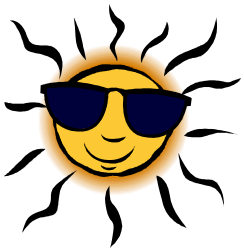
MAY 2012

Summer Recreation Program Guide



SIMSBURY
CULTURE • PARKS • RECREATION

KEY DATES:

- **Summer Camp Programs are set to begin June 25**
- **Simsbury Farms Pools expected to open June 16**
- **Memorial Pool opens June 25**

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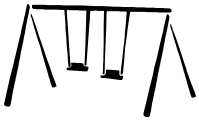
HAPPY SUMMER! If you've ventured up towards Simsbury Farms since last summer, it is clear that things are changing around here! Since October, the main building at Simsbury Farms has been undergoing a complete renovation. When the renovation is completed, there will be new offices, a brand new lobby and front desk, an updated snack bar and seating area, a program space and new and improved changing rooms. There will now be 2 large "quick change" areas, for those people who just need to get themselves or their children into and out of bathing suits, as well as private changing stalls with bathrooms inside them. The pool deck will be sporting a whole new look as well! All the fences have been removed and the pool decks have been redone. One of the biggest changes that you will see are the brand new separate entrances for the pools and the rink. We can't wait until the project is complete, and hope that you can't either!

Camps, Camps, Camps! As always, we are offering a range of camps to suit everyone! Day camps for kids age 5-15, sports, acting, art, science, superhero, LEGO camps and more are available! Look inside to see everything that we have to make your summer unforgettable.

Make a splash at Simsbury Farms or Memorial Pool! Join the pool to be cool this summer. Music Mondays return with a DJ on the pool deck. Simsbury Farms has inner tubes and noodles for fun the in water. Lounge chairs are available for your comfort, and new this year, Waterslide Wednesdays! Season passes are on sale now; rates will increase beginning June 1, so buy your passes today!

Simsbury Farms Golf Course - If you haven't been to the Simsbury Farms Golf Course recently, make plans to get to the place voted Best Public Golf Course for 2012 by Hartford Advocate readers. With their brand new website and online tee time registrations, it couldn't be more enjoyable to come golfing with us!

Did you know that you can rent out the Simsbury Farms Challenge Course?? Well, you can! The course is available for parties, group rentals, corporate events and more! If you are interested in more information, please visit www.adventureconcepts.org or call Blair Wlochowski at 860-614-8281.



SOMETHING FOR EVERYONE … TAKE A PEEK INSIDE!

VISIT US ONLINE AT WWW.SIMSBURYREC.COM!

SIMSBURY RECREATION DEPARTMENT SUMMER CAMP PROGRAMS
REGISTER ONLINE AT WWW.SIMSBURYREC.COM

KOALA KIDS

This special two week half day camp for our small friends is held rain or shine at the Simsbury Farms Apple Barn from 8:45AM-Noon, Monday through Friday for children ages 5 years - 6 years (as of December 31, 2012). Activities include arts, crafts, games and special events. A two week swim lesson is included. The cost for Koala Kids is $180 per 2 week session. The Session 1 fee is $165.

Sec A Session I **June 25-July 6 (no camp on July 4)**
Sec B Session II **July 9-July 20**
Sec C Session III **July 23-August 3**
Sec D Session IV **August 6-August 17**

CAMP STUFF-TA-DOO

This outdoor day camp includes a wide variety of sports, arts, crafts, group games, free play, and special events. A morning swim lesson is also included as well as one field trip per session. Campers will be divided into groups according to age and swim lesson levels. Swim lessons are provided for all ability levels. The camp meets rain or shine at Central Elementary School from 8:30AM-3:00PM and uses the pool facilities at Memorial Park. Campers must provide their own lunch and transportation to and from camp. Participants must be in grades 1-6 during the 2012-2013 school year. Fee: $305/camper per 2 week session.

Sec A Session I **June 25-July 6 (no camp on July 4; Fee is $280)**
Sec B Session II **July 9-July 20**
Sec C Session III **July 23-August 3**
Sec D Session IV **August 6-August 17**

BEFORE & AFTER CAMP CARE

Before & After Camp Care will be offered to Camp Stuff-Ta-Doo participants only. The program will be held from 7:30-8:30AM and/or 3:00-5:00pm at Central Elementary School following the same schedule as the camp. Before & After Camp Care will provide supervised activities and playground time. The fee for After Camp Care is $70/camper per 2 week session and Before Camp Care is $50 per 2 week session. Space is limited in each program.

AWESOME ADVENTURE

This exciting camp will give youths, ages 12-15, the opportunity to try a variety of challenging activities that will stimulate the senses. Each session will include activities such as scuba diving, caving, training in rock climbing, river rafting, ropes courses, and swimming. Participants will meet daily at the Simsbury Farms Ice Rink Facility from 8:15AM-3:15PM. Campers must provide their own lunch and transportation to and from camp. Participants must be 12-15 years old as of the end of the summer. No camp on July 4.

Sec A Session I	**June 25-July 6**	**$395**
Sec B Session II	**July 9-July 20**	**$430**
Sec C Session III	**July 23-July 27**	**$340**
Sec D Session IV	**July 30-August 3**	**$340**
Sec E Session V	**August 6-August 10**	**$340**

SUMMER PLAYGROUND PROGRAM

This program for children entering grades 1-5 is held at the Tariffville School 9:00AM-Noon, Monday-Friday. This five week recreation program is held rain or shine and features sports, games, special events and crafts. The playground runs June 25 to July 27. (No camp on July 4)

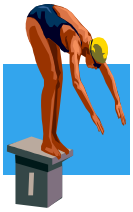
Sec A	**Five weeks – 1 child**	**$155**
Sec B	**Five weeks - 2+children**	**$290**
Sec C	**1 Week Fee – 1 child**	**$75**

CAMP LOTS-TA-DOO

This camp will fill the gap for those children looking for fun until school begins again. This camp will meet rain or shine at the Simsbury Farms Ice Rink Facility and will feature sports, games, special events, and swimming every afternoon! Camp Lots-Ta-Doo will meet Monday-Friday 8:30AM-3:00PM. Participants must be 6-12 years old as of December 31, 2012. Campers must provide their own lunch and transportation to and from camp. Sorry, no before or after camp care is available.

Sec A Session I **August 20-24 $145**

SIMSBURY RECREATION DEPARTMENT SUMMER PROGRAMS



SIMSBURY SPRINTERS SUMMER SWIM TEAM

This program is for swimmers up to age 18. The swim team provides coaching and instruction in competitive swimming techniques. Senior practices (13 years & older) and Juniors (11 & 12) are held from 8:30-9:25AM and Juniors (10 years and younger) from 7:30-8:25AM. Both sessions are held at the Simsbury Farms Pool. A stroke clinic for members of the team is offered on Tuesday and Thursday from 7:00-7:45PM at SIMSBURY FARMS POOL. Because space is limited, sign up is required (procedure will be announced at the Parents Meeting). The fee for the team is $130 for the season (Maximum family rate is $260). Parental Assistance with the Swim Team Parents Association is essential.

– Due to space and coaching considerations, there is a limited number of slots available for the swim team and a **DEADLINE FOR REGISTRATION OF JUNE 15.** After this date, interested swimmers will be put in on a space available basis.

Prerequisite: To participate each swimmer is required to take a swim test (date TBA) demonstrating the ability to do one length of the pool using a freestyle stroke (with arms out of the water). Refunds will be given for those who don't meet requirements.

SELF DEFENSE CLINICS

Black Belt Jukido Instructors from the Simsbury Jukido Academy are offering a self-defense clinic to Children, Youths, Adults, and Seniors ages 6 and older. Instructors will teach and demonstrate basic self-defense techniques that can be used to protect oneself in certain situations. The importance of awareness and risk avoidance will also be addressed. Participants should wear comfortable clothing. Class size is limited so be sure to register early. This one night clinic will be held in the air conditioned Eno Hall Auditorium.

Sec A Females Ages 6-up Tues June 19 6:30-8:30PM $10

SUMMER BATON TWIRLING CAMPS

Summer Spinning is quickly approaching...register now for Twirling Camp at Boy Scout Hall. Call or e-mail Colleen Tighe (cttighe@comcast.net, 651-3649) with questions.

NEW TO DANCE AND TWIRL - This is an opportunity for twirlers (grades k-2) who are just getting started! Come develop and polish your beginner skills.

Sec A 8/20-8/23 9:30-11:00 a.m. $80

GEM STONE TEAM - This session is designed for twirlers 1st—4th grade who have previously twirled with the Spinners. The twirlers will be challenged to achieve finger twirls, 1 spins, partner skills and beginner 2 baton tricks.

Sec B 8/20-8/23 12:30-2:30 p.m. $100

SENIOR SPINNERS - This camp is designed for our most proficient spinners, who will continue working on challenging team routines with emphasis on synchronized twirling and advanced skill development. This camp is also open to twirlers interested in stepping up to a more concentrated level of twirler. All twirlers must be proficient in both vertical and horizontal 1 spins and both vertical and horizontal 4 & 8 finger twirls.

Sec C 8/20-8/23 2:30-5:00 p.m. $125

JULY 4th ICE CREAM SOCIAL

The annual Fourth of July Ice Cream Social and Community Band Concert will be held on **Wednesday, July 4** at the Simsbury Farms Ice Rink. Ice cream sundaes, costing **$2**, will be served at 6:00 p.m. with the Community Band kicking off at 7:00 p.m.

12th ANNUAL FAMILY FUN NIGHT

Join the Simsbury Social Services Department, Recreation Dept., Police Dept., and other local organizations on Tuesday, July 17 for an evening of fun for the whole family! Live entertainment, including the popular Boogie Bodies attraction, food, face painting, swim specials and other family activities will be featured from 5:30-8:00PM. Watch for more detailed flyers out this summer.

ITTY BITTY POOL PARTY

A pool party for children up to age 6, Wednesday, July 18. Participants will enjoy water games, dance contests, swimsuit contest, refreshments and more. The party is held at Memorial Pool from 12:30-2:30 p.m. Admission is $1.00.

SIX FLAGS TICKETS

The Simsbury Recreation Department is once again selling discount tickets to this exciting theme park. Tickets are just $33 ($49.99 at the gate) and can be purchased with cash or check at Simsbury Farms anytime during its operating hours. Tickets will be available through early September and are valid until the end of Six Flags' operating season.

BOSTON RED SOX vs. Washington Nationals at Fenway Park The Sunday, June 10th trip includes deluxe motor coach transportation (leaving SHS at 10:00AM) and a game ticket (**Right Field Box Section 87**). The game is scheduled for 1:35PM, however, game time may be changed at MLB's discretion. The fee is $105 per person.

SUMMER GOLF INFORMATION

Looking for golf camps, clinics, leagues or tournaments this summer? Simsbury Farms Golf Course has everything you need! Information on the Lee Lapoli Junior 9-Hole Golf League, Junior Golf Clinics, Junior Golf Camps, Adult Beginner Clinics and Parent/Child Monthly Golf Tournaments is available on the Simsbury Farms Golf Course website, www.simsburyfarms.com or by calling 658-6246. Programs are happening now, so sign up today!

DON'T DELAY - REGISTER TODAY!

ONLINE AT WWW.SIMSBURYREC.COM
IN-PERSON AT SIMSBURY FARMS,
100 OLD FARMS RD.
CALL US AT 860-658-3836 WITH QUESTIONS

SIMSBURY RECREATION DEPARTMENT - SUMMER PROGRAMS

CHEER CAMP

In conjunction with the Simsbury Recreation Department, the EPIC Brands combines experience and professionalism to provide you quality camps. Our staff consist of the finest talent chosen from the best professional and collegiate cheerleading and dance teams throughout the country. Our action-packed schedules, fun awards, and creative material provide cheerleaders and dancers with the skills that will help them be leaders in the future! We also provide a craft daily for all of our campers as well as creative games related to cheerleading. Cheer camp will teach participants tumbling, stunts, cheers, dance, mini cheer routines, pyramids, and jumps. This camp will be held Monday-Friday at Boy Scout Hall.

Sec A 6/25-6/29 Gr. K-6 9:00-12:00PM $175

MAD SCIENCE CAMP

NASA Academy for Space Explorers (Ages 6-12 or entering Grades 1-6) Experience our new program co-designed by NASA and Mad Science! From our Earth's atmosphere to the outer reaches of our solar system, this hands-on program for children ages 6-12 sends them on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Explore the farthest reaches of our solar system and create a lunar eclipse in this "mad" planetary tour! Steer a laser beam through a laser maze, and bring the excitement home with a Lightning Launcher™ that lights up the sky! Learn about the four forces of flight and the challenges of space travel, build your very own rocket to take home and participate in an awesome rocket launch! This program will be held Monday-Friday at the Apple Barn.

Sec A 8/13-8/17 12:30-3:30PM $186

DANCE CAMP

In conjunction with the Simsbury Recreation Department, the EPIC Brands combines experience and professionalism to provide you quality camps. Our staff consist of the finest talent chosen from the best professional and collegiate cheerleading and dance teams throughout the country. Our action- packed schedules, fun awards, and creative material provide cheerleaders and dancers with the skills that will help them be leaders in the future! We also provide a craft daily for all of our campers as well as creative games related to cheerleading. Dance will teach jumps and leaps, mini dance routine, different styles of dance including jazz, hip hop, and lyrical. This camp will be held Monday-Friday from 9:00-12:00 at Boy Scout Hall.

Sec A 8/13-8/17 Gr.K-5 $175

PERFORMING ARTS SUMMER PROGRAM

This exciting, fun and highly charged summer program is being offered for children ages 6-12 years old. Mornings will consist of exciting acting classes and dance Classes. The acting classes consist of creative theater games, concentration exercises, voice and speech work and structured improvisation to improve performance. Other topics include: monologue work, acting terminology, sense memory, sub-text, stage skills, script work and more! These classes help students build confidence and inspire their imagination in a fun and supportive environment! The dance classes include high energy jazz dance and movement. The afternoons will consist of rehearsals that will culminate with an end of the week performance for family and friends, Friday at 1:30pm! Please pack a lunch and a snack. For more info and registration info please visit www.performingartsprograms.biz. This program will be held at Tariffville School.

Sec A 7/30-8/3 9:00am-2:30pm $235

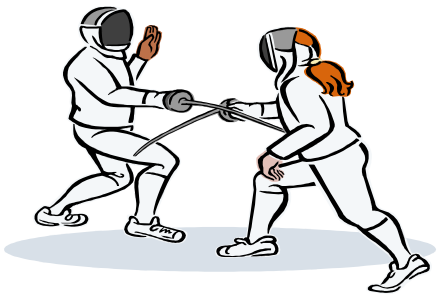
WELL-SERVED TENNIS ACADEMY

The mission of the Well Served Tennis Academy is to provide children with autism in grades 4-8 an opportunity to learn the lifelong sport of tennis in a social environment. A camp day features group tennis instruction and fitness activities, craft, snack and lunch. Snacks and lunch should be brought from home, no peanuts please! Each camper will have access to a volunteer coach to encourage interest in tennis, model and teach stroke production and facilitate appropriate social interactions. In case of rain, we will use the indoor gym at Henry James Middle School. Upon registration, campers will be contacted regarding specific guidelines and regulations about camp. Camp will be held Monday-Friday, meeting on the HJMS tennis courts. There will be no camp on July 4.

Sec A 6/25-6/29 10:00am-1:00pm $20
Sec B 7/2-7/6 10:00am-1:00pm $20

SUMMER FENCING CAMPS

This program is open to boys and girls beginner to intermediate level fencers. The program will teach the basic fencing fundamentals, develop proper technique and bouting experience. Every aspect of fencing is covered, developing a solid skill foundation to build upon after camp. On the first day of camp safety rules, regarding the proper use of the fencing weapon (foil) and protective gear are introduced; student are quizzed on safety rules each day. A tournament is held on the last day of camp; parents and visitors are encouraged to attend.



Equipment: Fencing equipment will be supplied (mask, gloves, foil, fencing jacket, underarm protector; chest protectors (for girls)); masks are disinfected after each use. Participants should wear sneakers, T-shirt, and long pants without pockets or holes (preferably sweat pants) or shorts/capris. This program is held at Boy Scout Hall. For more information check out our website at www.simsburyrec.com

Sec A 7/23-27 Ages 8-18 9:00-12:00PM $200
Sec B 7/23-27 Ages 8-18 12:30-3:30PM $200

REGISTER FOR THESE PROGRAMS ONLINE AT WWW.SIMSBURYREC.COM or CALL 860-658-3836

SIMSBURY REC. DEPARTMENT SUMMER SPECIALTY CAMP PROGRAMS

LET'S GOGH ART! MAGIC CARPET RIDE

Take a Magic Carpet Ride with Let's Gogh Art! Join Aladdin on a magic carpet ride to some pretty exciting places! Art explorers create wicked cool art forms dating back to when art began. Think cave painting, egg shell mosaics, gargoyles, fossils, worry dolls, totem poles, clay pots, painting on bark, sequined banners, bird feeders, Aboriginal dot T-shirts and more. Bring a nut-free snack and a drink each day.

Sec A 7/16-20 Ages 6-12 1:00-4:00PM $165

LET'S GOGH ART! ART-VENTURES WITH KOOKY KRITTERS

At this camp, children will visit the Jungle, go on Safari and travel back in time to the Dinosaurs. Create 2 and 3-dimensional animals, snakes, bugs, birds and yes, even dinosaurs! Art explorers use an amazing variety of art materials while experimenting with clay and paints, ceramics, fabric art, wood, oil pastels, stenciling, collage, decoupage and more. These cool and playful art-ventures include fun facts about the kritters, storytelling, and always humor. Glitter tattoos end this awesome week of fun! Bring a nut-free snack and a drink each day.

Sec B 8/6-10 Ages 6-12 1:00-4:00 $165

SUPERHERO CAMP

Superhero Camps are a GREAT way for children to interact with others in their area while learning important lessons in character. The curriculum is based on our six pillars of character – Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. During their time at camp, participants will do arts and crafts, play games, and engage in activities that promote the 6 pillars of character. Superhero Camps are open to boys and girls ages 4-7. All camps are half days (3 hours), and each camper receives a camp t-shirt with their registration. Costumes are provided so every camper feels like a Superhero! The Superhero Camp is run by staff from The EPIC Brands, and will be held Monday-Friday in the Apple Barn.

Sec A 6/25-6/29 1:00-4:00PM $175
Sec B 7/9-7/13 1:00-4:00PM $175

LEGO CAMPS BY PLAYWELL TECHOLOGIES INC.

Take a "crash course" in Demolition Derby, enter the Sumo Wrestling Competition, design a Mighty Metropolis, challenge the Battle Track, build and race a Locomotive faster than a speeding Worm Drive. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. Children will be given instruction, design challenges, and competitions appropriate to their facility with LEGO™ Technic and System components. Camps are 3-hour programs, run by expertly trained and background checked staff. These camps will be held in the cafeteria at the Squadron Line School.

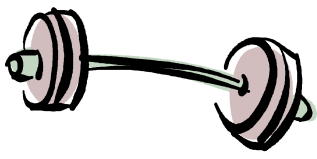
Engineering FUNdamentals
Campers will design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® building system novices to "maniacs." Returning students will work on new projects and challenges.
Sec A Ages 7-10 7/16-20 8:45-11:45AM $175

Bash'em Bots
Create a wrestling robot to compete in the ring, then re-engineer it to be a battling bot and take on all challengers. Instruction will be provided by staff. Familiarity with the LEGO® Technic building system is desirable and can be obtained by attending FUNdamentals camp.
Sec A ages 7-10 7/30-8/3 12:30-3:30PM $175

Pre-Engineering
Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers and more. Build motorized cars, trains, buses, and trucks; race them, crash them and repair them. Explore the many possibilities of Lego Building systems while learning useful construction techniques.
Sec A Ages 5-7 7/16-20 12:30-3:30PM $175
Sec B Ages 5-7 7/30-8/3 8:45-11:45AM $175

IRONWORKS ATHLETIC CONDITIONING

Ironworks is a comprehensive training program that features movements and activities that the human body is designed to perform at high intensity to deliver the best holistic fitness and athletic results your son, daughter or self can possibly accomplish in less than an hour. Most workouts last less than 20 minutes and feature dynamic warm ups, targeted cool downs and hands on teaching of proper nutrition, form and movement to ensure safety and efficiency.



Intro Session June 25-June 29
Section A 2:00-3:00pm $50
Section B 12:00-1:00pm $50
Section C 1:00-2:00pm $50

August Session July 30-Aug. 24
Section G 2:00-3:00pm $200
Section H 12:00-1:00pm $200
Section I 1:00-2:00pm $200

July Session July 2-27
Section D 2:00-3:00pm $200
Section E 12:00-1:00pm $200
Section F 1:00-2:00pm $200

All Summer Program (Save $50)
Section J 2:00-3:00pm $400
Section K 12:00-1:00pm $400
Section L 1:00-2:00pm $400

SIMSBURY RECREATION DEPT SUMMER SPORTS CAMP PROGRAMS

SPORT SQUIRTS

The US Sports Institute Sport Squirts program is a great way to introduce children aged 3-5 to a variety of sports such as Soccer, T-ball, Basketball and Hockey all take place in a safe, structured environment to ensure learning. Activities are designed to evoke a child's imagination in which they can Find Nemo, send Shrek into a spin, or capture Jellyfish with Sponge Bob Square Pants. All activities promote hand-eye coordination, movement and balance, and most importantly fun. This camp is held at Curtiss Park or Henry James Middle School.

Section A	July 9-13	Ages 3-5	4:30-5:30PM	$89 @	HJMS
Section B	July 16-20	Ages 3-4	9:00-10:00AM	$89 @	Curtiss Park
Section C	July 16-20	Ages 4-5	10:15-11:45AM	$109 @	Curtiss Park
Section D	July 23-27	Ages 3-5	4:30-5:30PM	$89 @	HJMS

MULTI SPORTS CAMP

Experience over 15 different sports from around the world with the US Sports Institute. All activities will take place in an atmosphere which promotes good sportsmanship teamwork and most of all fun. Campers, ages 5-13 years old, will receive technical instruction in each sport and experience the sport in a realistic game situation. Campers will receive a t-shirt and certificate. Camp will take place at Henry James Middle School.

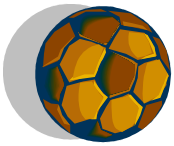
Section A	July 9-13	Ages 5-13	9:00-12:30PM	$174
Section B	July 9-13	Ages 5-13	1:00-4:00PM	$134
Section C	July 9-13	Ages 6-13	9:00-4:00PM	$204
Section D	July 23-27	Ages 5-13	9:00-12:30PM	$174
Section E	July 23-27	Ages 5-13	1:00-4:00PM	$134
Section F	July 23-27	Ages 6-13	9:00-4:00PM	$204

BEGINNER LACROSSE CAMP

Beginner Lacrosse players will have Great fun learning this exhilarating game. The US Sports Institute lacrosse program is ideal for entry level players with no previous experience. Players can experience Stick Handling, Passing, Scooping, Dodging and shooting as well as many other fundamental techniques. Players will grouped by age, playing ability and experience level. No previous experience playing lacrosse is required to attend the clinic. This program is brought to you by the US Sports Institute and is held at the Henry James Junior High School.

Section A July 16-20 Ages 6-14 5:00-6:30PM $109

SIMSBURY SOCCER CAMP



Local Soccer Coach Ken Akien and his coaching staff lead this new summer program for younger soccer players. Each camper will receive enthusiastic instruction based on the individual's age, ability and experience. Staff will create a positive environment for children to learn the game, while enhancing their individual skill development, using small sided games and keeping things FUN! All campers will receive a t-shirt during the program. The morning program is designed for all children in grades 1-2 as well as 3rd grade girls (as of Sept. 12). The afternoon session is designed for 3rd grade boys and all children in 4th and 5th grades in the fall. To find out more about this program and Ken Akien visit www.simsburyrec.com ***Please bring a labeled ball, shin guards, water and a snack to camp!***

Section A	July 23-27	Grades 1-3	9:00-11:30AM	$120
Section B	July 23-27	Grades 3-5	12:30-3:00PM	$120

DON'T DELAY - REGISTER TODAY!

ONLINE AT WWW.SIMSBURYREC.COM
IN-PERSON AT SIMSBURY FARMS, 100 OLD FARMS RD.
CALL US AT 860-658-3836 WITH QUESTIONS

RAY REID SOCCER SCHOOL—

YOUNG STARS SKILLS CAMP

The Ray Reid Soccer School is please to partner with the Simsbury Recreation Department to offer a Young Stars Skills Camp this summer. The four day, three hours a day soccer camp for boys and girls ages 5-14 will focus on developing and improving each player's skills and creativity with the ball. Under the direction of a first-class coaching staff, players will be exposed to dribbling, passing, receiving, shooting and small-sided games emphasizing touches on the ball and possession. A certified trainer will be on duty throughout camp. The Ray Reid Soccer School's Young Stars Camp will challenge players to improve their skills in a fun filled environment while instilling a passion for the game. All players will receive a camp t-shirt, Ray Reid School cinch sak, a soccer ball and Young Stars Certificate. Camp will be held at the Curtiss Park Soccer Fields on Route 315 in Simsbury.

Section A June 25– 29 9:00-12:00PM Ages 5-14 $160

FASTPITCH NATION SOFTBALL CAMP

The 3-day, 12-hour fastpitch skills camp runs July 23 to 25 from 9am to 1pm. Don't miss this fantastic opportunity for players ages 8-14 at Memorial Park, Field 6 in Simsbury to work with coaches from Fastpitch Nation. Players will be separated by age and ability and coaches will emphasize different aspects of the game including: Infield, Outfield, Throwing, Hitting, and Baserunning. Players must bring drinks and a snack. Cost is $150. Early Drop Off allowed at 8am. Emphasis will be put on the fundamentals and drills used in college and applied for girls of all ages. Players will work hard each day in a fast paced college style workout that will leave them wanting more. Players will need cleats, glove and plenty of water. THERE ARE NO RAINOUTS**.** If rain is forecasted the camp will move indoors to Fastpitch Nation in Bloomfield.

Section A 7/23-25 Ages 8-14 9:00-1:00PM $150

WICK STICKS FIELD HOCKEY CAMP

Come join the FUN! This field hockey camp will expose beginners to the great game of field hockey and advance the skills of the experienced player. Participants will be placed in groups by age and skill to provide the right level of coaching for each athlete. Led by 5 time State Champion Coaches Sandy Wickman Mason and Jody Bascetta, as well as former USA U-21 player and elite level coach Cheryl Stone, this camp offers new activities, lots of playing time, cutting edge skill drills, some friendly competition, and most of all, fun! Counselors at the camp include elite level high school and college players. This week long camp is held at the Simsbury High School Multipurpose Field and participants should bring a field hockey stick (measure hipbone to ground for length), mouth guard, and shin guards. There will be a limited amount of sticks to borrow. Please indicate your need during registration. If a camper has an interest in goalkeeper for the week, indicate that at registration as well.

Section A July 16-20 grades 3-8 5:30-7:30PM $130

Field Hockey-Step up your high school game!

This clinic will focus on the fundamentals of the game as well as the strategy and concepts of field hockey. Time will be spent on skill drills and playing situations. Coached by State Championship coaches Jody Bascetta and Sandy Wickman Mason and current elite players of the game, this clinic is guaranteed to improve you as a field hockey player and promises to be FUN and competitive! Stick, mouth guard, shin guards and a love for this great game are required!

Section B July 23-27 grades 9-12 6:00-7:30PM $80

SIMSBURY FARMS TENNIS & GOLF CAMP

The Simsbury Farms Tennis and Golf Camp is held from 9:00AM - 2:00PM. The camp is designed to offer youths ages 7 -15 a combination of tennis, golf and swimming in a fun filled environment that includes quality instruction, activities and low-key competition.

The program is directed by Bill Donahue, Director of Fun Unlimited Tennis for the past 20 years. The tennis staff includes Bill and his teaching staff from Farmington Valley Racquet Club. The PGA Professionals at Simsbury Farms Golf Course, as well as special guest speakers and counselors, provide golf instruction and lectures. Swimming will be held daily at the Simsbury Farms Pool. The camp is held Monday - Thursday, rain or shine. In the event of bad weather, campers will report to Farmington Valley Racquet Club for a full day of activity. Cost for the camp is **$195** per session.

Section A	June 25-June 28
Section B	July 9-July 12
Section C	July 23-July 26

Extend your day of tennis by taking an additional lesson from 2-3PM ($40). Please specify session, time, and level on registration form.

FUN UNLIMITED TENNIS CAMP

This fun-filled, action packed tennis program is held from 9:00AM – 2:00PM for ages 7 –15 and features many of your child's favorite drills and games, high quality instructors, supervised competitive play and swimming. Younger, less experienced players will work primarily on basic stroke development, proper footwork and consistency. Older, more experienced players will concentrate on more advanced aspects of tennis including specialty shots, percentage tennis and basic shot patterns as well as further development of basic strokes. Competitive play will include round robins, team tennis, tiebreaker tournaments and the Camp Singles and Doubles Championships. The camp is held at Simsbury Farms and Farmington Valley Racquet Club, Monday – Thursday. Cost for the camp is **$195** per session.

Session A	June 25-June 28
Session B	July 2-July 5
Session C	July 16-July 19
Session D	July 30-August 2
Session E	August 6-August 9

Extend your day of tennis by taking an additional lesson from 2-3PM ($40). Please specify session, time, and level on registration form.

CREW CAMP

This program is held at the Simsbury Crew Boathouse off of Drake Hill Road. Simsbury High School Crew Coach Ann Carabillo and staff members will introduce the fundamentals of the sport of rowing for those entering grades 7-12 beginners and advance beginners. Participants must feel comfortable in the water. The camp is held Mon. through Fri, no Wednesday, for the first week and Mon-Thurs the second week of Session 1 only. Session 2 will run Mon-Thur both weeks. Cost of the Crew Camp is $110 per session. Non residents may register after June 1.

Session 1	July 2- July 12	**Session 2**	July 16 - July 26
Sec. A	9:00-11:00AM	Sec. C	9:00-11:00AM
Sec. B	Noon-2:00PM	Sec. D	Noon-2:00PM

DON'T DELAY - REGISTER TODAY!

ONLINE AT WWW.SIMSBURYREC.COM

HIGH SCHOOL CREW CLINIC

This program is held at the Simsbury Crew Boathouse off Drake Hill Road. Simsbury High School Crew Coach Ann Carabillo and staff will lead this intermediate level crew clinic for those entering grades 10-12 with previous rowing experience. The camp is held Mon. through Fri, no Wed. for the first week and Mon-Thurs the second week of Session 1 only. The clinic meets Monday through Thursday from 9:00-11:00AM. Cost of the High School Crew Clinic is **$110** per session. Non residents may register after 6/1.

Session 1	July 2 - July 12	**Session 2**	July 16 – July 26
Sec. A	9:00-11:00AM	Sec. B	9:00-11:00AM

BILL DECKER SUMMER BASEBALL CAMP

Trinity College Head Baseball Coach Bill Decker and camp staff will offer a 4 day inclusive baseball camp highlighting the basic fundamental technique, skills and drills of baseball. The camp will include proper throwing and catching techniques, defensive skills and drills, individual position play, proper swing mechanics and hitting drills, aggressive baserunning and sliding drills, and more. Game play situations will take place each day. Camp will run from 9:00am-12:30pm at Memorial Park (the upper/BIG field). Campers should bring a baseball glove, bat, baseball cap, LUNCH & WATER! Lunch will be supervised but NOT provided. Each camper will receive a t-shirt.

Section A	**June 25-28**	**Ages 7-12**	**$275**
Section B	**July 16-19**	**Ages 7-12**	**$275**

SUMMER BASEBALL CLINICS

These programs also run by Coach Decker will be held at Memorial Park on the Lower Level Fields.

Defending the Diamond: Defensive Skills & Pitching Camp

This 3 day camp will emphasize proper ground ball/fly ball approach, pre-pitch position, proper footwork, double play feeds & pivots, correct relay & cut off techniques, and positional throwing drills. Proper pitching mechanics and drills will be highlighted each day. This camp will be held 9:00-10:30am.

Sec C	**June 18-June 20**	**Ages 7-12**	**$125**
Sec D	**July 30-Aug 1**	**Ages 7-12**	**$125**

Hitting Camp

This 3 day camp will emphasize "hitting from the ground up!" Drill and skill work on proper swing mechanics, balance and lower half drills, correct swing path, situational hitting, bunt techniques and more. This camp will run from 10:45am-12:30pm.

Sec E	**June 18-June 20**	**Ages 7-12**	**$150**
Sec F	**July 30-Aug 1**	**Ages 7-12**	**$150**

***Special Deal! If you attend both of the 3-day camps (must be the same week), you will receive a reduced rate fee of $225 ***

HOWIE DICKENMAN BASKETBALL SCHOOL

FOR GIRLS AND BOYS

Central Connecticut State University Coach Howie Dickenman, his assistant coaches and players bring an exciting basketball camp to Simsbury this summer for girls and boys in grades 1-6. This camp promises quality, action packed sessions featuring an emphasis on instruction, skill development stations, daily games and competitions, and much more. The campers will be split by age and ability. The camp is held at Henry James Middle School and each camper receives a camp t-shirt.

Section A	July 30-August 3	9:00-Noon	$100
Section B	August 6-August 10	9:00-Noon	$100

SPRING & SUMMER TENNIS PROGRAMS

QUICK START TENNIS & SWIM CAMP

Our special beginner/youth tennis camp will be offered at Simsbury Farms this summer. This exciting new camp features two 45 minute sessions of fun filled tennis instruction, a 45 minute swim lesson, and arts and craft project each day. In the event of rain, children will report to Farmington Valley Racquet Club.

Section A	June 25-June 28	Ages 5-7	9:00-12:30PM	$140
Section B	July 2-July 5	Ages 5-7	9:00-12:30PM	$140
Section C	July 30-August 2	Ages 5-7	9:00-12:30PM	$140
Section D	August 6-9	Ages 5-7	9:00-12:30PM	$140

SUMMER TENNIS INFO

This exciting program is under the direction of the staff of Fun Unlimited Tennis. The classes meet Monday through Thursday for one week sessions.

Activity #15201	Session 1 June 25-June 28
Activity #15202	Session 2 July 2-July 5
Activity #15203	Session 3 July 9-July 12
Activity #15204	Session 4 July 16-July 19
Activity #15205	Session 5 July 23-July 26
Activity #15206	Session 6 July 30-August 2
Activity #15207	Session 7 Aug. 6-August 9

* In the event of rain, classes may be moved indoors to Farmington Valley Racquet Club or made up on Friday of each session.

*The Department reserves the right to assign a child to the correct class according to the child's ability to ensure that every child receives the proper instruction.

*Loaner racquets are available each day to any participant who would like to borrow one.

QUICK START TENNIS (AGES 5-7)
Beginner/Advanced Beginner
Children are introduced to tennis using scaled-down racquets and special equipment in a fun and rewarding way. Games and activities are designed especially for this age group.

Sec. A	1:00-1:55PM	Simsbury Farms	$40

HOT SHOT TENNIS (AGES 8-10)
Beginner/Adv. Beginner
Younger Beginners and Advanced Beginners work primarily on basic stroke development, proper footwork and consistency. Children are gradually introduced to competitive play through a series of fun-filled games like 9 Lives and King of the Court.

Sec. A	1:00-1:55PM	Simsbury Farms	$40

BOYS & GIRLS START-UP GROUP (AGES 11-15)
Beginner/Advanced Beginner
Boys and Girls Start-up Tennis is a program for older beginners. The program focuses on learning fundamental skills quickly to allow campers to catch up to their friends that have played longer. Participants are grouped with players their own age to insure a fun, comfortable, social environment.

Sec. A	2:00-2:55PM	Simsbury Farms	$40

RISING STARS TENNIS (AGES 11-15)
Intermediate
This fun-filled, action-packed program is designed for the intermediate to advanced level juniors of all ages. Players continue to work on basic stroke development along with specialty shots in a series of high energy drills and games.

Sec. A	2:00-2:55PM	Simsbury Farms	$40

FUN UNLIMITED TENNIS CAMP

This fun-filled, action packed tennis program is held from 9:00AM – 2:00PM for age 7 –15 and features many of your child's favorite drills and games along with high quality instructors, supervised competitive play and swimming. Younger, less experienced players work primarily on basic stroke development, proper footwork and consistency. Older, more experienced players will concentrate on more advanced aspects of tennis including specialty shots, percentage tennis and basic shot patterns as well as further development of basic strokes. Competitive play will include round robins, team tennis, tiebreaker tournaments and the Camp Singles and Doubles Championships. The camp is held at the Farmington Valley Racquet Club and Simsbury Farms, Monday – Thursday. Campers should be dropped off at FV Racquet Club at 8:55am and picked up at Simsbury Farms at 2:00pm (children are bused to Simsbury Farms for swimming from 1-2pm).

Sec A	June 25-June 29	$195
Sec B	July 2-July 5	$195
Sec C	July 16-July 19	$195
Sec D	July 30-August 3	$195
Sec E	August 6-August 9	$195

SUMMER ADULT TENNIS PROGRAM

This summer, Simsbury Farms and Fun Unlimited are proud to be part of the USTA Tennis Welcome Center Program. Tennis Welcome Centers are designed to offer participants a variety of tennis programs including round robins, leagues, social events and instructional clinics. Come on out and join the FUN!!!

Adult Beginner & Advanced Beginner Clinic - The six-week program is designed to teach players the correct basics including proper grips, forehand & backhand groundstrokes, volleys, overheads, serves and scoring. We strive to get you ready to play & enjoy the sport of tennis as quickly as possible. Free loaner racquets available. No class on July 4.

14001-A	Mon.	6/25-7/30	6:30-7:45PM	$105	Simsbury Farms
14001-B	Wed.	6/27-8/8	7:45-9:00PM	$105	Simsbury Farms

Adult Intermediate-Advanced Tennis Clinics - These six week high-energy, more advanced adult tennis clinics focus on proper stroke production, basic shot patterns, and percentage tennis. They are also a great workout!!! No class on 7/5.

14002-A	Mon.	6/25-7/30	7:45-9:00PM	$105	Simsbury Farms
14002-B	Wed.	6/27-8/8	6:30-7:45PM	$105	Simsbury Farms

ADULT TENNIS CAMPS

This three day camp features a series of action-packed drills and games designed to push your game to the next level. The camp will focus on creating more depth, pace and consistency on groundstrokes and serves, as well as proper court positioning and shot selection during competitive play. Classes are held Tuesday thru Thursday at Simsbury Farms.

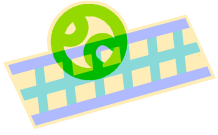
Sec A	**5/29-5/31**	**9:30am-12:00pm**	**$105**
Sec B	**6/5-6/7**	**9:30am-12:00pm**	**$105**

TENNIS COURT RENTALS

Simsbury Farms houses four tennis courts equipped with lights for night play. Reservations may be made by calling Simsbury Farms Monday-Friday 9:00AM-5:00PM, at 658-3836.

Fees:

Daytime (before 5pm)	$6.00/hour and a half
Evening	$10.00/hour and a half
Long Term (6 week session)	$42.00 daytime/ $70.00 evening



2012 SWIMMING LESSON SCHEDULE - SIMSBURY FARMS

TIMES	CODE "SF1" SESSION I 6/25 - 6/29	CODE "SF2" SESSION II 7/2-7/6	CODE "SF3" SESSION III 7/9-7/13	CODE "SF4" SESSION IV 7/16-7/20	CODE "SF5" SESSION V 7/23-7/27	CODE "SF6" SESSION VI 7/30-8/3	CODE "SF7" SESSION VII 8/6-8/10	CODE "SF8" SESSION VIII 8/13-8/17
7:30-9:25AM	Sprinters Swim Team							
8:00-10:00 AM	Lifeguard Training			Lifeguard Training				
10:00-10:45am	Parent/Child	Parent/Child	Parent/Child	Parent/Child	Parent/Child	Parent/Child	Parent/Child	Parent/Child
	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness
	Level One	Level One	Level One	Level One	Level One	Level One	Level One	Level One
	Level One	Level One	Level One	Level One	Level One	Level Two	Level Two	Level Two
	Level Two	Level Two	Level Two	Level Two	Level Two	Level Two	Level Two	Level Two
	Level Two	Level Two	Level Two	Level Two	Level Two	Level Three	Level Three	Level Three
	Level Three	Level Three	Level Three	Level Three	Level Three	Level Six Diving Beg.\ Inter.	Level Six Diving Beg.\ Inter.	Level Six Diving Beg.\ Inter.
	Level Four	Level Four	Level Four	Level Four	Level Four			
	Level Six Diving Beg.\ Inter.	Level Six Diving Beg.\ Inter.	Level Six Diving Beg.\ Inter.	Level Six Diving Beg.\ Inter.	Level Six Diving Beg.\ Inter.			
10:00-11:00AM	Water Exercise							
11:00-11:45AM	Parent/Child	Parent/Child	Parent/Child	Parent/Child	Parent/Child	Swim Readiness	Swim Readiness	Swim Readiness
	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Level One	Level One	Level One
	Level One	Level One	Level One	Level One	Level One	Level One	Level One	Level One
	Level One	Level One	Level One	Level One	Level One	Level Two	Level Two	Level Two
	Level Two	Level Two	Level Two	Level Two	Level Two	Level Three	Level Three	Level Three
	Level Three	Level Three	Level Three	Level Three	Level Three	Level Three	Level Three	Level Three
	Level Three	Level Three	Level Three	Level Three	Level Three	Level Four	Level Four	Level Four
	Level Four	Level Four	Level Four	Level Four	Level Four	Diving Int/Adv	Diving Int/Adv	Diving Int/Adv
	Level Five	Level Five	Level Five	Level Five	Level Five			
	Diving Int/Adv	Diving Int/Adv	Diving Int/Adv	Diving Int/Adv	Diving Int/Adv			
11:00-12:00PM	Water Exercise							
12:00-12:45PM	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Level One	Level One	Level One
	Level One	Level One	Level One	Level One	Level One	Level One	Level One	Level One
	Level One	Level One	Level One	Level One	Level One	Level Two	Level Two	Level Two
	Level Two	Level Two	Level Two	Level Two	Level Two	Level Three	Level Three	Level Three
	Level Three	Level Three	Level Three	Level Three	Level Three	Level Four	Level Four	Level Four
	Level Four	Level Four	Level Four	Level Four	Level Four	Level Five	Level Five	Level Five
	Level Five	Level Five	Level Five	Level Five	Level Five			
	Level Six	Level Six	Level Six	Level Six	Level Six			

2012 SWIMMING LESSON SCHEDULE - MEMORIAL POOL

TIMES	CODE "MEM1" SESSION I 6/25-6/29	CODE "MEM2" SESSION II* 7/2-7/6	CODE "MEM3" SESSION III 7/9-7/13	CODE "MEM4" SESSION IV 7/16-7/20	CODE "MEM5" SESSION V 7/23-7/27	CODE "MEM6" SESSION VI 7/30-8/3	CODE "MEM7" SESSION VII 8/6-8/10	CODE "MEM8" SESSION VIII 8/13-8/17
2:45-3:30pm	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness
	Level One	Level One	Level One	Level One	Level One	Level One	Level One	Level One
	Level Two	Level Two	Level Two	Level Two	Level Two	Level Two	Level Two	Level Two
	Level Three	Level Three	Level Three	Level Three	Level Three	Level Three	Level Three	Level Three
	Level Four	Level Four	Level Four	Level Four	Level Four			
3:45-4:30PM	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Swim Readiness	Level One	Level One	Level One
	Level One	Level One	Level One	Level One	Level One	Level Two	Level Two	Level Two
	Level Two	Level Two	Level Two	Level Two	Level Two	Level Three	Level Three	Level Three
	Level Three	Level Three	Level Three	Level Three	Level Three	Level Four	Level Four	Level Four
	Level Five	Level Five	Level Five	Level Five	Level Five			
4:45-5:30PM	Level One	Level One	Level One	Level One	Level One	Level Three	Level Three	Level Three
	Level Two	Level Two	Level Two	Level Two	Level Two	Level Four	Level Four	Level Four
	Level Three	Level Three	Level Three	Level Three	Level Three	Level Five	Level Five	Level Five
	Level Four	Level Four	Level Four	Level Four	Level Four			
	Level Six	Level Six	Level Six	Level Six	Level Six			

SUMMER AQUATICS INFORMATION

PUBLIC SWIMMING SCHEDULE

SIMSBURY FARMS June 16- August 26

Mon. - Fri.	9:00 - 945 AM	*Adult Lap Swim (begins 6/25)
	12:00-12:45PM	*Adult Lap Swim
	1:00 - 8:00 PM	**Public Swim
	7:00 - 7:45 PM	**Adult Lap Swim
Sat. & Sun.	11:00 - Noon	Adult Lap Swim
	Noon - 6:00 PM	Public Swim

*Limited number of lanes available

**Pool closes at 5:00pm and there is no adult lap swim on nights of Swim Meets. Please refer to meet schedule at front desk.

MEMORIAL POOL - June 25- August 19

Mon – Fri 10:30am-1:00pm Public Swim

Sat. & Sun. Available for rental-see rental info

SUMMER 2012 PUBLIC SWIM ADMISSION RATES

RESIDENT	$3.00	Children 15 & under
	$5.00	16 & over
NON RESIDENT	$5.00	Children 15 & under
	$7.00	16 & over

SEASON PASSES AVAILABLE AT WWW.SIMSBURYREC.COM.

Season Pass rates will increase as of June 1.

ONE WEEK SWIM LESSONS—45 MINUTES LONG SIMSBURY FARMS & MEMORIAL POOLS

Simsbury Farms Pool and Memorial Pool are giving you the flexibility of one week lessons. The classes meet Monday – Friday. This extensive program is designed to allow the customer to tailor the lessons around their families schedules. Level One through Level Six classes are under the Red Cross Certification Program. Full swim lesson time schedules are listed in the center of this brochure. The fee for the classes is $50, or $40 if you have a 2012 season pass.

SWIM LESSON REGISTRATION IS HAPPENING NOW!

SESSIONS:

Session I	June 25-June 29
Session II	July 2-July 6
Session III	July 9-July 13
Session IV	July 16-July 20
Session V	July 23-July 27
Session VI	July 30-Aug. 3
Session VII	Aug. 6-Aug. 10
Session VIII	Aug. 13-Aug. 17

FREE PRACTICE SWIM TIME

Children enrolled in swimming classes may stay an additional ten minutes after their class to practice their strokes. The teachers are not part of this practice time and only those children that can practice on their own should take part. Swim Readiness students are restricted to the wading pool. Only those enrolled in that time period are allowed in the pool.

SWIM LESSON CLASS DESCRIPTIONS

PARENT & CHILD

This is a water adjustment program for parents with their preschool children.

SWIM READINESS - Ages 2 & 3

Purpose: Introduce children to the water and group instructional situation.

Swim Readiness participants learn to:

•Adjustment to class situation w/o parent • Enter and exit water safely • Puts face in water • Blow bubbles in water • Explores deeper water with assistance • Explores floating and kicking on front and back • Water Safety Rules

RED CROSS LEARN TO SWIM PROGRAMS

The American Red Cross offers six comprehensive course levels that teach how to swim skillfully and safely. The prerequisite for each level is the successful completion and/or demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. The program will introduce some new skills at each level. Each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below.

Which Level is right for me or my child?

Choose the Learn-to-Swim level that best matches you or your child's "learn-to-swim" needs. Level 1 is for beginners with little or no experience in the water. To enroll into Levels 2-6, students must have completed or at least be able to confidently demonstrate the skills listed in the previous level, including the exit skill requirements. Use the learn-to-swim skills list as a guide to help you determine the appropriate level.

How many lessons will it take for my child to "swim"?

Learning skills varies among children. Readiness is influenced by physical development, previous experiences, home environment, parental attitudes and individual preferences. For most skills, there are simple prerequisites, activities and lead-ups that can prepare the child to perform those skills. It may take many lessons before a child can swim independently. Year-round practice, regular (supervised) exposure to water and positive encouragement are ways parents can help their child to progress. To make sure your child does learn to swim well, be sure they complete all of the learn-to-swim levels.

NOW AVAILABLE TO YOUNGER SWIMMERS THIS SUMMER

STUDENTS CAN BE 3 YEARS OLD, TO ENROLL IN A LEVEL 1. HOWEVER, THE CHILD MUST BE ABLE TO PARTICIPATE IN A GROUP INSTRUCTIONAL SITUATION TO ENROLL.

NOTE: All swim lesson participants must be of the correct age or corresponding grade level by Dec. 31, 2012.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Purpose: To begin developing positive attitudes, good swimming habits and safe practices in and around the water

Level 1 participants learn to:

•5 Bobs•Front float with support•Back float with support •Front glide with support•Back glide with support•Roll over from front to back •Roll over from back to front•Combined stroke on front with support•Combined stroke on back with support •Travels in water independently •Get a submerged object held at arm length•Water safety and PFDs

LEVEL 1 EXIT SKILLS:

Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water.

Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Purpose: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position

Level 2 participants learn to:

•Jump into water•10 Bobs l Front float and glide unassisted•Back float and glide unassisted•Roll over front to back•Roll over back to front• Front Crawl•Back Crawl•Open eyes under water and retrieve submerged objects•Tread water using arm and leg actions•Water Safety and PFDs

LEVEL 2 EXIT SKILLS:

Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.

Move into a back float for 5 seconds, roll to front then recover to a vertical position.

Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

LEVEL 3: STROKE DEVELOPMENT

Purpose: To build on the skills in Level 2 by providing additional guided practice in deeper water

Level 3 participants learn to:

•Front Crawl • Elementary Backstroke • Back Crawl • Breaststroke Kick•Butterfly Kick •Scissors Kick• Rotary Breathing •Survival Floating •Back Float• Treading Water •Dive from a sitting or kneeling position•Water Safety and non-swimming assists

LEVEL 3 EXIT SKILLS:

Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

LEVEL 4: STROKE IMPROVEMENT

Purpose: to develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills

Level 4 participants learn to:

•Front Crawl with rotary breathing • Elementary Back Stroke•Back Crawl•Breaststroke•Butterfly•Sidestroke•Open turns for front and back crawl•Survival Swimming•Tread Water (using two different kicks)•Swim Underwater•Feet First Surface Dive•Dive from a compact or stride position

LEVEL 4 EXIT SKILLS:

Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.

Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards

LEVEL 5: STROKE REFINEMENT

Purpose: To further learn how to coordinate and refine strokes

Level 5 participants learn to:

•Front Crawl•Elementary Back Stroke•Back Crawl•Breaststroke•Butterfly Sidestroke•Sculling•Long shallow dive into front crawl•Flip turns for front crawl•Flip turn for back crawl•Tuck and Pike Surface dives•Rescue Breathing

LEVEL 5 EXIT SKILLS:

Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.

Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

LEVEL 6: PERSONAL WATER SAFETY

Purpose: To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. To teach students how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self rescue techniques.

Level 6 participants learn to:

•Front Crawl•Back Crawl•Elementary Back Stroke•Breaststroke•Butterfly•Sidestroke•Flip turns for Front and Back Crawl•Open turns for breaststroke and butterfly•Tread water without hands•Surface dive and get an object off the bottom of 7 feet or more•Help and Huddle position•Survival Floating and Swimming

LEVEL 6 EXIT SKILLS:

Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.

Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.

Swim 20 yards, perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point.

SPRINGBOARD DIVING INSTRUCTION

These diving lessons are designed for Beginner through Advanced levels. No experience is necessary. Eight 1-week sessions. Fee: $50/session, or $40 if you hold a 2012 season pass.

SIMSBURY FARMS DIVE TEAM

A four week dive program features practice Mon-Fri., from 12:00-12:45PM and Dive Team meets. Participants must have passed Beginner Diving class. The fee is $75. Begins July 2.

SPECIAL POPULATIONS

Public Swim for disabled individuals or those with special needs is scheduled for Saturday mornings from 10:30-11:30AM at Simsbury. Pre-registration is required. Regular admission.

WATER EXERCISE

These classes include a progression of exercises using the water's resistance to tone up and firm without a strain. Participants need not be swimmers, but must be comfortable in the water. The program runs 8 weeks at Simsbury Farms beginning June 25. Sections A & B are held on Monday/Wednesday/Friday during the mornings.

Sec A	10:00AM-11:00AM	$80 Adult	$50 Senior
Sec B	11:00AM-12:00PM	$80 Adult	

LIFEGUARD TRAINING COURSE

This is the Red Cross course to become a Lifeguard. Prerequisites 1.– Swim 500 yards continuously using these strokes in the following order – 200 yards of front crawl using rhythmic breathing and a stabilizing kick – 100 yards of breaststroke – 200 yards of either front crawl or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke. 2.- Swim 20 yards using front crawl or breaststroke surface dive to a depth of 7 to 10 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards back to the starting point with object. This course is held at the Simsbury Farms Pool. Candidates must be 15 years of age by the end of the class to enroll.

Sec A	June 25-July 13	Mon-Fri	**Sec B**	July 16-August 3	Mon-Fri
	*8:00-10:00AM	$175		*8:00-10:00AM	$175

****POOL RENTALS****

Simsbury Farms Pool Rental Fee: $375.00 for all 3 pools for a two-hour period, weekends - 6:15-8:15PM.

Memorial Pool Rental Fee: Memorial Pool is available for rental on weekends from 10:00am-6:00pm in two hour periods. $250.00 for the main pool and wading pool.

SIMSBURY
CULTURE • PARKS • RECREATION

Simsbury Farms—The Heart of a Great Community

Hours: Monday-Friday 9:00am-5:00pm

Website: www.simsburyrec.com
Simsbury Farms Info line 658-2512.

Address: Simsbury Farms
100 Old Farms Road
P.O. Box 455
West Simsbury, CT 06092

Simsbury Farms Phone: 860-658-3836
Fax: 860-408-9283
E-mail: recinfo@simsbury-ct.gov
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Ethan Deeds
Tom Gaghan
Jacob Plona
Golf Course Superintendent
Michael Wallace
Golf Course Maintenance Staff
Lawrence Gauvain
Randall Niederwerfer
Steven Mainville

The Simsbury Culture, Parks and Recreation Department seeks to provide quality leisure opportunities which contribute to the environment, needs and interests of the people of Simsbury. Recreation is recognized as a necessary service to the community and as an integral part of Simsbury's health and welfare.

The Simsbury Recreation Department would like to thank the following individuals for their time and efforts in improving parks and recreation in Simsbury.

Culture, Parks and Recreation Commission
David Bush, Chairman
Kelly Kearney, Barbara Koff, William Mullen
Gerald Post, Harry Ryan, Frank Salls, Gerry Wetjen

Simsbury Farms Committee
Antonio Braz, Sarah Cramer, David Dell
Denis Fallon, Chuck Ford, Marc Lubetkin
Ron Patterson, Gerald Post

DEPARTMENT POLICIES AND INFORMATION

REFUND AND TRANSFER POLICY: Cash refunds for withdrawal from classes are issued for medical reasons only, upon receipt of a doctor's note. Program credit will be issued for a withdrawal for any other reason if the request is made at least seven days prior to the start of a class. No refunds or transfers are made once a class has begun. Transfers before classes have begun are only allowed on a space available basis and a $5 processing fee will be charged all refunds/credits/transfers.

GENERAL INFORMATION: No unregistered person may attend classes at any time. Children must be of the correct age or corresponding grade level by December 31, 2012 (except where noted).

REGISTRATION QUESTIONS: Please call Simsbury Farms at 658-3836 for questions regarding class availability.

CANCELLATIONS AND POSTPONEMENTS: No classes are held on Town holidays (except where noted), or if schools are closed due to inclement weather. If school openings are delayed due to inclement weather, all class will be held at the regular scheduled time. If schools are closed early, all afternoon and evening classes are canceled. Cancellations and postponements will be announced on the Simsbury Farms recording, 658-2512. The department reserves the right to set a maximum number for each class and to cancel any class or event due to insufficient registration.

SPECIAL NEEDS PROGRAMS - The Simsbury Culture, Parks and Recreation Department welcomes persons with disabilities in all programs and services. Please call the Recreation Office at 658-3836 so that we will know how to best serve you.

VISIT US ON THE WEB!
WWW.SIMSBURYREC.COM