

CANTON PARKS & RECREATION

WINTER/SPRING 2019

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
Parks & Recreation Office**

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at "Canton Parks
and Recreation"



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"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 Supervisor

Kellie Faust, MSED
kfaust@townofcantonct.org

Recreation Coordinator

Lexi C. Polasek
lpolasek@townofcantonct.org

Parks and Recreation Commission

The commission meets 3rd Wednesday 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; 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 was most recently awarded the Connecticut Parks and Recreation's R. Peter Ledger 2018 Young Professional. Courtney's favorite recreational activities include traveling, reading, and rock climbing.



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

Kellie 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.

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.

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Matthew P. Keefe, DMD

Theresa F. Keefe, DMD

Janot J. Bente, DMD

Jo-Anne Castellone, DMD

SPECIAL EVENTS

Pop Up Winter Wonderland Events

Calling all cold weather lovers, we have some fun events for you! Canton Parks and Recreation will be hosting a series of pop-up events throughout the winter. The dates for these events will depend on the weather, so cross your fingers for some snow this year (not too much though). These events will be announced on our Facebook page-Canton Parks and Recreation and through our email system. If you are not already signed up for our emails please go to www.CantonRec.org to sign up. The following Pop Up events are completely FREE!

Soup and Snowmen

Do you want to build a snowman? Join us at this fun snowman building event at Mills Pond Park-carrot noses and some other materials will be provided for everyone to build their very own snow friend, but please bring other items from home to complete your snowman's look. Olaf would be proud! After you're done with your creation, warm up with some delicious soup provided by b.good.

Tubing and Hot Chocolate

Tubes - check, hot chocolate - check, tons of fun - double check. Bring a tube or sled to Mills Pond Park and partake in the winter festivities. Hot chocolate with marshmallows will be provided.

Valentine's Day Parents Night Out (Ages 5-12)

Celebrate this Valentine's Day with no kids and no worries. Canton Parks and Recreation is providing an evening of activities for your kids while you enjoy that reservation you booked way in advance. Kids will be supervised and entertained for the evening with arts and crafts, games and more! Pre-registration is required.

Date: Friday, 2/8

Time: 5-9 p.m.

Location: Canton Community Center

Fee: \$25 for first child, \$10 for each additional child

Explorers February Vacation Camp (Ages 5-13)

On Monday & Tuesday, February 18th and 19th, youth ages 5-13 can enjoy another two days of Explorers Camp! This will include unique crafts that campers can take home and hours of games! Don't miss out on the February edition of Canton's most popular line of day camps!

Date: Monday & Tuesday, 2/18-2/19

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

Location: Canton Community Center

Early Bird Price: (Register on or before January 18)

\$30 for 2/18, \$40 for 2/19 - Field Trip Day,

\$60 for both days

Regular Price: (After January 18) \$40 for 2/18,

\$50 for 2/19- Field Trip Day, \$80 for both days



Canton Family Ice Skating Night (Saturday, February 23 from 6-7 p.m.)

Join us for our 4th annual Canton Family Ice Skating Night. Enjoy a night out with the family at Simsbury Farms Ice Rink hosted by Canton Parks and Recreation. There will be an hour of free skate time with music. Hot chocolate will be provided.

Date: Saturday, 2/23

Time: 6-7 p.m.

Location: Simsbury Farms Ice Rink
(100 Old Farms Road, Simsbury, CT)

Fee: \$8 per person (Includes skate rental)



Easter Egg-Stravaganza! (Saturday, April 13 at 10 a.m.)

Easter Egg-Stravaganza starts at 10 a.m. at Mills Pond Park with a special magic and juggling show featuring Robert Clarke. At 11 a.m. kids will be invited to the fields to participate in the annual egg hunt (there will be different sections for varying age groups). Find a golden Easter Egg and get a special prize! Following the egg hunt, families will get the opportunity to get photos taken with the Easter Bunny and enjoy some Easter crafts. The event is completely FREE!

Date: Saturday, April 13

Time: 10-11:05 a.m.

Location: Mills Pond Park

SPECIAL EVENTS



4th Annual Spring Clean Up (Presented by Canton Department of Public Works and Parks and Recreation Department)

Help celebrate Earth Day and show your community pride by joining your friends and neighbors at the 4th Annual Spring Clean Up event. Volunteers will meet at Mills Pond Park Pavilions at 8:30 a.m. for work assignments, coffee and donuts. Groups will help pick up trash throughout Mills Pond Park, Millennium Fields, Dyer Field, Canton High School, Canton Intermediate School grounds, and various town roadways (full details available closer to the date of the event). Gloves and garbage bags will be provided to all volunteers. Come dressed to work outside and get dirty! We encourage you to bring a water bottle and wear sunscreen. All children must be supervised by a parent/guardian at all times throughout the event. The first 50 to register will receive a free T-shirt. Full event details will be available soon at www.Canton-Rec.org. For any questions please call 860-693-5808.

Date: Saturday, 4/27

Time: 9 a.m.-noon

(8:30 a.m. check in at Mills Pond Pavilions)

Water Safety Night

(Thursday, May 16 from 5:30-6:30 p.m.)

The summer is a great time to cool off with a swim, but first it is important to learn tips to stay safe around the water. The Mills Pond Pool staff will guide participants through a series of engaging activities and lessons to teach children important safety techniques to ensure they have fun while staying aware of their water surroundings.

Date: Thursday, May 16

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

Location: CIS Gym

Spring Family Movie Night featuring "The Sandlot"

(Friday, May 17 from 7:45-9:45 p.m.)

Bring a lawn chair, some blankets and snacks to Mills Pond Park on Friday, May 17 to watch the movie classic "The Sandlot." Get in the summer spirit with this family favorite movie. Movie will be shown by the stage where the summer concerts are held. This event is completely FREE!

Date: Friday, 5/17

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

Location: Mills Pond Park

Explorers April Vacation Camp (Ages 5-13)

Explorers Day Camp is back for April Vacation! This one week of camp is the perfect opportunity for 5-13 year olds to participate in a variety of activities, make new friends and create memories that last a lifetime! Camp will be held in the Canton Intermediate School Gym.

Dates: Monday, 4/8-Friday, 4/12

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

Location: CIS Gym

Early Bird Rates:

(Register on or before March 22)-\$30 per day (\$40 for Flight Day) or \$130 for the week.

Regular Rates: (After March 22)-\$40 per day (\$50 for Flight Day) or \$170 for the week.

Note: Non-residents pay an additional \$5 per day or \$15 for the week.



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 workout! Maximum of 10 participants for this class so don't wait to register! Class is expected to fill quickly.

Dates: Mondays

Session I: 1/28-3/11 (No class 2/18)

Session II: 3/25-5/6 (No class 4/8)

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

Location: CCC

Fee: \$60 (NR \$70)

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: 1/9-2/13

Session II: 2/27-4/3

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

Fee: \$65 (NR \$70)

Location: CCC

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!

Date: Thursdays, 5/9-6/13

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

Location: CCC

Fee: \$65

TinkerGarten

(Ages 18 months-3 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

Free Trial Session: Friday, 1/25-9:45 a.m.

at Mills Pond Park

Session I: 2/8-3/15 (6 Sessions)

Session 2: TBD by February for spring dates (8 sessions)

Time: 9:45-11 a.m.

Location: Mills Pond Park - Concert field area

Fees:

Session I: \$135 (\$94.50 for additional sibling)

Session II: \$180 (\$126 for additional sibling)

Registration: Visit tinkergarten.com and search by zip code to register!

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, joyfully 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 that are appropriate for their age.

Dates: Mondays, 4/15-6/10

(No class 5/27)


Time: 6-6:45 p.m.

Location: CIS Field
(Rain option CIS Gym)

Fee: \$95 (NR \$105)

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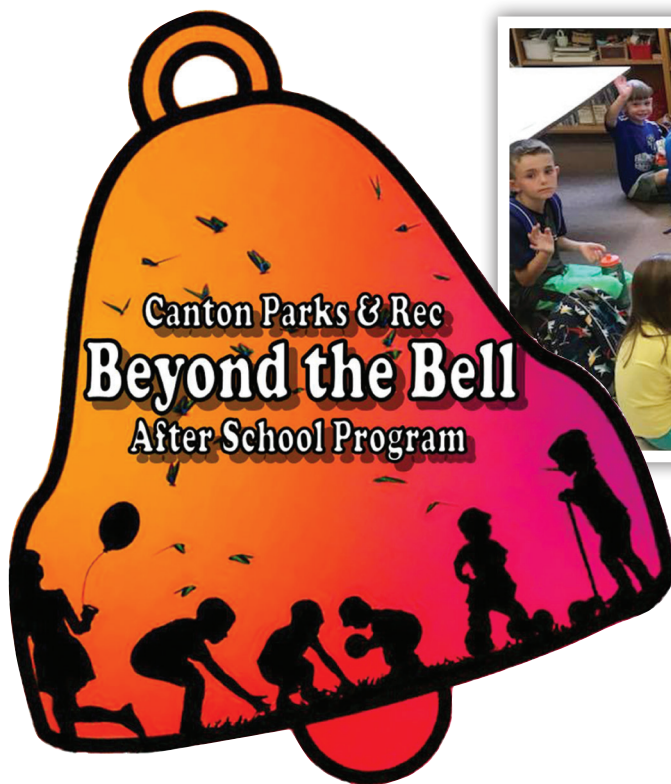


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YOUTH ENRICHMENT PROGRAMS



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. 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 Winter/Spring Semester Package or our NEW full School Year packages to save!

Dates: Monday-Friday, 1/2-6/19*

January: 1/2-2/1 (No class: 1/1, 1/18, 1/21, 1/23)

February: 2/4-3/1 (No class: 2/18 and 2/19)
Friday, February 8 - children will be transported

to the Canton Community Center for a special event and pick up.

March: 3/4-3/29

(No class: 3/12, 3/13, 3/14)

April: 4/1-5/3

(No class: 4/8-4/12, 4/19)

May: 5/6-5/31

(No class: 5/24, 5/27)

June: 6/3-6/19*

(*Beyond the Bell's last day will be on the last Full School Day)

Time: 3:30-6 p.m.

Location: CBPS

Fully Loaded Week (5 Days):

January: \$220

February: \$180

March: \$200

April: \$200

May: \$180

June: \$140

Winter/Spring Fully Loaded Package: \$950

You Pick Three Days Per Week:

January: \$140

February: \$120

March: \$140

April: \$140

May: \$120

June: \$100

Winter/Spring Fully Loaded Package: \$590

You Pick Two Days Per Week:

January: \$110

February: \$80

March: \$100

April: \$90

May: \$80

June: \$60

Winter/Spring Fully Loaded Package: \$470

Art-Ventures: Where the Wild Things Art (Grades K-3)

Art adventurers explore many whimsical and original art forms and techniques, discovering clay and collage, painting and drawing, mask-making and decorating, just to name a few! Sculpt colorful monsters and clay pots, design ceramic robots, decorate birdhouses and wooden guitars, create tape resist T-shirts and so much more. Plus, hear wonderful stories, such as "Where the Wild Things Are" or "Nova the Robot," each relating to a work of art. A little literacy education in disguise. Humor and surprises are always included. Explore, experiment, create. Art adventurers bring home awesome works of art each week! So much FUN!

Dates: Tuesdays, 2/26-4/30 (No class 3/12 and 4/9)

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

Location: CBPS- cafe

Fee: \$130 (\$140 NR)

YOUTH ENRICHMENT PROGRAMS



Canton Amateur Seasonal Theatre for KIDS (Ages 6-7)

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 spring presentation of "Willy Wonka Jr."

Production dates are 3/29 & 3/30
Dates: Saturdays, 1/12-3/23
Time: 10-11 a.m.
Location: CCC
Fee: \$225

Canton Amateur Seasonal Theatre: Set Design Course (Ages 8-16)

Join CAST to plan, design and create the magical set for "Willy Wonka Jr." Learn the process of set design from start to finish with CAST Director Vickie Culligan. Set design is an important part of any theatre production. Stretch your imagination and creativity to bring the show to life, and transport the audience to Willy Wonka's deliciously enchanting setting.

Production dates are 3/29 & 3/30
Dates: Saturdays, 1/26-3/23
Time: 11 a.m.-12:30 p.m.
Location: CCC
Fee: \$85

Canton Amateur Seasonal Theatre - C.A.S.T. presents: "Willy Wonka Jr."

(Ages 9 - 16)

The delicious adventures of Willy Wonka's chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film in addition to a host of fun new songs, Roald Dahl's "Willy Wonka Jr." is a scrumdiddilyumptious musical guaranteed to delight everyone's sweet tooth.

Production dates are 3/29 & 3/30

Dates: Mondays and Wednesdays, 1/7-3/27
 (No class 1/21, 2/18). Schedule will also include a few Saturday afternoon rehearsals with specific characters -dates TBD)

Time: 4-6:30 p.m.

Location: CCC

Fees: Early Bird Price: \$399
 (Register by 12/15)

Regular Price: \$430

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, 2/26-4/23 (No class: 4/9)

Time: 6-7 p.m.

Location: CCC

Fee: \$100 (\$110 NR)

Hobby Quest's "Airplanes" (Grades K-3)

Can you build them? Yes, you can! UFO, Sky Rocket and Arrow Quest are just a few of the many amazing airplane models you'll get to build in this STEM-focused program. Learn what makes your plane lift off and continue to fly, and then build some more. You'll take home each plane you craft! Class is the perfect combination of STEM learning, building and flying fun! Build it! Fly it! Keep it!

**Note: Due to a previous school event - if there is a snow day on Wednesday, January 23 that event's reschedule date will be on Thursday, January 24 and Hobby Quest Airplanes will not be held. Parents will be notified on Wednesday, 23 if there is a cancellation and the program will extend to March 28.*

Dates: Thursdays, 1/17-3/21

(No Class: 2/21 and 3/14)

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

Location: CBPS

Fee: \$144 (\$154 NR)

YOUTH ENRICHMENT PROGRAMS

Spring Cookie Decorating Class

(Ages 6 & Up, Parents are welcome to enroll)

A special one-day-only class where kids will learn and participate in the outline and flood method of cookie decorating. Think bunnies, chicks, Easter eggs, bonnets, flowers, carrots, birds, birdhouses, butterflies, watering cans and more! All participants will learn various techniques such as polka-dotting, feathering and secondary decoration. All materials such as prepared icings, decorating sugars, will be provided. And most importantly... everyone will be able to take their creative confections home with them at the end of the class!

Date: Friday, April 5

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

Location: CCC

Fee: \$27 (\$30 NR)

Hobby Quest's "Magic"

(Grades K-3)

Abracadabra! You will be transformed this spring when you learn to perform mystifying magic tricks, like the Disappearing Deck, the Three Magic Wands and the Coin Increasing Bag. At the end of the session, you'll get to share your new skills with friends and family in a real magic show...and keep all the tricks! Class is designed to enhance communication and performance skills in a supportive, creative atmosphere. Learn it! Perform it! Keep it!

Dates: Thursdays, 4/4-5/30 (No class 4/11)

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

Location: CBPS

Fee: \$144 (\$154 NR)

Mad Science - Space & Beyond

(Grades K-3)

Experience our program co-designed by NASA and Mad Science! From our Earth's atmosphere to the outer reaches of our solar system, this hands-on program for children sends them on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Explore the farthest reaches of our solar system and create a lunar eclipse in this "mad" planetary tour! Learn about the four forces of flight and the challenges of space travel, build your very own rocket to take home and participate



in an awesome rocket launch!

Dates: Mondays, 3/4-4/29 (No class 4/8)

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

Location: CBPS

Fee: \$145 (\$155 NR)

LEGO - Winter STEM FUNDamentals with LEGO® Materials

(Grades K-3)

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: Houseboats, Mini Golf Courses, Forklifts 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.

Dates: 1/25-3/15

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

Location: CBPS

Fee: \$161 (8 Sessions)

LEGO - Spring Harry Potter Magical Engineering with LEGO® Materials

(Grades K-3)

Explore the magic of Harry Potter using LEGO®! Find Platform 9 ¾, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts.

Dates: 4/26-6/14 (No Class: 5/24)

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

Location: CBPS

Fee: \$144 (7 Sessions)



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Robert Amrein
Owner

LaNelle Stanhope
Director

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www.steppingstonesedctr.com

Educational Center, Inc.

YOUTH SPORT PROGRAMS

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, 4/15-6/10 (No class 5/27)

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

Location: CIS Field (Rain option: CIS Gym)

Fee: \$95 (\$105 NR)



Field Hockey Clinic

(Grades 4-8)

Learn the fundamentals of field hockey with former college players and coaches. This clinic is specifically designed to foster skill development and growth in players, grades 4-8. Come join the fun and improve your field hockey skills. No previous experience is necessary! Participants are asked to bring a field hockey stick, shin guards & mouth guard.

Dates: Thursdays, 5/2-5/23

Time: 3-4:30 p.m. (Can meet at field at 2:45 p.m.)

Location: CIS Field

Fee: \$50 (\$60 NR)

Spring T-ball & Coach Pitch

(Ages 4-7)

Children learn the basics of baseball including how to throw, catch, hit, and the positions of America's favorite pastime; all while having fun in a safe environment. T-ball and Coach Pitch take place on Saturdays spread over 5 weeks in April, May and June at Mills Pond Park. Participants get a cool team T-shirt to keep. Registration deadline is April 3. Parent volunteer coaches are needed; if you are interested in volunteering please call 860-693-5808 or email Kellie Faust, recreation supervisor at kfaust@townofcantonct.org.

Dates: Saturdays, 4/27-6/1 (No games 5/27)

Fee: \$50 (\$60 NR)

Location: Mills Pond Park

Time: T-Ball: 10-11 a.m.

Coach Pitch: 11-noon



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: 2/13-4/3

Session II: 4/17-5/15

Times for sessions II-IV:

- Combo Class Ages 3-5: 4:30-5:30 p.m.

- Hip-Hop/Gym Ages 6-10: 5:30-6:30 p.m.

- Hip-Hop/Gym Ages 8-15: 6:30-7:30 p.m.

Session I Fee: \$95

Session II Fee: \$65 (5 week session)



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fax (860) 693-9685

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TEEN, ADULT, AND SENIOR 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 others 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: Saturday, 4/13

Time: 10 a.m.-4 p.m.

Location: CCC-Room E

Fee: \$135 (\$150 NR)

American Red Cross Basic CPR/AED and First Aid

(Ages 13+)

This hands-on skills training prepares you to respond to breathing and cardiac emergencies as well as basic first aid. It also teaches the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED).

Date: Monday, 5/20

Times: 4-9 p.m.

Location: CCC

Fee: \$85 (\$100 NR)

American Red Cross CPR/AED and First Aid Re-Certification

(Ages 15+)

This course is an official re-certification class for existing CPR/AED and First Aid Certifications 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: Wednesday, 5/22

Times: 4-7 p.m.

Location: CCC

Fee: \$60 (\$75 NR)

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 www.AAA.com/drivingschool.

Dates: Tuesdays, Wednesdays and Thursdays



Session I: 2/5-3/12 (No Class: 2/19)

Session II: 4/16-5/16

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

Fee: AAA Member Price \$595, \$650
(Non-Member Price)

Guitar Lessons for Adults

(Ages 50+)

Learning guitar is one of the many relaxing and absorbing activities that seniors and baby boomers are discovering. This is an excellent way to maintain good cognitive functioning as well as hand flexibility. Acquiring knowledge regarding playing a guitar, or any musical instrument, exercises all aspects of your brain: sight, sound, fine movement control and perception.

Dates: Mondays, 3/4-4/22

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

Location: CCC- Room D

Fee: \$100 (\$110 NR)

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, February 2

Time: noon-3 p.m.

Location: CCC- Room C

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

TEEN, ADULT, AND SENIOR PROGRAMS

Super Senior Stretch

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.

Fee: \$15 per month session

Location: CCC

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.

Fee: \$15 per month session

Location: CCC

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!

Session I:

- Community Row Tues/Thur- 1/8-2/14: 6:30-7:30 p.m.
- Community Row Monday (AM Class)
- 1/7-2/11: 9:30-10:30 a.m.
- Community Row Monday (PM Class) - 1/7-2/11: 6:30-7:30 p.m.

Session II:

- Community Row Tues/Thurs - 2/26-4/4: 6:30-7:30 p.m.
- Community Row Monday (AM Class) - 2/25-4/1: 9:30-10:30 a.m.

- Community Row Monday (PM Class) - 2/25-4/1: 6:30-7:30 p.m.

Fee: \$59 (1 day per week programs)

\$110 (2 days per week program)

Location: Power 10 Indoor Rowing Studio (Avon)

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, cultivate health, vitality and longevity. Yes, this is for everyone!

Dates: Thursdays

Session I: 1/3-2/14 (No class 1/17)

Session II: 2/21-3/28

Session III: 4/4-5/9

Session IV: 5/16-6/20

Time: 10-11 a.m.

Fee: \$60 (NR \$70)

Location: CCC

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: 2/21-4/11

Session II: 4/18-6/06

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

Fee: \$80 (NR \$90)

TEEN, ADULT, AND SENIOR PROGRAMS



Co-ed Adult Volleyball

(Ages 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, 1/10-5/9

(No games 1/31, 3/14 & 4/11)

Time: 1/10-3/7: 8:30-9:45 p.m.,
3/21-5/9: 7:30-9:30 p.m.

Location: CIS Gym

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

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! Equipment 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, 1/7-5/6

(No games 2/18, 3/4 & 4/8)

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

Location: CIS Gym

Fee: \$35 (\$45 NR)

Over 35 Dates: Tuesdays, 1/8-5/7

(No games 2/19 & 4/9)

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

Location: CIS Gym

Fee: \$35 (NR \$45)

Postnatal Fitness Class

Begin retraining and reconditioning your core after delivery. Learn and practice progressive workouts to tone safely avoiding and correcting symptoms of pelvic floor dysfunction and diastasis recti. Suitable for women 6 weeks+ postpartum.

Dates: Saturdays, 3/2-4/6

Time: 2-3 p.m.

Location: CCC

Fee: \$79 (\$89)

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 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, 4/25-5/16

Time: 6-7:30 p.m.

Location: CCC

Fee: \$80 (NR \$85)

CANTON LAND TRUST EVENTS

Canton Land Trust Events

See Canton's Natural Beauty Closeup at Monthly
Canton Land Trust Hikes.

The Canton Land Conservation Trust welcomes all to its monthly guided hikes. Hike locations change each month, as do their focus. Depending on the season and trail, hikers may see birds, vernal pools, fall colors, spectacular views, historical remains of past land uses, babbling streams, or just lovely fields and forests. You'll also meet other folks who enjoy being outdoors and hiking the trails. See www.cantonlandtrust.org for hike announcements. And if you can't make the hikes, remember that "this land is your land" to hike whenever you wish. The Canton Land Conservation Trust is a non-profit conservation organization formed in 1972 to acquire, preserve and protect land of scenic, natural or historic value within the town of Canton; to maintain this land and its plant and animal life using the best conservation, wildlife habitat and forestry practices available, and to promote public awareness, understanding and enjoyment of the land. The Land Trust is the steward of approximately 2,000 acres of natural land.

Find the Perfect Christmas Tree – Saturday Dec. 8

The Canton Land Conservation Trust will hold its Christmas Tree and Greens Sale from 9 a.m. to 1 p.m., Saturday Dec. 8 at the Smith Christmas Tree Farm on Doyle Road. Hike into the fields to choose just the right Christmas tree, then cut it down and take it home! There's nothing as wonderful as this traditional experience and a fresh-cut tree to start off the holiday. There will be dozens of spruce and fir trees to choose from, priced from \$25 to \$35, and bundles of pine greens for \$5. After cutting down your tree, stay and warm up with hot cocoa and cookies. There will be help available to cut your tree and lift it onto your car roof. Remember to bring rope to assist with tying. The Land Trust welcomes everyone to stay and hike the property, and to take this time to join the Land Trust or renew membership.

Directions: take Wright Road from Route 179 (Cherry Brook Road). Turn left from Wright Road onto Doyle Road and continue for one-half mile. The last portion is unpaved. There is ample parking near the farm's barn.



Educational Center, Inc.

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Director

(860) 693-6294 • (860) 693-2852
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Magical Moonlight Hike – Saturday Jan. 19

Please join us for one of the Land Trust's most popular events, from 5:30 to 8:30 p.m. on Saturday, Jan. 19. Hikers follow an illuminated Breezy Hill Trail through the woods to a neighbor's horse barn. Hikers can warm up with chili, beverages and treats in the barn, or gather outside by the bonfire. The Land Trust will provide chili and beverages. Hikers are welcome to bring a food item to share, and we suggest bringing water. The event is free, although donations are appreciated. Non-members are welcome.

Hikers can begin from the trail head after 5:30 p.m. (no earlier, please!). Remember to dress for the weather. Please leave dogs at home. Directions: Drive up Indian Hill Road to its end, then turn right to ascend a few hundred feet up Breezy Hill Road past the trail head. Volunteers with flashlights will be there to direct parking. Drive carefully, as there will be hikers heading down the road to the trail head.

For both events, in case of bad weather, check <https://cantonlandtrust.org/> for updates.

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SUMMER 2019 PREVIEW

Summer Camp Early Bird Registration starts April 1, 2019

Believe it or not, summer is just around the corner! Canton Parks and Recreation is already hard at work planning all of the amazing adventures that your kids will enjoy this summer at our feature day camps: Explorers Day Camp (ages 6-12), Tiny Tots Pre-School Camp (ages 3-5) and Teen Adventure Travel Camp (ages 12-15). Full information will be available online at www.CantonRec.org and in the upcoming Summer Brochure.

Early Bird registration for summer camps begins on April 1 online at www.CantonRec.org, over the phone at 860-693-5808 or in person at the Parks and Recreation Office. Spaces are limited so don't wait to register! A \$20 fee for Non-Residents will be added on at checkout. Register before May 7 to receive Early Bird rates on all camp programs and save! Prices increase on May 8.

Teen Adventure Travel Camp

Get ready for a summer packed full of daily adventures and excitement! Canton Parks and Recreation is partnering up with Avon Parks and Recreation this summer for a new Teen Camp. Each week teens will no longer go on one field trip, but FIVE trips including weekly trips to Six Flags! Teen Adventure Travel Camp will meet at Mills Pond Pool before departing on the bus to various locations such as Flight Trampoline Park, Six Flags, Connecticut Science Center, The Yard Goats, State Parks, beaches and much more. Our camp hours will be Monday-Friday, 9 a.m.-4 p.m. Don't forget to grab your early bird special prices starting April 1 for \$299 per week; after May 8 an additional \$20 per week will be added on.

If you register for 3 or more weeks before July 1, your child will receive a FREE six flags season pass! There will be a maximum capacity of 20 campers, so don't miss this amazing offer and experience this summer! More details will be in our summer brochure.

Counselor-in-Training

(Ages 14-17)

What is the C.I.T. program?

Canton Parks and Recreation Department is seeking responsible, outgoing, 14-17 year olds interested in working with children in a fun, fast paced, outdoor setting during the summer. C.I.T.s (Counselors in Training) will assist camp counselors with planning and leading activities, supervising campers both on site and on field trips and other duties as needed. There will also be weekly "Leadership Workshops" to help C.I.T.s develop leadership skills and team building!

Benefits of becoming a C.I.T.

Being a C.I.T. is extremely rewarding and is a great resume builder for college. Also, top performing C.I.T.s will be given preferential consideration during the hiring process when they are eligible to apply for a paid position and openings exist.

Application Process

Interested individuals are required to complete an application form and attach a reference letter from a non-family member (teacher, coach, etc). Applications will be accepted starting January 28, 2019. Application materials must be dropped off to the Parks and Recreation Office by no later than April 26, 2019 to be considered. Candidates will be contacted for interviews on a rolling basis. There are a limited number of C.I.T.s that will be admitted into the summer of 2019 program, so do not wait to apply.

Admission

After completing an interview, successful candidates will receive an acceptance letter into the C.I.T. program.

Water Safety Instructor Aide - Summer 2019

(Ages 12-15)

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 Sunday, June 9. Students that are successful in the WSI Aide class will be invited to be scheduled to assist in teaching swim lesson sessions. A great volunteer experience, good for resume and a lot of fun! For more information please visit www.CantonRec.org.

SUMMER INTERN OPPORTUNITY

Canton Parks and Recreation is looking for a Summer Recreation Program Assistant (Intern) to assist with program planning, supervision, customer service and other areas of the Parks and Recreation profession. Candidates must be enrolled in an undergraduate or graduate level program in recreation & leisure services or closely related field. Internship anticipated to run May-August. Compensation in the form of a stipend.

Interested candidates should e-mail a resume to Kellie Faust, recreation supervisor, at kfaust@townofcantonct.org. Candidates will be contacted for an interview on a rolling basis. Position may be filled at any time.

SUMMER EMPLOYMENT 2019

Canton Parks and Recreation will begin accepting applications for summer employment starting January 2, 2019. Applications and job descriptions are available at www.CantonRec.org and in person at the Parks and Recreation Office. Openings include summer camp counselors, front desk attendants, lifeguards, water safety instructors and maintenance. For more information please contact Kellie Faust, recreation supervisor, at kfaust@townofcantonct.org. Candidates will be contacted for an interview on a rolling basis. Position may be filled at any time. Be sure to apply early as openings are limited and fill quickly.



The Cave

Sponsored by Canton Youth Services Bureau
and Collinsville Congregational Church



**Open every Friday
from 7:00-10:00pm**

Free Food | Games & Activities | Monthly Special Events



Follow us on Instagram @cysbct

**The Cave is a chaperoned substance free environment
for all High School Youth, grades 9-12, with free
refreshments, activities and programs. Located behind
the Collinsville Congregational Church- middle red door.**

7 South Street | Collinsville, CT | 860-693-5808

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 Gemenen 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 judgment 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 15. New gardener applications will be accepted starting Friday, March 22 assigned on a first come first serve basis regardless of past participation. Gardens are assigned on a first come first serve basis regardless of past participation. Registration forms are available online at www.Canton-Rec.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