



# CANTON PARKS & RECREATION



**CREATING COMMUNITY THROUGH PARKS, PROGRAMS, AND PEOPLE**

## Fall 2020 Programs & Events

**August - December**

More programs will  
be added!

Check [cantonrec.org](http://cantonrec.org)



While Fall 2020 will not look like seasons of the past, the staff of the Canton Parks & Recreation Department have been working hard to make sure that we are still able to offer as many opportunities as possible to the families in Canton. Please view the program information in this brochure of what we currently have available for this fall – although things may change again, we are hopeful that the plans we have in place will allow us to offer as many programs as possible in a safe and responsible manner. If additional changes are made, they will be communicated through the Canton Parks & Recreation website.



[facebook.com/CantonCTParksandRec](https://facebook.com/CantonCTParksandRec)



860-693-5808

[WWW.CANTONREC.ORG](http://WWW.CANTONREC.ORG)

# Department Information

## COVID-19 SAFETY PROTOCOLS

The Canton Parks & Recreation Department has continued to monitor the Covid-19 Safety guidelines released by the state for camps, programs and sports. Please check each individual program on the website for specific safety protocols prior to registering. It is imperative that all safety protocols are followed to ensure the safety of participants, instructors, coaches and staff. Please note, safety guidelines may change throughout a program. We appreciate your cooperation as we put every effort into offering programs in a fun and safe manner.

## CLASS OPTIONS

With new safety guidelines being released daily, Canton Parks & Recreation strives to offer a variety of programs and classes in a multitude of settings. Programs will be continuously added - check [CantonRec.org](http://CantonRec.org) for updates. Please review the various modes of class below.

**In-person:** A majority of in-person classes will be held outdoors at the Canton Community Center, CIS field or Mills Pond Park in effort to mitigate the spread of COVID-19. Some classes will be held inside with social distancing at the Canton Community Center.

**Hybrid:** These classes will be held in-person weather permitting. If the class cannot be held in-person, then the class will be held via Zoom instead. Some hybrid classes offer a drop-in rate for in-person sessions only. Read program descriptions for more details.

**Virtual:** Live online and recorded classes will be available throughout the year. These classes will be held 100% online. Pick up for supplies may be required. Read program descriptions for more details.

## PARKS & REC COMMISSION

**Vacancy!** Canton Parks & Recreation Commission is in search for one commission member. Anyone interested should go to [townofcantonct.org](http://townofcantonct.org) to review the responsibilities and complete an application.



# Programming Overview

## PRE-SCHOOL PROGRAMS

### Tots on the Go!

*In-person* - Ages 2-4

Join Tots on the Go! and have your child exercise, play and move in a safe and socially distance class (all classes will be held outside). Parents and children will be instructed to complete different activities that are both entertaining and fun! Classes are focused on improving your child's physical growth and coordination through a mix of agilities, games and sports.

Dates: Mondays, 9/14-10/05

Time: 9:30-10:15 AM

Location: Mills Pond Park

Fee: \$60 (NR \$65)

### Music with Miss Jean

*In-Person*

**Ages 18 months - 3 years**

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

Session I: Weds, 9/09-10/07

Session II: Weds, 10/14-11/18

Time: 9:30-10:15 AM

Location: Mills Pond Park

Fee: \$70 (NR \$75)

### Timber Tots:

### Nature Discovery

*In-Person* - Ages 2-4

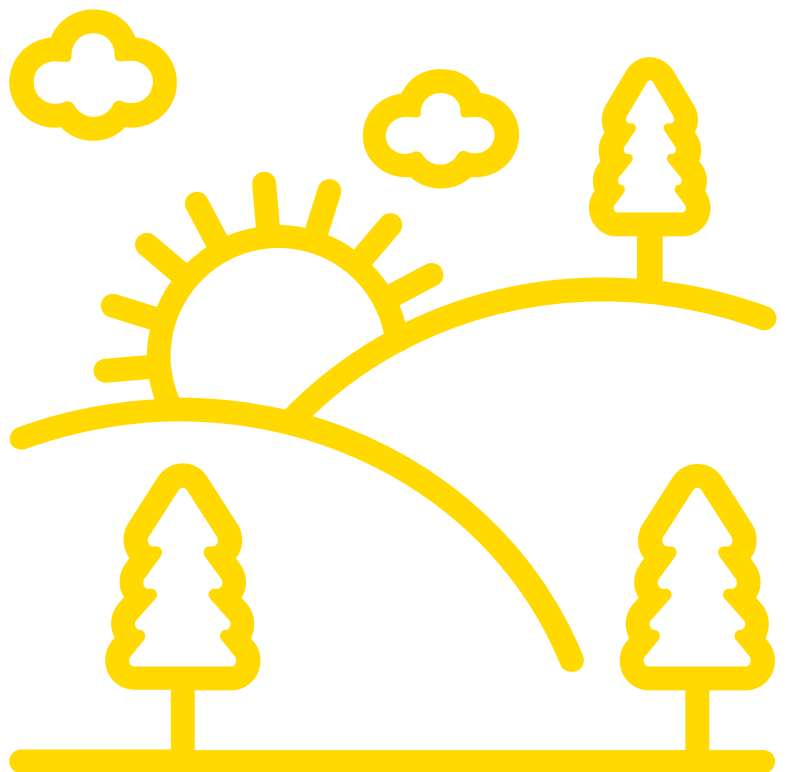
TimberTots is an outdoor learning program helps young children develop physical and social skills through nature activities. Parents get to bond with their child(ren) with different activities during this class! TimberTots will be held outdoors only at Mills Pond Park under the pavilions. All materials needed are included!

Dates: Tuesdays, 9/15-10/06

Time: 9:30-10:15 AM

Location: Mills Pond Park

Fee: \$75 (NR \$85)



# AFTERSCHOOL PROGRAMS

## Beyond the Bell

*In-person*

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

### Beyond the Bell: CIS

Beyond the Bell for Grades 4-6 will be different for this academic school year (2020-2021) in terms of days each week, location, and other COVID-19 requirements that can be found in our parent handbook. There will only be one group of 14 children for this program. Please register early to secure your spot! Our program will be held ONLY two days a week on Mondays and Fridays. The time for this program will be 2:45-5:30pm on Monday and 2:45-4:30pm on Friday. Beyond the Bell for Grades 4-6 will take place at the Canton Community Center in Room B. Staff will pick up children at dismissal from Canton Intermediate School. Please send your child in with a face mask. We will be wearing face masks while indoors and during close quarters activities. Beyond the Bell will NOT be providing snacks this year to children.

**Dates:** Mondays and Fridays

September: 8/31-9/30 (No class on 9/7, 9/28)

October: 10/5-10/30 (No class on 10/9 and 10/12)

November: 11/2-11/30 (No class on 11/3, 11/17-11/19, 11/25-11/27)

December: 12/2-12/21 (No class on 12/23-12/31)

**Time:** 2:45-5:30pm on Monday | 2:45-4:30pm on Friday

**Location:** Canton Community Center- Room B

**Fee:**

Mondays Only: September: \$60, October: \$60, November: \$100,

December: \$60

Fridays Only: September: \$60, October: \$60, November: \$45 ,

December: \$45

# AFTERSCHOOL PROGRAMS

## Beyond the Bell: CBPS

Beyond the Bell for Grades K-3 will be different for this academic school year (2020-2021) in terms of days each week, the time the program is held, location, and other COVID19 requirements that can be found in our parent handbook. There will only be one group of 14 children for this program. Please register early to secure your spot! Our program will be held ONLY two days a week on Monday, Tuesday and Thursday. The time for this program will be 4-6pm, to allow time for travel to drop off. Beyond the Bell for Grades K-3 will take place at the Canton Community Center in Room D. Please park behind the library as we will use that entrance for the program. Please remain in your vehicles for both pick up and drop off- staff will pre-screen and sign your child in and out from your vehicles. Please send your child in with a face mask. We will be wearing face masks while indoors and during close quarters activities. Beyond the Bell will NOT be providing snacks this year to children.

**Dates:** Mondays & Tuesdays OR Thursdays

September: 8/31-9/29 (No class on 9/7, 9/28)

October: 10/5-10/29 (No class on 10/12)

November: 11/2-11/30 (No class on 11/18 and 11/25)

December: 12/2-12/22 (No class on 12/23-12/31)

**Time:** 4:00-6:00pm

**Location:** Canton Community Center- Room D

**Fee:** September M & T: \$120, September TR: \$60

October M & T: \$105, October TR: \$75

November M & T: \$105, November TR: \$30

December M & T: \$115, December TR: \$55

*Please call the Parks and Recreation Office for other package options:*

*860-693-5808.*



**NOTE:** Beyond the Bell is subject to change in regards to program formatting, group sizes, safety protocols due to COVID19, day and time scheduling, and activities.

# AFTERSCHOOL PROGRAMS

## SOAR

*School's Out Afternoon Recreation*

*In-person - Grades 4-6*

**NEW!** SOAR offers CIS students a place to do homework, then participate in a variety of recreation/sport activities. Activities will include track and field events, basketball, soccer, agilities, obstacle course challenges and so much more! The program will be held at CCC for the first part of the session when students complete any assignments (approximately 30 minutes), then transition to the CIS field for activities. If it is raining, participants will remain indoors for the duration of the program and will then include arts and crafts and other fun activities. More information available on [CantonRec.org](http://CantonRec.org). Face masks will be required indoors and during close quarters activities. Space will be limited!

Dates: Tuesdays & Thursdays

September: 9/8-10/1

October: 10/6-10/29

Time: 2:45-4:30pm

Location: CCC/CIS Field

Fee: \$60/month per day (Tues OR Thurs)



## ENRICHMENT PROGRAMS

### CAST: Virtual Performance

*Canton Amateur Seasonal Theater*

*Hybrid - Grades 4-8*

CAST Virtual Presents **Once Upon a Zoom.**

Virtual Theatre is a new and exciting art form that is just beginning to evolve. Trying times have made us all look at ways to continue what we love to do in a safe environment. Space is limited! Don't wait, register today!

*How it will work:* Weather permitting we will meet for socially distanced group audition and a few discussion/prep. rehearsals outdoors at the Canton Community Center. From there, rehearsals will move to the Zoom format with our "acting for the camera rehearsals" all culminating in a video recording of the performance.

*Once Upon a*  
**Zoom**

Dates: Mondays & Wednesdays, 9/21 – 10/28

Location: Zoom & CCC *outside*

Time: 4:00-6:00pm

Fee: \$375



# ENRICHMENT PROGRAMS

## Food Explorers

*In-person- Grades K-3*

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! Here are a few examples of what you'll be making each day: veggie spring rolls, avocado fries, oatmeal yogurt cups, 7-layer dip, and more! All recipes will be nut free.

Dates: Wednesdays, 10/7-10/28

Time: 4:00-5:00pm

Location: CCC

Fee: \$65 (NR \$75)



## Road Map to College

*Virtual- Ages 14-18*

*Learn how to find the right College Fit -* Learn how to build your college list, plan visits, identify the schools and environments that offer the best fit for you, build a strong application, master the steps and understand the competitive factors that influence your chances for admission.

*Strategic Planning for Each Step of the Application Process -* Learn how your preparations today will influence the strength of your applications next year. 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 a look at the technology that supports the application process.

Dates: Saturday, 11/7

Time: 2:00-5:00pm

Location: At your home via Zoom!

Fee: \$60



## Craft Kits

*Virtual- Ages 14-18*

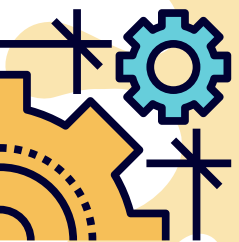
**NEW!** Themed weekly craft kits with instructional videos. This fun program helps peak creativity and stops boredom in its tracks. Themes will include STEM projects, painting pottery and so much more! This activity can be done at your leisure throughout the the week.

Dates: November (Four activities)

Kit Pick up Times: TBA

Location: At your home!

Fee: \$60 (NR \$65)



# ENRICHMENT PROGRAMS

## Art-ventures: World Treasure

*In-person- Grades 4-6*

Grab your passport and climb aboard! In this multi-cultural art exploration program, young art travelers jet from continent to continent, and discover amazing art secrets hidden all across the globe. Borrowing from Native American art traditions, craft colorful Shrinky Dink sun catchers and sculpt "All About Me" clay totem poles. Create flower pots with feet and funny faces, inspired by ancient pottery found in the Philippines...and so much more! Art-venturers experience a multitude of materials and techniques, and bring home two- and three-dimensional masterpieces each week as souvenirs from their travels. Fun facts about each country and culture are included. The only thing kids need to pack is their imaginations!



Dates: Tuesdays and Thursdays on:

11/5, 11/10, 11/12, 11/17, 11/19, 11/24, 12/1, 12/3

Time: 3:00-4:00pm

Location: Canton Community Center- Parks & Recreation Room

Fee: \$130 (\$140 NR)

## Art-ventures:

## Lions and Tigers and Pigs, Oh My!

*In-person- Grades K-3*

Animals have been an important subject for artists all over the world since the beginning of time. From ancient caves to the present day magnificent creatures can be seen in paintings, sculptures, ceramics, mosaic art, fabric design, masks and stained glass. On a wild journey through the animal kingdom, art adventurers discover a multitude of kooky critters--as well as their own creativity--while exploring various techniques, tools, textures and materials. Stained glass giraffes, fabric dogs, ceramic elephants, wooden snakes, colorful dinosaurs, and clay lions with fluffy fiber manes. These are just a few of the animals created during our cool and playful art excursions. Fun facts about each creature are included and masterpieces go home each week. A ROARING good time!

Dates: Tuesdays and Thursdays on:

11/5, 11/10, 11/12, 11/17, 11/19, 11/24, 12/1, 12/3

Time: 4:45-5:45pm

Location: Canton Community Center- Parks & Recreation Room

Fee: \$130 (NR \$140)



# ENRICHMENT PROGRAMS

## Online Coding Classes

*Virtual- Ages 7-17*

**NEW!** Online Coding Classes with Code Wiz - an outreach education company that offers a variety of coding classes. The Code Wiz staff is passionate about inspiring the next generation, helping kids to unlock their inner genius and love watching them get excited about coding. Code Wiz aligns its curriculum with the K-12 Computer Science Framework represents a vision in which all students engage in the concepts and practices of computer science. All classes require a PC, Mac or Chromebook. We maintain a low coach:student ratio of 1:3 for kids ages 7 - 9 and 1:4 for kids ages 10+.

Come join us and see what the excitement of coding is all about! All Online Coding Classes featured below with Code Wiz have different times, ages and themes per section.

Classes that will be offered include:

**Code your own Roblox Game**, **Minecraft Coding**, and **Animators**.

**Please view full program information at [CantonRec.org](http://CantonRec.org).**

What each class has in common are the following:

- Each class is \$200
- Each class is done virtually from your home!
- Each class is offered on two different days:
  - Mondays, 11/9-12/14
  - Thursdays, 11/5-12/17 (No class 11/26)



# SPORTS PROGRAMS

## Next Generation of Dance

*Hybrid - Ages 3-11*

This dance program is designed for all skill levels. No experience needed! Dance is a fun environment to be in. It's a place to be you and have fun, to meet new friends, and make and succeed your goals. Students will be learning a variety of dance routines!

Dates: Wednesdays, 9/2-10/7

Ages 3-5: 4:30-5:15pm

Ages 6-11: 5:30-6:30pm

Location: Mills Pond Park (Zoom when needed)

Fee: \$72 (NR \$82)



## Warrior Field Hockey Clinic

*In-person - Grades 3-6*

Join the Canton High School Varsity Field Hockey Team and Coaches to learn the fundamentals of field hockey. This clinic is specifically designed to foster skill development and growth in players, grades 3-6. Players will work on dribbling, passing, defense and basic FH concepts. Have fun while improving your field hockey skills. No previous experience is necessary! Participants are asked to bring a field hockey stick, shin guards & mouth guard.

Dates: Saturdays, 9/12-10/3

Time: 9:00-10:00am

Location: CHS Turf

Fee: \$50 (NR \$55)

## Tennis Clinics

*In-person - Ages 5-9*

**NEW!** 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. Younger beginner and advanced beginner players work primarily on basic strokes development and consistency through a number of fun filled drills.

Dates/Times: TBD

Location: Mills Pond Park - Tennis Courts

# SPORTS PROGRAMS

## Warrior Basketball Preseason Clinic

*In-person - Grades 3-8*

The Warrior Basketball Preseason clinic hosted by Canton Varsity Boys Basketball Coach, Craig Archambault, will be a 4-week skill development program for boys and girls in grades 3-8. This 90 minute skill clinic will focus on developing fundamental skills in the areas of ball handling, shooting, passing defense, individual scoring moves and team offense/defense strategies. It will give participants the opportunity to learn and prepare their skills for their winter season ahead! Staff will include Canton High School Basketball Coaches and Players. All campers will receive a camp t-shirt with the program! Program will be held at Mills Pond Park. Rain date: 10/8.

Dates: Thursdays, 9/10-10/1

Grades 3-5: 5:00-6:30pm

Grades 6-8: 6:45-8:15pm

Location: Mills Pond Park - Basketball Courts

Fee: \$150 (NR \$160)



## Warrior Soccer Clinic

*In-person - Ages 4-9*

Join the Canton High School Girls Soccer coaches and players for this action packed soccer clinic. Participants will learn new skills and proper technique all while having fun. This clinic is great for beginner to intermediate players to work on developing dribbling, passing and shooting skills. We ask that participants bring their own soccer ball.

Dates: Saturdays, 9/12-10/3

Time: 10:15-11:15am

Location: CHS Turf

Fee: \$50 (NR \$55)



# FITNESS PROGRAMS

## YogaChi

*Hybrid - Ages 18+*

YogaCHI is for all levels and everyone is encouraged to try it out! In this gentle but energizing class we will intelligently combine disciplines of Yoga, Pilates and CHI-Gong. The emphasis will be on exercises to deepen the breath, strengthen the muscles of the "core" as well as upper body, arms and legs combined with deep stretching and ending with therapeutic relaxation techniques. The class is designed to bring energy and balance into the body, mind and spirit, cultivate health, vitality and longevity. Yes, this is for everyone!

Dates: Thursdays, 9/24-10/15

Time: 10:00-11:00am

Location: Mills Pond Park (Zoom when needed)

Fee: \$40 (NR \$50)



## Yoga with Nancy

*Virtual - 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. It 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.

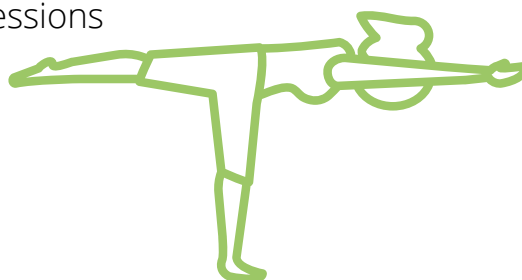
Dates: Thursdays - Monthly (4 week) sessions

Next session begins 9/10

Time: 7:30-8:30pm

Location: Zoom

Fee: \$26



# FITNESS PROGRAMS

## Senior Chair Workout

**Hybrid - Ages 55+**

This one-hour class includes warm-up, resistance training, cardio, balance and cool-down/stretch segments using a chair for seated or standing movements. Light weights, stretch bands or a hand towel, and light balls are used. You may bring your own tools or we can provide them. Please bring water!

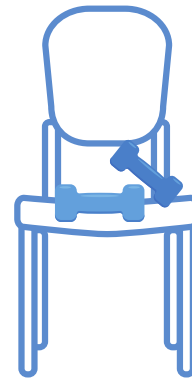
**NEW!** Hybrid Class - Join Kathi at Mills Pond Park under the pavilion for Senior Chair Workout. If there is inclement weather, the class will be held via Zoom. Don't worry if Zoom isn't for you, there is a drop in option for the in-person class only. *For drop in, participants must call ahead to reserve their spot for the day. 860-693-5808*

Dates: Tuesdays, 9/15-10/6

Time: 10:30-11:30am

Location: Mills Pond Park - pavilion (Zoom if needed)

Fee: \$15/session (in-person & Zoom) OR \$5 class drop-in



## ZumbaGold

**Virtual - Ages 18+**

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



Dates: Tuesdays OR Saturdays - Monthly (4 week) sessions

Next session starts Tue, 9/1 OR Sat, 9/5

Time: Tues - 5:45-6:45pm & Sat - 10:00-11:00am

Location: At your home via Zoom!

Fee: \$22/session (Tue or Sat)

# FITNESS PROGRAMS

## Every Body's Exercise Class

*In-person - Ages 55+*

Stretch, tone, and flex your way to a healthier you. Mary is a fun loving instructor, telling jokes and wearing crazy costumes- making exercise seem effortless yet so fun. If you think you would like to get out and join a fun loving bunch for some Senior exercise, this is your class! Come and give it a try- you will be hooked on Mary and the class! *For drop in, participants must call ahead to reserve their spot for the day. 860-693-5808*

Dates: Wednesdays, 9/9-9/30

Time: 1:00-2:00pm

Location: Mills Pond Park - pavilion

Fee: \$15/session OR \$5 class drop-in



**NOTE:** All programs, events, and safety guidelines listed in this brochure are subject to change. Please continue to check CantonRec.org for up-to-date information.