

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

Registration for all swim programs will begin on **Monday, June 16<sup>th</sup> at 9:00 a.m. at the Farmington Community Center for Farmington residents and Farmington child care providers only.** Tuesday the 17<sup>th</sup> and Wednesday the 18<sup>th</sup> 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 Me ...Class 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 23 <sup>rd</sup> to July 17 <sup>th</sup> SESSION II - July 21 <sup>st</sup> to August 14 <sup>th</sup>
DAYS:	<b>Monday through Thursday ONLY</b>
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:

1:30 - 2:00	Level 1	3:00 - 3:30	"Prep" Swim
2:00 - 2:30	"Prep" Swim	<b>3:30 - 4:00</b>	Level 2 (beginner) (Second Session Only)
2:30 - 3:00	Level 2 (beginner)	<b>3:30 - 4:00</b>	<b>Mommy and Me (First Session Only)</b>
		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.

### Sumner P. Mills Program

DATES:	SESSION I - June 30 <sup>th</sup> to July 15 <sup>th</sup> SESSION II - July 21 <sup>st</sup> to August 5 <sup>th</sup>
DAYS:	<b>Monday through Thursday ONLY</b>
AGES:	7 (or Level 2 WP) - 18
DIRECTOR:	Colleen Lyons WSI
REGISTRATION:	Farmington Res. - \$ 10.0 Out of Town Res. - \$ 12.50 Please Note - All Level 1 & 2 swimmers - <u>Registration</u> fees are subsidized by the Sumner P. Mills Trust Fund regardless of residence
TUITION:	\$ 40.00 *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.

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 - 9:30	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
<b>4:00 - 5:00</b>	<b>Free Swim (ages 12 - 18) (12 and 13 year olds will need an adult to accompany them)</b>

## Hippach Field Playground

**DATES:** June 23<sup>rd</sup> - August 15<sup>th</sup>  
**AGES:** 7 - 10  
**DIRECTOR:** Kelsey Redmond  
**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



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.

Serving as Director this year is Kelsey Redmond. Kelsey just finished her Junior year at UMF where she is pursuing a degree in Elementary Education. She has worked and volunteered at similar summer camps before and loves working with children. Kelsey is excited for the summer and is looking forward to creating some fun and lasting memories with the children.

Sarita Crandall will be the Assistant Director again this year. She is finishing her Senior year at Mt. Blue High School and has assisted the Rec. Dept. with many programs that we offer.

Activities may be planned around specific themes each week. Traditional events include: Gifford's Bingo, Peddle cars, 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 16 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 16<sup>th</sup> at the Farmington Community Center.** Starting on Tuesday, June 17<sup>th</sup> at 9:00 a.m., the remaining vacancies will be filled by children of residents and non-residents 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 Friday, July 4<sup>th</sup> 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:** June 30<sup>th</sup> to July 3<sup>rd</sup>  
**AGES:** 12 - 18  
**DIRECTOR:** Greg Veayo  
**REGISTRATION:** Farmington Res. - \$ 25.00  
Out of town Res. - \$ 30.00  
**PAY TO:** Greg Veayo



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 17<sup>th</sup> season of Mountain Biking. He is an 8<sup>th</sup> 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 Intermediate to Advanced 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 16<sup>th</sup>. Class size is limited so early registration is encouraged.

## Youth Self Defense

**DATES:** June 25<sup>th</sup> - August 6<sup>th</sup> (Wednesdays)  
**AGES:** 7 - 12  
**INSTRUCTOR:** Jon Small  
**REGISTRATION:** Farmington Res. - \$ 25.00  
Out of town Res. - \$ 30.00  
**FEES:** Uniform - \$ 40.00 (optional)  
**PAY TO:** Jon 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 Jonathan Small. Jonathan is a UMF graduate in Community Health. He lives locally and is employed with LEAP Inc. He holds the rank San Dan (3rd degree black belt) in traditional Japanese Jujutsu, and is a Sensei of the Western Mountain Jujutsu Society where he has studied since it's inception and taught for over 20 years.

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 pants and t-shirts are sufficient attire. Registration begins Monday, June 16<sup>th</sup>. Enrollment is limited for this program so registration must take place before the first class.

## Supervised Fishing

DATE: July 3<sup>rd</sup> (Thursday)  
AGES: 6 - 10  
DIRECTOR: Steve Shible  
ASSISTANTS: Rec. Dept. Staff  
REGISTRATION: Farmington Res. - \$ 10.00  
Out of town Res. - \$ 12.50  
PAY TO: 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 Thursday morning, July 3<sup>rd</sup>, 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 working, castable fishing rod and reel. Registrations begin Monday, June 16<sup>th</sup>.

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 Thursday 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 8<sup>th</sup> to July 24<sup>th</sup>  
SESSION II - July 29<sup>th</sup> to August 14<sup>th</sup>  
(Tuesdays and Thursdays)  
AGES: 7 - 12  
DIRECTORS: Amanda Quirion  
REGISTRATION: Farmington Res. - \$ 20.00  
Out of town Res. - \$ 25.00  
PAY TO: Amanda Quirion



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.

This year's program director will be Amanda Quirion. Amanda graduated from Skowhegan Area High School and played on the varsity tennis team for three years and was the First Singles player her Junior and Senior years. This last school year she has worked for the Rec. Dept. as a supervisor for our after school hours and for our Pickleball Program. She is excited to share what she has learned about the sport she loves.

The Recreation Department will provide tennis balls and participants must supply their own rackets. The program is limited to 8 participants per class so early registration is advised. Registration begins Monday, June 16<sup>th</sup>.

## Elementary Lacrosse

DATES: July 7<sup>th</sup> to July 23<sup>rd</sup> (Mondays and Wednesdays)  
AGES: 9 - 12  
DIRECTOR: Kevin Averill  
REGISTRATION: Farmington Res. - \$ 20.00  
Out of town Res. - \$ 25.00  
PAY TO: Kevin Averill



This program will be held on Mondays and Wednesdays from 5:30 p.m. - 7:00 p.m. in the Little League field at Hippach and will again be directed by Kevin Averill. Kevin is currently an assistant coach of the UMF Men's Lacrosse team and played at Thomas College. He has worked with the Rec. Dept. in the past and was also an award winning coach in our Jr. Pro basketball program.

Lacrosse will begin Monday, July 7<sup>th</sup> from 5:30 p.m. to 7:00 p.m. at Hippach Field and continuing on Monday and Wednesday evenings until July 23<sup>rd</sup>.

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 16<sup>th</sup>.

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

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

## "Play Ball!"

DATES: July 7<sup>th</sup> - July 23<sup>rd</sup> (Mondays and Wednesdays)  
AGES: 6 - 9  
DIRECTOR: Dustin Richards  
REGISTRATION: Farmington Res. - \$ 20.00  
Out of town Res. - \$ 25.00  
PAY TO: Dustin Richards



Geared to beginner 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 was a Mt. Blue varsity baseball player who will be entering UMF as a Freshman 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.

*(Continued on next page)*

Our players will be learning “Baseball the Ripken Way”, hit off a Jugs Junior Pitching Machine and Soft-Toss 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 “softie” 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 16<sup>th</sup>. Class size is limited to 16, so early registration is advised.

## Intro to Field Hockey



**DATES:** July 8<sup>th</sup> to July 24<sup>th</sup> (Tuesdays and Thursdays)  
**AGES:** 9 - 11  
**DIRECTOR:** Sarita Crandall  
**REGISTRATION:** Farmington Res. - \$ 20.00  
Out of town Res. - \$ 25.00  
**PAY TO:** Sarita Crandall



Farmington Recreation is proud to offer a new program, Field Hockey. This introductory camp will expose young players to the basics of field hockey, emphasizing important skills while teaching basic rules and team strategies. Sticks and protective equipment (including mouthguards) will be provided by the Rec. Dept.

Field Hockey will begin Tuesday, July 8<sup>th</sup> from 5:30 to 7:00 in the Little League Field at Hippach and continuing on Tuesday and Thursday evenings until July, 24<sup>th</sup>.

Serving as Director this year is Sarita Crandall. Sarita just completed her Senior year at Mt. Blue High School, where she was a captain of the Field Hockey team. She has also worked in our after school program, will be assisting our Playground Director again this summer and has served as an award winning volunteer coach for Rec. Dept. programs. Registration begins Monday, June 16<sup>th</sup>. Class size is limited to 16, so early registration is encouraged.

## Backyard Sports Camp



**DATES:** July 29<sup>th</sup> to Aug 7<sup>th</sup> (Tuesdays and Thursdays)  
**AGES:** 7 - 10  
**DIRECTOR:** Chris Silva  
**REGISTRATION:** Farmington Res. - \$ 15.00  
Out of town Res. - \$ 20.00  
**PAY TO:** Chris Silva



This summer the Farmington Rec. Dept. is offering an exciting opportunity for students entering grades 4 - 6 to participate in great recreational sports like kickball, flag football, lacrosse, pickleball, frisbee golf, wiffle ball and more!

This program will take place on Tuesday and Thursday evenings from 5:30 to 7:00 at Hippach, based primarily in the Little League Field, and kids will have a chance to sample a new activity each session. Equipment will be provided by the Rec. Dept. Different teams will be made up each night after a brief introduction to each sport, and the emphasis will be placed on having fun, not winning or losing. This is an excellent chance for kids to meet up with their friends during the summer for pick-up competition.

The Director for this program will be Chris Silva. Chris went to Mount Blue High School and has remained active in many different sports. He has worked for the Rec. Dept. for over a year now, has helped with several programs and has experience as a volunteer coach. He brings enthusiasm and a broad knowledge of many activities to this position. Registration begins Monday, June 16<sup>th</sup>. Class size is limited to 12, so early registration is encouraged.

## Pre-Season Soccer Camp

**DATES:** August 4<sup>th</sup> to August 7<sup>th</sup>  
**AGES:** 6 - 12  
**DIRECTOR:** Zac 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 operate under the direction of Zac Conlogue. Zac played Varsity soccer at Mt. Blue and then went on to play in college at Castleton State. He has most recently been the Carrabec Middle School Varsity Soccer Coach as well as an Assistant Coach for the Carrabec High School Soccer team. Zac has volunteered and worked for the Farmington Recreation Department for years, has been a program director for multiple programs and was even one of our award winning coaches. We are happy to be able to offer this years program under his tutelage.

In this camp Zac 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 7:00 p.m. with an opportunity to cool down in the Hippach Field Wading Pool, so please bring your swimming attire and a towel! Registration begins Monday, June 16<sup>th</sup>.

# Creative Things and Stuff Monster Workshop



**DATES:** August 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup>  
**AGES:** 8 - 12  
**DIRECTOR:** Joshua DeMello  
**REGISTRATION:** Farmington Res. - \$ 15.00  
Out of town Res. - \$ 20.00  
**PAY TO:** Joshua DeMello

This three day workshop is designed to discover the nature of objects, things, and stuff that inhabit our daily lives. The Children will be asked to bring two objects from home that can be explored, disassembled, and appropriated into new forms. The first day, as an introduction to the concept of appropriation, Josh will begin with a brief history of the “ready-made” and the contemporary use of mass produced objects in art. Everyone will have free time to work with one object individually. The children will be able to investigate, experiment, and scrutinize the object as a material while appropriating it into something else. On the second and third day we will use the second object to collectively create a single sculpture or ‘Monster’ object!

This workshop aims to introduce children to the idea of a creative process, a conceptual understanding of objects, and the tools to make using informed constructive and aesthetic decisions. This is the perfect opportunity for them to learn about self directed and group learning, creativity, and how the arts can inform and transcend between disciplines.

The Creative Monster Workshop will be held in the Rec. Room at the Farmington Community Center from 9am-11am. The workshop size is limited to 15 students. All students need to bring are two household objects that can be used in the workshop. The objects will be appropriated from their original form or purpose so please don't send along precious or valuable objects unless you are willing to let them go.

Joshua DeMello is local parent and community based Artist who lives and works in Farmington. He is currently enrolled in his final semester at Goddard College working towards a Masters of Fine Arts in Interdisciplinary Arts degree. Registration begins Monday, June 16<sup>th</sup>.

**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 with Backboard / 1 Lighted Regulation Pickleball 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*
- ▶ *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 2014

## 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.

TEL.: (207) 778-3464

FAX: (207) 778-3444

Website: [www.farmington-maine.org](http://www.farmington-maine.org)

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