
AGES:	7 (or Level 1 WP) - 18
DIRECTOR:	Nicole Pires WSI
REGISTRATION:	Farmington Res. - \$ 25.00 Out of Town Res. - \$ 35.00*

Please Note - **--FREE--** for all level 1 & 2 swimmers! Registration fees are subsidized by the Sumner P. Mills Trust Fund regardless of residence

PAY TO: Town of Farmington



This program offers American Red Cross recognized achievement levels in the swimming pool at the UMF Fitness and Recreation Center.

The following class levels may change depending on the needs of those who enroll. Classes are limited to 10 swimmers and take place Monday - Thursday at the following times:

9:00 - 9:45	Level 2
9:00 - 9:45	Level 3
9:50 - 10:35	Level 4
9:50 - 10:35	Levels 5 & 6
10:40 - 11:25	Level 1 & 2
10:40 - 11:25	Level 3
2:30 - 3:30	Free Swim (ages 13 - 17) (13 year olds will need an adult to accompany them)



DATES: June 25th - August 17th
AGES: 8 - 12
REGISTRATION: Farmington Res. - Daily, \$ 10.00
 Weekly (5 days), \$ 35.00
 Out of town Res. - Daily, \$ 12.50
 Weekly (5 days), \$ 45.00

Are you ready for a summer of fun in the sun? There's something for everyone, so come play the Farmington Rec. Way! Theme weeks, crazy competitions and free play opportunities allow kids a chance to bond with their new friends. We also have an opportunity for the children to swim every day and play around on a 100 foot slip n' slide!

This program runs Monday through Friday 8:30 a.m. until 5:30 p.m.

Children are expected to bring lunch, snacks, water bottle, sun screen, bug spray, towel and swim suit.

Children may be signed up for the entire summer! Only parents or legal guardians may enroll their child.

Registrations Begin:	Residents	Non-Residents
Registering for Entire Weeks	5/14 - open 7 am - 5 pm	5/15 - open 7 am - 5 pm
Registering for Individual Days	5/16 - open 7 am - 5 pm	5/17 - open 7 am - 5 pm

Parents may register any time after the initial registration dates listed above. Registrations fill first-come, first-serve!

Little Green Thumbs



DATES: June 13th, 20th, July 11th and August 1st
 (Wednesdays)
AGES: 8 - 12
REGISTRATION: Farmington Res. - \$ 10.00
 Out of town Res. - \$ 15.00



Do you have a flower child in your home? New this summer, the Farmington Rec. Dept. will be teaching the basics of creating your own flower garden and how to care for it from planting to full bloom! Our goal is to have children from our community help create a beautiful centerpiece flower garden in Bjorn Park! **Little Green Thumbs will be held on four Wednesday evenings, June 13th, June 20th, July 11th, and August 1st from 3:30 p.m. to 4:30 p.m.** During these four sessions the children will design, plant, and care for their gardens with guidance!

Emily O'Donnell has been transforming the town's flower gardens for the past 3 summers. She has her associates degree in ornamental horticulture and floral design, 45 years of passionate gardening experience and has been named Franklin Counties Gardener of the Month in the past. Emily is excited to pass her knowledge and experience on to the next generation of little gardeners! Enrollment is limited!

Jujutsu

DATES: June 26th - July 12th (Tues. & Thurs.)
AGES: 7 - 12
REGISTRATION: Farmington Res. - \$ 25.00
 Out of town Res. - \$ 35.00
FEES: Uniform - \$ 40.00 (optional)
PAY TO: Western Mountain Jujutsu Society



An introduction to the traditional Japanese art of self defense through teaching the fundamentals of self control, self protection and aggression management through training in the principles, skills, and techniques of Jujutsu. It will also promote physical conditioning and introduce the sport aspects of the art in a non-competitive environment.

The program will be taught by Western Mountain Jujutsu Society Senseis Jon Small, San Dan (3rd degree black belt), Ken Baker, San Dan and Austin Holland, San Dan, teachers of traditional Japanese Jujutsu with over fifty years of combined experience.

Self-confidence, respect and a non-aggressive attitude will be encouraged and expected. Enhanced safety, freedom from bullying and personal control and responsibility are goals of the program.

Classes will meet in the Farmington Community Center Tuesday's and Thursday's from 10 a.m. - noon for three weeks. Enrollment is limited!

Track and Field Camp

DATES: July 31st - August 18th
 (Tues./Thurs) for three weeks and Sat. 8/18)
AGES: 7 - 12
REGISTRATION: Farmington Res. - \$ 25.00
 Out of town Res. - \$ 35.00



After a successful first year the Farmington Rec. Dept. is pleased to again offer this 3 week program for children interested in track and field! Sessions will run from 9:00 a.m. - 10:00 a.m. for 7 - 9 year olds; and from 10:00am - 11:30 for 10 - 12 year olds at Mount Blue High School's Track. Athletes will practice form and technique for long distance, sprinting, throwing, and jumping events and will have the chance to compete in a meet on Saturday August 18th where they will put everything they have learned into their favorite events!

The program will be run by Zack Lavoie who is a recent UMF graduate. Zack was part of UMF's track and field team for 4 years and specialized in jumping and sprinting events. ***Run! It gives you wings!***

Tennis

DATES: SESSION I - July 10th to July 26th
SESSION II - July 31st to August 16th
(Tues. and Thurs.)

AGES: 7 - 12

REGISTRATION: Farmington Res. - \$ 25.00
Out of town Res. - \$ 35.00



Classes will be held from 8:30 a.m. to 9:30 a.m. for 7 - 9 year olds, and 9:45 a.m. to 10:45 a.m. for 10 - 12 year olds. Participants will learn and practice strokes, as well as learn the rules and scoring associated with the game. No rain cancellations! Rainy days, sessions will be held in the Community Center gymnasium!

Mark Stofan has played tennis for decades. He was the Spruce Mountain Girl's Varsity Tennis Coach and believes tennis is a wonderful sport that a person can play and enjoy for a lifetime.

The Recreation Department will provide tennis balls and participants must supply their own rackets and a bottle of water. **The program is limited to 8 participants per class.**

MAD Science for Kids!



DATES: July 11th - Aug. 1st (Wednesdays)

AGES: 5 - 8

REGISTRATION: Farmington Res. - \$ 20.00
Out of town Res. - \$ 30.00



This program will be held from 10:00 a.m. - 11:15 a.m. downstairs at the Community Center and will be directed by Natasha Foster. Natasha has taught science to young children at home and in Home School Co-op classes.

With experiments ranging from creating explosions to excavating dinosaur bones to edible experiments, this program will make science come alive for your child. Each week there will be several different experiments along with activities and games that cover a wide range of scientific topics.

The Farmington Recreation Department will provide all the supplies needed, you just need to get your children here...and make sure your kids are prepared to make a mess and have fun!

Enrollment is limited!

Baseball Camp!

DATES: July 16th - July 27th (Mon./Wed./Fri.)

AGES: 6 - 8

REGISTRATION: Farmington Res. - \$ 25.00
Out of town Res. - \$ 35.00



Geared towards players with an interest in further developing their baseball skills. We will concentrate on teaching common skills and review game situations while developing player confidence.

Serving as director of the program this year is Zack Lavoie. Zack runs several programs for the Recreation Department and was the Captain of his Baseball Team at Brunswick. He will ensure your child is learning proper baseball mechanics while having fun in the process! We will be providing the instruction your child needs to excel in the sport of baseball and will also have a few guest appearances!

This program will run for 2 weeks from 3:30 p.m. until 4:45 p.m. every Monday, Wednesday and Friday at the Hippach Little League field.

Participants only need to bring their own baseball gloves as all other equipment will be provided by the Recreation Dept. Class size is limited to 16, so early registration is advised.

Dynamic Knights Chess!



DATES: July 9th to July 30th (Mondays)

AGES: 8 - 16

REGISTRATION: Free!



New this year, Farmington Recreation will be offering a *Dynamic Knights Chess* program to captivate and motivate young chess players of all abilities. The program will run on Mondays, July 9th through July 30th from 10 a.m. to 11 a.m. downstairs at the Community Center.

The program will be run by Mark Stofan, who has decades of chess experience and hopes to cover basic strategies like Discover Check and teach players to develop their pieces through tons of games and viewing match examples!

If you thought Mark was just a great Tennis instructor...Boy were you wrong! Once you see him on the chess board, you will understand why his opponents sweat and squirm while sitting across the table from this legend of the game!

We're pleased to offer this program for free to anyone ages 8-16, beginner or advanced, all are welcome to come and learn!

FEARLESS!



DATES: August 20th through 22nd (Mon - Wed)
AGES: 13 & 14
REGISTRATION: Farmington Residents - \$ 50.00
REG. BEGINS: June 20th 9 a.m.
Out of town Res. - \$ 75.00
REG. BEGINS: June 21st 9 a.m. (If spots are available)



This new program, sponsored by Walmart and Sports Projects Inc., is sure to capture the interest of young outdoor enthusiasts who are looking to get out there! Participants will learn more about nature, gain confidence in exploring the outdoors and learn a variety of skills essential to explore Maine's rural landscape. The excursion will take place at Adventure Bound base camp in Caratunk, ME. Participants will be introduced to ropes courses, indoor rock climbing, whitewater rafting on the Kennebec River with over 5 miles of class III-IV rapids, hiking into one of Maine's largest waterfalls and also a short section of the Appalachian Trail as well as paddle boarding along the Kennebec River. There is also a pool, volleyball court, basketball, arcade and other awesome things to do while we are at the Adventure Bound Base!

The program will be supervised by Rec. Dept. Staff as well as Certified Maine Recreation/White Water Guides from Adventure Bound. All meals are provided, Picnics! Pizza! Fries! Breakfast Buffets! S'mores! AND TACOS!

Participants will meet at the Community Center Monday morning at 10:00AM and will arrive back to the Community Center for pickup on Wednesday around 3 p.m.!

A list of necessary equipment will be provided to registered participants. **This program is not for the faint of heart! The program is limited to the first 10 participants!**

Farmington Adventure!



DATES: July 18th - August 15th
(Wednesdays)
AGES: 8 - 10
REGISTRATION: Farmington Res. - \$ 20.00
Out of town Res. - \$ 30.00



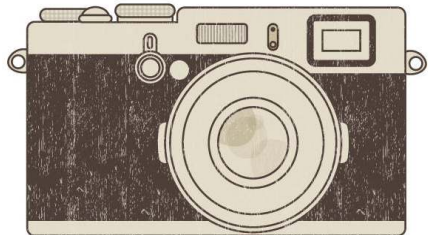
This new program will TRULY be a Farmington adventure, allowing children to see and experience parts of our town and local businesses that they've never seen before! Children will be cooking with restaurants, visiting artists, helping with handmade crafts and textiles, and seeing what's behind the scenes in our bustling downtown!

The Farmington Adventure will be guided by Farmington's Post Master- Sue Jones! Sue has been working with the Farmington Recreation Department for the past 5 years and will be sure to show the kids a good time!

Farmington Adventures will begin at the Community Center at 10:00AM where children will walk Down Town with Miss Sue until 11:30AM gaining new experiences and making memories! Participants can be picked up right back at the Community Center!

Make The Picture!

DATES: July 2nd, 3rd, 5th, and 6th
AGES: 11 - 15
REGISTRATION: Farmington Res. - \$ 25.00
Out of town Res. - \$ 35.00



This four day workshop is designed to help the next generation understand some of the fundamentals of photography and unlock some of their buried creativity. The Children will be asked to bring their own camera. The children will learn how to "Make the Picture" and not just "Take the Picture", including composition and taking portraits and landscape pictures. By the end of the program children should have a solid understanding of what it takes to make a good picture. The photography program will be held in the Rec. Room on Monday, Tuesday, Thursday and Friday at the Farmington Community Center from 10:30 a.m. to 12:00 p.m.. The children should dress for the weather, as they will go on a few field trips walking around town. **The workshop size is limited to 8 students.**

This program will be lead by Mark Stofan, Mark is a local photographer who has been Artist of the Month at the Sugarwood Gallery in Farmington and also sells his art online.

Cooking with Miss Sue!



DATES: July 19th - August 16th (Thursdays)
AGES: 8 - 12
REGISTRATION: Farmington Res. - \$ 20.00
Out of town Res. - \$ 30.00



Do you have a passion for cooking and trying new foods? This summer, the Farmington Rec. Dept. will be teaching the basics of healthy eating and cooking with Sue Jones. Our goal is to meet once a week for 5 weeks learning new recipes and strategies to make healthy and delicious meals and snacks that they can prepare on their own!

Participants will meet on Thursday's starting July 19th from 12:00PM - 1:30PM downstairs in the Community Center! Please, make sure that your child is willing to try new foods and keep an open mind to recipes they may have not tried before!

Sue Jones has been learning how to eat more natural and healthy foods and is hoping to pass that on to children so they can lead more healthy lives!

Rock Stars!

DATES: July 11th - August 1st (Wed)
SESSION 1: 12:30 p.m. to 1:30 p.m.
AGES: 11 - 14
REGISTRATION: Free! Thanks to the Healthy Community Coalition & Carol M. White PEP Grant

This program is designed for teenagers who are looking for a new hobby and want to take climbing to the next level! Participants will learn important

climbing techniques on our bouldering wall **in the Farmington Community Center**. The wall has a series of taped routes that range in difficulty for all abilities. There are a variety of climbing shoe sizes available to use for free as well as hand chalk. This is a fun and challenging way to build strength in all areas of the body. You'll have a blast hanging around!

Instructing this program will be Matthew Foster. Matt gained his experience bouldering while living in Colorado, climbing in the Red Rocks and Morrison areas. Class size is limited to 6 per session, pick what time you would like!

Trout Camp!



DATES: July 10th, 17th, and 24th (Tuesdays)
SESSIONS: 4:00PM - 5:00PM
AGES: 10 - 14
REGISTRATION: Farmington Res. - \$ 20.00
 Out of town Res. - \$ 30.00



Instructing this program will be Bob Dionne. Bob has been a Maine Guide and certified casting instructor for over 20 years. He worked for L.L Bean putting on classes and workshops and also helped with Trout Unlimited for 12 years teaching students to fly fish. He is excited to pass on his knowledge as an angler to the next generation!

The first two days of the program (7/10 and 7/17) will focus on technique and learning to use and handle a fly rod at the Community Center Gymnasium or in the field across the street at Mallett (weather dependent).

On the final day (7/24) participants will meet at Fish-N-Play across from CJ's Appliance in Farmington to put their new skills to the test and practice catching some Rainbow Trout that they will be allowed taught how to catch and release and also be allowed to keep and eat some as well! Look out though! There are some big ones up there!

Lacrosse Essentials!

DATES: July 9th - July 13th
AGES: Entering 3rd, 4th, and 5th Grade
REGISTRATION: Farmington Res. - \$ 25.00
 Out of town Res. - \$ 35.00



New this year, the Farmington Rec. Dept. Will be holding a week-long youth lacrosse camp for 3rd, 4th, and 5th graders. This Camp, put on by David Spraker and some of the Mount Blue Boys and Girls Lacrosse Team Members, will push the fundamental rules and skills of lacrosse to give beginner and intermediate players a strong foundation before these players move on to the middle school. Through exciting drills and small sided scrimmages, players will work on cradling, throwing, defensive movements, and catching ground balls.

David Spraker has 30 years of experience with coaching High School Varsity and Collegiate lacrosse teams and has even won an NCAA Division 3 Conference Title. He has founded multiple high school youth lacrosse programs across the Eastern US and is the current coach of Mount Blue High School's girls lacrosse team. **This camp will be held at Hippach Field from 5:30:PM - 7:00PM each night.**

Middle School Lacrosse Development Camp!



DATES: Boys: Mondays and Wednesdays July 16th - August 8th
 Girls: Tuesdays and Thursdays July 17th - August 9th
AGES: 6th, 7th, and 8th Graders
REGISTRATION: Farmington Res. - \$ 25.00
 Out of town Res. - \$ 35.00



New this year, the Farmington Rec. Dept. will be holding a month-long youth lacrosse camp for 6th, 7th, and 8th graders where Mount Blue High School's Girls Lacrosse Coach, David Spraker and select Mount Blue Boys and Girls Lacrosse team members, will work on developing and motivating young lacrosse players with aspirations of playing competitively in the future. Players will review and master fundamental skills, practice shooting techniques, and gain knowledge of offensive and defensive structures through open scrimmages and exciting drills. **The BOYS lacrosse camp will be held at Hippach Field from 5:30PM to 7:00PM on Monday and Wednesday nights while the GIRLS camp will be held at Hippach Field on Tuesdays and Thursdays from 5:30PM to 7:00PM.**



Summer of 2018 YOUTH PROGRAM DIRECTORY

The Farmington Recreation Department
is located at the
Farmington Community Center
127 Middle Street

Office Hours: Monday through Friday 9 a.m. - 5 p.m.
p: (207) 778-3464

Check out our Facebook Page for more info!
[facebook.com/farmingtonrec](https://www.facebook.com/farmingtonrec)

Director of Parks and Recreation: Matthew Foster
Assistant Director: Jaycee Jenckes

If you have any ideas for programs or would like to volunteer or help in some way,
we want to hear from you!

Please give us a call or stop by and chat with us!

The programs listed above are not Mt. Blue RSD sponsored activities, however this brochure is being distributed through its schools as a community service. All costs associated with its printing are paid for by the Farmington Recreation Department