Swim Lessons

Farmington Recreation Department swimming lessons, Mommy and Me, the Wading Pool Swim Program and the Sumner P. Mills Swim Program, are affiliated with the American Red Cross and will continue to follow all instructional practices and levels of achievement.

Several years ago the Red Cross recommended that we no longer involve three and four year-olds in a level achievement class. Therefore, we offer "Prep" Swim throughout the 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 in this summer:

- Parent and Child "Mommy and Me" Age 2 (WP)
- Level 1Introduction to Water Skills (WP and SPM)Level 2Fundamental Aquatic Skills (WP and SPM)

Level 3 Stroke Development (SPM)

- Preschool "Prep" Swim Ages 3 & 4 (WP) Level 4 Stroke Improvement (SPM)
- Level 5 Stroke Refinement (SPM)
- Level 6 Swimming and Skill Proficiency (SPM)
- Registration for all swim programs will begin on <u>Monday, June 17th at 9:00 a.m. at the Farmington Community</u> <u>Center for Farmington residents and Farmington child care providers only.</u> Tuesday the 18th and Wednesday the 19th will be devoted to filling class vacancies with Farmington Children as well as those from out of town. **Registration appointments are available for your convenience, but they do not guarantee space in desired classes.** Classes will still be filled first come, first serve.

Mommy and Me



Or Daddy and Me, or Nana and MeClass space has been created to accommodate toddlers of this age and someone to assist and supervise them in this attempt to introduce them to water activity and safety. Up to 8 children and their parents or caretakers will be placed in a class on Monday and Wednesdays or Tuesday and Thursdays for an entire 4 week session. Please be advised that only parents who can commit to this concept should consider enrolling their child in one of these classes. Otherwise, it is recommended that they wait another year and put the child in a "Prep" class. For proposed times see the schedule listed below.

Wading Pool Program

DATES:	SESSION I - June 24 th to July 18 th
	SESSION II - July 22 nd to August 15 th
DAYS:	Monday through Thursday ONLY
AGES:	2 - 6
DIRECTOR:	Colleen Lyons WSI
REGISTRATION:	Registration fees are subsidized by the
	Sumner P. Mills Trust Fund for all children



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, so the decision to bring a child to their scheduled lessons in poor or iffy weather conditions is the responsibility of each parent.

Level 1 children, ages 5 and older, will receive instruction in holding their breath underwater, kicking their feet, bobbing underwater for objects, dog paddle swimming and floating. Level 2 swimmers will be taught to combine the various components of the freestyle stroke and will be engaged in game-like activities to challenge their underwater swimming endurance.

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:

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1:30 - 2:00	Level 1	3:00 - 3:30	"Prep" Swim
2:00 - 2:30	"Prep" Swim	3:30 - 4:00	Level 2 (beginner)
2:30 - 3:00	Level 2 (beginner)	3:30 - 4:00	Mommy and Me (Second Session Only)
		4:00 - 5:00	Free Swim - Ages 11 & under (Monday - Thursday)

Please note: Adults and child care providers may not exceed a 3 child to 1 adult supervisor ratio for the Free Swim period. The Wading Pool is closed on Fridays due to budget cuts.

Sumner P. Mills Program

DATES:	SESSION I - July 1 st to July 18 th
	SESSION II - July 22 nd to August 8 th
DAYS:	Monday through Thursday ONLY
AGES:	7 (or level 2.5) - 18
DIRECTOR:	Colleen Lyons WSI
REGISTRATION:	Farmington Res \$ 10.00
	Out of Town Res \$ 12.50
	Please Note - All Level 1 & 2 swimmers - Registration fees are subsidized
	by the Sumner P. Mills Trust Fund regardless of residence
TUITION:	\$ 37.50 *The Towns of Farmington, Industry, New Sharon
	and Chesterville fund the tuition charge for their residents.
	Other area residents must expect to pay this fee out of pocket.
PAY TO:	Town of Farmington

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

Classes are limite	d to 10 swimmers and take place Monday - Thursday at the following times:	
9:00 - 9:30	Level 1 & 2	
9:35 - 10:05	Level 2	
10:10 - 10:50	Level 3	
10:55 - 11:35	Levels 3 & 4	
11:40 - 12:20	Levels 5 & 6	
4:00 - 5:00	Free Swim (ages 12 - 18) (12 and 13 year olds will need an adult to accompany them)	
(The proposed class levels may change depending on the needs of those who enroll.)		

Hippach Field Playground

DATES:	June 24 th - August 16 th
AGES:	7 - 10
DIRECTOR:	Alyssa Dee
REGISTRATION:	Farmington Res Daily, \$ 5.00
	Weekly (5 days), \$ 20.00
	Out of town Res Daily, \$ 6.25
	Weekly (5 days), \$ 25.00
PAY TO:	Town of Farmington



PAY TO:

This comprehensive program will provide both structured activities and free play opportunities to children who attend Playground. The air conditioned Field House at Hippach Field serves as the primary indoor facility of this program with occasional activities taking place at UMF's Abbott Park.

Returning as Director again this year is Alyssa Dee. Alyssa just finished her Senior year at UMF and has obtained a degree in Early Childhood Education. She has worked with the Rec. Dept. for the past four years as an after school supervisor and is a natural when it comes to working with children. Alyssa is excited for the summer and brings a high level of enthusiasm and knowledge to the position.

Sarita Crandall will be assisting Alyssa this year, she is finishing her Junior year at Mt. Blue and has worked for the Rec. Dept. through the winter in our After School Program.

Activities may be planned around specific themes each week. Traditional events include: Gifford's Bingo, treasure hunts, splash parties, picnics, Pillo-Pollo, water balloon fights, squirt gun wars, movie days, crazy competitions, video games and much more! Free play opportunities each morning and afternoon allow the kids a chance to bond with their new friends at various locations throughout Hippach Field. All participants must be within hearing distance of the Director's whistle at all times and in groups of three or more.

This rain or shine program runs Monday through Friday from 9:00 a.m. until 4:00 p.m. Enrollment is limited to 18 each day to ensure supervision. Children are expected to bring a bag lunch and/or snacks and a water bottle because they are not permitted to leave the Hippach Field premises.

To reduce unnecessary waiting time, registration appointments scheduled every 15 minutes are recommended and may be reserved in advance by calling or stopping by the Rec. Dept. Appointments do not guarantee desired dates or weeks. Spaces are filled first come, first serve. Farmington residents only may register for this popular program beginning at 4:00 p.m. on Monday, June 17th at the Farmington Community Center. Starting on Tuesday, June 18th at 9:00 a.m., the remaining vacancies will be filled by children of residents and nonresidents as well. Additionally, only the parents or legal guardian of a child may enroll their child(ren) in this program.

The Playground Program will be cancelled on Thursday, July 4th in observance of the holiday. Please note: Payment for an upcoming week is expected to take place by the preceding Friday.

Mountain Biking Challenge

DATES:	July 8 th to June 11 th
AGES:	12 - 17
DIRECTOR:	Greg Veayo
REGISTRATION:	Farmington Res \$ 25.00
	Out of town Res \$ 30.00
PAY TO:	Greg Veavo



Our area of Western Maine provides excellent natural terrain for mountain bikers of all abilities. Taking part in this program will open doors of adventure for any young individual.

Greg Veayo will be returning again this summer for his 16th season of Mountain Biking. He is an 8th grade teacher at Mt. Blue Middle School in Farmington. Greg has a passion for riding and has become familiar with all of the local trails and terrain.

This four day Beginner to Intermediate level mountain biking opportunity will review the basics of bike maintenance, first aid and riding technique before riding area trails. Minimal experience is necessary and after the clinic young riders will be prepared to hit the trails with friends and family.

For this session participants must provide their own mountain bike, helmet and water bottle. Each day will begin and end at Hippach Field with rides lasting from 9:00 a.m. until 12:00 noon. Registration begins Monday, June 10th. Class size is limited so early registration is encouraged.

Youth Self Defense

DATES:	June 26 th - August 7 th (Wednesdays)
AGES:	7 - 12
INSTRUCTOR:	Ron Small
REGISTRATION:	Farmington Res \$ 25.00
	Out of town Res \$ 30.00
FEES:	Uniform - \$ 40.00 (optional)
PAY TO:	Ron Small



This introductory course will teach fundamentals of self-protection, self-control and aggression management while emphasizing the physical conditioning and the sport aspects of the martial arts.

This summer the Youth Self Defense program will be taught by Ron Small. Ron teaches adult self defense and traditional Jujutsu at the Farmington Recreation Department and has taught and coached youth sports here and in Colorado. He holds the rank of Shodan (Black Belt 1st degree) in Karate and Yodan (Black Belt 4th degree) in Jujutsu and is a Jujutsu Sensei.

Students will learn body protection, safe falling, throwing, grappling, escapes, blocking, striking and kicking skills as well as mental and physical discipline in a non-threatening class environment. Self-confidence, respect and non-aggressive attitude will be the fundamental goals of the program.

Classes will meet in the Farmington Community Center Bjorn Gymnasium every Wednesday morning for six weeks with students attending from 10:30 a.m. to 11:30 a.m.

A traditional uniform (gi) is recommended and may be ordered at time of registration or at the first class. Sturdy, loose-fitting clothing or sweat pant and t-shirts are sufficient attire. Registration begins Monday, June 10th. Enrollment is limited for this program so registration must take place before the first class.

"Futbol" Boot Camp

DATES: AGES: DIRECTOR(s): REGISTRATION:

PAY TO:

July 1st, 2nd, 3rd, and 5th 9 - 15 Fred and Zac Conlogue Farmington Res. - \$25.00 Out of town Res. - \$30.00 Fred Conlogue



This advanced soccer camp will expose players to important skill development, team strategies, scrimmages and how to train like varsity players do.

The program is for the serious soccer players looking toward a higher level of play and will take place between 9 a.m. - 11 a.m. in the Major League outfield at Hippach Field around the 4th of July.

Serving as director for Futbol Boot Camp is Fred Conlogue. He is currently head coach for the Mt. Blue High School Girls Soccer team and works at soccer camps throughout the state. Fred has worked with the Rec. Dept. as the director for the Indoor Soccer programs, and was also a two time All-American while playing soccer for UMF. Fred will be accompanied by his son Zac who has worked for the Recreation Department and has played soccer at the Collegiate level. Registration begins Monday, June 10th. Be sure to register before the first day of camp.

Supervised Fishing

DATE: AGES: DIRECTOR: ASSISTANTS: REGISTRATION:

PAY TO:

July 3rd (Wednesday) 6 - 10 Steve Shible Rec. Dept. Staff Farmington Res. - \$ 10.00 Out of town Res. - \$ 12.50 Steve Shible



Based on local interest and the positive comments about the annual stocking of UMF's Rollo Pond, the Rec. Dept. will run one 90 minute program promoting the safe, educational aspects of fishing.

Endorsed by the Maine Department of Inland Fisheries and Wildlife, this program will begin to teach children such basics as: casting for accuracy, helpful fishing tips, the proper way to set a hook, catch and release practices, and how to clean and prepare their catch that they choose to keep.

Enrollment is limited to 6 **first-time** participants and fishing will be offered on Wednesday morning, July 3rd, rain or shine, beginning at 9:00 a.m. at the Abbott Park pond. Due to class size, early registration is advised. The only equipment necessary is a <u>working</u>, castable fishing rod and reel.

Please Note: Rollo Pond will be posted as having a bag limit of 2 fish per person, per day.

Over 210 Rainbow and Brook Trout, 8 inch size or better, will be stocked in the pond prior to Wednesday to provide plenty of excitement for the kids. This Supervised Fishing opportunity will conclude at 10:30 a.m.

Tennis Instruction

DATES:	SESSION I - July 9 th to July 25 th SESSION II - July 30 th to August 15 th (Tuesdays and Thursdays)	O COLO
AGES:	7 - 12	
DIRECTORS:	Mackenzie Conlogue	
REGISTRATION:	Farmington Res \$ 15.00	mas
	Out of town Res \$ 20.00	65 6
PAY TO:	Mackenzie Conlogue	all

Tennis Instruction will once again be offered at the Hippach Field Tennis Courts each Tuesday and Thursday morning. 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 basic strokes, as well as gain understanding of the rules and scoring associated with the game. Children will practice sets against others of similar ability.

The Tennis Instruction program will be directed by Mackenzie Conlogue. Mackenzie is finishing her Senior year at Mt. Blue High School. She has worked for the Rec. Department in several capacities, has played Varsity Tennis for the past three years and is one of the top "three sport" female student athletes in Mt. Blue history.

The Recreation Department will provide the tennis balls and participants must supply their own rackets. Registration begins Monday, June 10th. Tennis Instruction is limited to 7 participants per class so early registration is advised.

Elementary Grades Lacrosse

DATES: AGES: DIRECTOR: REGISTRATION:

PAY TO:

July 8th to July 24th (Mondays and Wednesdays) 9 - 12 Zac Conlogue Farmington Res. - \$ 15.00 Out of town Res. - \$ 20.00 Zac Conlogue



This program will be held on Mondays and Wednesdays from 5:30 a.m. - 7:00 a.m. in the Little League field at Hippach and will be directed by Zac Conlogue. Zac has been a volunteer coach for the Rec. Dept. and played lacrosse at the varsity level at Mt. Blue.

 $Lacrosse \ will \ begin \ Monday, \ July \ 8^{th} \ from \ 5:30 \ p.m. \ to \ 7:00 \ p.m. \ at \ Hippach \ Field \ and \ continuing \ on \ Monday \ and \ Wednesday \ evenings \ until \ July \ 24^{th}.$

Participants will be taught the basic rules of lacrosse and technical drills such as catching, throwing and scooping up ground balls, with an opportunity to apply those skills during scrimmages. This will be an entry level, non-contact lacrosse opportunity. Registration begins Monday, June 10th.

Sticks, gloves, helmets and mouth guards will be provided by the Rec. Dept.

<u>Please note:</u> This program is limited to the first 18 to register. Any additional personal protective equipment is the responsibility of the participant.

"Play Ball!"

DATES: AGES: DIRECTOR REGISTRATION:

PAY TO:

July 8th - July 24th (Mondays and Wednesdays) 5 - 8 Dustin Richards Farmington Res. - \$ 15.00 Out of town Res. - \$ 20.00 Dustin Richards



Geared for only the youngest players, "Play Ball!" should appeal to any

child with an interest in further developing their baseball or softball skills. We will concentrate on all the common skills to both sports - batting, throwing, catching the ball and feature rule reviews and game situations while having participants playing wiffle ball.

Serving as director of the program again this year is Dustin Richards. Dustin is a Mt. Blue varsity baseball player who will be entering his Senior year in the Fall. He is best known for the work he has done helping children learn to play basketball in the Town's two elementary school age programs, Junior Pro and "Prep". Dustin and members of his staff are looking forward to try their hands at providing more individual attention to the kids than they might have received from their local league teams.

Our players should expect to hit off a Jugs Junior Pitching Machine every time we meet and try to field pop flies and grounders using tennis balls from a Lobster oscillating ball machine. It is our intention to use only "softee" baseballs and softballs when throwing to our players to help them develop confidence in an essential skill without fear of a hard ball.

This program will run for 3 weeks from 9:00 a.m. until 10:30 a.m. every morning each Monday and Wednesday at the Hippach Little League field. Fridays will be scheduled, if needed, as make up days due to rain.

Participants only need to bring their own baseball gloves as all other equipment will be provided by the Recreation Dept. Registration begins Monday, June 10th. Class size is limited to 16, so early registration is advised.

DATES:

AGES: DIRECTOR: REGISTRATION:

Summer Sampler

PAY TO:

July 9th to July 25th (Tuesdays and Thursdays) 9 - 11 Sarita Crandall Farmington Res. - \$ 15.00 Out of town Res. - \$ 20.00 Sarita Crandall



It is our hope that this novel program will appeal to children who generally don't gravitate to traditional team sports. Participants will have the opportunity to "sample" various activities, one or more each evening, like yoga and self defense, kickball, flag football, badminton, frisbee golf, mountain biking, nature walks and more! It will be an excellent chance for kids to try activities that don't require long term commitment.

The program will take place on Tuesday and Thursday evenings from 5:30 p.m. to 7:00 p.m. at Hippach, based primarily in the Little League Field. Equipment will be provided by the Rec. Dept. The emphasis will be placed on trying new activities not rules or winning and losing.

The Director for this program will be Sarita Crandall. Sarita has worked in our after school program and will be assisting our Playground Director this summer. She has a passion for working with children and playing sports. Registration begins Monday, June 10th. Class size is limited to 8, so early registration is encouraged.

Junior Volleyball Program

DATES:	July 9 th to August 25 th
AGES:	13 - 18
DIRECTORS:	Steve Shible & other local players
REGISTRATION:	Farmington Res \$ 20.00
	Out of town Res \$ 25.00
PAY TO:	Steve Shible



The Farmington Recreation Department will offer a 6 week program that is designed to develop interest and playing ability of the Junior level volleyball player. Emphasis will be on assisting boys and girls to learn the proper techniques of the essential ball handling skills of volleyball and promoting an understanding and appreciation of this fast growing sport.

The program meets each Tuesday and Thursday evening from 4 p.m. until 6 p.m. in the Bjorn Gymnasium at the Farmington Community Center. Leading the instruction this summer will be Recreation Director Steve Shible. Steve played locally and throughout the state for over 25 years and taught the sport to countless adults and students during his playing days. He will be assisted at times by various players from our community.

This is a great opportunity for both boys and girls to exercise, socialize and realize their potential in a sport they can play for years to come. Registration begins Monday, June 10th.

Introduction to Mountain Biking

DATES:

AGES: DIRECTOR: REGISTRATION:

PAY TO:

SESSION I - July 15, 17th, 22nd and 24th SESSION II - Aug. 12th, 14th, 19th and 22nd 10 - 12 Joshua Firmin, Cathy Morton Farmington Res. - \$25.00 Out of town Res. - \$30.00 Josh Firmin



Looking for a new way to get outside this summer? Why not try mountain biking. This 4 day introductory course is designed for children that are interested in trying out the sport for the first time. The course will cover a variety of topics ranging from bike handling skills to basic bike repair and maintenance. Students will also have the opportunity to ride and explore local trails right in their backyards! No prior experience is necessary, but students must be able to ride a bicycle. Don't have a bike or one appropriate for off-roading? Bicycles and helmets will be available for students at no additional cost through the Maine Winter Sports Center's Healthy Hometowns program.

Josh Firmin is a coach for the Healthy Hometowns program and an avid outdoor recreationist. He enjoys exploring the mountains and rivers of Maine for fun and adventure. He loves being outside and sharing his enthusiasm for the outdoors with others.

Cathy Morton is an avid cyclist and Farmington Resident. She has a strong background in competitive mountain biking and extensive coaching experience. She loves the adventure that off-road cycling brings and is excited to share her knowledge and passion with others.

Class will begin and end at Hippach Field and run from 9:00 am to 11:00 am each day. Students can expect to cover 3 - 5 miles each day. Students must have a water bottle and wear clothing appropriate for being active. Class size is limited to 12 students. Early registration is encouraged.

Pre-Season Soccer Camp

DATES:	August 5 th to August 8 th
AGES:	6 - 12
DIRECTOR:	Fred Conlogue
REGISTRATION:	Farmington Res \$ 15.00
	Out of town Res \$ 20.00
PAY TO:	Town of Farmington



A four night soccer camp devoted to skills development will be offered by the Rec. Dept. later this summer. This is an excellent opportunity for veteran players to get a jump on the competition. For new players, it's a chance to be introduced to the basic fundamentals that will be taught to them during their upcoming seasons of Instructional Soccer League play.

This year the Pre-Season Soccer Camp will again operate under the direction of Fred Conlogue. Fred was a two time All-American while playing soccer at UMF. He is the current Mt. Blue Girls Soccer Co-Coach and is the director for the Recreation Department's Indoor Soccer programs. In this camp he will focus these early evening sessions on ball control, passing, defensive positioning and offensive strategies.

Pre-Season Soccer takes place at Hippach Field beginning at 5:30 p.m. Monday through Thursday, concluding at 7:30 p.m. with an opportunity to cool down in the Hippach Field Wading Pool. Registration begins Monday, June 10th.

The Farmington Recreation Department invites all area youngsters and their families to utilize all other town recreation facilities.

FARMINGTON COMMUNITY CENTER: 127 MIDDLE STREET

- Basketball Court with two Adjustable Glass Backboards (from 8' to 10')
- Baseball / Softball Hitting Tunnel with pitching machine
- Volleyball Court
- Pickleball courts 3
- Badminton Courts 3 (1 Double, 2 Singles)
- Shuffleboard Court
- Weight Room
- Rec Room Cable TV, VCR, DVD, Karaoke Music System, Video Game Systems, Stereo System,
- Ping Pong, Air Hockey Table, Dome Hockey Table, Foosball Table & Dance Floor
- Community Lounge Large Screen Tv, Cable TV, VCR, DVD, Surround Sound
- Computer Lab 4 Computers

HIPPACH FIELD: MAIN STREET

- Landscape Structure Multi-Station Accessible Playground
- Lighted Major League Baseball Field, Little League Baseball Field
- Lighted Double Tennis Court
- Baseball hitting/pitching Tunnel
- Lighted Basketball Court with 2-ten foot baskets, 1-nine foot basket
 - Kiddie Park: Bike Riding Remote Control Cars Skateboarding/In Line Skating -
- 8 Foot Basket 4 Square Ball Hopscotch Marbles
- Air Conditioned Field House for Playground Program
- Barbeque/Picnic Area 5 Covered Tables
- ► Wading Pool 0 to 42" deep

MEETINGHOUSE PARK: MAIN STREET

- Park Benches, Bandstand
- Veterans Honor Roll, Monument
- **Periodic Evening Entertainment**

WALTON'S MILL POND PARK: RT. 43 WEST FARMINGTON

Picnic Tables, Canoe Launch, Multi-field Play Area
Fishing

VIS MEMORIAL PARK: MADORE'S MARKET INTERSECTION

Park Benches

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.

Farmington Recreation Department



"Proud Caretakers of Hippach Field"

Summer of 2013 YOUTH PROGRAM DIRECTORY

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

Office Hours: Monday through Friday 9 a.m. - 5 p.m.

TEL.: (207) 778-3464

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Parks & Recreation Director: Steve Shible Assistant Director: Matt Foster