

FARMINGTON FIELD CLUB

LESSON AND TEAM PROGRAMS 2010

SESSION I: June 21-July 1 SESSION III: July 21-July 29
SESSION II: July 5-July 15 SESSION IV: Aug. 2-Aug. 12

Life Guard Training class: TBA
Guard Start Program week of August 2-August 12

SWIMMING LESSONS ARE MONDAY THROUGH THURSDAY

9:00-9:45	Level S IV	9:45-10:30	Level VI
9:00-9:45	Level S V	10:00-10:30	Level I
9:00-9:45	Level S III	10:00-10:30	Level II
12:45-1:15	Level II	12:45-1:15	Level III

MOMS AND TOTS Swimming Class, 10:45-11:15

MAIN POOL Open Swim Monday through Thursday, 10:30-11:15

Note: On Wednesdays the pool opens at 10:30 a.m. for open swim and games, Fridays the pool opens at 12 noon

DIVING LESSONS –

10:30 – 11:15	Level DI	Intermediate & Advanced, Monday/Wednesday
10:30 – 11:15	Level DII	Beginners, Tuesday/Thursday

TENNIS LESSONS (Monday – Thursday)

9:00 – 9:30	Level T IV	Tots (5-7 yrs.) Tuesday & Thursday
10:00-10:30	Level T III	Monday & Wednesday or Tuesday & Thursday (8-10 yrs old)
10:45-11:15	Level T IV	Tots (5-7 yrs.) Monday & Wednesday or Tuesday & Thursday
11:15-12:15	Adult	Intermediate & Advanced --Monday & Wednesday
11:15-12:15	Adult	Beginner & Intermediate -- Tuesday & Thursday
1:30-2:00	Level T IV	Tots (5-7 yrs.) Monday & Wednesday or Tuesday & Thursday
2:00-3:00	Level TI	Interclub-level players. High Intermediate (10 & up) - Practice drills and skills clinic (Monday, Tuesday) - Play and/or matches (Wednesday, Thursday, Friday)
3:00-3:45	Level T II	Low intermediate (9-12 yrs.) Monday - Thursday

Note: See FFC handbook for all group lessons and clinic charges for courses listed above.

JUNIOR TEAM PROGRAMS

Diving Team	11:15-12:00	11 & up (Mon., Tues., Wed., & Thurs.) (10 & under attend diving lessons)
Swim Team	11:15-12:00	8 & under and 10 & under (Monday, Tuesday & Thursday) (Friday 10:00-11:00)
	12:00-12:45	11 & over (Monday, Tuesday & Thursday) (Friday 11:00-12:00)
Tennis Team	2:00-3:00	Level T I (Interclub) Instructional Clinics (See Level TI above)
	2:00-3:00	Ladder Play – Wednesday Matches-Thursday and/or Friday
Arts & Crafts	2:00-2:45	(Monday – Thursday)

Program Directors: Diving , Susan Jensen; Swim, Allie Rosshirt; Tennis, Aldo Santiago (levels on reverse side)

DESCRIPTIONS OF DIVING LEVELS

Level DI Divers having mastered front and back dives, working on reverse, inward, or twisting dives.
Level DII Divers working on front and back dives.

DESCRIPTIONS OF SWIMMING LEVELS

(Reminder: Level IV must be passed before children under age 10 may swim without parental supervision (see FFC book on Pool Rules).

Level SI Face in water (3 seconds), floating (on front and back), arm and leg movement with support (on front and back), retrieve submerged objects.
Level SII Front and back floating, front and back kicking, front crawl arms, back crawl arms, treading water, roll over from front to back and vice versa, swim on front (15 feet), swim on back (15 feet), jump into chest-deep water.
Level SIII Front and back glide, front crawl (15 yards), back crawl (15 yards), explore elementary backstroke and breaststroke, rotary breathing, treading (30 seconds), diving from sitting or kneeling position.
Level SIV Front crawl (25 yards), back crawl (25 yards), breaststroke (15 yards), elementary backstroke (15 yards), butterfly (15 yards), treading with different kicks and arm motions (1 minute), introduction to turns, diving from compact and stride position, feet-first surface dive.
Level SV Front crawl (50 yards), back crawl (50 yards), elementary backstroke (25 yards), breaststroke (25 yards), butterfly (25 yards), sidestroke (25 yards), flip turns on front and back, tuck and pike surface dives, shallow dive from side of pool.
Level SVI Front crawl with turns (100 yards), back crawl with turns (100 yards), breast stroke with turns (50 yards), elementary backstroke with turns (50 yards), sidestroke with turns (50 yards), butterfly with turns (50 yards), treading (5 minutes), surface dives (feet first, tuck and pike), swim 500 yards continuously.
Private Private swimming lessons with an instructor in half hour blocks for basic and advanced swimming needs.

DESCRIPTIONS OF TENNIS LEVELS

Level TI Emphasis placed on footwork, court coverage, winning drills, and strategies. Expect to play Interclub matches one step below Interclub play.
Level TII Emphasis placed on racquet control, stroke production, and court coverage. Also brushing up on basics and incorporating these shots in game situations.
Level TIII Instruction will include all basics, i.e., grip strokes, rules, and etiquette.
Level TIV Hand-eye coordination development through fun games and very basic stroke work.
Private Hour or half hour instruction on a one-to-one basis is a great way to improve your skills through intense individual attention.
Semi-Private Two students along with pro work in either one hour or half hour time slots.
Group Lessons Instruction for players of similar ability levels.
Junior Clinics Classes will cover basic strokes, court positioning and fun games for the children to learn how to hit the ball properly while having fun. Children will be grouped according to age and skill level (four to six to a group).
Hitting Sessions A way for the serious player to drill, play the pro, or simply get a workout.
Game Pooling Know when you want to play but don't have a partner? Call the pro shop for assistance.

ADULT LEVEL CLINIC DESCRIPTIONS

1. Beginners to Intermediate women's clinics: Emphasis on fundamentals, principles of doubles play and fun.
2. Intermediate to Advanced women's clinics: Emphasis on advanced doubles play, reinforcement of "already acquired skills," competition, and fun