

# 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 during the early 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 Tuesday, May 28th**

## 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 supervisors will be placed in a class on Monday and Wednesdays or Tuesday and Thursdays for an entire 3 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 - More convenient times!



- DATES:** SESSION I - July 8th to July 25th  
SESSION II - July 29th to August 15th
- DAYS:** Monday through Thursday ONLY
- AGES:** 1 - 6
- 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 no matter what! We do not allow children in the water during thunderstorms but the decision to bring a child to their scheduled lessons in poor or iffy weather conditions is left to the discretion 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:

|               |             |                    |  |
|---------------|-------------|--------------------|--|
| 11:45 - 12:15 | Level 1     | 12:45 - 1:15       | M/W ages < 2 Mommy and Me                                  |
| 11:45 - 12:15 | "Prep" Swim | 12:45 - 1:15       | T/Th ages 2 < 4 Mommy and Me                               |
| 12:15 - 12:45 | Level 1     | <b>2:30 - 3:30</b> | <b>Free Swim - Ages 12 &amp; under (Monday - Thursday)</b> |
| 12:15 - 12:45 | "Prep" Swim | <b>2:30 - 4:30</b> | <b>Free Swim - Ages 12 &amp; under on Fridays</b>          |

Please note: Adults and child care providers may not exceed a 3 child to 1 adult supervisor ratio for the Free Swim period. More convenient times!

## Sumner P. Mills Program - More convenient times!



- DATES:** SESSION I - July 8th to July 25th  
SESSION II - July 29th to August 15th
- DAYS:** Monday through Thursday ONLY
- AGES:** 7 (or Level 1 WP) - 18
- REGISTRATION:** Farmington Res. - \$ 30.00  
Out of Town Res. - \$ 40.00\*  
Please Note - --FREE-- for all level 1 & 2 swimmers! Registration fees are subsidized by the Sumner P. Mills Trust Fund regardless of residence

**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 - 9:45   | Level 2  |
| 9:00 - 9:45   | Level 3  |
| 9:50 - 10:35  | Level 4  |
| 9:50 - 10:35  | Levels 5 & 6   |
| 10:40 - 11:25 | Level 1 & 2  |
| 10:40 - 11:25 | Level 3  |
| 2:30 - 3:30   | Free Swim (ages 13 - 17) (13 year olds will need an adult to accompany them) |



# CAMP HIPPACH!

DATES: June 24th - August 16th  
 AGES: 7 - 12  
 REGISTRATION: Farmington Res. - Week \$ 40.00  
 Out of town Res. - Week \$ 50.00

Are you ready for a summer of fun in the sun? There's something for everyone, theme weeks, crazy competitions and free play opportunities allow kids to take part in crazy adventures each week! We also have an opportunity for the children to swim every day and play around on a 100 foot slip n' slide!

This program runs Monday through Friday 8:30 a.m. until 5:30 p.m.

Children are expected to bring lunch, snacks, water bottle, sun screen, bug spray, towel and swim suit.

**Children may be signed up for the entire summer!** Only parents or legal guardians may enroll their child.

|                      |                         |                         |
|----------------------|-------------------------|-------------------------|
|                      | Residents               | Non-Residents           |
| Registrations Begin: | 5/20 - open 9 am - 5 pm | 5/22 - open 9 am - 5 pm |

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

**\*Camp must be paid in full (or half) at the time of registration, the other half must be paid before June, 24th. \* NO REFUNDS\***

## Flag Football Camp!



DATES: July 9th - August 1st  
 (Tuesdays and Thursdays)  
 AGES: Children going into 2nd and 3rd Grade  
 REGISTRATION: Farmington Res. - \$ 25.00  
 Out of town Res. - \$ 35.00

Looking to introduce your child to football in a safe and exciting way? This summer we are beginning a flag football camp for 2nd and 3rd graders! This is a NO CONTACT camp, which allows children to focus on fun instead of worrying about getting hurt through contact with the other participants! Players will be able to practice new skills and drills, exercise, scrimmage each other, and make new friends. The camp will be about the children having fun, gaining confidence, and learning to love the sport of football! Flag Football Camp will run from 5:30 p.m. - 6:45 p.m. evenings at the Hippach Little League Field.

Ben Ladd has been helping the Recreation Department with several children's programs and will be leading the Flag Football Camp. He played football as a youngster and loves flag football! With Ben's help, we are sure this will be a program your children will want to come back to! Enrollment is limited!

## Jujutsu



DATES: July 9th - July 25th (Tues. & Thurs.)  
 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 a 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 Tuesday's and Thursday's from 10 a.m. - noon for three weeks. Enrollment is limited!

## Start to Finish 5k!



DATES: July 10th - August 31st  
 (Wednesday) for eight weeks and Sat. 8/31)  
 AGES: 7 - 12  
 REGISTRATION: Farmington Res. - \$ 25.00  
 Out of town Res. - \$ 35.00

What kind of sport can offer every child the opportunity to accomplish something great, join a group, and get some amazing exercise; all at their own pace??? RUNNING, of course! Farmington Recreation is offering children a chance to take on a new challenge and train to complete their first 5K! This will be an 8 week program where the group will meet once each week to learn how to train, eat and run (or walk) all leading up to a kids only (12 years old and under) 5k Road Race on Saturday, August 31<sup>st</sup>! Outside of the training sessions, participants will be given at home workouts and goals to complete with their friends and family during the week.

Jaycee Jenckes and Erica Ingrisano will be "running" this program in a way that will create a fun and safe environment for the runners to develop a passion for the sport, and the confidence to finish their first race! Jaycee and Erica both believe that **Running is truly a lifelong sport that everyone can do!** This Program will vary between starting at the Community Center and starting at Mount Blue High School's Track! Set schedule available at registration!

# Tennis

**DATES:** SESSION I - July 9th to July 25th  
SESSION II - July 30th to August 15th  
(Tues. and Thurs.)  
**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 Girls' 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.

# MAD Science for Kids!

**DATES:** July 10th - July 31st (Wednesdays)  
**AGES:** 5 - 8  
**REGISTRATION:** Farmington Res. - \$ 25.00  
Out of town Res. - \$ 35.00



This program will be held from 1:30 p.m. - 2:30 p.m. downstairs at the Community Center and will be directed by Natasha Foster. Natasha has taught science to young children at home and in Home School Co-op classes.

With experiments ranging from creating explosions to excavating dinosaur bones to edible experiments, this program will make science come alive for your child. Each week there will be several different experiments along with activities and games that cover a wide range of scientific topics.

The Farmington Recreation Department will provide all the supplies needed, you just need to get your children here...and make sure your kids are prepared to make a mess and have fun! Enrollment is limited!

# Baseball Camp!

**DATES:** July 8th - July 19th  
(Mon./Wed./Fri.)  
**AGES:** 6 - 8  
**REGISTRATION:** Farmington Res. - \$ 25.00  
Out of town Res. - \$ 35.00



This camp is geared towards 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 directors of the program this year are Ben Ladd and Hunter Bolduc. Ben and Hunter have been involved with baseball their whole lives. Ben currently plays in the Pine Tree Men's League and Hunter currently plays for the UMF Men's Team. They will ensure your child is learning proper baseball mechanics while having fun in the process! We will be providing the instruction your child needs to excel in the sport of baseball and will hopefully also have a few guest appearances!

This program will run for 2 weeks from 3:30 p.m. until 4:45 p.m. on Monday, Wednesday and Friday's at the Hippach Little League field.

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

# Dynamic Knights Chess!

**DATES:** July 10th to July 31st (Wednesdays)  
**AGES:** 8 - 16  
**REGISTRATION:** Farmington Residents - \$ 10  
Out of town Residents - \$ 15



New this year, Farmington Recreation will be offering a Dynamic Knights Chess program to captivate and motivate young chess players of all abilities. The program will run on Wednesday's, July 10th through July 31st 3:00PM - 4:00PM downstairs at the Community Center.

The program will be run by Mark Stofan, who has decades of chess experience and hopes to cover basic strategies like Discover Check and teach players to develop their pieces through tons of games and viewing match examples!

If you thought Mark was just a great Tennis instructor...Boy were you wrong! Once you see him on the chess board, you will understand why his opponents sweat and squirm while sitting across the table from this legend of the game!

We're pleased to offer this program for free to anyone ages 8-16, beginner or advanced, all are welcome to come and learn!

## Sea to Summit



**DATES:** August 19<sup>th</sup> through 22<sup>nd</sup> (Mon. – Thurs.)  
**AGES:** 13 – 15  
**REGISTRATION:** Farmington Residents - \$ 20.00/Day  
**REG. BEGINS:** June 17<sup>th</sup> 9 a.m.  
Out of town Res. - \$ 25.00/Day  
**REG. BEGINS:** June 19<sup>th</sup> 9 a.m. (If spots are available)

Your last chance for summer fun! Sponsored by your local Farmington Walmart, Rotary Club, and Sports Projects INC. this program is sure to capture the interest of young outdoor enthusiasts! Participants will learn more about nature, gain confidence in exploring the outdoors, and explore a variety of skills and activities that will make accessing Maine's rural landscape a lifelong passion! Participants will meet at the Community Center each morning between 7 a.m. and 8:30 a.m. where we will head out to participate in different outdoor recreation activities around our great state! Pick-up times will be around 5 p.m. at the Community Center.

-Monday, August 19<sup>th</sup>: Sea Kayaking with L.L. Bean in Casco Bay and a field trip to the Flagship Store! (8:30 a.m.)

-Tuesday, August 20<sup>th</sup>: Ropes Courses, Zip Lines and Laser Tag at *Monkey C Monkey Do* in Wiscasset! (8:30 a.m.)

-Wednesday, August 21<sup>st</sup>: Whitewater Rafting on the Kennebec River with AdventureBound! (8:00 a.m.)

-Thursday, August 22<sup>nd</sup>: Hiking to the 4,090' summit of Bigelow Mountain! **A BIG HIKE – 8mi round-trip!** (7:30 a.m.)

The program will be supervised by Farmington Recreation Staff as well as Guides from Adventure Bound and L.L. Bean. Pack your own Lunch, snacks, weather appropriate clothing, and bring some extra money in case we stop for ice cream or you want to purchase a souvenir! Program is limited to 10 participants per day, so chose which activities you would like to try!

\*Participants completing all 4 days will come home with a Farmington Recreation Sea to Summit logo hat!\*

## Big Doodles, Little Dudes!



**DATES:** July 10<sup>th</sup> - August 7<sup>th</sup>  
(Wednesdays)  
**AGES:** 3 - 5  
**REGISTRATION:** Farmington Res. - \$ 20.00  
Out of town Res. - \$ 30.00

Are you ready to make some messes and masterpieces?

Farmington Recreation is offering an arts and crafts program for young children ages 3 to 5 this summer! We will be doing fun, exciting, and colorful projects that will be sure to put a smile on your child's face, and probably lots of paint on their hands! Arts and crafts are a great way to foster creativity, develop motor skills, and boost your child's self-confidence when they see their final creations!

Jaycee Jenckes will be running this camp and is a big believer in hands on learning and that making messes is always a good sign! New projects each week, all materials provided by the Rec Department. Please join us for a fantastically messy program running from 3:00PM to 4:00PM on Wednesday's starting July 10<sup>th</sup>!

## Make The Picture!

**DATES:** June 24<sup>th</sup>, 25<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup>  
**AGES:** 11 - 15  
**REGISTRATION:** Farmington Res. - \$ 25.00  
Out of town Res. - \$ 35.00



This four day workshop is designed to help the next generation understand some of the fundamentals of photography and unlock some of their buried creativity. Participants will be asked to bring their own camera (or phone) and learn how to "Make the Picture" and not just "Take the Picture". Sessions will include composition, 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 3 p.m. to 4:30 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 led 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.

## Family Hiking!



**DATES:** Fridays July 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>  
**AGES:** 3 and up!  
**REGISTRATION:** Farmington Res. - \$ 10/family/hike  
Out of town Res. - \$ 15/family/hike



Do you think about going hiking with your kids, but don't know where to go, what to bring, or how to dress? This summer, Farmington Recreation will be helping coordinate families who are ready to get their kids out and do some exploring! We will be leaving trailheads at 9 a.m. sharp each Friday morning. Hike details, directions, and a list of what to bring will be provided when participants register! Stop sitting on the sidelines and let us help you meet other families with the same interests, make new friends, and obviously, have some fun outside! We will also provide some granola bars and iced tea for each peak!

There will be 3 hikes:

- French Mountain, Rome - a .8 mile loop. Great views of the Belgrade Lakes!
- Mount Phillip Trail, Rome - a 1.3 mile loop. Great views of the Belgrade Lakes and a stone seat on the top!
- Mount Pisgah, Winthrop - a 2 mile loop. Great views of Central Maine from the top of a fire tower!

# Rock Crawlers!

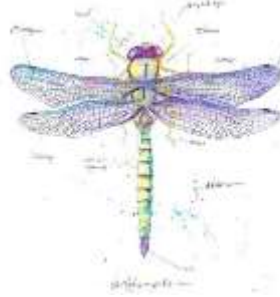
**DATES:** July 10th - July 31st (Wed)  
**SESSION 1:** 11:30 a.m. – 12:30 p.m.  
**AGES:** 11 - 14  
**REGISTRATION:** Farmington Res. - \$20  
Out of Town Res. - \$30

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 in the Farmington Community Center. The wall has a series of taped routes that range in difficulty for all abilities. There is 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. Matthew gained his experience bouldering while living in Colorado, climbing in the Red Rocks and Morrison areas. \*Class size is limited to 6!

## BUG Camp!



**DATES:** July 8<sup>th</sup> – August 12<sup>th</sup> (Mondays)  
**SESSIONS:** 1:00PM – 3:00PM  
**AGES:** 6 - 10  
**REGISTRATION:** Farmington Res. - \$ 25.00  
Out of town Res. - \$ 35.00



**NEW THIS SUMMER!** Farmington Recreation will be offering a new experience for the curious and outdoorsy- **BUG CAMP!** This fun filled adventure will be broken into two parts: Field Time and Lab Time. The Field Time will be spent outside, exploring places like Bonney Woods and Abbott Park to learn about different insects and their ecosystems. After that, participants will head back to the Community Center for Lab Time which will include fun bug art projects and bug-related activities.

We are thrilled to have Farmington's own crazy bug lady—Hailey Mealey, leading this exciting camp! Hailey recently graduated from UMF with her Bachelor's degree in Biology. When she isn't doing insect research and field studies for the state, you can find her creating beautiful and unique art pieces like the one pictured here! With her combined enthusiasm for insects, art and education, she is excited to be sharing the amazing world of insects with the community!

This camp will be sure to captivate your child and help open their eyes to the wonders they can find just in their backyard! All they will need is some good shoes, a set of clothes that can (and will) get dirty, a water bottle and snack! Bug Camp will run on Mondays from 1:00PM – 3:00PM for 6 weeks starting July 8th. All adventures will start at the Farmington Community Center! See you then!

## Lacrosse Essentials!

**DATES:** July 8<sup>th</sup> – July 25<sup>th</sup> (Tuesdays & Thursdays)  
**AGES:** Entering 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Grade  
**REGISTRATION:** Farmington Res. - \$ 25.00  
Out of town Res. - \$ 35.00



Farmington Recreation will be holding a youth lacrosse camp for 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders. This Camp, led by Brook Bolduc, will reinforce the fundamental rules and skills of lacrosse to give beginner and intermediate players a strong foundation. Through fun drills and small sided scrimmages, players will work on cradling, throwing, defensive movements, and catching ground balls.

Brook Bolduc is currently a 2 year captain of Mount Blue High School's girl's lacrosse team. She has a lot of passion for the growing sport and can't wait to share it with the community! The program will run on Tuesday and Thursday afternoons from 3:30PM to 5:00PM for 3 weeks Hippach Field! Participation is limited to 16!

## Field Hockey Camp!



**DATES:** July 8<sup>th</sup> – July 25<sup>th</sup> (Tuesdays & Thursdays)  
**AGES:** Entering 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Graders  
**REGISTRATION:** Farmington Res. - \$ 25.00  
Out of town Res. - \$ 35.00



Farmington Recreation is proud to offer Field Hockey camp again! This introductory camp will expose young players to the basics of field hockey, emphasizing important skills while teaching basic rules and team strategies. There will be plenty of fun drills and practice scenarios to engage new players while still working through the fundamentals of the game! A limited amount of sticks and protective equipment will be provided by the Rec. Dept. (Participants must supply their own mouthguards!)

Serving as Director this year is Farmington's own, Brooke Bolduc! Brook currently plays at Mt. Blue High School, where you can find her in the goal making big saves for her team! She is excited to help instruct aspiring field hockey players in the area. Field Hockey camp will begin Tuesday July 8<sup>th</sup> at Hippach Field from 5:30 to 7:00 p.m. Participation is limited to 16!

# FARMINGTON



## RECREATION DEPT.

*"Proud Caretakers of Heppack Field"*

# SUMMER of 2019 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://facebook.com/farmingtonrec)

Director of Parks and Recreation: Matthew Foster, BS, CPRP  
Assistant Director: Jaycee Jenckes, BS

If you have any ideas for programs or would like to volunteer  
or help in some way, we want to hear from you!  
Please give us a call or stop by and chat with us!

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