



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
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.TownOfCantonCT.org

Interim Director of Parks and Recreation

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

Recreation Coordinator

Chris V. Sacco, MS
csacco@townofcantonct.org

Recreation Program Assistant

Alexandra C. Polasek
printern@townofcantonct.org

Parks and Recreation Commission

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

Rebecca Andrews – Chair

Christopher Eckert

Julius Fialkiewicz

Ben Holden

Todd Jacobs

Elaine Vallo

Brian Miller

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

MEET OUR STAFF



Courtney A. Hewett

Interim Director of Parks and Recreation

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 program in Recreation Administration at Southern Connecticut State University. Before coming to Canton she served Wethersfield Parks and Recreation Department as the Aquatics Director, Swim Coach and a variety of other roles.

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

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



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 and vacation camps, youth basketball, and the Beyond the Bell afterschool program. Chris earned his Bachelor's Degree in Accounting from the University of Hartford and his Master's Degree in Sports Management at the University of New Haven. Before coming to Canton, Chris worked in the Yale University Athletics & Recreation Department as the Director of Fitness and is also a former Marriott International employee and hospitality professional.

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



Alexandra C. Polasek

Recreation Program Assistant

Lexi Polasek has been the Recreation Program Assistant since May 2017 where she assists with all department programs and special events and supervises 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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Charles J. Keefe, DMD

Matthew P. Keefe, DMD

Theresa F. Keefe, DMD

Janot J. Bente, DMD

Jo-Anne Castellone, DMD

DEPARTMENT INFORMATION

Department Mission Statement

It is the mission of the Canton Parks and Recreation Department to provide a wide range of recreational and leisure opportunities in an effort to enhance the quality of life for all Canton residents and promote positive physical, social and emotional experiences. In our effort to achieve this goal we will continue to provide safe, attractive and well maintained facilities.

ADA/Special Accommodations

Canton Parks and Recreation is committed to meeting the needs of the entire population. Accommodations may be arranged for department programs and activities for individuals with special needs. Please contact Courtney Hewett, Interim Director of Parks and Recreation, chewett@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 or in person at the Parks and Recreation Office. Completed forms must be submitted to the Senior/Social Services Director, Claire Cote at ccote@townofcantonct.org or in person during business hours. Plan ahead and please allow 2-3 weeks for processing applications, scholarship decisions will be communicated via email.

Communication

The Canton Parks and Recreation Department communicates in a variety of ways. This includes through our department Facebook page (subscribe

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

Program Refund Policy

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

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 Courtney Hewett, Recreation Supervisor at chewett@townofcantonct.org. Candidates will be contacted for an interview on a rolling basis. Position may be filled at any time.



SUMMER EMPLOYMENT 2018

Canton Parks and Recreation will begin accepting applications for summer employment starting on

January 2nd, 2018. 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 Courtney Hewett, Recreation Supervisor at

chewett@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.

DEPARTMENT INFORMATION

Rentals

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

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

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

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

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

Call for New Program Instructors

Do you have a special talent or skill that you want to share with others? Canton Parks and Recreation accepts new program proposals year round. Program proposal applications are available at www.CantonRec.org, completed applications should be submitted to Courtney Hewett, Interim Director of Parks and Recreation at 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

Avon/Canton Hockey: www.avonhockey.com

Basketball: www.cantonyouthathletics.com

Football/Cheer: www.focf.zoomshare.com

Lacrosse: www.cantonlax.org

Soccer: www.cantonsoccer.org

Travel Football: www.warriorsfbc.com

FEATURED PROGRAMS

Canton Rec Rewards

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

Here's how it works:

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



Inflatable Screen Rentals (3 points)

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

Dates: April – October and weather permitting

Location: Mills Pond Park

Time: 3 Hour Rental

Fee: \$200 dollars

(\$150 pool rental add-on)

SPECIAL EVENTS



Easter Egg-stravaganza!

Saturday, March 24, 10 a.m.

Easter Egg-Stravaganza starts at 10 a.m. with a special magic and juggling show featuring Joe Howard. 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!



3rd Annual Spring Cleanup

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 3rd 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.CantonRec.org.

For any questions please call 860-693-5808.

Date: Saturday, 4/21

Time: 9 a.m.-12 p.m. (8:30 a.m. check at Mills Pond Pavilions)

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SPECIAL EVENTS

Explorers February Vacation Camp

Ages 5-13 (1 point)

On Monday & Tuesday, February 19th and 20th, 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!

Dates: Monday & Tuesday, 2/19-2/20

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

Location: Canton Community Center

Early Bird Rate: \$70

(Register on or before January 19th)

Regular Rate: \$85

Valentine's Day Parents Night out

Friday, February 9th, 5-9 p.m.

Ages 5-13 (1 point)

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, 2/9

Time: 5-9 p.m.

Location: Canton Community Center

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



Canton Family Ice Skating Night

Saturday, February 10th, 6-7 p.m.

Join us for our 3rd 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, 2/10

Time: 6-7 p.m.

Location: Simsbury Farms Ice Rink
(100 Old Farms Road, Simsbury, CT 06092)

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

Explorers April Vacation Camp

Ages 5-13 (2 points)

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, 4/9 – Friday, 4/13

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

Location: CIS Gym

Early Bird Rates: (register on or before March 23rd)-
\$35 per day (\$45.00 for Flight Day) or \$125 for the week.

Regular Rates: (after March 23rd)- \$45 per day (\$55 for Flight Day) or \$165 for the week



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.

Winter Olympics

Get ready because the Olympics are coming to Canton! The Parks and Recreation Olympics that is. Each child will bring home the gold in this non-competitive Winter Olympics themed event. We will see who can throw a snowball with the most accuracy, who can make the most snow angels in under a minute, and which team has what it takes to finish the sled relay.

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.

PRE-SCHOOL PROGRAMS

Tiny Feet Soccer Parent & Child

Ages 3-4 (2 points)

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, 3/26-5/21
(no class on 4/9)

Time: 6-6:45 p.m.

Location: CIS Field

Fee: \$95 (NR \$105)

Pre-school Hoops

Ages 3-5 (1 point)

Youth ages 3-5 yrs 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.

Dates: Thursdays, 5/10-6/14

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

Location: CCC

Fee: \$65

ACROfitness Tumbletots

Ages 2-4 (1 point)

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

Session I: 1/22-3/5 (no class 2/19)

Session II: 3/26-5/7 (no class 4/9)

Time: 9:30-10:15am

Location: CCC

Fee: \$60 (NR \$70)

Pony Pals! Horseback Riding Lessons

Ages 4-6 (2 points)

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, 3/10-3/31

Time: 12-1 p.m.

Location: Avon Valley Show Stables

Fee: \$150

YOUTH ENRICHMENT PROGRAMS

Lego® Jedi Engineering

Grades K-4 (2 points)

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Date: Fridays, 1/26-3/2

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

Location: CBPS

Fee: \$130 (NR \$140)

Guitar Lessons

Ages 10-16 (2 points)

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, 2/27-4/24, (no class on 4/10)

Time: 6 -7 p.m.

Location: CCC

Fee: \$100 (NR \$110)

YOUTH ENRICHMENT PROGRAMS



Canton Amateur Seasonal Theatre - C.A.S.T. Presents The Wizard of Oz

Ages 9-16 (4 points)

The timeless "Wizard of Oz" tale has been adapted into a dazzling musical. A cyclone carries Dorothy and Toto to the magical Land of Oz. When Dorothy's house squashes the Wicked Witch of the East, she is thanked by the Munchkins and given permission to wear the witch's powerful ruby slippers. From there, the Scarecrow, Cowardly Lion and Tin Woodsman, join Dorothy on a journey to meet the great Oz. While on their trek, they battle the Wicked Witch of the West, who is determined to get revenge for the death of her sister. This bright musical is charged with a bundle of wonderful songs and thrill after including a gang of rapping Flying Monkeys. Eventually, Glinda the Good Witch helps Dorothy defeat the evil witch. The great and powerful wizard grants Dorothy's friends their wishes and helps Dorothy return to Kansas.

Production dates are: 4/27 and 4/28

Dates: Mondays and Wednesdays, 1/8-4/25
(no class 1/15, 2/19, 4/9 and 4/11)

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

Location: CCC

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

Regular Rate: \$430

C.A.S.T. for KIDS

Grades 1-3 (3 points)

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, creative play 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 The Wizard of Oz!

Production dates are: 4/27 and 4/28

Dates: Saturdays, 1/20-4/21
(no class 3/31 and 4/14)

Time: 10:15-11:15 a.m.

Location: CCC

Early Bird Rate: \$225 (Register by 12/15)

Regular Rate: \$250

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YOUTH ENRICHMENT PROGRAMS



Valentine's Day Cookie Decorating Class

Ages 6 & up, Parents are welcomed
to enroll (1 point)

Hands on cookie decorating class in which the participants will learn the basics of the outline and flood method of cookie decoration. Kids will discover techniques like polka-dotting, feathering, and secondary decoration. Cookies and prepared icing, as well as decorating sugars and Valentines candies will be provided. Each participant will take home their drying creations in a bakery box.

Date: Friday, 2/9

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

Location: CCC

Fee: \$27 (\$30 NR)

Art-ventures: Spread Your Wings and Roar

Grades K-4 (2 points)

This all new art-rageous program is truly like a trip to the zoo. Design Stuffed Teddy Bears, create cool Owl Paintings on canvas, and sculpt Clay Peacocks with zany feathers. We'll also stop at the zoo food court to create Mixed Media Sandwich Collages, and visit the gift shop to design Sticker Resist T-shirts, make Cardboard Mustache Masks, and build wacky Mix-and-Match Character Blocks. Art-explorers experience painting, drawing, sculpting, fabric design, collage, and more. A trip to the zoo that you'll never forget! Art explorers bring home exciting handmade souvenirs each week.

Dates: Tuesdays, 2/27-5/1 (no class 3/13, 4/10)

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

Location: CBPS

Fee: \$130 (NR \$140)

Kids Healthy Chef Series

Grades 3-8 (2 points)

Kids will have fun in the kitchen learning how to cook with whole foods, acquiring kitchen and knife skills, and learning important nutrition and health information from a certified health coach and cooking instructor. Kids will make a variety of savory and sweet items aimed at transitioning to healthier food preferences and choices, while not taking the fun out of eating.

Dates: Mondays, 4/16-4/30

Time: 3:30-5 p.m.

Location: CCC

Fee: \$110 (NR \$120)

Spring Cookie Decorating Class

Ages 6 & up, Parents are welcome
to enroll (1 point)

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, 3/23

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

Location: CCC

Fee: \$27 (\$30 NR)

American Red Cross Babysitter Training

Ages 11-16 (2 points)

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: Saturday, 5/5

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

Location: CCC

Fee: \$135 (NR \$150)

YOUTH ENRICHMENT PROGRAMS

Beyond the Bell Afterschool Program

Grades K-3 (2-12 points)

You spoke, we listened. Beyond the Bell has expanded to five days a week with a 6 p.m. pick-up time!

Beyond the Bell is an action-packed afterschool program for Cherry Brook Primary School students in grades K through 3. The program will be offered from 3:30-6 p.m. on Monday through Friday with the exception of early dismissals 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. Liked the three days a week? We still offer the Monday, Tuesday, Friday option. Register for the full Super Spring Semester Package and save!

Days: Monday – Friday

January: 1/2-2/2 Fee: \$220 (No program on 1/1, 1/12, 1/15)

February: 2/5-3/2 Fee: \$180 (No program on 2/19, 2/20)

March: 3/5-3/29 Fee: \$160 (No program on 3/13, 3/14, 3/15, 3/30)

April: 4/2-5/4 Fee: \$199 (No program on 4/9-4/13)

May: 5/7-6/1 Fee: \$180 (No program on 5/25, 5/28)

June: 6/4-6/18 Fee: \$110 (No program on 6/19, 6/20)

Super Spring Semester Package: 1/2-6/18

Fee: \$999

Time: 3:30-6 p.m.

Location: CBPS

Days: Monday, Tuesday, Friday

January: 1/2-2/2 Fee: \$120 (No program on 1/1, 1/12, 1/15)

February: 2/5-3/2 Fee: \$99 (No program on 2/19, 2/20)

March: 3/5-3/29 Fee: \$99 (No program on 3/13,



3/30)

April: 4/2-5/4 Fee: \$120 (No program on 4/9-4/13)

May: 5/7-6/1 Fee: \$99 (No program on 5/25, 5/28)

June: 6/4-6/18 Fee: \$70 (No program on 6/19)

Spring Semester Package: (3 days per week)
1/2-6/18

Fee: \$550

Time: 3:30-6 p.m.

Location: CBPS

Mad Science: Mad Labs

Grades K-4 (2 points)

Join the Mad (Science) Labs program after school at your location for this hands-on exploration of sights, sounds, nature and more! Discover optical illusions, the secret components of white light, hidden rainbows, and movie effects. Bring science to life when you explore the senses of sight, taste and hearing. Embark on a microscopic exploration of cells, find out how ecosystems work and understand the unique characteristics of bugs.

Dates: Mondays, 3/12-5/7 (no class 4/9)

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

Location: CBPS

Fee: \$145 (NR \$155)

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YOUTH SPORTS PROGRAMS

Tiny Feet Soccer

Ages 5-6 (2 points)

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, 3/26-5/21 (no class on 4/9)

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

Location: CIS Field

Fee: \$95 (NR \$105)

Spring T-ball & Coach Pitch

Ages 4-7 (1 point)

Children will learn the basics of baseball/softball 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 and May at Mills Pond Park. Participants get a cool team t-shirt to keep. Registration deadline is March 29th. Parent volunteer coaches are needed, if you are interested in volunteering please call 860-693-5808 or email Chris Sacco, Recreation Coordinator at csacco@townofcantonct.org.

Dates: Saturdays, 4/21-5/19

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

Coach Pitch: 11-12 p.m.

Location: Mills Pond Park

Fee: \$50 (\$60 NR)

Spinning Starlettes Baton Twirling

(2 points)

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 5/26 in the Memorial Day Parade. 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 April 3rd.

Dates: Tuesdays, 4/17-5/22

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

Fee: \$120 (NR \$130)

Red Cross Swimming Lessons

Ages 5 & Up (1 point)

Canton Parks & Recreation in conjunction with Avon HealthTrax will be offering spring 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: 1/8-2/5

(only 5 classes- fee is \$65)

Session II: 2/12-3/19

Session III: 3/26-4/30

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

Fees: \$75

ACROfitness

Grades K-3 (1 point)

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 to see more of what they can do.

Dates: Wednesdays, 2/21-4/4

(no class 3/14)

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

Location: CBPS

Fee: \$60 (NR \$70)



Educational Center, Inc.

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Canton, CT 06019

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LaNelle Stanhope
Director

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www.steppingstonesedctr.com

YOUTH ENRICHMENT PROGRAMS

Next Generation Dance & Gymnastics

Ages 3-15 (2 points)

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: 1/10-3/7 (no class on 2/14)

4:15-5:15 p.m. Combo (Gym, Hip-Hop & Ballet) ages 3-5 **Fee:** \$90 (NR \$100)

5:15-6:15 p.m. Hip-Hop & Gymnastics ages 6-9

Fee: \$90 (NR \$100)

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

Fee: \$70 (NR \$80)



Session II: 3/14-5/16 (no class on 4/11) **Fee:** \$100 (NR \$110)

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

Fee: 100 (NR \$110)

5:15-6:15 p.m. Hip-Hop & Gymnastics ages 6-9 **Fee:** 100 (NR \$110)

6:15-7 p.m. Hip-Hop & Gymnastics ages 9-15 **Fee:** \$80 (NR \$90)

Location: CCC

TEEN, ADULT, AND SENIOR PROGRAMS

Zumba Gold with Denise

(1 point)

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

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

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

Location: CCC

Yoga Fusion with Mary Ellen

Ages 14+ (1 point)

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

Dates: Thursdays

Session I: 2/1-3/8 **Session II:** 3/15-4/19

Session III: 4/26-5/31

Time: 10-11 a.m.

Fee: \$60 (NR \$70)

Location: CCC

Super Senior Stretch with Denise

(1 point)

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

Dates: Tuesdays

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

Fee: \$15 per month session

Location: CCC

Every Body's Exercise for Seniors with Mary

(1 point)

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

Dates: Fridays

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

Fee: \$15 per month session

Location: CCC

TEEN, ADULT, AND SENIOR PROGRAMS

Yoga with Nancy

Ages 14+ (1 point)

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

Dates: Thursdays

Session I: 12/14-2/1

Session II: 2/8-3/29

Session III: 4/5-5/24

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

Location: CCC

Fee: \$80 (NR \$90)

American Red Cross Basic CPR/AED and First Aid

Ages 13+ (2 points)

This hands-on skills training prepares you to respond to breathing and cardiac emergencies as well as basic first aid. 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: Wednesday, 5/16

Time: 4-9 p.m.

Location: CCC

Fee: \$85 (\$100 NR)

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

Ages 15+ (2 points)

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: Monday, 5/21

Time: 4-6:30 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/Thursdays

Session I: 2/13-4/5 **Session II:** 4/24-6/12

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

Location: CHS

Fee: \$595

QiGong with Risa

(1 point)

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: Mondays, 1/8-2/26 (no class on 1/15 and 2/19)

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

Location: CCC

Fee: \$60 (NR \$65)

Road Map to College

(1 point)

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

Instructor: Katherine Hooker, College Help 360

Date: Saturday, 1/27

Time: 12-3 p.m.

Location: CCC

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

TEEN, ADULT, AND SENIOR PROGRAMS

Co-ed Adult Volleyball

18 & older (1 point)*

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, 1/11-5/17

Time: 8:30-9:30 p.m.

(Time changes to 7:30-9:30 p.m. beginning in March)

Location: CIS Gym

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

**Must register for full session*

Men's Pickup Basketball

18 & older (1 point)*

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.

Under 35 Dates: Mondays, 1/8-5/7

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

Location: CIS Gym

Fee: \$35.00 (\$45.00 NR)

**Must register for full session*

Over 35 Dates: Tuesdays, 1/9-5/8

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

Location: CIS Gym

Fee: \$35 (\$45 NR)

**Must register for full session*

Summer 2018 Preview

Summer Camp Early Bird Registration starts April 2, 2018. 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 13-15). 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 2nd 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! Register before May 6th to receive Early Bird rates on all camp programs and save! Prices increase on May 7th.

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 February 5, 2018. Application materials must be dropped off to the Parks and Recreation Office by no later than May 4, 2018 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 2018 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 2017 (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 10th. 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.

Canton Youth Service
Bureau Presents...



9th – 12th Grade

Friday Nights

7:00 – 10:00 p.m.

The red door behind Collinsville
Congregational Church

FREE ADMISSION



TOWN PARKS, TRAILS & FACILITIES



Mills Pond Park East Hill Road

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

Canton Community Center & Community Gardens Dyer Avenue

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

Bicentennial Park Old River Road

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

Dyer Field Dyer Avenue

Home to Canton Little League's Softball program.

Canton Green Dowd Avenue & Albany Turnpike

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

Willem Van Gemeren Memorial Field (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

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

Community Garden Plots Available

The Canton Community Gardens are located behind the Canton Community Center. Fee is \$35 for a 20 x 25 plot, and \$55.00 for a 20 x 50 plot, raised plot \$20 (Senior discounts available). All returning plot requests must be submitted by no later than Friday, March 9th. New gardener applications will be accepted starting Tuesday, March 20th assigned on a first come first serve basis regardless of past participation. Registration forms are available online at www.CantonRec.org and in person at the Parks and Recreation Office.

Canton Dog Park

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

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