



## CREATING COMMUNITY THROUGH PARKS, PROGRAMS, AND PEOPLE

P R O G R A M S & E V E N T S



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

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### REGISTER TODAY

**Register online at [www.CantonRec.org](http://www.CantonRec.org)  
over the Phone at 860-693-5808  
or in Person at the P & R Office**

*Registration is first come first served. Spaces are limited  
in select programs so please do not wait to register!*



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"Canton Parks and Recreation"



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"Cantonctparkandrec"

### 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](http://www.CantonRec.org)

#### Director of Parks and Recreation

Joshua T. Medeiros, Ed.D., CPRP  
[jmedeiros@townofcantonct.org](mailto:jmedeiros@townofcantonct.org)

#### Recreation Supervisor

Courtney A. Hewett, CPRP  
[chewett@townofcantonct.org](mailto:chewett@townofcantonct.org)

#### Recreation Coordinator

Chris V. Sacco, MS  
[csacco@townofcantonct.org](mailto: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](http://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



### Joshua T. Medeiros, *Director*

Dr. Joshua Medeiros has been the Parks and Recreation Director since June 2014 where he oversees all of the department's operations. Josh has an earned doctorate degree in Educational Leadership from the University of Hartford and a Master's Degree in Recreation Administration from Southern Connecticut State University. Josh also serves as a part time Adjunct Professor in the Department of Recreation, Tourism and Sports Management at Southern Connecticut State University.

Josh has been involved in the field of Parks and Recreation for over a decade. He serves as the President of the Connecticut Parks Association and as an Executive Board Member of the Connecticut Recreation and Parks Association. He was awarded the "R. Peter Ledger" Young Professional Award in 2015 from CRPA and most recently the Robert W. Crawford Young Professional Award in 2017 through the National Recreation and Parks Association.

He is a Certified Parks and Recreation Professional and Aquatics Facility Operator through the National Recreation and Parks Association. He is also a certified Water Safety Instructor Trainer, Lifeguard Instructor and CPR/First Aid Instructor with the American Red Cross.

Josh's favorite recreational activities include golfing, traveling, hiking, running, biking and kayaking.



### Courtney A. Hewett, *Recreation Supervisor*

Courtney Hewett has been the Recreation Supervisor 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 in Recreation Administration program 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 and rock climbing.



### Chris 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/vacation camps, youth basketball, and the Beyond the Bell after school 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' favorite recreational activities include golfing, hiking, and rafting. He also plays bass guitar in an alternative Connecticut-based rock band – the Punchbowl Astronauts.



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Matthew P. Keefe, DMD

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

Jo-Anne Castellone, DMD



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## 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 Joshua Medeiros, Director of Parks and Recreation, [jmedeiros@townofcanton.org](mailto:jmedeiros@townofcanton.org), 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 scholarship may obtain a scholarship application from [www.CantonRec.org](http://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](mailto: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](http://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](http://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.
4. Registrations made via credit card may be refunded back to the card (typically takes 1 week), cash or check registrations will be refunded via check (takes 2-3 weeks).

## DEPARTMENT INFORMATION

### Rentals

The Town of Canton rents out select facilities and fields throughout the year. Please visit [www.CantonRec.org](http://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.

**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.

### 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](http://www.CantonRec.org), completed applications should be submitted to Courtney Hewett, Recreation Supervisor at [chewett@townofcantonct.org](mailto:chewett@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](http://www.cantonll.com)

**Avon/Canton Hockey:** [www.avonhockey.com](http://www.avonhockey.com)

**Basketball:** [www.cantonyouthathletics.com](http://www.cantonyouthathletics.com)

**Football/Cheer:** [www.focf.zoomshare.com](http://www.focf.zoomshare.com)

**Lacrosse:** [www.cantonlax.org](http://www.cantonlax.org)

**Soccer:** [www.cantonsoccer.org](http://www.cantonsoccer.org)

**Travel Football:** [www.warriorsfbc.com](http://www.warriorsfbc.com)

## FEATURED PROGRAM

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

on Monday, Tuesday and 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. Additionally, each day will include a quiet time for students to complete homework and help will be available for those really tough assignments.

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.

Beyond the Bell has increased its flexibility to accommodate a variety of scheduling needs. We understand the needs for afterschool care vary widely so we are now offering Beyond the Bell either three days a week per month or the Flex Plan – four days of your choice per month. Simply provide Parks & Rec office 24 hours notice of the days you would like to attend.

**Days:** Mondays, Tuesdays, and Fridays

**September:** 9/5-9/29 Fee: \$120 (No class on 9/4)

**October:** 10/2-10/31 Fee: \$120 (No class on 10/9)

**November:** 11/3-11/28 Fee: \$100 (No class on 11/7, 11/14, 11/24)

**December:** 12/1-12/22 Fee: \$100 (No class on 12/25, 12/26, 12/29)

**Flex Plan:** 4 days of your choice per month Fee: \$50/month

**Fall Flex Package:** 4 days of your choice per month for four months. Fee: \$175

**Fall Package:** 9/5-12/22 Fee: \$400

**Time:** 3:30-5:30 p.m.

**Location:** CBPS





## SPECIAL EVENTS



### 4th Annual Spook-A-Palooza: Halloween Carnival

Saturday, October 14th, 12-2 p.m.

Calling all ghouls and goblins– Canton Parks and Recreation will be hosting the fourth annual Spook-A-Palooza Halloween Carnival at Mills Pond Park on Saturday, October 14th. The carnival kicks off at 12 p.m. with a special performance featuring Mr. Bungles. For years he has entertained, creating happy memories for children of all ages. A typical event begins with a fun introduction that gets the children relaxed and laughing. The show continues with juggling balls and rings, comedy magic, crazy props, music with guitar, games and incredible balloon sculptures that are a favorite with all the kids. 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!



### 4th Annual Turkey Shoot Basketball Contest

Friday, November 17th, 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 per team and a canned good for donation to a local food bank.





## SPECIAL EVENTS



### 4th Annual Holiday House Lights Contest

Wednesday, December 20th, 5-9 p.m.

We invite families to submit a registration/entry form for the annual Holiday House Lights Contest to the Parks and Recreation Office no later than Monday, December 18th. Forms are available online at [www.CantonRec.org](http://www.CantonRec.org) and in the Parks and Recreation Office. Completed forms can be mailed, dropped off in person or e-mailed to [jmedeiros@townofcantonct.org](mailto:jmedeiros@townofcantonct.org). Judging will take place on Wednesday, December 20th from 5-9 p.m. Please keep your lights on during this time. Households may win one of five prizes including a Dunkin Donuts gift card and Parks & Rec swag. Award categories include "Most Spirited," "Most Creative," "Brightest," "Traditional," and "Best Overall." The contest is open to Canton/Collinsville residents only.

### 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:** Friday, 10/27

**Christmas Cookie Decorating Date:** Friday, 12/8

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

**Location:** CCC

**Fee per workshop:** \$27 (NR \$30)

### Annual Breakfast with Santa

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

Canton Parks and Recreation Department will be hosting our annual Breakfast with Santa on Saturday, December 9th 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 17th)

\$12 adults, \$10 child.

**Regular Tickets** (purchased after Nov 17th) \$15 adults,

\$12 child.

*All guests who attend the event will be charged the admission fee. Spaces are limited.*

### Christmas in Collinsville

Friday, December 8th, 7 p.m.

Visit Parks and Recreation at the annual Christmas in Collinsville event on December 8th outside the Historical Society building. We will be hosting the tree lighting ceremony at 7 p.m.





## PRESCHOOL PROGRAMS

### 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 a 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, 9/11-11/6

(no class on 10/9)

**Time:** 6-6:45 p.m.

**Location:** CIS Field

**Fee:** \$95 (NR \$105)

### Kindergarten Songs with Ms. Jean

**Ages 3-5**

This program is a perfect add-on for children that have already been to Miss Jean's Music class and/or might be currently enrolled in a Preschool, Pre-Kindergarten or Kindergarten program. Kids will have a great time learning the songs and playing games.

**Dates:** Tuesdays

**Session I:** 9/12-10/17

**Session II:** 10/31-12/12 (no class on 11/7)

**Times:** 9:30-10:30 a.m.

**Location:** CCC

**Fee:** \$65 (NR \$70)

### 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.

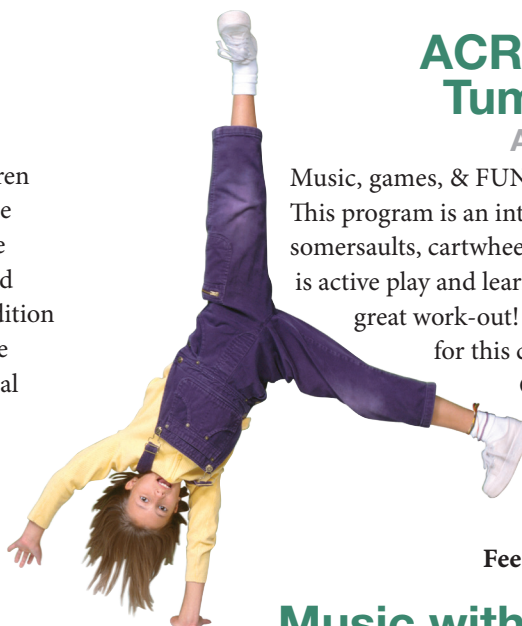
**Dates:** Mondays,

11/13-12/18

**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:** 9/13-10/18

**Session II:** 11/1-12/6

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

**Location:** CCC

**Fee:** \$65 (NR \$70)

### 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:** 9/9-9/30

**Session II:** 10/7-10/28

**Time:** 12-1 p.m.

**Location:** Avon Valley Show Stables

**Fee:** \$150

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# 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.

**Level 5/6 Combo:** 6-6:30 p.m.

**Swim Lesson Dates:** Mondays

**Session I:** 8/28-10/2

**Session II:** 10/9-11/13

**Session III:** 11/20-12/18 (only 5 classes- fee is \$65)

**Location:** Avon HealthTrax (100 Simsbury Rd Avon, CT)

**Fee:** \$75

## Next Generation Dance & Gymnastics

**Ages 3-15**

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:** 9/13-11/1

**Session II:** 11/8/17-1/3/18 (no class on 11/22)

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

6:15-7:15 p.m. Hip-Hop & Gymnastics ages 9-15

**Location:** CCC

**Fee:** \$90 (NR \$100)

## ACROfitness

**Grades K-3**

A fun tumbling class that will make your kids burn a lot of energy by learning safe acrobatics for their age & experience level. Class will include dancing, fitness and tumbling! Visit: [www.ACROfitness.com](http://www.ACROfitness.com) to see more of what they can do.

**Dates:** Wednesdays, 9/27-11/1

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

**Location:** CBPS

**Fee:** \$60 (NR \$70)

## Spinning Starlettes - Baton Twirling for Beginners

**Grades K-3**

Participants will be challenged in learning basic baton tricks and learning how to work with and depend on others as a team. By the end of this class each student should have approximately 10 tricks mastered, and 2 tricks that will be introduced and that they can continue working on after the class ends. Participants will learn a performance routine, which they will perform on 10/27. No experience necessary, this is a class steered towards beginners. Each student will receive a baton that is their size and a t-shirt to keep which is a \$50 value. Registration Deadline and Baton Sizing Night is August 28th.

**Dates:** Mondays, 9/11-10/23

(no class on 10/9)

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

**Location:** CBPS

**Fee:** \$115 (NR \$125)

NEW

## Spinning Starlettes - Baton Twirling for Rising Stars

**Grades K-3**

Some experience is necessary, this is a class steered towards students who have twirled before. Participants will be challenged in learning basic baton tricks and learning how to work with and depend on others as a team. By the end of this class each student should have approximately 6 new tricks mastered, and 2 tricks that will be introduced so that they can continue working on after the class ends. Participants will learn a performance routine, which they will perform on 10/27. Each student will receive a baton that is their size and a t-shirt to keep which is a \$50 value. Registration Deadline and Baton Sizing Night is August 28th.

**Dates:** Tuesdays, 9/19-10/24

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

**Location:** CBPS

**Fee:** \$115 (NR \$125)





# YOUTH SPORTS PROGRAMS



## Recreation Basketball League

Grades K-8

This 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 registration cut off, 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 Coordinator Chris Sacco.

New this season, Canton Parks & Recreation is partnering with neighboring Farmington Valley towns to expand the size, competition, network, and season length of our leagues for all grade levels (some minimal Farmington Valley travel may be required).

### Important Dates:

September 29 – Registration Deadline  
 October 25 & 26 – Assessments  
 November 8 – Practices Begin  
 December 2 – Regular Season Begins (10-weeks)

**Early Bird Summer Fee:** \$109

(Before September 1)

**Regular Registration Fee:** \$130

(September 1-September 29)



## REC Hoops Basketball Clinic

Grades K-3

This after school clinic is for children that are 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: 9/6-10/11

2nd & 3rd grade – Thursdays: 9/7-10/12

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

**Location:** Cherry Brook Primary School Gym

**Fee:** \$60 (\$60 NR)

## After School Ski Bus to Ski Sundown

4th-12th Grades

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 2018 packages and rates. Registration deadline is November 1st.*

# 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, 11/7

**Time:** 9 a.m.-4 p.m.

**Location:** CCC

**Fee:** \$135 (NR \$150)

NEW

## 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 individual attention. Students are required to bring their own acoustic steel or nylon string guitar.

**Dates:** Tuesdays, 10/3-11/28 (no class on 11/7)

**Time:** 6 p.m.-7 p.m.

**Location:** CCC

**Fee:** \$100 (NR \$110)



## Hands-On-Healthy Cooking Series for Kids

Grades 3-8

Kids will learn that healthy eating can be fun and tasty while developing critical cooking skills like safe knife handling, food safety techniques, measuring basics, substitutions, and various cooking methods. Sample dishes may include healthful baked chicken nuggets and macaroni and cheese, lighter chocolate cake, "instant" low sugar ice cream, and refined sugar free, fiber rich granola bars, among others. Nutrition education and activities including topics such as the dangers of sugar, the benefit of vegetables, food labeling deconstruction, and how to identify manipulative food industry advertising will be interspersed among cooking activities.

**Dates:** Mondays, 9/18-10/2

**Time:** 3:30-5 p.m.

**Location:** CCC

**Fee:** \$110 (NR \$120)

## Super Hero Engineering Using LEGO®

Grades K-3

Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

**Dates:** Fridays, 10/13-11/17

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

**Location:** CBPS

**Fee:** \$135 (NR \$145)



## YOUTH ENRICHMENT PROGRAMS

### Art-Ventures: Magical Art Mystery Tour

Grades K-4

Abracadabra, Hocus Pocus, its magic and mystery with art as the focus! Magical Art Mystery Tour draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity. Create colorful ceramic piggy banks, whimsical Model Magic owls and Scratch Art designs inspired by the artist Miro. Wave wands over T-shirts to form magical designs using fabric printing inks and stir a few unexpected items into a “fluffy goop” potion. Discover the secret ingredient that turns pencils into paints, black lines into circus elephants, and torn paper into painted landscapes. And...voila...young art magicians bring home masterpieces each week.

**Dates:** Tuesdays, 9/19-11/21

(no class 11/7, 11/14)

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

**Location:** CBPS

**Fee:** \$130 (NR \$140)



### Art-Ventures: Pirates and Fairies

Grades K-4

Sail the high seas on a fantastical art adventure through a world of pirates and fairies, princesses, sea monsters and talking parrots! Children will really get into character, donning handcrafted pirate hats and swords or fairy tiaras and wings. Create wooden rowboats and set out on a search for buried treasure, then create gem-studded treasure chests to hide the riches! Build castles and sculpt clay dragons to guard them. Pirates and Fairies explore painting, beading, fabric, clay art and more. Humorous stories are included each week, as well as surprises and laughter. Don't miss these fun and fantasy-filled workshops!

**Dates:** Tuesdays, 12/5-1/30 (no class 12/26)

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

**Location:** CBPS

**Fee:** \$130 (NR \$140)

Helping to Create Financial Health and Enhance Well-being through

## Money Mindfulness

**Michael A. D'Apice**

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### Mad Science: Energy, Forces, Flight & Robots

Grades 1-4

May the forces be with you! Explore inertia, momentum and gravity by launching race cars, spinning bike wheels, and launching catapults. Experiment with tension and compression, discover which shapes are strongest and try to make an earthquake-proof building. Work with robots that react to coding, follow a maze of lines, pick up toys, or even listen and react to sounds; then build your own robotic hand to continue the exploration at home. Discover the wonders of potential and kinetic energy, the mechanics of flight and many more related topics throughout the term.

**Dates:** Mondays, 10/30-12/18

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

**Location:** CBPS

**Fee:** \$145 (NR \$155)

## YOUTH ENRICHMENT PROGRAMS



### Canton Amateur Seasonal Theatre - C.A.S.T. presents: Annie Jr.

**Ages 9-16**

Based on the popular comic strip and adapted from the Tony Award-winning Best Musical, with a beloved book and score by Tony Award-winners, Thomas Meehan, Charles Strouse and Martin Charnin, Annie Jr. features everyone's favorite little redhead in her very first adventure. With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. Annie is determined to find the parents who abandoned her years ago on the doorstep of an orphanage run by the cruel Miss Hannigan. Annie eventually foils Miss Hannigan's evil machinations, finding a new home and family in billionaire Oliver Warbucks, his personal secretary, Grace Farrell, and a lovable mutt named Sandy.

**Production dates are:** 12/1 and 12/2

**Dates:** Mondays and Wednesdays, 9/11-11/29  
(no class on 10/9 and 11/22)

**Time:** 4:30-6:30 p.m.

**Location:** CCC

**Early Bird Price:** \$399 (Register by 8/21)

**Regular Price:** \$430

### FARMINGTON VALLEY STAGE COMPANY

Located in the Canton Town Hall, 4 Market Street, Collinsville, CT

***It's Exciting!...It's Entertaining!***

***It's Affordable!...It's Close!***

***It's the Best!***

Check us out!

**[www.FVStage.org](http://www.FVStage.org)**

**NEW**

### 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 Annie, Jr!

**Production dates are:** 12/1 and 12/2

**Dates:** Saturdays, 9/30-11/17

**Time:** 10 a.m. – 11 a.m.

**Location:** CCC

**Fee:** \$225

**NEW**

### Canton Amateur Seasonal Theatre for TEENS

**Ages 14-18**

For TEENS with previous stage or acting class experience. CAST Advanced is a stand-alone program designed to challenge and enhance your child's acting techniques. Class will include advanced theatre games, improvisation, and scene work. Including techniques to improve vocal projection, intensive acting expression using your voice, body, and imagination. This class is not associated with Annie Jr. production.

**Dates:** Saturdays, 9/30-11/17

**Time:** 11:15 a.m.-1 p.m.

**Location:** CCC

**Fee:** \$275

**NEW**

### Explorers December Camp

**Ages 6-12**



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, sports, and 12' beach ball 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 9am-3pm, Tuesday through Friday.

**Dates:** Tuesday, 12/26 – Friday, 12/29

**Time:** 9 a.m. – 3 p.m.

**Location:** CIS Gym. Field Trip: CT Science Center

**Early Bird Price:** \$35 per day (\$45 on field trip day)

or \$125 for the week (On or before November 27)

**Regular Price:** \$45 per day (\$55 on field trip day)

or \$165 for the week (After November 27)



## TEEN, ADULT, AND SENIOR PROGRAMS



### 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 event, and weather closures.

#### Under 35

**Dates:** Mondays, 9/11-12/18

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

**Location:** CIS Gym

**Fee:** \$35 (\$45 NR)

#### Over 35

**Dates:** Tuesdays, 9/12-12/19

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

**Location:** CIS Gym

**Fee:** \$35 (\$45 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](http://www.AAA.com/drivingschool).

**Dates:** Tuesdays/Thursdays

**Session I:** 9/12-11/1

**Session II:** 11/28/17-1/23/18

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

**Location:** CHS

**Fee:** \$595

### 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, 11/11

**Time:** 12-3 p.m.

**Location:** CCC

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

### 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, 9/7-12/21

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

**Location:** CIS Gym

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

NEW

### The CAVE Special Events

9/29	Pizza Party
10/27	Halloween Night
11/17	Turkey Sandwiches
12/15	Cookies, Milk & Gift Wrapping

## TEEN, ADULT, AND SENIOR PROGRAMS

### QiGong with Risa

Feel all your tension melt away as you calm your mind and energize your body with the deep breathing and slowing, flowing movements of these ancient Chinese healing exercises. QiGong (“Chee-Gong”) means “Energy Work”, and is gentle systems of exercises stimulate and balance of Qi (energy) in the body for health and a calm, focused spirit. Considered to be the “mother” of Tai Chi, these are simple exercises everyone can do in just a few minutes a day to be calmer, reduce pain and stiffness, improve sleep, be healthier, happier and have more energy! Join us for this deeply relaxing and refreshing experience.

**Dates:** Saturdays

**Session I:** 9/16-10/28 (no class on 9/30)

**Session II:** 11/4-12/23 (no class on 11/25 or 12/9)

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

**Location:** CCC

**Fee:** \$60 (NR \$65)

### Zumba Gold with Denise

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 & Thurs, 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

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

### Yoga Fusion with Mary Ellen

**Ages 14+**

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:** 9/7-10/12

**Session II:** 10/19-11/30 (no class on 11/23)

**Session III:** 12/7/17-1/11/18

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

**Location:** CCC

**Fee:** \$60 (NR \$70)

### 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:** 8/17-10/5

**Session II:** 10/12-12/7 (no class 11/23)

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

**Fee:** \$80 (NR \$90)

Canton Youth Service  
Bureau Presents...



9<sup>th</sup> – 12<sup>th</sup> Grade

Friday Nights

7:00 – 10:00 p.m.

The red door behind Collinsville  
Congregational Church

**FREE ADMISSION**



## TOWN PARKS, TRAILS & FACILITIES



### WILLEM VAN GEMEREN MEMORIAL FIELD

#### 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 (Previously Millennium Fields) Simonds Avenue

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



#### Mills Pond Skate Park

Hours of Skate Park: Seasonally, Monday-Sunday from dawn to dusk.

**1.** In the event of any emergencies call 911. Please report any damage to the Canton Parks and Recreation Department at 860-693-5808.

**2.** 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.

**3.** Helmets and protective gear are strongly encouraged. Use of helmets and protective gear will reduce your risk of injury.

**4.** 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.

**5.** Weather conditions may create unsafe surfaces for users. Please use judgement and inspect equipment before use.

**6.** No modifications to the skating surfaces or features are allowed. This includes additional ramps, jumps, or obstacles.

**7.** Please assist us in keeping the park clean by using trash cans. No food or drink is allowed within the park area.

**8.** Parent or legal guardian must be in attendance at all times if participant is under 12.

**9.** Any participant asked to leave by a Town Official must leave the premises immediately.

#### 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](http://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](mailto:alanduncan54@gmail.com).

***Information on these town parks and facilities is available at [www.CantonRec.org](http://www.CantonRec.org)***