

CANTON PARKS & RECREATION



CREATING COMMUNITY THROUGH PARKS, PROGRAMS, AND PEOPLE



PROGRAMS & EVENTS

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

WHAT'S INSIDE

- Parks and Recreation Information.....pg 1
- Meet our Staff.....pg 2
- Special Events.....pg 3
- Pre-School Programs.....pg 4
- Youth Enrichment Programs.....pgs 5-8
- Youth Sports Programs.....pgs 8-11
- Teen, Adult and Senior Programs.....pgs 12-14
- Town Parks, Trails and Facilities.....pg 16

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



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*
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Recreation Supervisor

Kellie M. Faust, *MSEd*
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Recreation Coordinator

Lexi C. Polasek
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Parks and Recreation 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



Pictured: Kellie Faust (left), Courtney Hewett (middle), Lexi Polasek (right)

Courtney A. Hewett

Director of Parks and Recreation

Courtney Hewett has been serving the Town of Canton since October 2014; she oversees all of the department's operations. Courtney has earned a Bachelor's Degree in Sociology from Central Connecticut State University and is currently enrolled in the Master's program of 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 has been involved in the field of Parks and Recreation for over a decade. She serves as Co-chair for the Aquatics Section and Camps Section for the Connecticut Recreation and Parks Association. 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.

Alexandra C. Polasek

Recreation Coordinator

Lexi Polasek has been with the Town of Canton since May 2017 where she oversees a number of department programs including the Explorers Day Camp, Tiny Tots Pre-school Camp, vacation camps, youth enrichment programs, and the Beyond the Bell afterschool program. Lexi has earned her Bachelor's Degree in Recreation, Tourism, and Sports Management from Southern Connecticut State University. Lexi's favorite recreational activities include hiking, boating, gaming, and drawing.

Kellie M. Faust

Recreation Supervisor

Kellie Faust joined the Canton Parks and Recreation team in May 2018; she oversees many department programs including CAST, the Recreation Basketball League, sports and fitness programs, aquatics programming, and special events. Kellie has earned her Bachelor's Degree in Childhood Education from Long Island University-Post Campus and her Master's Degree in Sports Management from Old Dominion University. Before coming to Canton she worked at Yale University as the Graduate and Professional Recreation Coordinator. Kellie's favorite recreational activities include playing with her dogs, running, and playing kickball.

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Charles J. Keefe, DMD
Matthew P. Keefe, DMD
Jo-Anne Castellone, DMD

Theresa F. Keefe, DMD
Janot J. Bente, DMD

SPECIAL EVENTS



5th Annual Spook-A-Palooza: Halloween Carnival

(Saturday, October 13th, 12-2 p.m.)

Calling all ghouls and goblins – Canton Parks and Recreation will be hosting the fifth annual Spook-A-Palooza Halloween Carnival at Mills Pond Park on Saturday, October 13th. The carnival kicks off at 12 p.m. with a special performance by Steve Corning. Steve presents a variety show of ultimate proportions, featuring fast-paced juggling routines, mind-blowing escape artistry, comedy magic, contortion, balancing, and nearly endless amazing stunts, all mixed with a hearty dose of off-the-cuff comedy. If you're looking for non-stop entertainment and laughs for the whole family, this show has it all! Then from 1-2 p.m. families can enjoy painting pumpkins and a bounce house! Children are encouraged to come in costumes. This event is completely FREE!

5th Annual Turkey Shoot Basketball Contest

(Friday, November 16th, 6-7 p.m.)

Help the less fortunate this holiday season by participating in Canton Parks and Recreation's Turkey Shoot Contest. The Turkey Shoot is for 8-13 year olds and a parent or guardian of his or her choice. Child and parent will compete in a basketball foul (or is it fowl?) shooting contest for a chance to win a Thanksgiving Turkey! Parent/child teams will be divided into two groups: 8-9 years old and 10-13 years old.

A winner will be awarded in each category and various prizes will be raffled off at the end of the night. The event will be held in the Canton Intermediate School Gymnasium. Doors open at 5:30 p.m. with the event starting at 6 p.m. Admission is \$5.00 per team and a canned good for donation to a local food bank.

Christmas in Collinsville

Visit Parks and Recreation at the annual Christmas in Collinsville event on Friday December 7th outside the Historical Society building. We will be hosting the tree lighting ceremony at 7 p.m.

Annual Breakfast with Santa

(Saturday, December 8th, 9:30-11 a.m.)

Canton Parks and Recreation Department will be hosting our annual Breakfast with Santa on Saturday, December 8th from 9:30-11 a.m. We invite families to bring their children to meet Santa Claus and enjoy a tasty breakfast. The menu includes pancakes, sausages, fresh fruit, muffins, coffee, tea, cocoa, milk and juice. Food is prepared by the outstanding volunteers of the Avon-Canton Rotary Club. There will be arts and crafts, festive music and special entertainment provided by the highly popular T-Bone. **Early Bird Tickets** (purchased on or before Nov 16th). \$12 adults, \$10 child. **Regular Tickets** (purchased after Nov 16th). \$15 adults, \$12 child. All guests who attend the event will be charged the admission fee. *Spaces are limited.*



PRE-SCHOOL PROGRAMS

ACROfitness: TumbleTots

(Ages 2-4)

Music, games & FUN for your 2-4 year old. This program is an introduction to tumbling with somersaults, cartwheels and backbends. The class is active play and learning, your little one will get a great work-out! Maximum of 10 participants for this class so don't wait to register! Class is expected to fill quickly.

Dates: Mondays, 11/5-12/17

(No class 11/12)

Time: 9:30-10:15 a.m.

Location: CCC

Fee: \$60 (NR \$70)

Tiny Feet Soccer Parent & Child

(Ages 3-4)

This program is a great way for parents and children to experience fun activities and spend quality time together. The program is about building positive parent and child interactions in a safe, joyful and developmentally appropriate environment. In addition to being a lot of fun, our parent & child classes are great preparation for young children to learn social skills as well as other school readiness skills.

Dates: Mondays, 9/17-11/12 (No class on 10/8)

Time: 6-6:45 p.m.

Location: CIS Field

Fee: \$95 (NR \$105)

Pony Pals! Horseback Riding Lessons

(Ages 4-6)

The Pony Pals program, run by Avon Valley Show Stables, is designed specifically for children 4-6 years old. This group will learn basic horse safety, grooming, tacking up, correct positioning in the saddle, and riding on the lead and lunge line. If your child loves horses, this program is a great low price introductory program.

Dates: Saturdays

Session I: 9/8-9/29

Session II: 10/6-10/27

Time: 12-1 p.m.

Location: Avon Valley Show Stables

Fee: \$150

Music with Ms. Jean

(Ages 18 months-3 years)

This guitar led sing-along class consists of music and activities that keep everybody moving. Have fun playing instruments, jumping to the rhythms and learning some musical games. This class gets the kids dancing and helps them burn off some energy for nap time. Have fun playing instruments and learning musical activities and games. Learn to enjoy playing with other toddlers!

Dates: Wednesdays

Session I: 9/26-10/31 **Session II:** 11/14-12/19

Time: 9:30-10:30 a.m.

Location: CCC

Fee: \$65 (NR \$70)

Pre-School Hoops

(Ages 3-5)

Youth ages 3-5 years will be introduced to the sport of basketball in a friendly, safe, and fun environment. Kids will learn skills and techniques through a variety of activities and games. Come join the fun. Register today!

Dates: Thursdays, 9/6-10/11

Time: 5:30-6:15 p.m.

Location: CCC

Fee: \$65

NEW! TinkerGarten

(Ages 18 months-5 years)

Tinkergarten provides high-quality early childhood learning in the healthiest classroom of all – the outdoors. Families connect with trained leaders in their local community for play-based kids classes that help develop core life skills, all while having fun! Though it just feels like fun, a season of Tinkergarten lessons are engineered to help kids develop a range of school readiness and lifelong-learning skills. We make learning irresistible by inspiring wonder, leveraging brain science, and even sprinkling in some best practices in game mechanics.

Dates: Fridays, 9/14-11/2

Time: 9:45-11 a.m.

Location: Mills Pond Park

Fee: \$180 for first sibling (\$126 for additional sibling)

YOUTH ENRICHMENT PROGRAMS

American Red Cross Babysitter Training

(Ages 11-16)

The American Red Cross is the nation's leader in babysitter training and will prepare you to be the best sitter in your neighborhood. This class provides knowledge and skills necessary to safely and responsibly give care for children and infants. Participants will develop leadership skills; learn how to develop a babysitting business, keep themselves and other safe and help children behave; while learning about basic child care and basic first aid. Participants should bring lunch, a snack and drink(s).

Date: Tuesday, 11/6

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

Location: CCC

Fee: \$135 (NR \$150)

Art-ventures Around the World

(Grades K-3)

Art travelers go on a whirlwind tour of the world, traveling among different countries and cultures. Create hot air balloon lanterns to take you up and away! Each week we land somewhere in the world and create wicked cool cultural art using unique materials and artisans' techniques. In Puerto Rico we work with clay and make wacky Vejigante masks. We design with Mosaics in Greece, make Tribal Rain Sticks in Australia, and create Maracas in Brazil, just to name a few. Fun facts about each country and culture, geography and art history are included. The only thing kids need to pack is their imagination!

Dates: Tuesdays, 9/18-11/20

(No class 11/6, 11/13)

Time: 3:40 - 4:40 p.m.

Location: CBPS

Fee: \$130 (\$140 NR)

Art-Ventures Sticky, Shrinky, Shiny

(Grades K-3)

The amazingly imaginative 2 and 3 dimensional projects in this program will inspire children's creativity as they experiment with a variety of unique art forms, tools, and techniques. Art explorers create Shrinky Dink Animal Pendants and Sequined Mexican Mirrors. Make Funny Felt Monsters, paint Ceramic Butterfly Pots, and sculpt Sweet Treat Clay Desserts. Paint Goofy Animals on Canvases and sculpt Flying Pigs. These projects and more introduce children to a world of artistic wonder while we encourage their own original ideas and unique perception and interpretation of art. Children bring home awesome works of art each day!

Dates: Tuesdays, 12/4/18-2/5/19

(No class 12/25, 1/1)

Time: 3:40-4:40 p.m.

Location: CBPS

Fee: \$130 (NR \$140)



YOUTH ENRICHMENT PROGRAMS

Beyond the Bell – Afterschool Program

(Grades K-3)

Everyone is a little disappointed when the summer is over, but Canton Parks & Recreation keeps the summer camp fun going with our Beyond the Bell program! Beyond the Bell is an action-packed afterschool program for Cherry Brook Primary School students in grades K through 3. The program will be offered from 3:30-6 p.m. on Monday through Friday with the exception of school vacations, holidays, professional development days, and snow days. Beyond the Bell is the school year equivalent of our tremendously popular Explorers Summer Camp and is run in the same format including indoor and outdoor sports, group games, arts and crafts, and even entertainers.

Benefits of an afterschool program are widespread. Quality afterschool programs provide a safe, nurturing place with supervision for school age children and the opportunity to reinforce learning from school, teach social skills, and encourage good citizenship. Through the activities that we offer, we hope to help your children develop some life-long leisure skills, as well as an understanding about the importance of having recreational interests.

Participants can be picked up any time before 6 o'clock. We now offer a flexible schedule for our Two and Three Day Option, where you pick the days that fit your schedule that are consistent for that month! Register for the Fall Semester Package or our NEW full School Year packages to save!



Dates: Monday-Friday,
9/4-12/21

September: 9/4-9/28
(No class on 9/3,
9/10, 9/19)

October: 10/1-11/2
(No class on 10/5 and 10/8)

November: 11/5-11/30
(No class on 11/6, 11/13-
11/15,

and 11/21-11/23)

December: 12/3-12/21

(No class on 12/24-12/31)

Time: 3:30-6 p.m.

Location: CBPS

Fee: Fully Loaded Week (Five Days):

September: \$180

October: \$230

November: \$120

December: \$150

Fall Fully Loaded Package: \$640 (9/4-12/21)

All Year Package: \$1,600 (9/4/18-6/19/19*)

You Pick Three Days Per Week:

September: \$120

October: \$140

November: \$100

December: \$80

Fall Package: \$410 (9/4-12/21)

All Year Package: \$999 (9/4/18-6/19/19*)

You Pick Two Days Per Week:

September: \$80

October: \$100

November: \$80

December: \$60

Fall Package: \$290 (9/4-12/21)

All Year Package: \$720 (9/4/18-6/19/19*)

**Estimated end of year date, dates are subject to change due to weather cancellations throughout the school year.*

YOUTH ENRICHMENT PROGRAMS



Canton Amateur Seasonal Theatre- C.A.S.T. Presents: Cinderella

(Ages 9-16)

The timeless enchantment of a magical fairy tale is reborn with the Rodgers & Hammerstein hallmarks of originality, charm and elegance. Originally presented on television in 1957 starring Julie Andrews, Rodgers & Hammerstein's CINDERELLA was the most widely viewed program in the history of the medium. Its recreation in 1965 starring Lesley Ann Warren was no less successful in transporting a new generation to the miraculous kingdom of dreams-come-true, and so was a second remake in 1997, which starred Brandy as Cinderella and Whitney Houston as her Fairy Godmother. As adapted for the stage, with great warmth and more than a touch of hilarity, the hearts of children and adults alike still soar when the slipper fits. Production dates are 11/30 and 12/1.

Dates: Mondays and Wednesdays, 10/1-11/28 (No class on 10/8, 11/12 and 11/21) (Schedule will also include a few Saturday afternoon rehearsals with specific characters - dates TBD)

Time: 4 - 6:30 p.m.

Location: CCC

Early Bird Price: \$399 (Register by 9/1)

Regular Price: \$430

Canton Amateur Seasonal Theatre for KIDS

(Ages 6-9)

For the little ones looking to explore the wonderful world of Theatre, CAST for Kids is for you. Children explore acting through a variety of theatre games, and exercises. Students will learn basic theatre terminology. The class will learn a song and present a scene as an opener to our CAST fall presentation of Cinderella!

Production dates are: 11/30 and 12/1

Dates: Saturdays, 10/6-11/24

Time: 10 a.m. – 11 a.m.

Location: CCC

Fee: \$225



Cookie Decorating Workshops

(Ages 6+ Parents are welcome to register!)

This workshop is a hands on cookie decorating class in which participants learn the basics for making beautiful iced sugar cookies. Cookies, prepared icing and sugar decorations will be provided. Each participant will take home their drying creations in a bakery box.

Halloween Cooking Decorating

Date: Monday 10/29

Fee for Halloween: \$27 (NR \$30)

Christmas Cookie Decorating

Date: Friday, 12/7

Fee for Christmas: \$27 (NR \$30)

Time: 3:45-5:15 p.m.

Location: CCC

YOUTH ENRICHMENT PROGRAMS

Guitar Lessons

(Ages 10-16)

An introduction to guitar technique for the beginner player to learn to play the songs they love. This class includes scales, rhythm, reading tabs, and an understanding and application of basic chords. Students will receive a foundation in music theory and appreciation. Class size is kept small for more one on one attention. Students are required to bring their own acoustic steel or nylon string guitar.

Dates: Tuesdays 10/2 - 11/20

Time: 6 - 7 p.m.

Location: CCC

Fee: \$100 (NR \$110)

Mad Science - Eureka! Invention

(Grades K-3)

Mad Science presents EUREKA! Invention. Kids explore famous inventors such as Leonardo da Vinci, Thomas Edison, Archimedes, Ben Franklin and even Rube Goldberg, along with the contributions they made to science, engineering and society. Guided by our Mad Scientists, KIDS use their knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all – their minds! While Thomas Edison said “invention is 10% inspiration and 90% perspiration, this program is 100% FUN!

Dates: Mondays, 10/22-12/10

Time: 3:40-4:40 p.m.

Location: CBPS

Fee: \$145 (NR \$155)

Minecraft Engineering

(Grades K-3)

Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO® materials or a seasoned veteran, you'll be hooked on the endless creative possibilities.

Dates: Fridays, 9/21-11/16

(No class 10/5)

Time: 3:40-5:10 p.m.

Location: CBPS

Fee: \$144

Explorers December Camp

(Ages 6-12)

Note: Non-residents pay an additional \$10 for all 3 days and \$5 for individual days

Our extremely popular Explorers Summer Camp brings you some sun and fun this winter with Explorers December Camp! The pool may be closed but we've brought everything else with us – the games, arts & crafts, and sports have all made their way over from Mills Pond Park. Camp is the perfect place to make new friends and create memories that last a lifetime, and now Explorers is bringing the heat in December! Camp is held in the Canton Intermediate School Gym from 9 a.m.-3 p.m., Wednesday through Friday. **Field Trip Day:** Friday December 28th to Flight!

Dates: Wednesday, 12/26 – Friday, 12/28

Time: 9 a.m. – 3 p.m.

Location: CIS Gym

Early Bird Price: (on or before November 28): \$30 per day (\$40 on field trip day) or \$90 for the week

Regular Price: (after November 28): \$40 per day (\$50 on field trip day) or \$120 for the week

YOUTH SPORTS PROGRAMS



Recreation Basketball League

(Grades K-8)

Recreation Basketball League (Grades K-8) is Canton Parks and Recreation's popular basketball league for boys and girls interested in learning the sport of basketball and participating on a team. Players will be grouped into teams within grade brackets after the registration deadline (10/5), assessment night and coach selection with the goal of creating balanced, competitive teams. Due to limited space, some grade brackets may fill up. Don't wait to register! Participants will have one practice per week on a weeknight and one game per week on Saturday mornings. The program runs November-March and is now under the direction of Recreation Supervisor Kellie Faust.

Canton Parks & Recreation is continuing its partnership with Avon, Burlington, and Farmington to expand the size, competition, network and length of our leagues. This will ensure a variety of competitors and provide an early foundation for travel, AAU, and high school athletics. Games will be held in Canton, Avon, and Farmington on Saturday mornings. Please note, some minimal travel within the Farmington Valley is required.

Important Dates:

- Early Bird Registration Deadline - August 31
- Registration Deadline - October 5th
- Assessments - October 24th and 25th
- Practice Begins - November (*schedule will be released after teams are formed*)

Regular Season Begins - December
(*approx. 10 weeks – schedule will be released after teams are formed*)

Early Bird Summer Fee: \$109

(*Before September 1*)

Regular Registration Fee: \$130

(*September 1-October 5*)

REC Hoops Basketball Clinic

(Grades K-3)

This after school clinic is for children interested in learning the basic skills and fundamentals of basketball: dribbling, shooting, and passing. The program focuses on the basics of basketball using smaller balls and lower hoops. This is a very popular program and fills up fast! Classes are a ton of fun and include a mix of warm ups, drills, and games.

Dates: Kindergarten & 1st grade –

Wednesdays: 9/5-10/17 (*No class 9/19*)

2nd & 3rd grade – **Thursdays:** 9/6-10/11

Time: 3:40-4:40 p.m.

Location: Cherry Brook Primary School Gym

Fee: \$60 (NR \$70)

YOUTH SPORTS PROGRAMS



Red Cross Swimming Lessons (Ages 5 & up)

Canton Parks & Recreation in conjunction with Avon HealthTrax will be offering fall swimming lessons. Classes will follow the Red Cross curriculum and will be taught by certified Water Safety Instructors.

Level 1: 4-4:30 p.m.

Level 2: 4:30-5 p.m.

Level 3: 5-5:30 p.m.

Level 4: 5:30-6 p.m.

Swim Lesson Dates: Mondays

Session I: 09/10-10/15

Session II: 10/22-11/26

Location: Avon HealthTrax
100 Simsbury Rd., Avon, CT

Fees: \$80

Tiny Feet Soccer (Ages 5-6)

This special program will feature fun activities designed to maximize instruction, develop basic technical skills and build a love for the game. At this age, our curriculum will challenge young players to focus on skills like dribbling, passing, shooting, ball control, decision-making and creativity. Team play is fostered through group exercises and small sided noncompetitive games.

Dates: Mondays, 9/17-11/12

(No class 10/8)

Time: 6:45-7:30 p.m.

Location: CIS Field

Fee: \$95 (NR \$105)

After School Ski Bus to Ski Sundown

(Grades 4-12)

The goal of this program is to promote health, fitness, and social benefits of snow sports. Ski Sundown offers discounted lift tickets, equipment rentals and ski & snowboard lessons for all abilities. There is a variety of terrain from novice trails, a terrain park for beginners at the Sunnyside Learning Area to more challenging runs and larger terrain features on the main mountain. Bus transportation provided for this 5-week chaperoned program. Please contact 860-693-5808 if you would like to chaperone. Chaperones ski for free and get additional passes for future visits! Information packets and all required forms will be available at CIS, CMS and CHS Main offices in October. Ski Bus will be on Thursdays starting in January.

Stay tuned for 2019 packages and rates – go to cantonrec.org for more information. Registration deadline is November 2nd.



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Educational Center, Inc.

YOUTH SPORTS PROGRAMS

Girls Farmington Valley Field Hockey League

(Grades 5 & 6)

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 early September at the discretion of the Head Coach. Games will be held Sundays starting at 2:30pm. 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)

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.

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

Time: 1 p.m. - 2 p.m.

Location: CHS

Fee: \$45

Next Generation Dance & Gymnastics

(Ages 3-10)

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: Alyssa Laigle, Dance Instructor and Fitness Trainer

Dates: Wednesdays

Session I: 9/26-11/28 (No class 10/31 & 11/21)

Session II: 12/5/18-1/30/19 (No class 12/26)

Times: 4:30 – 5:30 p.m.: Combo

(Gym, Hip-Hop & Ballet/Tap) – ages 3-5

5:30 – 6:30 p.m.: Hip-Hop & Gymnastics

– ages 6-10

Location: CCC

Fee: \$95 (NR \$105)

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TEEN, ADULT, AND SENIOR PROGRAMS

Super Senior Stretch with Denise

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

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

Zumba Gold with Denise

Join the party and enjoy the health benefits of this energetic, feel good, low impact aerobic workout. This class is a total body workout set to Latin and international rhythms. We use the same music and choreography as Zumba Basic; the routines are just modified to be gentler on your knees. No experience necessary, just a willingness to dance and have fun while logging at least 5,000 steps on your fitness tracker! 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

Yoga with Nancy

(Ages 14+)

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: 10/18-12/13 (No class 11/22)

Session II: 12/20/18-2/07/19

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

Location: CCC

Fee: \$80 (NR \$90)

YogaCHI with Mary Ellen

(Ages 14+)

YogaCHI is for all levels and everyone is encouraged to try it out! In this gentle but energizing class we will intelligently combine disciplines of Yoga, Pilates and CHI-Gong. The emphasis will be on exercises to deepen the breath, strengthen the muscles of the "core" as well as 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, cultivation health, vitality and longevity. Yes, this is for everyone!

Dates: Thursdays

Session I: 9/13-10/25 (No class 9/20)

Session II: 11/1-12/13 (No class 11/22)

Time: 10-11 a.m.

Location: CCC

Fee: \$60 (NR \$70)

TEEN, ADULT, AND SENIOR PROGRAMS

NEW! Power 10 Indoor Rowing

(Ages 18+)

Group Indoor Rowing Classes don't require any experience and are similar to spinning classes, except that every major muscle group is involved. Each class is an hour long including warm up and stretching and is designed to burn fat and improve cardio, strength and overall fitness and to have fun while doing it! Our classes are offered to all levels of experience and each rower will work at his/her own intensity. Group Indoor Rowing classes are never the same experience with a great variety of indoor rowing workouts. Classes are limited to 10 participants so the instructor can provide individual attention to each rower. Any makeup sessions should be coordinated with the Power 10 instructors. Classes are held at the Power 10 Indoor Rowing Studio in Avon. Register today!

Senior Row (55+): Tuesdays, 9/25-10/30 from 1 p.m. – 2 p.m.

Community Row (18+): Mondays, 10/15-11/19 from 9:30 a.m. – 10:30 a.m.

Community Row (18+): Mondays, 10/01-11/05 from 6:30 p.m. – 7:30 p.m.

Community Row (18+): Tuesdays & Thursdays, 10/02-11/08 from 9:30 a.m. – 10:30 a.m.

Location: Power 10 Indoor Rowing Studio (Avon, CT)

Fee: \$59 (1 day per week programs)
\$110 (2 days per week program)

Men's Pickup Basketball

(18 & older)

For men looking for a pickup basketball game, come out to Canton Intermediate School Gym for recreational basketball in the evening. The program is in a pickup format with new teams each week. All ages and abilities are welcome! Equip-

ment is provided. The program follows the school schedule for holidays, special events, and weather closures. Please check the website for specific dates.

Under 35

Dates: Mondays, 9/24-12/17

(No games 10/8 & 12/3)

Time: 7:30-9:45 p.m.

Location: CIS Gym

Fee: \$35 (\$45 NR)

Over 35

Dates: Tuesdays, 9/11-12/18

(No games 11/6 & 12/4)

Time: 7:30-9:45 p.m.

Location: CIS Gym

Fee: \$35 (NR \$45)

Co-ed Adult Volleyball

(18 & older)

Drop-in volleyball is back at Canton Intermediate School Gym for doubles, triples, and team matches. Standard outdoor doubles and triples rules will be utilized. The program is pick-up style with new teams forming each week. Equipment is provided. The program follows the school schedule for holidays, special events, and weather closures. Please check the website for specific dates.

Dates: Thursdays, 9/6-12/20

Time: 7:30-9:45 p.m. *(Time changes to 8:30-9:45 p.m. beginning in November)*

Location: CIS Gym

Fee: \$35 (NR \$45) for the session

NEW! Improv for Teens with Sea Tea Improv

(Ages 12 – 18)

Too often, teens are told to be quiet and listen, – but with Sea Tea Improv, we want to hear their wildest and most creative ideas! Sea Tea Improv's teen improv classes are all about harnessing the wit and wisdom of students ages 12-18 and turning it into intelligent, cool

TEEN, ADULT, AND SENIOR PROGRAMS

comedy. Whether your teen wants to pursue a career in comedy, become more confident in social and academic settings or round out theatrical training, Sea Tea Improv is here to help. This class is a creative space for teens to utilize, exercise, and develop their individual talents while working together with a team of peers to create comedy theater!

Dates: Thursdays, 10/11-11/01

Time: 6-7:30 p.m.

Location: CCC

Fee: \$80 (NR \$85)

NEW! HealthTrax Workout Pass – 6 workouts in 60 days!

(Ages 18+)

Get fit this fall at HealthTrax in Avon! This pass gives you access to HealthTrax for 6 visits – visits must be completed within 60 days of purchase. Workout on your own or try one of our 50+ group fitness classes offered a week. With over 30,000 square feet of fitness space, including an indoor lap pool and whirlpool, three group exercise studios, an extensive fitness floor, massage suites and a member lounge, there is something here for everyone. Once you have registered at cantonrec.org stop by HealthTrax with proof of purchase for your membership card and start working out. It's that simple – register today! Pass is only valid at HealthTrax in Avon.

Location: Avon HealthTrax

Fee: \$50



RoadMap To College

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: Saturday, 11/10

Time: 12-3 p.m.

Location: CCC - Room C

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

AAA Drivers **Education Course**

AAA's full Driver Education Program consists of 30 hours of classroom study and 8 hours of individual in-car lessons (four 2 hour lessons) in one of their specially equipped training vehicles. All students enrolled in the class must be 16 years of age or older by start of the class. One parent or legal guardian is required to attend the first class for the full two hours. Register through AAA at AAA.com/drivingschool.

Dates: Tuesdays, Wednesdays & Thursdays

Session I: 9/25-10/25 and
11/27/18-1/08/19

Session II: 11/8-1/10

(No class 11/22, 12/25, 12/27, 1/1)

Times: 2:30-4:30 p.m.

Fee: AAA Member Price \$595

(Non-Member Price \$650)

Canton Youth Services Bureau
P R E S E N T S



**The New
and
Improved
Cave**

**Every Friday Night
7-10pm**

FEATURING

**Billiards, Ping
Pong, Video Games,
Music, and More!**

FREE FOOD | FREE ENTRY

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.

Community Garden Plots Available

The Canton Community Gardens are located behind the Canton Community Center. Fee is \$35.00 for a 20 x 25 plot, and \$55 for a 20 x 50 plot, raised plot \$20 (Senior discounts available). Gardener applications will be accepted starting in March. Gardens are 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.

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.

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