

SUMMER 2018

CANTON PARKS & RECREATION



CREATING COMMUNITY THROUGH PARKS, PROGRAMS, AND PEOPLE



PROGRAMS & EVENTS

SPORTS • ADULT FITNESS • YOUTH PROGRAMS • SPECIAL EVENTS • AND MORE!

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REGISTER EARLY!

Nothing cancels a program faster than everyone waiting until the last minute to register. If there are not enough registrations by a certain date (sometimes weeks before the program even starts), we cancel the activity which in most situations cannot be undone. After this date passes, trying to register will not revive the program, so please register early.

Register online at
www.cantonrec.org
over the Phone at 860-693-5808
or in Person at the P & R Office



"Follow" us on Instagram at "CantonCtParksandRec"

PARKS & RECREATION

LOCATED IN THE CANTON COMMUNITY CENTER - 40 DYER AVE.

Office Hours

Monday-Friday: 8:30 a.m.- 4:30 p.m.

Office Phone Number

860-693-5808

Website

www.CantonRec.org

Director of Parks and Recreation

Courtney A. Hewett, *CPRP, CPO*
chewett@townofcantonct.org

Recreation Coordinator

Chris V. Sacco, *MS*
csacco@townofcantonct.org

Parks and Recreation Commission

The commission meets 3rd Wednesdays of every month in the Canton Community Center-unless otherwise specified.

Rebecca Andrews – Chair

Christopher Eckert

Julius Fialkiewicz

Ben Holden

Todd Jacobs

Elaine Vallo

Brian Miller

Visit www.TownOfCantonCT.org to view meeting schedules, agendas and minutes. Members of the public are always welcome to attend the commission meetings!

MEET OUR STAFF



Courtney A. Hewett

Director of Parks and Recreation

Courtney Hewett has been serving the Town of Canton since October 2014 where she oversees department programs and special events. In the summer she also oversees aquatics programs and all operations of Mills Pond Pool. Courtney has an earned Bachelor's Degree in Sociology from Central Connecticut State University and is currently enrolled in the Master's program in Recreation Administration at Southern Connecticut State University. Before coming to Canton she served Wethersfield Parks and Recreation Department as the Aquatics Director, Swim Coach and a variety of other roles.

Courtney is a Certified Parks and Recreation Professional with the National Recreation and Parks Association, a Certified Pool Operator through the National Pool/Spa Foundation, and a Water Safety Instructor and Lifeguard Instructor with the American Red Cross.

Courtney's favorite recreational activities include traveling, reading, and rock climbing.



Christopher V. Sacco

Recreation Coordinator

Chris Sacco has been the Recreation Coordinator since May 2017 where he oversees a number of department programs including the summer and vacation camps, youth basketball, and the Beyond the Bell afterschool program. Chris earned his Bachelor's Degree in Accounting from the University of Hartford and his Master's Degree in Sports Management at the University of New Haven. Before coming to Canton, Chris worked in the Yale University Athletics & Recreation Department as the Director of Fitness and is also a former Marriott International employee and hospitality professional.

Chris's favorite recreational activities include playing various instruments, baseball, golfing, traveling, hiking, and rafting.

Photo Contest

Canton Parks and Recreation will be holding its annual Photo Contest to help celebrate National Parks and Recreation Month! This year's theme is "Be brave and be bold" by asking you to try that "something new" that you have been talking about doing. From trying a new food out, learning to play a musical instrument, riding a skateboard, or learning another language are all examples of someone's "something new." Canton Parks and Recreation wants to know your story! Get out there and be brave and be bold and capture that moment to share with us. In order to participate "Like" Canton Parks and Recreation on Facebook and upload your photo(s) to our page. You are welcome to upload as many photos as you would like. The photos that receive the most "Likes" by July 31st will receive prizes including program gift certificates, t-shirts, tumblers and other fun prizes! Be sure to encourage your friends and family to "Like" our page and your photos for a better chance to win!

Note: Images must be from the town of Canton and any people in the photos must have given consent to be photographed. Photos must be posted by no later than July 31st. For any questions please contact the office at 860-693-5808.

College Help 360

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Katherine E. W. Hooker

help@collegehelp360.com 860-693-6117



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Charles J. Keefe, DMD

Matthew P. Keefe, DMD

Theresa F. Keefe, DMD

Janot J. Bente, DMD

Jo-Anne Castellone, DMD

DEPARTMENT INFORMATION



Department Mission Statement

It is the mission of the Canton Parks and Recreation Department to provide a wide range of recreational and leisure opportunities in an effort to enhance the quality of life for all Canton residents and promote positive physical, social and emotional experiences.

In our effort to achieve this goal we will continue to provide safe, attractive, and well maintained facilities.

ADA/Special Accommodations

Canton Parks and Recreation is committed to meeting the needs of the entire population. Accommodations may be arranged for department programs and activities for individuals with special needs. Please contact Courtney Hewett, Director of Parks and Recreation to discuss options to help modify or accommodate varying needs. Please contact us a minimum of 3 weeks prior to the start of an activity to ensure ample time for an accommodation to be arranged.

Scholarships

Individuals in need of a scholarship may pick up or download a scholarship application from www.CantonRec.org or in person at the Parks and Recreation Office. Completed forms must be submitted to the Senior/Social Services Director, Claire Cote at ccote@townofcantonct.org or in person during business hours. Plan ahead and please allow 2-3 weeks for processing applications, scholarship decisions will be communicated via email.

Communication

The Canton Parks and Recreation Department communicates in a variety of ways. This includes through our department Facebook page (subscribe by clicking "like" on our page), through our website www.CantonRec.org and through our e-mail blast system. We strongly recommend you subscribe to our e-mail system for the latest updates including new programs, class changes, upcoming events, registration information, contests, and more. To subscribe create or log in to your household account at www.CantonRec.org and check off "receive updates" and "cancellations." Please contact the office if you need assistance.

Program Refund Policy

1. Canton Parks and Recreation reserves the right to cancel programs for insufficient enrollment numbers. In the event we cancel a program you will receive a full refund.
2. Refunds may be issued if you cancel out of a program a minimum of 1 week prior to it beginning (excluding bus trips). A \$10 cancellation fee will be deducted.
3. Refunds cannot be issued after a program has already started for select activities including bus trips and consignment tickets.
4. Registrations made via credit card may be refunded back to the card (typically takes up to 1 week), cash or check registrations will be refunded via check (takes 2-3 weeks).

Mistakes Happen!

The Parks & Recreation Department has made every effort to prepare this brochure as accurately as possible. However due to publication deadlines, program information may change, necessitating adjustments to programs, fees, or schedules. We apologize in advance should you find an error or for any inconvenience these errors or adjustments may cause.



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Educational Center, Inc.

DEPARTMENT INFORMATION

Rentals

The Town of Canton rents out select facilities and fields throughout the year. Please visit www.CantonRec.org and check out "Department Info" tab to find the necessary forms and policies. Completed forms may be submitted to the Parks and Recreation Office.

Canton Community Center Meeting Rooms contact the Parks and Recreation Office for reservations- no form required.

Canton Community Center Multi-purpose Room/ Town Hall Auditorium and other town sites require a special events application. Insurance certificate and fees may be required. Please allow at least 60 days in advance for applications to be reviewed. Contact the Parks and Recreation office for any questions.

Canton Park Fields require a Field Use Application. Non-residents and for-profit groups will be assessed fees. All groups require insurance certificate prior to use. Full details available on application.

Mills Pond Pool (seasonal only) and/or Park Pavilions require a completed Pool-Pavilion Rental Application. Contact the Parks and Recreation Office for available dates/ times. Fee information is available on the application.

Inflatable Movie Screen Please see the *Featured Programs* section of this brochure.

Call for New Program Instructors

Do you have a special talent or skill that you want to share with others? Canton Parks and Recreation accepts new program proposals year round. Program Proposal applications are available at www.CantonRec.org, completed applications should be submitted to Chris Sacco, Recreation Coordinator at csacco@townofcantonct.org

Canton Youth Sports Affiliates

Not finding a particular sports program in this brochure? Check with our local Canton Youth Sport affiliates below:

Canton Little League: www.cantonll.com

Avon/Canton Hockey: www.avonhockey.com

Basketball: www.cantonyouthathletics.com

Football/Cheer: www.focf.zoomshare.com

Lacrosse: www.cantonlax.org

Soccer: www.cantonsoccer.org

Travel Football: www.warriorsfbc.com

Canton Rec Rewards

Isn't it time you got rewarded? Canton Parks & Recreation is proud to roll out Canton Rec Rewards! The more programs you enroll in, the more benefits you earn. It's as simple as that. Whether you're enrolling six kids in summer camp or signing up for a one-time yoga class, nothing should come between you and your favorite programs. Free stuff or a discount on future programs are just some of the various rewards waiting for you when you're a Canton Rec Rewards Member. Earning points is super simple and we keep track of your points for you so all you have to do is sit back, relax, and recreate.

Here's how it works:

- Look for the point values throughout this brochure! Programs have pre-assigned point values. Every registrant that is signed up for the program will earn points for the household.
- Earn points to advance through our three tiers:
 - Leisure Specialist – 10 points
 - Professional Rec'r – 40 points
 - Recreation Royalty – 60 points
- Each tier comes with its own perks and benefits. Get rewarded for your recreation. Visit www.CantonRec.org for full reward details.

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FEATURED PROGRAMS

Canton Parks & Recreation
Proudly Offers



INFLATABLE THEATER SCREEN RENTALS

17" Projection Screen & Audio System
HD Quality

Perfect for:

- ◆ Parties
- ◆ Corporate Events
- ◆ Schools
- ◆ Churches

3 Hour Rental
\$200 Residents
\$225 Non-Residents
\$150 Pool Party Add-on

Ready for a great event?
Visit CantonRec.org or call us at (860) 693-5808

Inflatable Screen Rentals

3 points

Rent our 17' inflatable movie screen for your next event! Host your own private movie night at Mills Pond Park – we provide the equipment and set it up, so all you have to do is show up. Bring blankets and food while watching a movie of your choice in the Park or add the movie screen to a pool rental (summer only) to really liven up your party. Movies must be rated G, PG, or PG-13. To reserve the screen please contact Recreation Coordinator, Chris Sacco at csacco@townofcantonct.org or 860-693-5808.

Dates: April – October
and weather permitting

Location: Mills Pond Park

Time: 3 Hour Rental

Fee: \$200 (\$150 pool rental add-on)

Discounted Six Flags & Lake Compounce Tickets

Purchase “Good any day” tickets to Six Flags and Lake Compounce through Canton Parks and Recreation and save. Six Flags tickets are \$49 (\$20 savings per ticket) and Lake Compounce Tickets \$35 (\$13 savings per ticket). Tickets may be purchased at the office Monday-Friday 8:30am-4:30pm. They may also be purchased online at www.CantonRec.org (but you are required to pick them up in person). No refunds on tickets. *Tickets available for pick-up on May 23rd.*



NEW

Summer Basketball Camp

(Grades 5-8) 2 points

What offseason? Come join your friends at the CIS gym for a competitive basketball-filled week as you learn from Shepaug High School Coach and long-time friend of Canton Parks & Rec – Jake Plitt, along with an all-star staff. There is no shortage of action here – all we do is play, play, play! Camp will be an exciting mix of skills and drills, competitions (H-O-R-S-E, Knock Out, Around the World, etc.), and a ton of games for intermediate to advanced players. This camp is an excellent add-on for athletes who played in our winter Canton Rec Basketball League. Your game will not only improve by the end of the week, but so will your love for the sport.

Dates: Monday-Friday, 8/13-8/17

Time: 9 a.m. – 1 p.m.

Location: CIS Gym

Fee: \$150 (\$160 NR)

SPECIAL EVENTS



Summer Concert Series

Join us at Mills Pond Park for the Canton Parks and Recreation Summer Concerts held Thursday evenings 6:30-8 p.m. throughout the summer. The Canton Lion's Club will be on hand each week selling hotdogs, hamburgers, snacks and beverages so be sure to come hungry. Bring blankets, lounge chairs, an appetite and the whole family for a fun filled night of music at the park! In the event of inclement weather check www.CantonRec.org for information on cancellations or rescheduled date.

DATE	BAND	GENRE
June 21	Soul Sound Revue	Motown 60s, 70s, 80s
June 28	Locomotion	Party and Dance
July 5	The Substitutes	Classic Rock
July 12	Southern Voice	Country
July 19	Sister Funk	Pop, Rock, and Dance
July 26	Cover2Cover	High Energy Dance
August 2	102 nd Army Rock Band-Ripcord	Rock, Pop, and Patriotic Tunes
August 9	Avenue Groove	R&B, Funk, and Dance

Our summer concert series is brought to you in part by the generosity of our sponsors!

VIP Sponsor - Rosenberg Orthodontics

VIP Donor - Marc VanDuesen

Gold Sponsor - Nardi Family Chiropractic, LLC

Silver Sponsors - The Gomez Agency, Collinsville Savings Society, Cas-Kel Manufacturing Inc., Co., Sisters Oil Service



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Manufacturing Inc.



Sisters Oil Service LLC



860-693-4663

SPECIAL EVENTS

4th Annual Sundae FUN-day!

(Sunday, July 15 at 1 p.m.)

The best way to stay cool in the summer is jumping in the pool and enjoying a delicious sundae! On Sunday, July 15th we will be doing both at Mills Pond Park to celebrate National Ice Cream Day. Ben & Jerry's of Canton will be sponsoring a Sundae FUN-Day. Delicious sundaes will be available for FREE starting at 1 p.m. while supplies last. Sundae station will be available at the pavilions next to the pool. Regular pool admission applies.



4th Annual Dive in Movie Night with double the fun!

Dive in Movie Night featuring The Lego Batman Movie

(Friday, July 13th at 8 p.m.)

Someone put up the bat signal over at Mills Pond Pool. That means it's time to grab your super suit on and bring your sidekicks to our annual Dive in Movie Night featuring The Lego Batman Movie! Limited pool floats will be available and you are encouraged to bring your own from home. The movie will start at dark. The event is \$7 per person (\$5 per person for pool members) includes slice of pizza. Popcorn, candy, and refreshments will be available for purchase. Lifeguards will be on duty throughout the event. Pre-registration is required– available now at www.CantonRec.org. Spaces are limited due to safety so don't wait to register!

Dive in Movie Night featuring Jaws!

(Saturday, July 21st at 8 p.m.)

Do you know what week it is? It's shark week! That time of year again where people are afraid to swim in the ocean. Luckily our pool is shark free, well almost! Make sure to snag your tickets now and brace yourself for a movie night featuring Jaws! Limited pool floats

will be available and you are encouraged to bring your own from home. The movie will start at dark. The event is \$7 per person (\$5 per person for pool members) includes slice of pizza. Popcorn, candy, and refreshments will be available for purchase. Lifeguards will be on duty throughout the event. Pre-registration is required– available now at www.CantonRec.org. Spaces are limited due to safety so don't wait to register! Are you prepared to test the waters for Jaws?

5th Annual Teen Night at the Pool

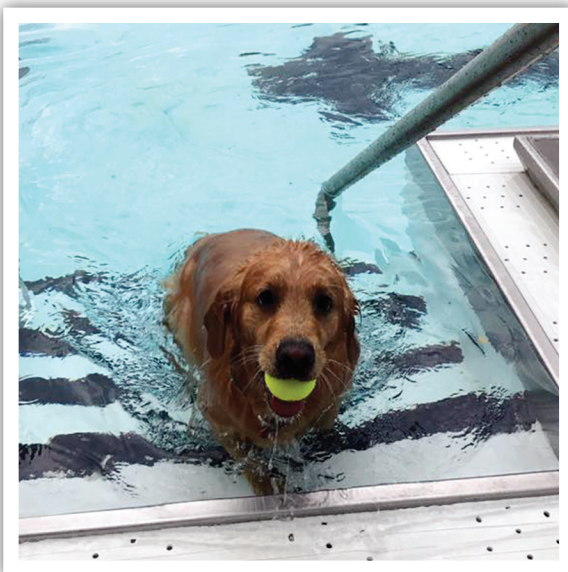
(Friday August 3rd 7-9 p.m.)

Canton Parks and Recreation will be hosting the 5th annual Teen Night at the Pool on Friday, August 3rd from 7-9 p.m. Admission is FREE for teen's ages 12+. The evening will include fun floats/noodles in the pool, music, pizza, and snacks. Bring out your friends and chill out at the pool-you won't want to miss all the fun! Lifeguards will be on duty and aquatics staff will be on site to supervise the festivities.

4th Annual Pooch Plunge

(Tuesday September 4th 5:30-7:30 p.m.)

Why should people have all FUN? Bring your dogs out for the highly popular 4th annual Pooch Plunge on Tuesday, September 4th from 5:30-7:30 p.m. after the pool closes for the season. We invite social, well behaved dogs that play well with others. Dogs should have current vaccinations and tags. This event is for K-9's only. People will not be allowed in the water with the pups. Admission is \$10 per dog (spectators are welcome though we recommend donation). Proceeds benefit the Friends of Canton Dog Park Inc.



MILLS POND POOL

Mills Pond Pool Membership and Schedule

Mills Pond Pool is comprised of the region's only 50 meter Olympic-sized pool with an adjacent shallow wading pool for young children. Located within Mills Pond Park, the pool supports a variety of programs such as Red Cross Swimming Lessons, Dusky Dolphins Swim Team, lifeguard training courses, and special events throughout the summer. The pool is available for public recreation use seven days a week. The pool may also be rented for private parties and gatherings.

Mills Pond Pool is scheduled to open **Saturday, June 9th**. The facility closes for the season on **Tuesday, August 28th**. Pool memberships may be purchased in advance online at www.CantonRec.org, over the phone at 860-693-5808, or in person at the Parks and Recreation Office located at the Canton Community Center Monday-Friday 8:30 a.m.-4:30 p.m. Memberships and daily passes may be purchased at the pool once it opens for the season.

Summer Pool Membership 1-2 points

(Pool members receive \$15 discount per session on swim lessons)

Household (Canton Residents).....\$115
(max of 6 persons). *Additional members living in the household may be added on for \$30 each.*
Household (Non- Residents)..... \$170
(max of 6 persons)
Individual (Canton Residents)..... \$60
Individual (Non- Residents)..... \$75
Senior Citizen Membership (55+).....\$20
**For Household memberships, family members must all live in the same household to qualify.*

Daily Fees

Canton Resident (ID required).....\$5/per day
Non-Resident.....\$7/per day

Disclaimer: The pool schedule subject to change. The pool may be closed to the public temporarily for inclement weather, fecal contamination, and other

incidents out of our control. The pool schedule operates at reduced hours when Canton Public Schools are in session. Please check at the pool front desk or on our website www.CantonRec.org for an up-to-date schedule.

Mills Pond Pool Rules

1. All persons must shower before entering the pool.
2. Any persons suspected of having a communicable disease shall not use the pool.
3. Swim diapers are required for children who are not toilet trained.
4. Swim suits are required for all swimmers.
5. No masks, fins, or snorkels as well as no toys or floatation devices are allowed in the pool.
6. No children under the age of 10 shall enter the facility unsupervised (must be with an "adult" age 16 and older).
7. No running on the pool deck.
8. No dunking, pushing, splashing, or rough play is allowed in the pool area.
9. Spitting or blowing nose in the pool is prohibited.
10. Food or drink is not permitted in the pool area.
11. During programs all spectators must remain on grassy area of the facility- spectators are not allowed on the pool deck.
12. Swimmers must stay off lane lines.

Diving Rules:

1. No diving in the shallow end of the pool.
2. No swimming allowed in deep end.
3. Only one person on the diving board at one time.
4. No one may dive until the person before them has reached one of the ladders.
5. No sitting or hanging on the diving board, all dives and jumps must be made from a standing position.
6. Only one bounce is allowed on the diving board.

All patrons must adhere to the pool rules. Patrons in violation of rules may be subject to removal from the pool and suspension of membership at the discretion of the Parks and Recreation Director.

*Mills Pond Pool has an **ADA approved** pool lift to assist any patrons with disabilities gain access to the pool. Special assistance is also available for swimming lessons.*

MILLS POND POOL SCHEDULE

Activities	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lessons/Programs		8 a.m.-1 p.m.	8 a.m.-1 p.m.	8 a.m.-1 p.m.	8 a.m.-1 p.m.	8 a.m.-1 p.m.	11 a.m.-1 p.m.
General Swim	1 p.m.-8 p.m.	1 p.m.-8 p.m.	1 p.m.-8 p.m.	1 p.m.-8 p.m.	1 p.m.-8 p.m.	1 p.m.-8 p.m.	1 p.m.-8 p.m.
Swim Team		6-7:45 p.m.	6-7:45 p.m.		6-7:45 p.m.		
Pool Rentals	8-10 p.m.	8-10 p.m.	8-10 p.m.	8-10 p.m.	8-10 p.m.	8-10 p.m.	8-10 p.m.

WADING POOL SCHEDULE

Activities	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lessons/Programs	1-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.	10 a.m.-8 p.m.	11 a.m.-8 p.m.

AMERICAN RED CROSS CERTIFICATIONS

American Red Cross Learn to Swim 1 point

All lessons are 40 minutes long. Weekday sessions are 2 weeks long meeting Monday-Friday. Lessons are held rain or shine; in the event of a lighting or thunder storm class will be cancelled.

Fee: \$70 per session (Pool members pay \$55 per session)

*Note: There are no make-up classes and students may not attend other classes; we do not pro-rate swimming lessons *Be sure to register for a pool membership first to get a discount**

SWIMMING LESSON DESCRIPTIONS

Parent & Child: For children 6 months old through 4 years old and their parent(s). Class is a mix of songs and instruction to get your child comfortable in the water.

Pre-School: For children ages 4 to 5 years old. Teaches elementary aquatic skills and builds on the fundamentals needed for level 1.

Level 1: For children ages 5 & up. Teaches basic water safety and skills to help children feel comfortable in the water.

Level 2: For children ages 5 & up. Participants build on fundamental skills and will learn to float



without support and to recover in a vertical position. Students begin working on the foundation for stroke development.

Level 3: For children ages 5 & up. Participants will learn survival float, swim the front crawl and elementary backstroke. They will be introduced to scissors and dolphin kicks.

Level 4: For children ages 5 & up. Participants will improve their skills and increase endurance by swimming familiar strokes (front crawl, elementary backstroke). Start to learn back crawl, breaststroke and butterfly.

Level 5: For children ages 5 & up. Objectives are coordination and refinement of strokes. Students will begin to increase distance and will be introduced to flip turns.

Level 6: For children ages 5 & up. Objectives are to refine strokes so students can swim them with more ease, efficiency, power and smoothness and over great distances.

Full course descriptions are available at www.CantonRec.org. If you need assistance placing your child in the appropriate level please call the pool at 860-693-7844.

AMERICAN RED CROSS SWIM LESSONS

Weekday Lessons	Session 1 (6/25-7/6)	Session 2 (7/9-7/20)	Session 3 (7/23-8/3)	Session 4 (8/6-8/17)
Parent & Child	11:30 a.m.	10 a.m.	10 a.m.	10:45 a.m.
Pre-school	10 a.m.	10 a.m.	11:30 a.m.	12:15 p.m.
Level 1	10:45 a.m., 12:15 p.m.	10:45 a.m., 11:30 a.m.	10:45 a.m., 11:30 a.m.	10 a.m., 12:15 p.m.
Level 2	10 a.m., 12:15 p.m.	10:45 a.m., 12:15 p.m.	10:45 a.m., 12:15 p.m.	10:45 a.m., 11:30 a.m.
Level 3	10:45 a.m., 11:30 a.m.	10:45 a.m., 12:15 p.m.	10:45 a.m., 12:15 p.m.	10 a.m., 11:30 a.m.
Level 4	10 a.m., 12:15 a.m.	10 a.m., 11:30 a.m.	10 a.m., 11:30 a.m.	10 a.m., 12:15 p.m.
Level 5	11:30 a.m.	11:30 a.m.	12:15 p.m.	10:45 a.m.
Level 6	10:45 a.m.	12:15 p.m.	10 a.m.	11:30 a.m.

Saturday Lessons	6/23-8/18		
Parent & Child	10:45 a.m., 12:15 p.m.	Level 2	11:30 a.m.
Pre-school	11:30 a.m.	Level 3	12:15 p.m.
Level 1	10:45 a.m.		

AMERICAN RED CROSS CERTIFICATIONS

Red Cross Lifeguard Training

(Ages 15+) 2 points

This course is an official certification class where students will learn the fundamentals of water safety, CPR/First Aid and lifeguard skills for responding to emergency situations in and around the water. The course will include both classroom style lectures, video and in water skill training. Students are required to demonstrate the following abilities on day one: 1) Treading water for 2 minutes (no hands) 2) Swimming 300 yards non-stop using front crawl and breaststroke 3) Retrieve a 10lb brick from the bottom of the pool at 10 ft deep and then swimming it back to the wall in under 90 seconds. Students must be 15 years of age by the completion of the course. In order to pass the class and become certified students must pass pre-testing on day one and attend all sessions, scoring 80% or better on both written exams and passing the final in water testing day. Lifeguard training is an intensive course with physical demands and significant independent reading. Anyone that does not pass the pre-testing or any sections of the course will not be refunded.

Dates/Times: May 31, June 1, 4, 5,
4-9 p.m., June 7, 6-9 p.m.

Location: Mills Pond Pool

Fee: \$225 (\$250 NR)

Red Cross Lifeguard Re-Certification

(Ages 15+) 2 points

This course is an official re-certification class for existing lifeguards that are expiring. All students must present proof of current certification (not having been expired over 6 months). To be re-certified students must pass all sections of this review course including written exams.

Date/Times: Sun, June 3 from 9 a.m.-4 p.m.

Location: Mills Pond Pool

Fee: \$125 (\$150 NR)

Red Cross Water Safety Instructor

(Ages 16+) 3 points

Are you passionate about swimming and interested in becoming a certified instructor? This course will help develop core principles for swimming and water safety instruction. Methods of instruction will include online course work, lecture, video, in water skill demo, teach backs, peer critique and actual assisting in real classes alongside certified WSI. Students must be 16 years of age by the completion of the course. In order to pass the class students must demonstrate



a lap of front crawl, breaststroke, elementary backstroke, backstroke, butterfly and tread water for 2 minutes on the first day of class. Students must also attend all class sessions and score an 80% or better on the final written exam and consistently demonstrate the maturity and responsibility needed to be a WSI.

Dates/Times: 6/2 5-9 p.m.,
6/10 3-9 p.m., 6/11 4-9 p.m.,
6/13 4-9 p.m.

Location: Mills Pond Pool

Fee: \$285 (\$310 NR)

Red Cross Basic CPR/First Aid

(Ages 13+) 2 points

This hands-on skills training prepares you to respond to breathing and cardiac emergencies as well as basic first aid.

Date: Wednesday, 5/16

Times: 4-9 p.m.

Location: CCC

Fee: \$85 (\$95 NR)

Red Cross CPR/First Aid Re-Certification 1 point

(not having been expired over 6 months).

All students must present proof of current certification.

Date: Monday, 5/21

Times: 4-6:30 p.m.

Location: Mills Pond Park Pavilions

Fee: \$50 (\$60 NR)

AMERICAN RED CROSS CERTIFICATIONS

Water Safety Instructor Aide Summer 2018

(Ages 12-15) 1 point

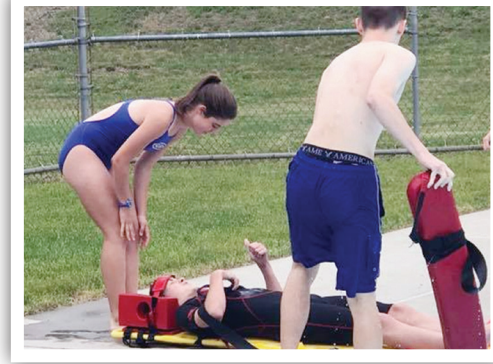
Canton Parks and Recreation Department is seeking responsible, outgoing, 12-15 year olds interested in working with swim lesson instructors and children at Mills Pond Pool. WSI Aides will assist certified instructors with planning and leading swim lessons throughout the summer. Interested individuals are required to register for the WSI Aide course scheduled for Saturday, June 9th. This class is designed to give participants a sneak peek into what it takes to become a great WSI. All participants will learn how to plan a lesson, tips, and techniques that it takes to be a hold a successful swim lesson. Students that are successful in the WSI Aide class will be invited to be scheduled for swim lesson sessions to assist in teaching. A great volunteer experience, good for resume, and a lot of fun!

Date: Saturday, 6/9

Time: 9 a.m.-12 p.m.

Location: Mills Pond Pool & Pavilions

Fee: \$15 (\$20 NR)



Red Cross Junior Lifeguarding

(Ages 11-14) 1 point

Are you interested in lifeguarding, but not quite old enough yet? This course is designed to give participants a sneak peek into what it takes to become a great lifeguard. The class covers all the basics to get you ready to enter a Red Cross Lifeguarding program when you turn 15. Class includes lifeguarding skills, leadership, fitness, and development.

Dates: Saturday, 7/14

Time: 9 a.m.-12 p.m.

Location: Mills Pond Pool & Pavilion

Fee: \$50 (\$60 NR)

AQUATICS PROGRAMS

NEW

Water Basketball

(Ages 10-14) 1 point

Hop into Mills Pond Pool for Canton's all new 4 v 4 coed water basketball games! Casual and fun, registrants will form teams and play under the supervision of a program coordinator. Games are held in the shallow end of the Mills Pond Pool which goes up to 5 feet deep. No flotation devices are allowed in the pool.

Dates: Wednesdays, 7/11-8/1

Time: 5:30-6:30 p.m.

Location: Mills Pond Pool

Fee: \$40 (\$45 NR)

Dusky Dolphins Swim Team

(Ages 5-17) 2 points

This six week program is a great way for children to participate in competitive swimming while becoming stronger swimmers. The focus will be on improving technique, speed, and stroke refinement while having a safe and fun time in the water. The season runs from the June 25th, through the end of July with 3-5 swim meets. **Early Bird Price ends May 4th.**

PUPS: Geared towards beginner swimmers 5-7 years old. Swimmers should be comfortable in the water and be able to swim a complete lap. They will learn the foundations of competitive swimming.

Early Bird Price: \$135

Regular Price: \$150

Practice Times: Monday-Friday, 10-11 a.m. & Monday, Tuesday, Thursday 6-6:45 p.m.

FLIPPERS: Swimmers 5-9 years old with little to no competitive experience. All four competitive strokes will be taught as well as the corresponding starts, finishes, and/or turns. This group will have a ton of fun gaining strength, skill endurance, speed, and confidence!

Early Bird Price: \$135

Regular Price: \$150

Practice Times: Monday-Friday, 10-11 a.m. & Monday, Tuesday, Thursday 6-6:45 p.m.

AQUATICS PROGRAMS



FLUTTERERS: Swimmers 9-13 years old returning to the program from last summer or upon recommendation from coaches. Practices will include smiles and laughter as the swimmers gain knowledge, stroke technique, strength and speed in all four competitive strokes, starts, turns and finishes.

Early Bird Price: \$155

Regular Price: \$170

Practice Times: Monday-Friday, 8:30-9:45 a.m. & Monday, Tuesday, Thursday 6:45-7:45 p.m.

FLYERS: Geared toward swimmers ready for increased training experience and specific stroke technique development. Coaches' recommendation required.

Early Bird Price: \$185

Regular Price: \$200

Practice Times: Monday-Friday, 8-9:45 a.m. & Monday, Tuesday, Thursday 6:45-7:45 p.m.

Note: All swim team participants must become pool members prior to registering for the team. Membership info available on page 4.

Join Our Dusky Dolphins' Parent Group

The Dusky Dolphins are looking for parent volunteers to help fundraise, time at swim meets, organize special events and more. There will be a meeting on June 11th for those who are interested at the Canton Community Center in Room E from 6:30-7:30 p.m.

Save the Date! Dusky Dolphins Calendar of Activities

Assessment Night: Not sure about swim team? This night will feature a "mini-practice" to see how comfortable your child is in a competitive swim environment. Assessment Night will be held on Tuesday, June 12th from 6-6:45 p.m. for ages 5-8 and 6:45-7:30 for ages 9 & up.

Swim Suit Sizing Day: Meet with Metro Swim Suit Company to get sized and purchase team bathing suit. This event will be held on Wednesday, June 27th 8:15-9:45 a.m. at Mills Pond Pool.

Personalize Your Cap: Swimmers will be able to personalize their very own practice caps while bonding with their team mates. Caps will be provided. This event will be held on Wednesday, June 27th at 6 p.m.

Dusky Dolphin's Annual Banquet: This end of the season celebration will filled with good food and good times with teammates as we say goodbye to the season. The Banquet will be held at the Mills Pond Park Pavilions on Monday, July 30th from 6-8 p.m.

Note: Though it is not anticipated, this schedule is subject to change. A final schedule will be dispersed at the start of the season.

DAY CAMPS

Explorers Day Camp

Explorers Day Camp (Ages 6-12) **3-12 points**

Explorers Day Camp is a traditional but modern day camp that delivers a cutting edge summer camp experience! We make a point to have only the best activities that kids are sure to love. The Camp includes a wide range of activities at Mills Pond Park including games, sports, crafts and more. Campers swim daily at Mills Pond Pool and enjoy weekly visits from guest entertainers and specialty trucks like Rolling Video Games of New England! Explorers also features weekly field trips to new and exciting locations!

Some activities are subject to change Camp is held Monday-Friday 9 a.m.-3 p.m. (Before Care 7-9 a.m. and After Care 3-5:30 p.m. is available for additional fees) at Mills Pond Park (rain or shine). In the event of bad weather the program may be relocated mid-day to the Canton Community Center or CIS. Parents will be notified of the new pick up location via e-mail or by checking CantonRec.org. (Early Bird prices end on May 4th).

Register early and save!

Regular Week: \$165 per week
(\$175 after 5/4)

Before Care: \$35 per week

Extended Care: \$35 per week or \$60 for both

Fully Loaded Week (includes before/extended care): \$220 per week
(\$240 after 5/4)

Super Explorers Package (includes all 9 weeks – no before care & extended day):
\$1,300 (\$1,365 after 5/4)

Ultimate Explorers Package (includes all 9 weeks plus before care & extended day):
\$1,700 (\$1,855 after 5/4)

Note: Non-residents pay an additional \$20 per week. This includes regular and fully loaded.

EXPLORERS Day Camp Calendar 2018					
Dates & Themes	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 We're Back! 6/25-6/29	Welcome! + Steve Corning	Tie-Dye	SPARE TIME Bowling	BINGO Music Bingo	ROLLING VIDEO GAMES OF NEW ENGLAND
Week 2 Under the Sea 7/2-7/6	Krill-iant Krafts	Float Party	4th of Jul-Aye	MYSTIC AQUARIUM	arttruck Mobilizing Creativity
Week 3 Heroes Week 7/9-7/13	Local Heroes	Superhero Dress-Up	LASER PLANET WATERBURY, CT	ICE CREAM EMERGENCY	ROLLING VIDEO GAMES OF NEW ENGLAND
Week 4 Out of the Park 7/16-7/20	Robert Clarke	PK Shootout	SPORTS WORLD	HONOLULU DERBY	ROLLING VIDEO GAMES OF NEW ENGLAND
Week 5 Thrills & Chills 7/23-7/27	T-Bone	Sno-Cones	Quassy AMUSEMENT PARK & WATERPARK MIDDLEBURY, CT	Water Balloons	Carnival Day
Week 6 Campology 7/30-8/3	Slime Time	ANIMAL EMBASSY Bringing Life To Education	Connecticut Science Center	Melon Mania	arttruck Mobilizing Creativity
Week 7 Color Wars 8/6-8/10	Color Wars	Minute to Win It	Mini-Golf & Ice Cream	Field Day	ROLLING VIDEO GAMES OF NEW ENGLAND
Week 8 The World Around Us 8/13-8/17	Scavenger Hunt	Circle K Farms	NEMADS ADVENTUREQUEST	Moon Sand	arttruck Mobilizing Creativity
Week 9 X-Treme Week 8/20-8/24	SLIP 'N SLIDE	THE GAGA PIT Gaga Ball	FLIGHT	Chris Poulos	ROLLING VIDEO GAMES OF NEW ENGLAND

DAY CAMPS

Tiny Tots Day Camp

Tiny Tots Pre-School Camp (Ages 3-5) 2-8 points

Tiny Tots Pre-School Camp is a safe, nurturing, and fun environment for your child while helping them develop separation skills. Camp is based out of the Canton Community Center Monday-Thursdays from 9 a.m.-12 p.m. and on Fridays camp will meet at Mills Pond Park from 9 a.m.-12 p.m. for a special outdoor day which includes swimming at the wading pool (lifeguard on duty) and other age appropriate activities.

Special entertainers and activities are planned throughout this 9 week summer program! Tiny Tots prides itself on being a smaller camp with excellent ratios of camper to counselor to ensure your tiny tot receives personalized attention at every point of the day! (*Early Bird prices end on May 4th*).

Register early and save!

Regular Week: \$115 (\$125 after 5/4)

Total Tots Package (includes all 9 weeks of camp): \$700 (\$850 after 5/4)

Note: Non-residents pay an additional \$20 per week.

Tiny Tots Camp Calendar 2018					
Date & Theme	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 We're Back! 6/25-6/29	Welcome! + Steve Corning	Music Around Us	Story Hour: Library	Glow Stick Bowling	Pool Day
Week 2 Under the Sea 7/2-7/6	Krill-iant Krafts	Float Party	4th of Jul-Aye	Fishing Ball Pit	art truck Mobilizing Creativity
Week 3 Heroes Week 7/9-7/13	Obstacle Course	Superhero Dress-Up	Story Hour: Library	Ice Cream Emergency	Pool Day
Week 4 Sports Week 7/16-7/20	Robert Clarke	Team Dress-Up	Story Hour @ Library	Game Day!	Pool Day
Week 5 Thrills & Chills 7/23-7/27	T-Bone	Sno-Cones	Story Hour @ Library	Water Balloons	Carnival Day
Week 6 Campology 7/30-8/3	Grow A Crystal	ANIMAL EMBASSY Bringing Life To Education	Story Hour: Library	Volcanic Explosion	art truck Mobilizing Creativity
Week 7 Colors Week 8/6-8/10	Tie-Dye	Chalk Games	Story Hour: Library	Minute to Win-It	Pool Day
Week 8 The World Around Us 8/13-8/17	Travel the World	Circle K Farms	Story Hour: Library	Blast Off: Moon Sand	art truck Mobilizing Creativity
Week 9 X-Treme Week 8/20-8/24	Picnic Adventures	Field Day	Story Hour: Library	Chris Poulos	Pool Day

ENRICHMENT & SPECIALTY CAMPS

Teen Adventure Camp

(Ages 13-15) 1-4 points

Teen Adventure Camp will get your teens logged off and out of the house this summer with weekly excursions to new and exciting locations. Teens are dropped off at Mills Pond Park at 9 a.m. and will be transported to a new trip each week returning at approximately 3:00pm. Teen Adventure Camp meets on Wednesdays (with the exception of Mystic Aquarium - Thursday). Participants may register by the week or save and register for the entire summer! **(Early Bird prices end on May 4th). Register early and save!**

Weekly Fee: \$35 per week (\$45 after 5/4)

Ultimate Adventure Package

(includes all 9 trips): \$300 (\$390 after 5/4)

Note: Non-residents pay an additional \$10 per week and an additional \$20 for Ultimate Adventure Package.

2018 Adventure Schedule

6/27 - Spare Time Bowling

7/5 - Mystic Aquarium

7/11 - Laser Planet

7/18 - R&B Sports World

7/25 - Quassy Amusement Park

8/1 - CT Science Center

8/8 - Farmington Mini-Golf

8/15 - Nomads Adventure Quest

8/22 - Flight Trampoline Park

CAST- Canton Amateur

Summer Theatre (Ages 9-16) 5 points

Journey “under the sea” with Ariel and her aquatic friends in Disney’s The Little Mermaid JR., adapted from Disney’s Broadway production and the motion picture (featuring the enormously popular Academy Award-winning music and delightfully charming book and lyrics). In a magical underwater kingdom, the beautiful young mermaid, Ariel, longs to leave her ocean home – and her fins – behind and live in the world above. But first, she’ll have to defy her father, King Triton, make a deal with the evil sea witch, Ursula, and convince the handsome Prince Eric that she’s the girl whose enchanting voice he’s been seeking.

This popular 5-week program will involve participants in all aspects of a full-scale musical. Kids will learn what it takes to rehearse music, lines and more in order to perform in their own production at the end of the program. There will be exposure to the “behind the scenes” aspects of theater, including prop, costume and set design, as well as overall production responsibilities. Lead roles will be assigned after the start of the program. In addition to rehearsal, participants will play acting games, develop



improvisation skills and generally become more comfortable performing onstage. No experience necessary. Early Bird price ends 5/4. Production will take place 7/27 and 7/28.

Dates: Monday - Friday 6/25-7/27

(No class 7/4)

Times: 9 a.m.-2 p.m.

Location: CCC

Early Bird Fee: \$550

Regular Price: \$600

Amazing Faces and Places Art-ventures

(Ages 6-12) 2 points

Oh, the places we’ll go! Art explorers travel to some pretty amazing places while creating some wicked cool art forms dating back to when art began. Discover weird gargoyles and visit the amazing Taj Mahal. Experience cave painting, fossil-making and egg shell mosaics. Make worry dolls and totem poles. Learn about Oaxacan alebrijes while designing colorful T-shirts. Sculpt and paint colorful Mexican pots, make bark paintings, and create Haitian sequined banners. Fun facts and concepts in history and geography are included.

Our most creative and original art-venture week!

Date: Monday-Friday, 7/23-7/27

Times: 9-12 a.m.

Location: CCC

Fee: \$155 (\$165 NR)

Bring: An old over-sized T-shirt to use as a smock, a nut-free snack and a drink each day.

ENRICHMENT & SPECIALTY CAMPS

Mad Science: E² -Engineering Explorers

(Grades 1-5) 3 points

Whether your child loves to build things or destroy them, this week of camp includes lots of both! The junior Mad Science engineers will design and build bridges and “skyscrapers” using simple tools and their imaginations. Kids will even construct a geodesic dome big enough for all the campers to sit inside! Then the machine madness starts as they discover how many different machines, simple and complex, we use in our daily lives. Campers will have fun designing simple machines using pulleys, wedges, screws, and levers. Then we move on to engineering in actions- your kids work together to brainstorm, design, test, evaluate, and redesign problem-solving contraptions!

Date: Monday-Friday, 7/30-8/3

Times: 9-12 a.m.

Location: CCC

Fee: \$165 (\$175 NR)

Hobby Quest Magicians

(Grades K-5) 3 points

Amaze your friends and family by becoming a real Magician! In the Hobby Quest Magician class, each student will learn, practice and perform amazing magic tricks. From reading the audience’s minds, to making things change color and disappear right before your very eyes, everyone will be astounded by the amazing feats performed! Not only will we focus on the fundamentals of illusion and performance, but we will also talk about building the value of trust and respect. Magic class will culminate in a real magic show at the end of the semester for family and friends! Each magician will go home with their bag of tricks so they can continue to practice their magic and amaze everyone they meet!

Date: Monday-Friday, 8/6-8/10

Times: 9-12 a.m.

Location: CCC

Fee: \$199 (\$209 NR)

Incrediflix

(Ages 7-13)

IncrediFlix is all about the fun and excitement of making movies. Children will work in age appropriate groups and go through all of the steps that Hollywood producers go through from “Action” to “That’s a Wrap!” Programs focus on creativity, cooperation, and fun fun fun! Your child will be a real filmmaker and will have a movie they created to prove it.

Live Action Flix 2 points

Do you want to have a blast making a movie? You will be taken from “Action” to “That’s a wrap!” We’ll guide you through the Hollywood process as you brainstorm, location scout, bring in props and costumes, act, and direct in a collaborative movie that is fun for the entire audience.

Date: Monday-Friday, 7/16-7/20

Times: 9 a.m.-12 p.m.

Location: CCC

Fee: \$150 (\$160 NR)

Lego Flix 2 points

We know you love Legos and can create incredible Lego worlds, now it’s time to bring those worlds to life in Lego Stop-Motion Animated Flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age-appropriate groups. *All flix downloadable within a month after program ends.

Date: Monday-Friday, 7/16-7/20

Times: 1-4 p.m.

Location: CCC

Fee: \$150 (\$160 NR)

Live Action & Lego Combo Flix 4 points

Young Spielbergs can participate in both Incrediflix packages! In the morning, visions come true in these movies where students act, write, direct, and more. Afternoons are for Lego animation movies. We know you love Legos and that you can create incredible worlds. Now it’s time to bring those worlds to life in Lego animated flix! Lunch supervision is included at no extra cost!

Date: Monday-Friday, 7/16-7/20

Times: 9 a.m.-4 p.m.

Location: CCC

Fee: \$275 (\$285 NR)

Intro to STEM with LEGO

(Ages 5-6) 2 points

Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Cities, Garbage Trucks, Catamarans, and Dinosaurs. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

Date: Monday-Friday, 8/13-8/17

Times: 9 a.m.-12 p.m.

Location: CCC

Fee: \$165 (\$175 NR)

ENRICHMENT & SPECIALTY CAMPS

STEM with LEGO

(Ages 7-12) 2 points

Gear up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Forklifts, Houseboats, Mini Golf Courses, and the London Tower Bridge Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

Date: Monday-Friday, 8/13-8/17

Times: 1-4 p.m.

Location: CCC

Fee: \$165 (\$175 NR)



Summer Fun Cookie Decoration Class 1 point

(Ages 6+ Parents are welcome to register!)

Hands-on cookie decorating class in which participants learn the basics for making beautiful iced summer-themed sugar cookies. Come make butterflies, ladybugs, watermelon slices, bikinis, flip flops and more! Cookies and prepared icing, as well as decorating sugars, non-pareils and special candies will be provided. Each participant will take home their drying creations in a bakery box.

Date: Friday, 6/22

Time: 2-3:30 p.m.

Fee: \$27 (NR \$30)

Location: CCC

SPORT CAMPS, CLINICS & LEAGUES

Skyhawks Mini hawks: Soccer, Baseball & Basketball

(Ages 4-7) 2 points

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. The Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

Dates: Monday-Friday, 7/9-7/13

Time: 9 a.m.-12 p.m.

Location: CIS Field

Fee: \$129 (NR \$139)

Skateboarding Camp

(Ages 7-14) 2 points

A week long camp designed for both beginners and the more experienced skateboarder. Master the basics of pushing, riding, stopping, Ollie maneuvers, and fine tune your skills, grinding, sliding, flip tricks & ramp riding. The camp will offer lessons, tips and tricks to help any age and level advance to the next level of skateboarding. Boarders must wear a helmet, elbow pads, knee pads and sneakers.

Dates: Monday-Friday

Session I: 6/25-6/29

Session II: 8/6-8/10

Time: 9:30 a.m.-12 p.m.

Location: Mills Pond Skate Park

Fee: \$125 (NR \$135)

Skyhawks Multi-Sport Camp

(Ages 7-10) 2 points

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

Dates: Monday-Friday, 7/9-7/13

Time: 9 a.m.-3 p.m.

Location: CIS Field

Fee: \$149 (NR \$159)

Skyhawks: Track and Field

(Ages 7-12) 2 points

Skyhawks Track & Field was developed to introduce young athletes to this sport; rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching and cool-down techniques are all covered in this unique program. Participants will put it all together for one fun-filled day at the end of the week at the Skyhawks track meet!

Dates: Monday-Friday

Session I: 6/25-6/29

Session II: 7/30-8/3

Time: 9 a.m.-12 p.m.

Location: CHS Track

Fee: \$129 (NR \$139)

SPORT CAMPS



Youth Tennis Lessons

(Ages 5-15) 1 point

The classes will feature various components of the nationally acclaimed USTA Quick Start Program taught by the staff of Fun Unlimited/Farmington Valley Racquet Club. Free Loaner racquets for all classes. Register early, space is limited.

Quick Start/ Hot Shot Tennis (Ages 5-9)

Younger beginner and advanced beginner players work primarily on basic strokes development and consistency through a number of fun filled drills. Children are gradually introduced to competitive play through games including 9 Lives, Wizard and King of the Court.

Rising Stars (Ages 10-15)

Older beginner, advanced beginner and intermediate level players work in a series of high energy games and drills. Less experienced players work primarily on basic stroke development while more experienced players work on competitive games like King of the Court, Lobbers vs. Smashers and Bump the Chump.

Dates: Mondays- Thursdays

Session I: 7/17-7/20, Session II: 7/31-8/3

Time: Quick Start/Hot Shot Tennis
1-1:55 p.m. Rising Stars 2-2:55 p.m.

Location: Mills Pond Tennis Courts

Fee: \$60 (NR \$70) per session

Note: If there is inclement weather, the lessons will be moved indoors to Farmington Valley Racquet Club.

Challenger Soccer

(Ages 3-13) 2 points

Dates: Monday-Friday, 7/16-7/20

Challenger's British Soccer Camp is more than a week of drills and skills. In addition to taking part in a daily regimen of foot skill development (through the 1,000 touches curriculum), technical and tactical practices and daily 'World Cup' tournament style plays, each child will be treated to a rich cultural experience and lessons on respect, responsibility, integrity, leadership and sportsmanship. Each camp is custom built to meet the needs of your players so Challenger will be directed by the organization on the content of the camp that they too require.

Each camper will receive a FREE camp T-shirt, soccer ball, soccer poster, individual skills performance evaluation and free access to an educational soccer website. In addition, any child who signs up online before **June 1st** will receive a genuine British Soccer replica Jersey valued at \$39. To register and for further information please visit www.challengersports.com. Fees increase by \$10 after July 5th.

Location: Mills Pond Park

First Kicks (Ages 3-5)

Time: 8-9 a.m. **Fee:** \$97

Half-Day Soccer (Ages 6-12)

Time: 9 a.m.-12 p.m. **Fee:** \$176

Next Generation Dance & Gymnastics

(Ages 3-15) 1 point

This dance and gymnastics program is designed for all skill levels. Students will learn a variety of dance and gymnastic routines. This class will emphasize skill building, meeting new friends and of course having fun! No experience is needed.

Instructor: Miss Aly and Miss Sherry

Dates: Wednesdays

Session I: 6/27-8/8 (no class on 7/4)

4:15-5:15 p.m. Combo (Gym, Hip-Hop & Ballet) ages 3-5. 5:15-6:15 p.m. Hip-Hop & Gymnastics ages 6-9

Location: CCC **Fee:** \$70 (NR \$80)

Girls Farmington Valley Field Hockey League

(Grades 5 & 6) 2 points

The towns of Canton, Simsbury, Avon, Granby, Burlington, Farmington, and now Wethersfield comprise the Farmington Valley Girls Field Hockey League. No previous experience is necessary. Teams will be formed in each town consisting of players in grades 5 and 6. Teams will practice one day a week in their respective towns and games will be played on Sunday afternoons in the various communities. Practices will begin at the end of August or early September at the discretion of the Head Coach. Games will be held starting at 2:30 p.m. Schedule available soon. Players will need to bring shin guards, eye protection, mouth guards, cleats or sneakers, a stick and water. Jerseys will be provided. This is a Recreation Travel League, so there are no tryouts, cuts, etc. Limits will only be placed on the number of players on each team based upon a first-come, first-served basis.

Registration Deadline: 8/27

Fee: \$95 for the season

Girls Farmington Valley Field Hockey Clinic

(Grades 3 & 4) 1 point

The minor leagues for the Farmington Valley Field Hockey League – girls will be introduced to the game of field hockey through guided instruction and drills to foster a love for the game and prepare athletes for the grades 5 & 6 league. The price of the program includes three, one-hour clinics offered over the course of the fall at Canton High School. Players will need to bring shin guards, eye protection, mouth guards, cleats or sneakers, a stick and water.

Location: Canton High School

Dates: 9/23, 9/30, 10/14 (Rain date: 10/21)

Time: 1 p.m.-2 p.m. **Fee:** \$45

TEEN, ADULT, AND SENIOR PROGRAMS

Road Map To College 1 point

Junior year is the time for students to explore colleges and continue to position themselves as strong candidates. In this class you'll learn how to find the right college fit, plan strategically for the application process and create good teamwork between parent, student and school counselor. Topics include: curricular and extracurricular choices; the timeline and process for tests, recommendations, essays, visits, interviews, applications and scholarships; the vocabulary (ACT, FAFSA, Naviance, etc.); and the technology that supports the application process.

Instructor: Katherine Hooker,
College Help 360

Date: Thursday, 8/2

Time: 6-9 p.m.

Location: CCC

Fee: \$60 per family (NR \$70 per family)

Zumba Gold with Denise 1 point

Come join the party and enjoy the health benefits of this feel good, low impact aerobic workout. Zumba Gold is an energetic, total body workout set to Latin & International rhythms. Dance for an hour and log up to 6,500 steps on your fitness tracker! Zumba Gold uses the same music and choreography as Zumba Basic; just the turns and jumps are modified to be gentler on the knees. Classes run continuously throughout the year. Classes are offered 3 days a week. Buy 10 classes for \$65 and fit the classes into your schedule. No experience necessary, "Let the Energy Move You!"

Dates/Times: Tues & Thrs, 6-7 p.m.
& Sat, 10:30- 11:30 a.m.

Location: CCC

Fee: \$65 for 10 Classes, *make your own schedule*

Super Senior Stretch with Denise 1 point

Stretch, tone, and flex your way to a healthier you; to the music of the big band era. This exercise program works on flexibility, muscle tone, and balance- keys to maintaining a healthy lifestyle as we age. Session is 4 weeks long- pay by the month.

Dates: Tuesdays

Time: 10:30-11:30 a.m.

Location: CCC

Fee: \$15 per month session



Every Body's Exercise for Seniors with Mary 1 point

Stretch, tone, and flex your way to a healthier you. Mary is a fun-loving instructor, telling jokes, and wearing crazy costumes. She makes exercise seem effortless and fun! Come out and give it a try-you'll be hooked! Session is 4 weeks long- Pay by the month.

Date: Fridays. **Time:** 10:30-11:30 a.m.

Location: CCC. **Fee:** \$15 per month session



Yoga Fusion with Mary Ellen

(Ages 14+) 1 point

Yoga Fusion is for all levels and abilities. In this gentle but energized class we will intelligently combine disciplines of Yoga, Pilates and Qi-Gong. The emphasis will be on exercises to deepen the breath, strengthen the muscles of the "core" as well as the upper body, arms, and legs combined with deep stretching and ending with therapeutic relaxation techniques. The class is designed to bring energy and balance into the body, mind and spirit, cultivating health, vitality and longevity.

Dates: Thursdays

Session I: 6/14-7/19

Session II: 7/26-8/30

Time: 10-11 a.m.

Location: CCC. **Fee:** \$60 (NR \$70)

Yoga with Nancy

(Ages 14+) 1 point

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages & body types. Class includes stretches, breathing techniques and relaxation. It will enhance your physical and mental well-being, increase strength, reshape muscles and tone your entire body. Participation will energize you and improve your overall health, including posture, balance, power and range of motion. It's great for people with back problems and for alleviating muscle soreness and joint inflammation. Yoga will improve your overall quality of life and keep you looking and feeling better throughout the year.

Dates: Thursdays

Session I: 6/14-8/2

Session II: 8/9-9/27

Time: 7:30-8:30 p.m.

Fee: \$80 (\$90 NR)

TOWN PARKS, TRAILS & FACILITIES



Mills Pond Park

East Hill Road

Mills Pond Park is Canton's premier recreation facility. The park includes: Olympic size pool, wading pool, sand volleyball court, picnic shelters, 4 tennis courts, 2 basketball courts, play scape, soccer fields, 3 baseball/softball diamonds, skate park and walking area around the pond.

Canton Community Center & Community Gardens

Dyer Avenue

CCC houses the Parks and Recreation, Public Library and the Senior/Social Services Department. The center includes program spaces and meeting rooms. Garden plots are available for purchase in the spring.

Bicentennial Park

Old River Road

This field is used by Canton Little League for practices. There is parking and access to the Farmington River Trail.

Dyer Field

Dyer Avenue

Home to Canton Little League's Softball program.

Canton Green

Dowd Avenue & Albany Turnpike

The Canton green is a quaint space in the middle of a busy section of town. This is also the home of the annual tree lighting event in December.

Willem Van Gemeren Memorial Field

Simonds Avenue

These fields are used primarily by Canton Little League and currently houses the park's maintenance garage.

Mills Pond Skate Park

1. Hours of Skate Park: Seasonally, Monday-Sunday from dawn to dusk.
2. In the event of any emergencies call 911. Please report any damage to the Canton Parks and Recreation Department at 860-693-5808.
3. When you enter this facility you assume all responsibilities that are inherent to extreme sports activities which could result in harm to yourself, others and/or property. To enjoy your experience, know your abilities and stay within them. The Town of Canton and its agents are not responsible for any injuries.
4. Helmets and protective gear are strongly encouraged. Use of helmets and protective gear will reduce your risk of injury.
5. Be respectful of others in this area and the rest of the park. Inappropriate language; loud music, rude disruptive behavior; smoking and use of alcohol or drugs are not allowed on town property.
6. Weather conditions may create unsafe surfaces for users. Please use judgement and inspect equipment before use.
7. No modifications to the skating surfaces or features are allowed. This includes additional ramps, jumps, or obstacles.
8. Please assist us in keeping the park clean by using trash cans. No food or drink is allowed within the park area.
9. Parent or legal guardian must be in attendance at all times if participant is under 12.
10. Any participant asked to leave by a Town Official must leave the premises immediately.

Community Garden Plots Available

The Canton Community Gardens are located behind the Canton Community Center. Fee is \$35 for a 20 x 25 plot, and \$55 for a 20 x 50 plot, raised plot \$20 (Senior discounts available). All returning plot requests must be submitted by no later than Friday, March 9th. New gardener applications will be accepted starting Tuesday, March 20th assigned on a first come first serve basis regardless of past participation. Registration forms are available online at www.CantonRec.org and in person at the Parks and Recreation Office.

Canton Dog Park

The Canton Dog Park project is full steam ahead thanks to the combined efforts of the Parks and Recreation Department and the Friends of Canton Dog Park Inc., a non-profit group tasked with fundraising, planning and policy development. For a history of the project please visit www.CantonRec.org to view the original survey report and meeting minutes. For up-to-date information on the project please contact Alan Duncan, President of the Friends of Canton Dog Park Inc. at alanduncan54@gmail.com.

Information on these town parks and facilities is available at www.CantonRec.org