

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 16th at 9:00 a.m. at the Farmington Community Center for Farmington residents and Farmington child care providers only.** Tuesday the 17th and Wednesday the 18th 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 rd to July 17 th SESSION II - July 21 st to August 14 th
DAYS:	Monday through Thursday ONLY
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	3:30 - 4:00	Level 2 (beginner) (Second Session Only)
2:30 - 3:00	Level 2 (beginner)	3:30 - 4:00	Mommy and Me (First 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 30 th to July 15 th SESSION II - July 21 st to August 5 th
DAYS:	Monday through Thursday ONLY
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
4:00 - 5:00	Free Swim (ages 12 - 18) (12 and 13 year olds will need an adult to accompany them)