

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 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 this summer:

Parent and Child "Mommy and Me" - Age < 2 (WP)	
Parent and Child "Mommy and Me" - Age 2 < 4 (WP)	Level 3 Stroke Development (SPM)
Preschool "Prep" Swim - Ages 4 & 5 (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 (SPM)	Level 6 Swimming and Skill Proficiency (SPM)

Registration for all swim programs will begin on **June 1st at 10:00 a.m. at the Farmington Community Center.**
Classes will be filled first come, first serve.



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 supervisor 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 until they are old enough for "Prep" swim class. For proposed times see the schedule listed below.

Wading Pool Program

DATES:	SESSION I - June 20 th to July 14 th SESSION II - July 18 th to August 11 th
DAYS:	Monday through Thursday ONLY
AGES:	1 - 7
DIRECTOR:	Katherine Hayes 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, 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	3:30 - 4:00	M/W ages < 2 Mommy and Me
2:00 - 2:30	"Prep" Swim	3:30 - 4:00	T/Th ages 2 < 4 Mommy and Me
2:30 - 3:00	Level 1	4:00 - 5:00	Free Swim - Ages 11 & under (Monday - Thursday)
3:00 - 3:30	"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. **The Wading Pool is closed on Fridays.**

Sumner P. Mills Program

DATES:	SESSION I - June 27 th to July 12 th SESSION II - July 18 th to August 2 th
DAYS:	Monday through Thursday ONLY
AGES:	7 (or Level 1 WP) - 18
DIRECTOR:	Katherine Hayes 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 *The Towns of Industry, New Sharon and Chesterville fund the registration for their residents.



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 - 9:40	Level 1 & 2
9:50 - 10:35	Level 3
10:45 - 11:30	Level 4
11:40 - 12:25	Levels 5 & 6
4:00 - 5:00	Free Swim (ages 12 - 18) (12 and 13 year olds will need an adult to accompany them)



DATES: June 20th - August 12th
AGES: 8 - 11
REGISTRATION: Farmington Res. - Daily, \$ 7.00
 Weekly (5 days), \$ 25.00
 Out of town Res. - Daily, \$ 10.00
 Weekly (5 days), \$ 35.00

Are you ready for a summer of fun in the sun? We've been busy planning several activities to get everyone movin', shakin' and having a ball! Whether you like to run, dance, or swim we have it all. 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!

Serving as Director this year is Jaycee Jenckes. Jaycee just finished her Senior year at UMF where she received a degree in Community Health and is one of the most fun people we know!

This program runs Monday through Friday from 9:00 a.m. until 4:00 p.m. and children are expected to bring lunch, snacks, water bottle, sun screen, bug spray, towel and swim suit.

Farmington residents may register for this program beginning at **10 a.m. on Wednesday, June 1st at the Farmington Community Center.** Beginning on Monday, June 6th at 10:00 a.m. non - residents will be eligible to register their children for the summer camp as well. Only parents or legal guardians may enroll their child. Enrollment is limited to 25 children each day.

GEAR UP Mountain Biking Camp

DATES: June 20th to June 23rd
AGES: 12 - 18
REGISTRATION: Farmington Res. - \$ 20.00
 Out of town Res. - \$ 30.00



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 19th 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.

The program 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.

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 Wednesday, June 1st. Class size is limited so early registration is encouraged.

Youth Self Defense

DATES: June 22nd - July 27th (Wednesdays)
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



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. He holds the rank San Dan (3rd degree black belt) in traditional Japanese Jujutsu, and is a Sensei of the Western Mountain Jujutsu Society.

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.

Registration begins Wednesday, June 1st. Enrollment is limited for this program so registration must take place before the first class.

DISCover Golf

DATES: June 30th to July 21st
AGES: 12 - 18
ASSISTANTS: Rec. Dept. Staff
REGISTRATION: Farmington Res. - \$ 25.00
 Out of town Res. - \$ 35.00



This Summer we're hitting the greens at Troll Valley Disc Golf Course! Players will learn the fundamentals of the sport such as the difference in discs, PDGA rules, and keeping score while playing an official 18-hole course. All necessary equipment will be available to the players during the program. We recommend players to wear boots or footwear that you don't mind getting muddy!

This is a great opportunity for players to exercise, socialize and realize a potential in a sport they can play for years to come. **Sessions will be held on Thursdays from 1:00 p.m. - 3 p.m.** The program is limited to the first 5 participants. Registration begins Wednesday, June 1st.

Tennis Instruction

DATES: SESSION I - July 12th to July 28th
SESSION II - August 2nd to August 18th
(Tuesdays and Thursdays)

AGES: 7 - 12

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



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 is currently the Spruce Mountain Girl's Varsity Tennis Coach. Mark believes tennis is a wonderful sport and one that a person can play and enjoy for a lifetime.

The Recreation Department will provide tennis balls and participants must supply their own rackets. The program is limited to 8 participants per class. Registration begins Wednesday, June 1st.

Lacrosse Camp

DATES: July 11th to July 27th (Mondays and Wednesdays)

AGES: 9 - 12

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



This program will be held 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 the current Varsity coach of the Men's Lacrosse team at Mt. Blue and played at Thomas College.

Participants will be taught the 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 is non-contact lacrosse.

Registration begins Wednesday, June 1st. 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.

Baseball Camp

DATES: July 11th - July 27th (Mondays and Wednesdays)

AGES: 7 - 9

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



Geared to 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 Nic Koban. Nic is the current president of the Farmington Area Cal Ripken League and has 15 years of Baseball Coaching experience. He has coached at the Elementary, High School and Collegiate levels and knows what it takes to ensure your children are learning proper baseball mechanics. Nic and other members of our staff are looking forward to providing the instruction your children need to excel in the sport of baseball. The children may also benefit from a few guest appearances!

This program will run for 3 weeks from 9:00 a.m. until 10:30 a.m. every 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 Wednesday, June 1st. Class size is limited to 16, so early registration is advised.

Field Hockey Camp

DATES: August 8th to August 11th (Monday - Thursday)

AGES: 9 - 11

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



This 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 Monday, August 8th from 5:30 to 7:00 in the Little League Field at Hippach and continue evenings until August, 11th.

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 sophomore year playing at UMF and is looking forward to preparing the next generation of Mt. Blue athletes. Registration begins Wednesday, June 1st.

Class size is limited to 16, so early registration is encouraged.

WILD

DATES: August 22nd, 24th and 26th
AGES: 7 - 11
REGISTRATION: Farmington Res. - \$ 20.00
Out of town Res. - \$ 30.00



This new program is sure to capture the interest of young outdoor enthusiasts. Participants will learn more about nature, gain confidence in exploring the outdoors and learn a variety of skills essential to safely explore Maine's rural landscape. The adventure will take place on Titcomb's mountain side. Participants will be introduced to **Wilderness First Aid principles**, different methods of **purifying water**, **creating proper fire structures**, and **navigating** themselves through the outdoors. In addition, campers will develop teamwork and communication through the need to quickly **build shelters** and improve their awareness amongst nature! Our main focus is helping campers build skills that will aid them for a lifetime. **Sessions will be held from 9 a.m. until 10:30 a.m. M/W/F**
Seth Noonkester will be leading the program. He is Wilderness First Aid certified and is excited to pass on his outdoor knowledge. In addition, he has first-hand experience from completing the 273 mile Long Trail in Vermont. **Bring a water bottle and a healthy snack; wear comfortable shoes and dress appropriately for the activity as well as the weather.** **Registration begins Wednesday, June 1st.**

Pre-Season Soccer Camp

DATES: August 1st to August 4th
AGES: 6 - 12
REGISTRATION: Farmington Res. - \$ 20.00
Out of town Res. - \$ 30.00



This four night soccer camp devoted to skill development is an excellent opportunity for players to get a jump on the competition for the upcoming season of our Instructional Soccer League. The camp will focus on ball control, passing, defensive positioning and offensive strategies.

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 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.

Pre-Season Soccer takes place at Hippach Field from 5:30 p.m. - 7:00 p.m., Monday through Thursday. There is also an opportunity to cool down in the Hippach Field Pool following each session, so please bring your swimming attire and a towel! Registration begins Wednesday, June 1st.

Make The Picture! Photography Program

DATES: July 18th, 20th and 22nd
AGES: 11 - 15
REGISTRATION: Farmington Res. - \$ 20.00
Out of town Res. - \$ 30.00



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 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, Wednesday and Friday at the Farmington Community Center from 10:00 a.m. to 11:30 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 will be the June Artist of the Month at the Sugarwood Gallery in Farmington. Registration begins Wednesday, June 1st.

Get Hooked!



DATES: June 23rd
AGES: 4 - 7
REGISTRATION: Farmington Res. - \$ 10.00
Out of town Res. - \$ 20.00



This program will begin to teach children basic casting, 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. The only equipment necessary is a working, castable fishing rod and reel. The program runs from 8 a.m. until 10 a.m. **Parental assistance is required!**
Rollo Pond will be stocked with approx. 150 Rainbow trout and will be posted as having a bag limit of 2 fish per person, per day. Director of this program will be Matthew Foster.

Please Note: The pond **will follow the Maine State S-9 Fishing Code** so that this temporary recreational opportunity can be enjoyed by the children of Farmington, as well as adults with physical or developmental disabilities.

S-9: Open to fishing only for persons under 16 years of age or for persons holding an eligible complimentary fishing license. Daily bag limit on trout: 2 fish.

Registration begins Wednesday, June 1st and is limited to 10 participants



CLIMBING CAMPS!

Climbing Camp

DATES: June 22nd - July 27th (Wednesdays)
SESSIONS: Session 1 - 3:00 p.m. - 4:30 p.m.
Session 2 - 6:00 p.m. - 7:30 p.m.
AGES: 14 - 17
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. 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! **Wednesdays 3 - 4:30 p.m. and 6 - 7:30 p.m.**

Instructing this program will be Matthew Foster and Seth Noonkester. Matt gained his experience bouldering in Colorado and Seth at a rock gym in New Hampshire. Registration begins Wednesday, June 1st. Class size is limited to 5 per session, pick what time you would like!

Rock Stars Climbing Camp

DATES: June 22nd - July 27th (Mondays)
SESSIONS: Session 1 - 1:00 p.m. - 2:30 p.m.
Session 2 - 3:00 p.m. - 4:30 p.m.
AGES: 11 - 13
REGISTRATION: Free! Thanks to the Healthy Community Coalition & Carol M. White PEP Grant

Children who enjoy the traverse walls in gym class are about to be blown away with the challenge of our bouldering wall. Equipped with two different angled over hangs, participants will experience a whole new world of indoor climbing. Within this program climbers will attempt to follow taped routes along the 40 foot wall while being taught helpful climbing techniques to complete their climbs. We offer a variety of free climbing shoes sizes as well as hand chalk. Determination and motivation is a must in bouldering! **Mondays 1 - 2:30 p.m. and 3 - 4:30 p.m.** Instructing this program will be Matthew Foster and Seth Noonkester. Matt gained his experience bouldering in Colorado and Seth at a rock gym in New Hampshire. Registration begins Wednesday, June 1st. Class size is limited to 5 per session, pick what time you would like!

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

FARMINGTON COMMUNITY CENTER: 127 Middle St.

HIPPACH FIELD: 306 Main St.

MEETINGHOUSE PARK: Main St. Downtown

WALTON'S MILL POND PARK: Route 43 on the way to Temple

BJORN PARK: Intersection of Route 2 and High St.

PHILBRICK PARK: Route 2 Farmington Falls

VIS MEMORIAL PARK: Madore's Market Intersection West Farmington

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



Summer of 2016

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)

Parks & Recreation Director: Matthew L. Foster
Assistant Director: Seth Noonkester