

SUMMER 2019

CANTON PARKS & RECREATION



CREATING COMMUNITY THROUGH PARKS, PROGRAMS, AND PEOPLE



PROGRAMS & EVENTS

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

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REGISTER EARLY!

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

**Register on-line at www.CantonRec.org
over the Phone at 860-693-5808
or in Person at the
Parks & Recreation Office**



"Follow" us on Instagram at
"CantonCtParksandRec"

PARKS & RECREATION

LOCATED IN THE CANTON COMMUNITY CENTER - 40 DYER AVE.

Office Hours

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

Office Phone Number

860-693-5808

Website

www.CantonRec.org

Director of Parks and Recreation

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

Recreation Supervisor

Kellie Faust, MSED
kfaust@townofcantonct.org

Recreation Coordinator

Lexi C. Polasek
lpolasek@townofcantonct.org

Parks and Recreation Commission

The commission meets 3rd Monday 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 Preschool Camp, vacation camps, youth enrichment programs, and the Beyond the Bell after school 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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DEPARTMENT INFORMATION



Department Mission Statement

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

ADA/Special Accommodations

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

Scholarships

Individuals in need of a scholarship may pick up or download a scholarship application from www.CantonRec.org or in person at the Parks and Recreation Office. Completed forms must be submitted to Toby Scheel at tscheel@townofcantont.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 into 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. A \$10 cancellation fee will be deducted.
- 3.) Refunds cannot be issued after a program has already started or for select activities including bus trips and consignment tickets.
- 4.) Registrations made via credit card may be refunded back to the card (typically takes up to 1 week); cash or check registrations will be refunded via check (takes 2-3 weeks).

Mistakes Happen!

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

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 the 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 Lexi Polasek, Recreation Coordinator at lpolasek@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

SPECIAL EVENTS



5th Annual Sundae FUN-day! (Sunday, July 14 at 1 p.m.)

What is the best way to keep cool in the summer? Jumping in the pool and enjoying a delicious sundae. On Sunday, July 14th we will be doing both at Mills Pond Park! Ben & Jerry's of Canton will be sponsoring a Sundae FUN-Day. Delicious sundaes will be available for FREE starting at 1 p.m. while supplies last. The sundae station will be available at the pavilions next to the pool. Regular pool admission applies.

5th Annual Dive in Movie Night featuring "How To Train Your Dragon" (Friday, July 19 at 8 p.m.)

It's a bird, it's a plane, no it's a DRAGON! That means it's time to grab your Viking helmet and bring your brave friends to our annual Dive in Movie Night featuring "How to Train Your Dragon!" Limited pool floats will be available and you are encouraged to bring your own from home. The movie will start at dark. The event is \$7 per person (\$5 per person for pool members) and includes a slice of pizza. Candy, ice cream and other refreshments will be available for purchase. Lifeguards will be on duty throughout the event. Preregistration is required—available now at www.CantonRec.org. Spaces are limited due to safety so don't wait to register!



6th Annual Teen Night at the Pool (Friday, August 2 at 7-9 p.m.)

Canton Parks and Recreation will be hosting the 6th annual Teen Night at the Pool on Friday, August 2nd from 7-9 p.m. Admission is FREE for teens ages 12+. The evening will include fun floats/noodles in the pool, music, pizza, and snacks. Bring your friends and chill out at the pool – you won't want to miss all the fun! Lifeguards will be on duty and aquatics staff will be on site to supervise the festivities.

Movie in the Park featuring "The Incredibles" (Friday, August 23 at 7:30-9 p.m.)

Bring a lawn chair, some blankets and snacks to Mills Pond Park on Friday, August 23rd to celebrate the end of summer with a family favorite "The Incredibles." Movie starts at dark and will be shown by the stage where the summer concerts are held. This event is completely FREE!

5th Annual Pooch Plunge (Wednesday, August 28 at 5:30-7:30 p.m.)

Why should people have all FUN? Bring your dogs out for the highly popular 5th annual Pooch Plunge on Wednesday, August 28th from 5:30-7:30 p.m. after the pool closes for the season. We invite social, well behaved dogs that play well with others. Dogs should have current vaccinations and tags. This event is for K-9's only. People will not be allowed in the water with the pups. Admission is \$10 per dog (spectators are welcome though we recommend donation). Proceeds benefit the Friends of Canton Dog Park Inc.

SPECIAL EVENTS



Summer Concert Series 2019

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

DATE	BAND	GENRE
June 20	Southern Voice	Country
June 27	Acoustic Marshpit	Acoustic and Modern Rock
July 11	Soul Sound Revue	Motown 60s, 70s, 80s
July 18	The Daily Planet	Oldies, Motown, Classic Rock
July 25	Justin Chandler Band	Country
August 1	102nd Army Rock Band	Rock, Pop, and Patriotic Tunes
August 8	Memphis Soul Spectacular	Southern Soul
August 15	LA's BackStage Pass	80's Rock

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

VIP Donor - Marc VanDuesen

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

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MILLS POND POOL

Mills Pond Pool Membership and Schedule

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

Mills Pond Pool is scheduled to open Saturday, June 8. The facility closes for the season on Tuesday, August 27. Pool memberships may be purchased in advance on line at www.CantonRec.org, over the phone at 860-693-5808, or in person at the Parks and Recreation Office located at the Canton Community Center Monday-Friday 8:30 a.m.-4:30 p.m. Memberships and daily passes may be purchased at the pool once it opens for the season.

Summer Pool Membership

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

Household (Canton Residents)..... \$115
(max of 6 persons). Additional members living in the household may be added on for \$30 each.

Household (Non- Residents)..... \$170
(max of 6 persons)

Individual (Canton Residents)..... \$60

Individual (Non- Residents)..... \$75

Senior Citizen Membership (55+).....\$20

**For Household memberships, family members must all live in the same household to qualify.*

Daily Fees

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

Non-Resident.....\$7/per day

Mills Pond Pool Rules

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

Diving Rules:

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

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

ADA Accessible

Mills Pond Pool has an ADA approved pool lift to assist any patrons with disabilities gain access to the pool. Special assistance is also available for swimming lessons. Please contact the Parks and Recreation Director to make necessary accommodations at 860-693-5808 or by e-mail: chewett@townofcantonct.org.

MILLS POND POOL SCHEDULE

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

WADING POOL SCHEDULE

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

Disclaimer: The pool schedule subject to change. The pool may be closed to the public temporarily for inclement weather, fecal contamination, and other incidents out of our control. Adult swim occurs daily in the afternoon/evening general swim hours in the main pool; wade will remain open during those times. The pool schedule operates at reduced hours when Canton Public Schools are in session. Please check at the pool front desk or on our website www.CantonRec.org for an up-to-date schedule.

AMERICAN RED CROSS CERTIFICATIONS

American Red Cross Learn to Swim

Fee: \$70 per session

(Pool members pay \$55 per session)

All lessons: are 40 minutes long

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

Note: There are no make-up classes and students may not attend other classes; we do not pro-rate swimming lessons

**Be sure to register for a pool membership first to get a discount*

SWIMMING LESSON DESCRIPTIONS

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

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

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

Level 2: For children ages 5 & up. Participants build on fundamental skills and will learn to float without support and to recover in a vertical position. Students begin working on the foundation for stroke development.

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

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

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

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

Full course descriptions are available at www.Canton-Rec.org. If you need assistance placing your child in the appropriate level please call the pool at 860-693-7844. American Red Cross Certifications placing your child in the appropriate level please call the pool at 860-693-7844.

AMERICAN RED CROSS SWIM LESSONS

Weekday Lessons	Session 1 (6/24-7/5)	Session 2 (7/8-7/19)	Session 3 (7/22-8/2)	Session 4 (8/5-8/16)
Parent & Child	11:30 a.m.	10 a.m.	10 a.m.	10:45 a.m.
Pre-school	10 a.m.	10 a.m.	11:30 a.m.	12:15 p.m.
Level 1	10:45 a.m., 12:15 p.m.	10:45 a.m., 11:30 a.m.	10:45 a.m., 11:30 a.m.	10 a.m., 12:15 p.m.
Level 2	10 a.m., 12:15 p.m.	10:45 a.m., 12:15 p.m.	10:45 a.m., 12:15 p.m.	10:45 a.m., 11:30 a.m.
Level 3	10:45 a.m., 11:30 a.m.	10:45 a.m., 12:15 p.m.	10:45 a.m., 12:15 p.m.	10 a.m., 11:30 a.m.
Level 4	10 a.m., 12:15 a.m.	10 a.m., 11:30 a.m.	10 a.m., 11:30 a.m.	10 a.m., 12:15 p.m.
Level 5	11:30 a.m.	11:30 a.m.	12:15 p.m.	10:45 a.m.
Level 6	10:45 a.m.	12:15 p.m.	10 a.m.	11:30 a.m.

Saturday Lessons	6/22-8/17		
Parent & Child	10:45 a.m.	Level 2	11:30 a.m.
Pre-school	11:30 a.m., 12:15 p.m.	Level 3	12:15 p.m.
Level 1	10:45 a.m.		

AMERICAN RED CROSS CERTIFICATIONS

Red Cross Lifeguard Training

(Ages 15+)

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

Dates/Times: June 3, 4, 5, 7, 10 & 11, 4-9 p.m.

Location: Mills Pond Pool

Fee: \$225 (\$250 NR)

Red Cross Water Safety Instructor

(Ages 16+)

Are you passionate about swimming and interested in becoming a certified instructor? This course will help develop core principles for swimming and water safety instruction. Methods of instruction will include on line course work, lecture, video, in water skill demo, teach backs, peer critique and actual assisting in real classes alongside certified WSI. Students must be 16 years of age by the completion of the course. In order to pass the class students must demonstrate a lap of front crawl, breaststroke, elementary backstroke, butterfly and tread water for 2 minutes on the first day of class. Students must also attend all class sessions and score an 80% or better on the final written exam and consistently demonstrate the maturity and responsibility needed to be a WSI.

Dates/Times: 6/12 4-9 p.m.,
6/13 4-9 p.m., 6/14 4-9 p.m.,
6/17 4-9 p.m.

Location: Mills Pond Pool

Fee: \$285 (\$310 NR)



Red Cross Lifeguard Re-Certification

(Ages 15+)

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

Date/Times: Sun, 6/2 from 9 a.m.-4 p.m.

Location: Mills Pond Pool

Fee: \$125 (\$150 NR)

Red Cross Basic CPR/First Aid

(Ages 13+)

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

Date: Monday, 5/20

Times: 4-9 p.m.

Location: CCC

Fee: \$85 (\$100 NR)

Red Cross CPR/First Aid Re-Certification

All students must present proof of current certification (not having been expired over 6 months).

Date: Wednesday, 5/22

Times: 4-7 p.m.

Location: CCC

Fee: \$60 (\$75 NR)

AQUATICS PROGRAMS



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. This class is designed to give participants a sneak peek into what it takes to become a great WSI. All participants will learn how to plan a lesson, tips, and techniques that it takes to be a hold a successful swim lesson. Students that are successful in the WSI Aide class will be invited to be scheduled for swim lesson sessions to assist in teaching. A great volunteer experience, good for resume and a lot of fun!

Date: Sunday, 6/9

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

Location: Mills Pond Pool & Pavilions

Fee: \$15 (\$20 NR)

Dusky Dolphins Swim Team

(Ages 5-17)

This six week program is a great way for children to participate in competitive swimming while becoming stronger swimmers. The focus will be on improving technique, speed and stroke refinement while having a safe and fun time in the water. The season runs from the June 24 through the end of July with 3-5 swim meets. Early Bird Price ends May 3rd.

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

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

Fees: Early Bird Price: \$135 Regular Price: \$150

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

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

Fees: Early Bird Price: \$135 Regular Price: \$150

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

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

Fees: Early Bird Price: \$155 Regular Price: \$170

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

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

Fees: Early Bird Price: \$185 Regular Price: \$200

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

AQUATICS PROGRAMS



Red Cross Junior Lifeguarding (Grades 11-14)

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

Dates: Participants can sign up for one or both sessions

Session I: 7/13

Session II: 8/03

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

Location: Mills Pond Pool & Pavilion

Fees: One session: \$50 (\$60 NR)

Both sessions: \$90 (\$100 NR)

Save the Date! Dusky Dolphins Calendar of Activities

Assessment Night: Not sure about swim team?

This night will feature a “mini-practice” to see how comfortable your child is in a competitive swim environment. Assessment Night will be held on Tuesday, June 11 from 6-6:45 p.m.

for ages 5-8 and 6:45-7:30 p.m. for ages 9 & up.

Swim Suit Sizing Day: Meet with Metro Swim Suit Company to get sized and purchase team bathing suit. This event will be held on Wednesday, June 26 8:15-9:45 a.m. at Mills Pond Pool.

Personalize Your Cap: Swimmers will be able to personalize their very own practice caps while bonding with their teammates. Caps will be provided. This event will be held on Wednesday, June 26 at 6 p.m.

Dusky Dolphin's Annual Banquet: This end of the season celebration will be filled with good food and good times with teammates as we say goodbye to the season. The Banquet will be held at the Canton Community Center on Thursday, August 1st from 6-8 p.m.

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

Join Our Dusky Dolphins' Parent Group

The Dusky Dolphins are looking for parent volunteers to help fund raise, time at swim meets, organize special events and more. There will be a meeting on June 10 for those who are interested at the Canton Community Center in the multi-purpose room from 6:30-7:30 p.m.



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Charles J. Keefe, DMD
Matthew P. Keefe, DMD

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

Jo-Anne Castellone, DMD

DAY CAMPS

Tiny Tots Day Camp

Tiny Tots Pre-School Camp (Ages 3-5)

Tiny Tots Pre-School Camp is a safe, nurturing, and fun environment for your child while helping them develop separation skills. Camp is based out of the Canton Community Center Monday-Thursdays from 9 a.m.-12 p.m. and on Fridays camp will meet at Mills Pond Park from 9 a.m.-12 p.m. for a special outdoor day which includes swimming at the wading pool (lifeguard on duty) and other age appropriate activities. Special entertainers and activities are planned throughout this 9 week summer program! Tiny Tots prides itself on being a smaller camp with excellent ratios of camper to counselor to ensure your tiny tot receives personalized attention at every point of the day! *(Early Bird prices end on May 3rd).*

Register early and save!

Regular Week: \$115 (\$125 after 5/3)

Total Tots Package (includes all 9 weeks of camp): \$700 (\$850 after 5/3)

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



Tiny Tots Pre-School Day Camp Calendar 2019

Dates & Themes	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Around the World in 5 Days 6/24-6/28	World Dance Party	Flags of the World	Music Around Us	Story Hour- Library	Pool Day
Week 2 Aqua Adventure 7/1-7/5	Bubble Buddies	Krill-ant Crafts	Water Balloons	4-th of Jul-Aye	Moon Sand
Week 3 Color Wars 7/8-7/12	Minute to Win It	Field Day	Chalk Games	Story Hour- Library	Music with Ms. Jean
Week 4 NICKELODEON 7/15-7/19	Slime Time	Carnival Day	Cartoon Dress Up	Story Hour- Library	Music with Ms. Jean
Week 5 Heroes Week 7/22-7/26	Superhero dress Up	T-Bone	Heroes in Training	Story Hour- Library	Pool Day
Week 6 Party in the USA 7/29-8/2	Glow Stick Bowling	Tie-Dye	Sno-Cones	Story Hour- Library	Pool Day
Week 7 Time Travelers 8/5 - 8/9	Foam Cannon	Egyptian hieroglyphic	Build a Robot	Story Hour- Library	Music with Ms. Jean
Week 8 Myths and Legends 8/12-8/16	Greek Mythology	Mythical Creatures	Fairy Tales	Jason Tardy	Music with Ms. Jean
Week 9 Campology 8/19-8/23	Volcanic Explosion	ANIMAL EMBASSY Bringing Life To Education	Ice-Cream in a Bag	Grow a Crystal	Bounce House

DAY CAMPS

Explorers Day Camp

Explorers Day Camp (Ages 6-12)

Explorers Day Camp is a traditional but modern day camp that delivers a cutting edge summer camp experience! We make a point to have only the best activities that kids are sure to love. The Camp includes a wide range of activities at Mills Pond Park including games, sports, crafts and more. Campers swim daily at Mills Pond Pool and enjoy weekly visits from guest entertainers and specialty trucks like Rolling Video Games of New England! Explorer's Day Camp also features weekly field trips to new and exciting locations! *Some activities are subject to change* Camp is held Monday-Friday 9 a.m.-3 p.m. (Before Care 7-9 a.m. and After Care 3-5:30 p.m. is available for additional fees) at Mills Pond Park (rain or shine). In the event of bad weather the program may be relocated mid-day to the Canton Community Center or Canton Intermediate School. Parents will be notified of the new pick up location via e-mail, updates through the Remind Education App

(download to your cellphone and contact us for the class code), or by checking CantonRec.org. (Early Bird prices end on May 3). Register early and save!

Regular Week: \$165 per week (\$175 after 5/3)

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

Super Explorers Package (All 9-weeks, without Before/Extended Care): \$1,300 (\$1,365 after 5/3).

Early Explorers Package (All 9-weeks + Before Care): \$1,525 (\$1,600 after 5/3).

Evening Explorers Package (All 9-weeks + Extended Care): \$1,525 (\$1,600 after 5/3).

Ultimate Explorers Package (All 9-weeks, + Before & Extended Care): \$1,700 (\$1,855 after 5/3)

Note: Non-residents pay an additional \$20 per week. This includes all camp packages.

Explorer's Day Camp Calendar 2019

Dates & Themes	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Around the World in 5 Days 6/24-6/28	 Abdou: African Dance	 Flags of the World	 CONNECTICUT'S BEARDSLEY ZOO	 World Music Bingo	 ROLLING VIDEO GAMES OF NEW ENGLAND
Week 2 Aqua Adventure 7/1-7/5	 Bogies	 MYSTIC AQUARIUM	 Water Balloons	 4-th of Jul-Aye	 Moon Sand
Week 3 Color Wars 7/8-7/12	 Campardy	 Field Day	 NEMADS ADVENTUREQUEST	 Minute to Win It	 ROLLING VIDEO GAMES OF NEW ENGLAND
Week 4 NICKELODEON 7/15-7/19	 Slime Time	 Carnival Day	 Quassy AMUSEMENT PARK & WATERPARK MIDDLEBURY, CT	 Cartoon Dress Up	 ROLLING VIDEO GAMES OF NEW ENGLAND
Week 5 Heroes Week 7/22-7/26	 Superhero dress Up	 T-Bone	 FLIGHT	 Heroes in Training	 ROLLING VIDEO GAMES OF NEW ENGLAND
Week 6 Party in the USA 7/29-8/2	 SPEED STACKS	 Tie-Dye	 Master Golf LASER TAG	 Sno-Cones	 ROLLING VIDEO GAMES OF NEW ENGLAND
Week 7 Time Travelers 8/5 - 8/9	 Foam Cannon	 Egyptian hieroglyphic	 Dinosaur State Park	 Build a Robot	 ROLLING VIDEO GAMES OF NEW ENGLAND
Week 8 Myths and Legends 8/12-8/16	 Greek Mythology	 Mythical Creatures	 SPARE TIME	 Jason Tardy	 Bounce House
Week 9 Campology 8/19-8/23	 Volcanic Explosion	 ANIMAL EMBASSY Bringing Life To Education	 Ice-Cream in a Bag	 Connecticut Science Center	 Bounce House

ENRICHMENT & SPECIALTY CAMPS

NEW

Teen Adventure Camp

(Ages 13-15)

Teen Adventure Travel Camp is partnered with Avon Parks and Recreation this summer along with even bigger field trip ideas! Each week we will be taking a trip to Six Flags New England and other amazing locations. Camp is 6 weeks long with 5 different field trips each week. Teen Adventure Travel Camp will get your teens engaged and out of the house this summer with weekly excursions to new and exciting locations.

Teens are dropped off at the Mills Pond Park Pavilion at 9 a.m. and will be transported to a new trip each week returning at approximately 4 p.m., with the exception of select field trip dates (details provided within each week's description below). Please view the Teen Adventure Camp Calendar in the link below to view these spectacular field trips! Field Trips may change due to weather or circumstance.

Registration Details

Due to transportation spacing there will be a maximum capacity of 20 teenagers per week. Register early to secure your teenagers spot!

Registration closes every Thursday at 11:59 p.m. prior to the start of camp that Monday (unless we have reached the maximum capacity then registration will close early).

Registration Deadlines are as followed:

Week 1: July 4

Week 2: July 11

Week 3: July 18

Week 4: July 25

Week 5: August 1

Week 6: August 8

Transportation

The bus will be making two different location stops - one in Avon and one in Canton before and after the field trip.



Cancellation Fees

In the event your canceled registration drops down to one week only, you will be charged our \$10 fee PLUS the cost of the Six Flags Season Pass which you will still receive. We charge a \$10 fee for every cancellation.

Prices

Early Bird prices end on May 10th. Register early and save!

Weekly Fee: \$299 per week (\$330 after 5/10)

Super Adventure Package (3 weeks): \$850 (\$940 after 5/10)

Ultimate Adventure Package (All 6 weeks): \$1,650 (\$1,800 after 5/10)

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

Times and Schedule

On movie, bowling and mini golf days each camp will also have two hours of pool time at Mills Pond Pool. There are select days where we will provide a lunch or snack. If your child has any allergies or is going to bring their own food the day of a field trip please let the Camp Supervisor know. Check online for complete schedule of lunch days and late field trip days.

Teen Adventure Travel Camp Calendar 2019

Dates & Themes	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 7/8-7/12	Connecticut Science Center	HAMMONASSET BEACH A CONNECTICUT STATE PARK	Farmington Mini Golf	The Adventure Park AT STORRS, CONNECTICUT	Six Flags
Week 2 7/15-7/19	Quassy AMUSEMENT PARK & WATERPARK MIDDLEBURY, CT	Guided Bike	SPORTS CENTER	apple Cinemas	Six Flags
Week 3 7/22-7/26	Brownstone Exploration & Discovery Park	NEMADS ADVENTUREQUEST	BLUE FOX	Chatfield Hollow	Six Flags
Week 4 7/29-8/2	Lake Compounce NEW ENGLAND'S FAMOUS THEME PARK	apple Cinemas	COLLINSVILLE CANOE & KAYAK	Six Flags	RiverQuest
Week 5 8/5-8/9	SPORTS WORLD	Lake Compounce NEW ENGLAND'S FAMOUS THEME PARK	Powder Ridge Mountain Park & Resort	Six Flags	SPARE TIME
Week 6 8/12-8/16	club getaway	COLLINSVILLE CANOE & KAYAK	Matterhorn Mini Golf	Six Flags	SKYZONE Trampoline Park

ENRICHMENT & SPECIALTY CAMPS



CAST - Canton Amateur Summer Theatre

Presents: "FROZEN JR."

The enchanting modern classic from Disney is ready for your Broadway Junior stars! Frozen JR. is based on the 2018 Broadway musical, and brings Elsa, Anna, and the magical land of Arendelle to life, onstage. The show features all of the memorable songs from the animated film, with music and lyrics by Kristen Anderson-Lopez and Robert Lopez, plus five new songs written for the Broadway production. A story of true love and acceptance between sisters, Frozen JR. expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen JR. is sure to thaw even the coldest heart!

While there is always a supervisor in the rehearsal space there are times when participants are required to work independently with their peers and scene partners on various scenes. Please note we are a large group and do not have the capability to provide one-on-one supervision. While no theatre experience is necessary to join our CAST main stage summer program, all participants must be able to follow rules and direction in this highly creative theatrical environment. With prior notice we do permit minor vacation absence during this five week program. However, show week is mandatory for all. Early Bird price ends 5/3. Production will take place 7/26 and 7/27.

Dates: Monday-Friday, 6/24-7/26 (No class 7/4)

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

Location: CCC

Early Bird Fee: \$550 (ends 5/3)

Regular Price: \$600

Incrediflix - Lights, Camera, Action

(Ages 7-13)

IncrediFlix is all about the fun and excitement of making movies. Children will work in age appropriate groups and go through all of the steps that Hollywood producers go through from "Action"

to "That's a Wrap!" Programs focus on creativity, cooperation, and fun fun fun! Your child will be a real filmmaker and will have a movie they created to prove it. We offer two different camps or a combo of both!

Go Pro Flix

Traditional film making has never been like this. No tripods in this class, it's all about new and exciting ways to film and capture movement as the camera becomes part of the movie making process. Students work in groups to experiment with this amazing film making tool and learn the techniques and tricks behind creating truly unique GoPro movies!

Date: Monday-Friday, 7/15-7/19

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

Location: CCC

Fee: \$170 (\$180 NR)

Action Stop Motion Flix

Using stop motion tricks to create fires, explosions, and floods, student's characters can battle it out or work together to save the day in this action packed stop motion class featuring Roblox characters. Students will work in small groups to storyboard, create the action, film, and voice-over these exciting movies.

Date: Monday-Friday, 7/15-7/19

Times: 1-4 p.m.

Location: CCC

Fee: \$155 (\$165 NR)

Go Pro & Action Stop Motion Flix

Full Day

Join us for full day and get a \$25 discount plus free lunch supervision! For this full day class students will participate in Go Pro Flix in the mornings and Action Stop Motion Flix in the afternoons (please see half day descriptions).

Date: Monday-Friday, 7/15-7/19

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

Location: CCC

Fee: \$300 (\$310 NR)

ENRICHMENT & SPECIALTY CAMPS

Art-ventures: Oopsy Goopsy Messy Art Fun

(Ages 5-12)

The works of art that come from making a mess are quite amazing! Think splatter and blow painting. Make slime and flubber. Create with shaving cream and glue. Design ceramic doggy banks and create shrinky-dink sculptures. Learn how to make your own clay, and then sculpt super cool masks. Decorate wacky, wild cars for an art car parade. Discover marbleizing and glitter painting, design batik T-shirts, and experience collage and fabric arts. Creative spirits are set free! (Artists must dress for a mess!)

Date: Monday-Friday, 7/22-7/26

Times: 9-12 a.m.

Location: CCC- Room E

Fee: \$155 (\$165 NR)

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

NEW

Food Explorer's Camp

(Ages 6-12)

Become a Food Explorer with Registered Dietitian, Katie Shepherd! You'll learn the basics of healthy eating and nutrition, while learning how to cook tasty foods. Each day will focus on a food group from MyPlate, using taste tests, games, activities, and hands-on cooking. Each day you'll make your own snack and lunch! Here are a few examples of what you'll be making: Berry Oatmeal Bites, Zucchini Chocolate Chip Muffins, Salsa Cups and Spring Rolls. All recipes will be nut free.

Date: Monday-Friday, 8/5-8/9

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

Location: CCC- Room E

Fee: \$160 (\$170 NR)

LEGO®STEM+Harry Potter

(Grades K-5)

Prepare for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! Build projects inspired by cool machines close to home, such as Trains, Helicopters, Tree houses, and Beam Bridges. Then find Platform 9 ¾, build Hogwarts Express Train, and challenge the Hungarian Horntail Dragon! Engineering and Wizardry are the focus of this new full-day themed camp for LEGO® fanatics!

Date: Monday-Friday, 8/12-8/16

Times: 9am-2pm

Location: CCC

Fee: \$235 (\$255 NR)

NEW

Hobby Quest: Fashion Camp

(Ages 1-6)

Design and create one-of-a-kind trendy pieces that are perfect for your summer wardrobe! From designing and sketching to seeing your vision come to life, we'll walk you



through the process of hand-sewing and decorating your pieces. At the end of the week, you'll model your unique designs in a fashion show for friends and family! No experience necessary, you'll learn all the sewing skills to create chic garments—a fashionable way to sharpen fine motor skills and tap into creativity! Program fee includes all materials, and children take home every garment they create.

Date: Monday-Friday, 8/19-8/23

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

Location: CCC

Fee: \$175 (\$185 NR) or Combo
with Magic Wizards
\$325 R (\$335 NR)

Hobby Quest Magic Wizards

(Entering grades K-6)

Abracadabra! Calling all budding magicians—learn to perform astounding tricks this summer! You'll make objects disappear, reappear and float in midair. Mystify your audience with your mastery of mind-reading! Of course, no magician is complete without a spell-binding performance, so at the end of the week you'll even perform in a real magic show! Camp is designed to enhance communication and performance skills in a supportive, creative atmosphere. Program fee includes all materials, and children take home every trick they learn.

Date: Monday-Friday, 8/19-8/23

Times: 12:30 p.m.-3:30 p.m.

Location: CCC

Fee: \$175 (\$185 NR) or Combo
with Fashion Camp
\$325 R (\$335 NR)

SPORT CAMPS



Challenger International Soccer

(Ages 3-13)

Challenger Sports is bringing summer soccer back to our community with a brand new approach to player development. Challenger's International Soccer camp is a new program that combines the best practices from around the world with an interactive digital coaching component that will accelerate the player's learning experience both on the field and at home. The 5 day camp caters to players of all ages and abilities. We are excited to host Challengers professional international staff to deliver this exciting, fun and challenging program. Each camper will receive a FREE camp T-shirt, soccer ball, soccer poster, individual skills performance evaluation and free access to an educational soccer website. In addition, any child who signs up on line before June 22 qualifies to receive a free International Soccer Jersey. For more information please visit www.challengersports.com! Fees increase by \$15 for Half-Day and \$10 for First Kicks after July 5th. To register go to www.challengersports.com.

Dates: Monday-Friday, 7/22-7/26

Tiny Tykes (Ages 3-5)

Time: 8-9 a.m.

Fee: \$97

Location: Mills Pond Park

Half-Day Soccer (Ages 6-13)

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

Fee: \$176

Location: Mills Pond Park

NEW Camp on the Court Basketball Camp

(Grades 5-8)

What offseason? Come join your friends at the CIS gym for a competitive basketball-filled week as you learn from Wamogo Varsity Girls Coach, AAU Coach and former

college basketball player and college assistant coach – Kerri Stolle, along with an all-star staff. There is no shortage of action here – all we do is play, play, play! Campers will focus on developing fundamentals and improving their game! Camp will be an exciting mix of skills and drills, competitions, and a ton of games for intermediate to advanced players. This camp is an excellent add-on for athletes who played in our winter Canton Rec Basketball League. Your game will not only improve by the end of the week, but so will your love for the sport.

Dates: Monday-Friday, 7/29-8/2

Time: 9 a.m. – 1 p.m.

Location: CIS Gym

Fee: \$150 (\$160 NR)

Skyhawks: Track and Field

(Ages 7-14)

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

Dates: Monday-Friday

Session I: 6/24-6/28

Session II: 7/29-8/2

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

Location: CHS Track

Fee: \$135 (NR \$145)

SPORT CAMPS

Skyhawks Mini Hawks: Soccer, Baseball & Basketball

(Ages 4-7)

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

Dates: Monday-Friday, 7/8-7/12

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

Location: CIS Field

Fee: \$135 (NR \$145)

Girls Farmington Valley Field Hockey League

(Grades 5 & 6)

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

Registration Deadline: 8/23

Fee: \$95 for the season



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: Miss Aly

Dates: Wednesdays, 7/3- 8/21

Time: 4:30-5:30 p.m. Combo

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

5:30-6:30 p.m. Hip-Hop & Gymnastics ages 6-10

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

Youth Tennis Lessons

(Ages 5-15)

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

Hot Shot Tennis (Ages 5-9)

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

Rising Stars Tennis (Ages 10-15)

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

Dates: Mondays-Thursdays

Session I: 7/15-7/18

Session II: 7/29-8/01

Time: Hot Shots 1-1:55 p.m.

Rising Stars 2-2:55 p.m.

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

Location: Mills Pond Tennis Courts

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

SPORT CAMPS



Skateboarding Camp

(Ages 7-14)

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

Dates: Monday-Friday, 7/15-7/19

Time: 9:30 a.m. – 12 p.m.

Location: Mills Pond Park – Skate Park

Fee: \$125 (NR \$135)

Simsbury Farms Season Golf Pass

Canton Residents are now able to purchase Simsbury Farms Season Golf Pass at Simsbury Resident Rates! Spread out over 235 rolling acres, picturesque Simsbury Farms Recreation Complex is the hub of recreational activity in Simsbury. It is operated and maintained by the Simsbury Culture, Parks, and Recreation Department. The course is equipped with a practice range and green, locker rooms, and full service restaurant. A variety of lessons and clinics are open to the public. Season memberships are available and weekend starting times may be booked on line on Mondays, weekday tee times may be booked up to fourteen days in advance by visiting

the www.SimsburyFarms.com website.

The course is considered a good test of golf for players of all levels and in past years has been host such tournaments as the Connecticut State Women's Amateur Championship, State High School Golf Championship, Connecticut Men's Public Links Championship, U.S. Women's Public Links Qualifier, and Connecticut Open Qualifier.

2019 Canton Resident Season Pass Rates

(Only available through this website offer)

Adult Unlimited Season Pass (weekdays and weekends) - \$1280

Adult Limited Season Pass (Mon.-Fri. Only) - \$825

Senior Citizen Limited Season Pass – 65 & over (Mon.-Fri. Only) - \$675

Senior Citizen Unlimited Season Pass – 65 & over (weekdays and weekends) - \$1150

Junior Season Pass -17 years and younger - (not before 11 a.m. on weekends) - \$450

Offer details – To redeem your purchase of the 2019 Simsbury Farms Golf Season Pass from Canton Parks and Recreation, print out your receipt and present the receipt and your Driver's License to the Pro Shop Staff at your first 2019 visit to Simsbury Farms.

TEEN, ADULT, AND SENIOR PROGRAMS



Super Senior Stretch with Marie

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

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 and are offered on Saturdays. Buy 10 classes for \$65. No experience necessary, "Let the Energy Move You!"

Dates/Times: Sat, 10:30-11:30 a.m.

Fee: \$65 for 10 Classes

Location: CCC

YogaCHI with Mary Ellen

(Ages 14+)

YogaCHI is for all levels and abilities. In this gentle but energized 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 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: 5/16-6/20

Session II: 6/27-8/8 (No class 7/4)

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: 6/13-8/08 (No class 7/4)

Session II: 8/15-10/03

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

Fee: \$80 (\$90 NR)

TEEN, ADULT, AND SENIOR PROGRAMS



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!

Time: Monday Class – 9:30 a.m. OR 6:30 p.m.

Session I: 4/8-5/13 - \$59

Session II: 5/20-6/24 - \$59

Session III: 7/1-7/29 (5 weeks) - \$49

Time: Wednesday Class – 9:30 a.m. OR 6:30 p.m.

Session I: 4/10-5/15 - \$59

Session II: 5/22-6/26 - \$59

Session III: 7/3-7/31 (5 weeks) - \$49

NEW! Senior Group (55+) – 1 p.m.

Time: Tuesdays, 6/4-7/30 - \$89

Thursdays, 6/6-7/25 (7 weeks, no class 7/4) - \$69

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

Road map 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 time line and process for tests, recommendations, essays, visits, interviews, applications and scholarships; the vocabulary (ACT, FAFSA, Naviance, etc.); and the technology that supports the application process.

Instructor: Katherine Hooker, College Help 360

Date: Thursday, 8/1

Time: 6-9 p.m.

Location: CCC

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

AAA Drivers Education Course

AAA's full Driver Education Program consists of 30 hours of classroom study and 8 hours of individual in-car lessons. Summer accelerated classes are 8 days. This is broken down as follows: Day 1 is our 2 hour parent & student presentation. Days 2 – 8 are double sessions, (4 hours per day) 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: Monday, Tuesday, Wednesday,
Thursday; August 5-August 15

Times: 9-11 a.m. on August 5 (2hr parent/student presentation), 9 a.m.-1 p.m. August 6-August 15

Location: CCC

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



Canton Parks & Recreation

WATER SAFETY NIGHT

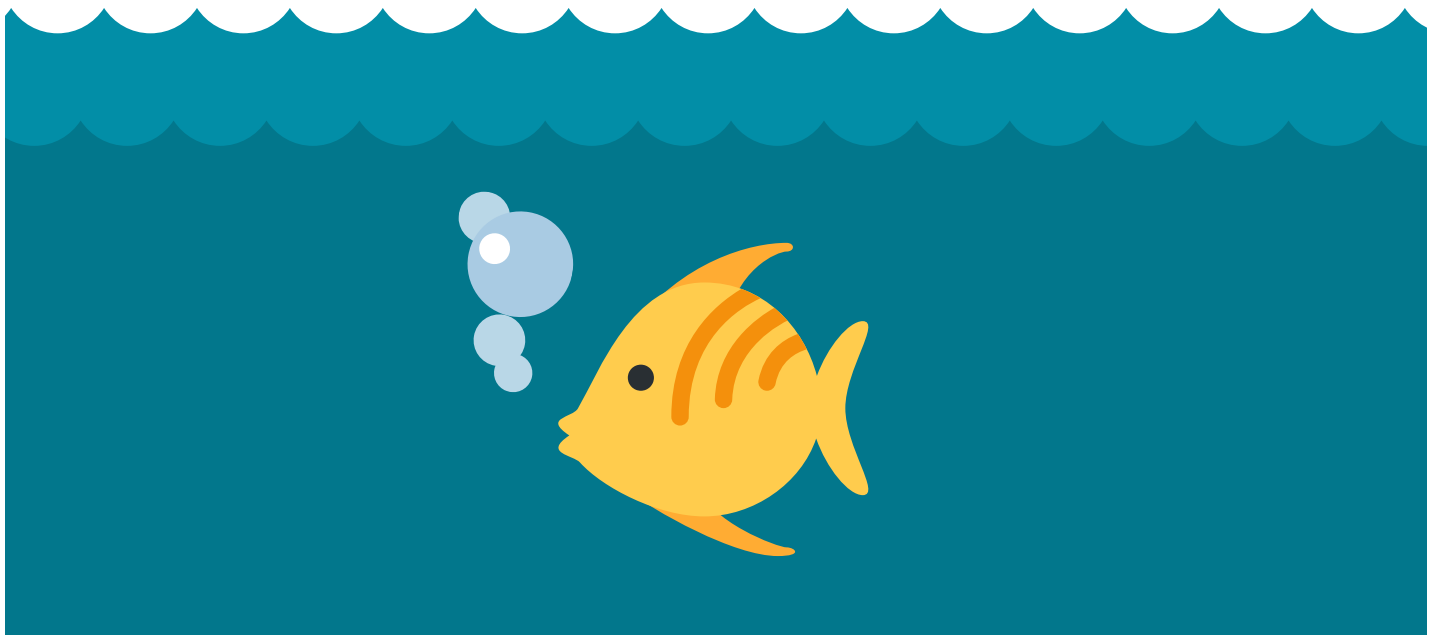
Thursday, May 16

5:30-6:30 PM

Canton Intermediate School Gym

Ages 4-9

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.





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 on line 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.

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