

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

Registration for all swim programs will begin on **May 30th for Farmington Residents and May 31st for Non-Residents. 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. ONE CHILD PER SUPERVISOR

Wading Pool Program

DATES:	SESSION I - June 19 th to July 13 th SESSION II - July 17 th to August 10 th
DAYS:	Monday through Thursday ONLY
AGES:	1 - 6
DIRECTOR:	Nicole Pires WSI
REGISTRATION:	--FREE-- to all children - Registration fees are subsidized by the Sumner P. Mills Trust Fund regardless of residence



The Farmington Recreation Department will offer two sessions of swim instruction for young children at the Wading Pool this summer. A lifeguard is in place during each class to ensure the safety of all participants. **Instructors will be on site each day to teach swimming, 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, doggy paddle swimming and floating.

Classes will be comprised of a maximum of 10 participants of similar age and ability. The Rec. Dept. will try to place children from the same family in the same class when possible.

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

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 26 th to July 11 th SESSION II - July 17 th to August 1 st
DAYS:	Monday through Thursday ONLY
AGES:	7 (or Level 1 WP) - 18
DIRECTOR:	Nicole Pires WSI
REGISTRATION:	Farmington Res. - \$ 25.00 Out of Town Res. - \$ 35.00*
	Please Note - --FREE-- for all level 1 & 2 swimmers! Registration fees are subsidized by the Sumner P. Mills Trust Fund regardless of residence *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 19th - August 11th
AGES: 8 - 11
REGISTRATION: Farmington Res. - Daily, \$ 10.00
 Weekly (5 days), \$ 35.00
 Out of town Res. - Daily, \$ 12.50
 Weekly (5 days), \$ 45.00

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

This program runs Monday through Friday from 9:00 a.m. until 4:00 p.m. with 4-5 p.m. free swim Mon-Thrs. Children are expected to bring lunch, snacks, water bottle, sun screen, bug spray, towel and swim suit.

New this year! Sign up for the entire summer! Only parents or legal guardians may enroll their child.

Registrations Begin:	Residents	Non-Residents
<u>Registering for Entire Weeks</u>	5/30 - open until 7 pm	5/31 - open until 7 pm
<u>Registering for Individual Days</u>	6/1 - open until 7 pm	6/2 - open until 7 pm

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

GEAR UP Mountain Biking Camp

DATES: July 11th to July 27th (Tue/Thrs)
AGES: 12 - 18
REGISTRATION: Farmington Res. - \$ 25.00
 Out of town Res. - \$ 35.00



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 has passed the torch on to Nolan Rogers after nearly 20 years. Nolan has recently graduated from Mt. Blue, has been a participant in this program 3 years, has helped run the program 2 years and is on construction crews for mountain biking trails in the Central Maine Area. He has also raced for the past few years.

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, water bottle and a small snack bar. Each day will begin and end at Titcomb Mountain with rides lasting from 9:00 a.m. until 12:00 noon. Registration begins Tuesday, May 30th. Class size is limited so early registration is encouraged.

Jujutsu

DATES: June 19th - June 30th (Mon/Wed/Fri)
AGES: 7 - 12
REGISTRATION: Farmington Res. - \$ 25.00
 Out of town Res. - \$ 35.00
FEES: Uniform - \$ 40.00 (optional)
PAY TO: Western Mountain Jujutsu Society



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

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

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

Classes will meet in the Farmington Community Center Mon/Wed/Fri from 1 p.m. - 3 p.m. for two weeks. Registration begins Tuesday, May 30th. Enrollment is limited.

Track and Field Camp!

DATES: August 7th-August 19th
 (Mon/Wed/Fri for two weeks and Sat. 8/19)
AGES: 7 - 12
REGISTRATION: Farmington Res. - \$ 25.00
 Out of town Res. - \$ 35.00



New this year, the Farmington Rec. Dept. is offering a 2 week program for children interested in track and field! Sessions will run from 9:00 a.m. - 10:30 a.m. for 7, 8, & 9 year olds; and from 10:45am- Noon for 10, 11, & 12 year olds at Mount Blue High School's Track. Athletes will practice form and technique for long distance, sprinting, throwing, and jumping events and will have the chance to compete in a meet on Saturday August 19th where they will put their all into their favorite events!

The program will be run by Zack Lavoie who is a recent UMF graduate. Zack was part of UMF's track and field team for 4 years and specialized in jumping and sprinting events. He will continue helping coach the UMF Cross Country and Track and Field Varsity teams this coming year!

Tennis Instruction

DATES: SESSION I - July 11th to July 27th
SESSION II - August 1st to August 17th
(Tuesdays and Thursdays)

AGES: 7 - 12

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



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

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

The Recreation Department will provide tennis balls and participants must supply their own rackets and a bottle of water. The program is limited to 8 participants per class. Registration begins Tuesday, May 30th.

Tricking Camp

DATES: Tuesdays, June 20th and 27th
Wednesdays, July 5th, 12th and 19th

AGES: 12 - 17

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



This program will be held from 12:30 p.m. - 2:00 p.m. in the Community Center Gymnasium and will be directed by Matt Clark. Matt grew up doing gymnastics and martial arts, then found there was a way to combine the two into a sport called Tricking. For an idea of what this is, youtube tricking to see the jumps, flips, spins and kicks!

Tricking is a combination of martial arts kicks, gymnastic flips, with the flare of break dancing. Strength, flexibility and endurance will all be tested. Get ready to learn breath taking tricks that will push all your limits!

Registration begins Tuesday, May 30th.

Baseball Camp

DATES: July 17th - July 28th (Mon/Wed/Fri)

AGES: 7 - 9

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



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 2 weeks from 3:30 p.m. until 5:00 p.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 Tuesday, May 30th. Class size is limited to 16, so early registration is advised.

Field Hockey Camp

DATES: June 26th to June 29th (Monday - Thursday)

AGES: 9 - 11

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



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, June 26th from 5:30 to 7:00 in the Little League Field at Hippach and continue evenings until June, 30th.

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 Junior year playing at UMF and is looking forward to preparing the next generation of Mt. Blue athletes. Registration begins Tuesday, May 30th.

Class size is limited to 20, so early registration is encouraged.

WILD

DATES: SESSION I August 14th through 18th
SESSION II: August 21st through 25th
AGES: 7 - 11
REGISTRATION: Farmington Res. - \$ 25.00
Out of town Res. - \$ 35.00



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 **LNT, 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. Monday-Friday**

Seth Reed will be leading the program. He has spent several years in the boy scouts before achieving the level of Eagle Scout and is excited to pass on his outdoor knowledge.

Bring a water bottle and a healthy snack; wear comfortable shoes and dress appropriately for the activity as well as the weather. Registration begins Tuesday, May 30th.

Pre-Season Soccer Camp

DATES: July 31st to August 3rd
AGES: 6 - 12
REGISTRATION: Farmington Res. - \$ 25.00
Out of town Res. - \$ 35.00



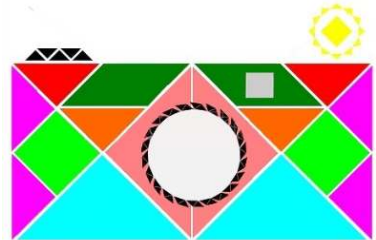
This four night soccer camp devoted to skill development is an excellent opportunity for players to get a jump on the competition for the upcoming season of our Instructional Soccer League. The camp will focus on ball control, passing, defensive positioning and offensive strategies.

The Pre-Season Soccer Camp will operate under the direction of Zack Lavoie. Zack played Varsity soccer at Brunswick as a two year captain helping to lead his team to two state championships. Zack also helps with coaching and refereeing during our instructional soccer league in the Fall.

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 Tuesday, May 30th.

Make The Picture! Photography Program

DATES: June 26th, 27th, 29th, and 30th
AGES: 11 - 15
REGISTRATION: Farmington Res. - \$ 25.00
Out of town Res. - \$ 35.00



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. The children will learn how to "Make the Picture" and not just "Take the Picture", including composition and taking portraits and landscape pictures. By the end of the program children should have a solid understanding of what it takes to make a good picture. The photography program will be held in the Rec. Room on Monday, Tuesday, Thursday and Friday at the Farmington Community Center from 9:00 a.m. to 10:15 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 8 students.

This program will be lead by Mark Stofan, Mark is a local photographer who has been Artist of the Month at the Sugarwood Gallery in Farmington and also sells his art online. Registration begins Tuesday, May 30th.

A Cappella

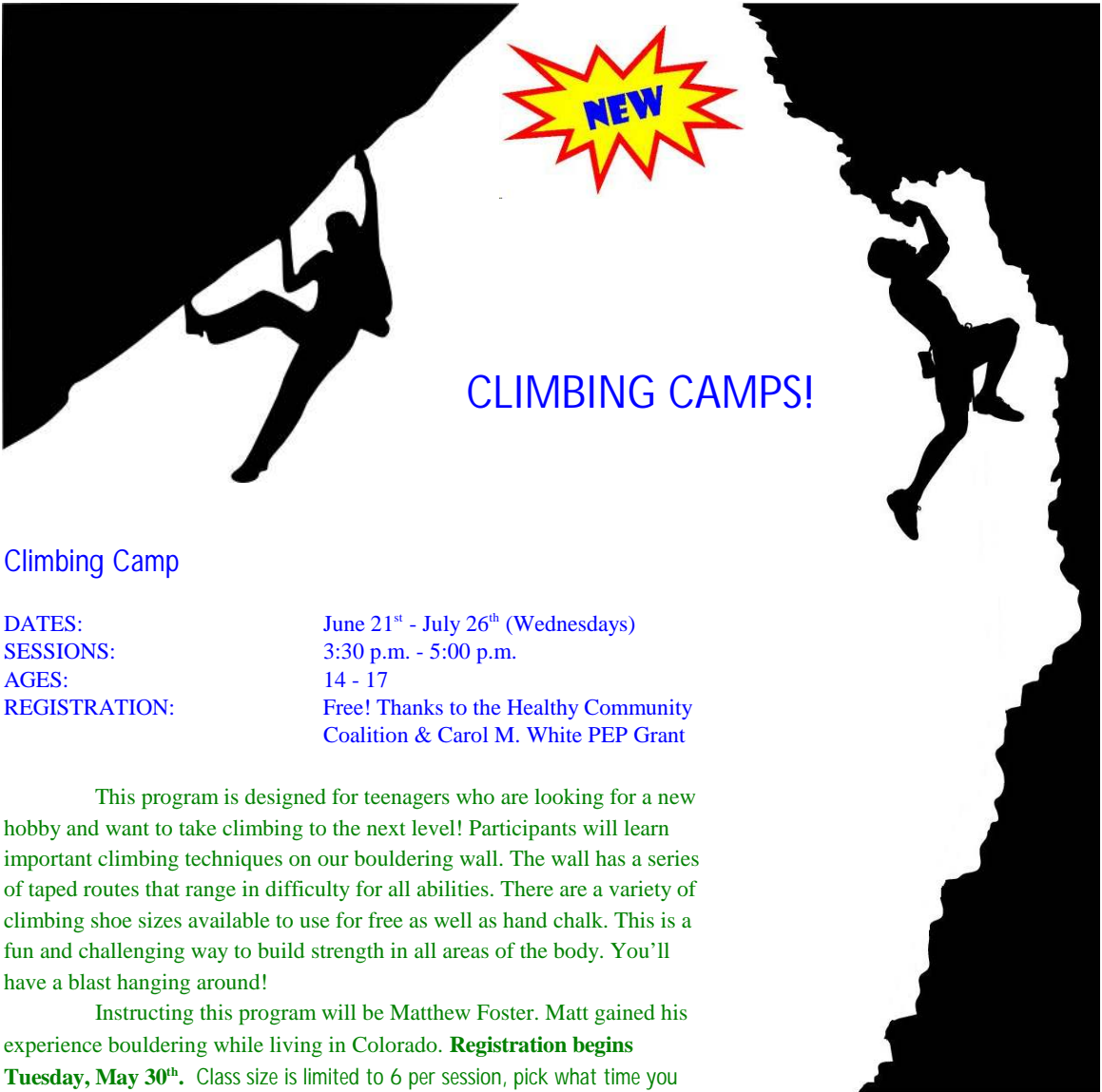


DATES: July 17th- August 25th
(Monday's only + Friday August 25th)
AGES: 11 - 13
REGISTRATION: Farmington Res. - \$ 15.00
Out of town Res. - \$ 20.00



Do you have a passion for singing and music? New this Summer, the Farmington Rec. Dept. will be teaching the basics of a cappella music and performance skills to middle school aged performers. Our goal is to meet once a week for 6 weeks learning music and practicing technique to lead up to a final concert for friends and family to enjoy! **Rehearsals will be held on Monday's starting July 17th from 3:30-5:00 in the community center. We will hold our final concert on Friday August 25th at 6:00pm!**

Our a cappella program will be led by Jaycee Jenckes and Zack Lavoie who have both been involved in music and theater for at least 10 years. Jaycee and Zack were leaders of UMF's premeir a cappella group, The UMF Clefnotes, and hope to get more young performers excited about singing and a cappella music!



CLIMBING CAMPS!

Climbing Camp

DATES: June 21st - July 26th (Wednesdays)
SESSIONS: 3:30 p.m. - 5:00 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!

Instructing this program will be Matthew Foster. Matt gained his experience bouldering while living in Colorado. **Registration begins Tuesday, May 30th.** Class size is limited to 6 per session, pick what time you would like!

Rock Stars Climbing Camp

DATES: June 21th - July 26th (Wednesdays)
SESSIONS: 2:15 p.m. - 3:30 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!

Instructing this program will be Matthew Foster. Matt gained his experience bouldering while living in Colorado. Registration begins Tuesday, May 30th. Class size is limited to 6 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 2017 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

Parks & Recreation Director: Matthew Foster
Assistant Director: Jaycee Jenckes