

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 15th at 9:00 a.m. at the Farmington Community Center for Farmington residents and Farmington child care providers only.** Tuesday the 16th and Wednesday the 17th will be devoted to filling class vacancies with Farmington Children as well as those from out of town. **Classes will still be filled first come, first serve.**



Mommy and Me

Or Daddy and Me, or Nana and MeFor two and three year olds and someone to assist and supervise them, this class is our attempt to introduce children 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 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 another year or two for the child to be placed in a "Prep" swim class. For proposed times see the schedule listed below.

Wading Pool Program

DATES:	SESSION I - June 22 nd to July 16 th SESSION II - July 20 th to August 13 th
DAYS:	Monday through Thursday ONLY
AGES:	2 - 7
DIRECTOR:	Katherine Hayes 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 6 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	3:30 - 4:00	Mommy and Me (First Session Only)
2:30 - 3:00	Level 2 (beginner)	3:30 - 4:00	Level 2 (beginner) (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.

Sumner P. Mills Program

DATES:	SESSION I - June 29 th to July 14 th SESSION II - July 20 th to August 4 th
DAYS:	Monday through Thursday ONLY
AGES:	8 (or Level 2 WP) - 18
DIRECTOR:	Katherine Hayes WSI
REGISTRATION:	Farmington Res. - \$ 10.00 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
4:00 - 5:00	Free Swim (ages 12 - 18) (12 and 13 year olds will need an adult to accompany them)

Hippach Field Playground

DATES: June 22nd - August 14th
AGES: 7 - 10
DIRECTOR: Jaycee Jenckes
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 Jaycee Jenckes. Jaycee is entering her Junior year at UMF where she is pursuing a degree in Community Health. She has a lot of experience working with children and is excited for the summer.

We are very pleased to have Sarita Crandall back this year as Assistant Director. Sarita is finishing her Freshman year at UMF and has been involved with almost every program the Rec. Dept. offers.

Activities may be planned around specific themes each week. Traditional events include: 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 15th at the Farmington Community Center.** Starting on Tuesday, June 16th 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 3rd 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 29th to July 2nd
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 18th 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 intermediate level mountain biking opportunity will review the basics of bike maintenance, first aid and riding technique before riding area trails. 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 15th. Class size is limited so early registration is encouraged.

Youth Self Defense

DATES: June 24th - August 5th (Thursdays)
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.

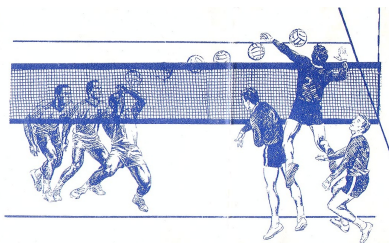
Classes will meet in the Farmington Community Center Bjorn Gymnasium every Thursday morning for six weeks with students attending from 10:30 a.m. to 11:30 a.m.

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 15th. Enrollment is limited for this program so registration must take place before the first class.

High School Volleyball Camp



DATES: July 6th to July 9th
AGES: Students entering grades 9 - 12
DIRECTOR: Milad Bozorgnia
ASSISTANTS: Rec. Dept. Staff
REGISTRATION: Farmington Res. - \$ 20.00
Out of town Res. - \$ 25.00
PAY TO: Milad Bozorgnia



The Farmington area has a rich history of producing high level volleyball players which is why the Recreation Department will be offering a 1 week volleyball camp this summer. The camp is designed to develop the abilities of the Junior level volleyball players in the area. Emphasis will be on learning the proper techniques of the essential ball handling skills of volleyball and promoting an understanding and appreciation of this life long sport. The program will meet each day from **9 a.m. until noon** in the Bjorn Gymnasium at the Farmington Community Center.

Leading the instruction this summer will be Milad Bozorgnia. Milad played High School Volleyball in San Diego, California where he was named to the 1986 All-CIF team. He played in the Advanced Intramural League at the University of California, San Diego for 5 years while assisting with the coaching of Girls' Volleyball at his Alma Mater, University City High School. Assisting him will be advanced players from Farmington Rec's Sweet Sixteen Coed league. The goal for this four-day camp is to help High School players to develop the necessary skills to play competitively in the future. For safety reasons, volleyball or basketball shoes are required.

This is a great opportunity for players to exercise, socialize and realize a potential in a sport they can play for years to come. This program is limited to the first 18 participants. Registration begins Monday, June 15th.

Tennis Instruction

DATES: SESSION I - July 7th to July 23rd
SESSION II - July 28th to August 13th
(Tuesdays and Thursdays)
AGES: 7 - 12
DIRECTORS: Mark Stofan
REGISTRATION: Farmington Res. - \$ 20.00
Out of town Res. - \$ 25.00
PAY TO: Mark Stofan



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 Mark Stofan. Mark has played tennis for decades. He is currently the Spruce Mountain Girl's Varsity Tennis Coach and while living in Massachusetts he also played in GE's competitive Doubles League as well as the North Shore winter Tennis Doubles League. He has given tennis lessons to children at Clearwater Lake, seniors through the Gold Leaf program and given private lessons to several others. Mark believes tennis is a wonderful sport & one that a person can play & enjoy for a lifetime. He currently is the Co-coordinator of the Titcomb Estate Tennis Club in Farmington.

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 15th.

Elementary Lacrosse

DATES: July 13th to July 29th (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 the Varsity coach of the Men's Lacrosse team at Mt. Blue 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 13th from 5:30 p.m. to 7:00 p.m. at Hippach Field and continuing on Monday and Wednesday evenings until July 29th.

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 15th.

Sticks, gloves and helmets will be provided by the Rec. Dept. Players must provide their own mouthpiece

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 6th - July 22nd (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 skills. We will concentrate on all the common skills - 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 and just finished his Freshman year at UMF. He is best known

(Continued on next page)

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 will learn "Baseball the Ripken Way", hitting off a Jugs Junior Pitching Machine and Soft-Toss machine every time we meet and trying 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 15th. Class size is limited to 16, so early registration is advised.

Field Hockey Camp

DATES: July 7th to July 23rd (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 challenge young players to quickly develop the necessary skills required to succeed in field hockey. Emphasis will be placed on skill development while teaching rules and team strategies. Sticks and protective equipment (**not including mouthguards**) will be provided by the Rec. Dept.

Field Hockey will begin Tuesday, July 7th from 5:30 to 7:00 in the Little League Field at Hippach and continuing on Tuesday and Thursday evenings until July, 23rd.

Serving as Director this year is Sarita Crandall. Sarita graduated from Mt. Blue High School where she was a captain of the Field Hockey team. She just completed her Freshman year playing at UMF where she was honored with Rookie of the Week and First Team NAC. Sarita is a very talented field hockey player and is looking forward to preparing the next generation of Mt. Blue athletes. Registration begins Monday, June 15th. Class size is limited to 16, so early registration is encouraged.

Backyard Sports Camp

DATES: July 28th to Aug 13th (Tuesdays and Thursdays)
AGES: 10 - 13
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 to participate in great recreational sports like flag football, basketball, kickball, wiffle ball, pickleball, frisbee golf 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 two years 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 15th. Class size is limited to 12, so early registration is encouraged.

Pre-Season Soccer Camp

DATES: August 3th to August 6th
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 year's 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 15th.

Make The Picture! Photography Program



DATES:	July 20 th , 22 nd and 24 th
AGES:	11 - 14
DIRECTOR:	Mark Stofan
REGISTRATION:	Farmington Res. - \$ 15.00 Out of town Res. - \$ 20.00
PAY TO:	Mark Stofan

This three 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. Smart phones are allowed but digital cameras are preferred. The first day, as an introduction to photography, Mark will begin with going over the basics of the camera and photography fundamentals (aperture, shutter speed, ISO) and of course, take some pictures. On the second day the children will learn how to “Make the Picture” and not just “Take the Picture”, including composition and taking portraits and landscape pictures. The third day they will learn how to do post processing and editing pictures, as well as, discuss creative ideas in using the camera in the future. 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, Wednesday and Friday at the Farmington Community Center from 10:30 a.m. to 11:45 a.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 10 students.

This program will be lead by Mark Stofan, Mark is a local photography enthusiast and enjoys both traditional photography and using the technology available to create digital art. He has been involved with selling many of his images through stock photography for several years now and will be the Artist of the Month next year (2016) at the Sugarwood Gallery in Farmington. Registration begins Monday, June 15th.

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 2015 YOUTH PROGRAM DIRECTORY

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

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