



Winter 2020 Programs & Events

November - January

More programs will
be added!
Check cantonrec.org



While Winter 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 winter – 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



860-693-5808

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 for updates. Please review the various modes of class below.

In-person: A majority of in-person classes will be held at the Canton Community Center, Town Hall Auditorium, CIS field or Mills Pond Park. In an effort to mitigate the spread of COVID-19, classes will follow strict guidelines, which includes social distancing requirements.

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 an option to be indoors during inclement weather instead of on Zoom. Read program descriptions for more details.

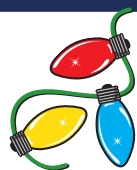
Virtual: Live online and recorded classes will be available throughout the year. These classes will be held 100% online. Pick up for supplies may be required. Read program descriptions for more details.

PARKS & REC COMMISSION

Vacancy! Canton Parks & Recreation Commission is in search of one commission member. Anyone interested should go to townofcantonct.org to review the responsibilities and complete an application.



Special Event



HOLIDAY LIGHTS CONTEST



We invite families to submit a registration/entry form for the Holiday House Lights Contest to the Parks and Recreation Office no later than Monday, December 14th. Forms are available on CantonRec.org. Completed forms should be e-mailed to Lexi Polasek at lpolasek@townofcantonct.org.

Judging will take place on Wednesday, December 16th from 5:00-9:00pm. Please keep your lights on during this time. Households may win a prize. Award categories include "Most Spirited", "Most Creative", and "Traditional". *The contest is open to Canton/Collinsville residents only.*

More information available on CantonRec.org.



HAVE A PROGRAM IDEA OR SUGGESTION?

LET US KNOW! EMAIL KELLIE FAUST, kfaust@townofcantonct.org OR LEXI POLASEK, lpolasek@townofcantonct.org.

Programming Overview

PRE-SCHOOL PROGRAMS

Tots: Arts & Motion

In-person - Ages 2-5

Arts & Motion is a combination program including crafty projects and recreational play activities. In this program participants will be active, creative and most importantly have fun! Arts & Motion helps children enhance their fine motor skills while exercising their problem solving abilities and of course using imagination. Materials are all included and all projects made will be able to be brought home. Class size is limited. Don't wait, register today!

Dates: Mondays, 11/09-11/30

Time: 9:30-10:15 AM

Location: Outdoor - Mills Pond Park

Indoor - Town Hall Auditorium

Fee: \$60 (NR \$65)

Tiny Tots Club:

Pop Ups!

In-Person - Ages 2-5

Check out what's happening at the Tiny Tots Clubhouse! This play-based program will introduce a new theme each week. Tots and their guardian will explore new worlds and create crafts to take home. Class will include a portion for movement to get those wiggles out and a themed art activity. Each class is \$15. For full program descriptions go to CantonRec.org.

Pop up events will be held either at Mills Pond Park or the Town Hall Auditorium depending on the weather.

Week 1: The Five Senses

Thursday, Nov. 5 9:30-10:15 AM

Register by 10/30

Week 2: Down on the Farm

Tuesday, Nov. 10 9:30-10:15 AM

Register by 11/2

Week 3: The Pumpkin Patch

Tuesday, Nov. 17 9:30-10:15 AM

Register by 11/10

Week 4: Dinosaur Discovery

Tuesday, Dec. 1 9:30-10:15 AM

Register by 11/23

Week 5: Blast Off to Space!

Tuesday, Dec. 8 9:30-10:15 AM

Register by 12/01

Week 6: Fantasy & Fairy Tales

Thursday, 12/10 2:15-3:00 PM

Register by 12/03

Week 7: Winter Wonderland

Tuesday, 12/15 9:30-10:15 AM

Register by 12/8

Week 8: Reindeer & Jingle Bells

Thursday, 12/17 2:15-3:00 PM

Register by 12/10



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 16 children for this program. Please register early to secure your spot! Our program will be held 4 days a week! Parents can select the fully loaded option (4 days a week, M-TR), 3 days a week or 2 days a week. If you pick the 3 or 2 day option, there will be a question box asking which days of the week (or dates) you would like to send your child. The time for this program will be 2:45-5:30pm on Monday-Thursday. Fridays are not offered at this time. Beyond the Bell for Grades 4-6 will take place at the Canton Community Center in the Parks and Recreation Room. Staff will meet children outside of the school facilities at dismissal.

Dates:

November

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

December

12/1-12/21 (No class on 12/23-12/31)

Time: 2:45-5:30pm

Location: Canton Community Center- Parks and Recreation Room

Fee:

November

Fully Loaded (M-TR): \$200 | 3-Days: \$170 | 2-Days: \$145 | 1-Day: \$75

December

Fully Loaded (M-TR): \$230 | 3-Days: \$190 | 2-Days: \$155 | 1-Day: \$80

January Dates TBA

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

Beyond the Bell: Half Days/No School Days

Beyond the Bell will be held on half days AND select no school days at the Canton Community Center when school is not in session (distance learning and in person). The program will be separated into two groups by grades with a maximum capacity of 16 children per group. In the event each group does not have enough participants than Groups 1 and 2 will be combined into one group consisting of Grades K-6.

Beyond the Bell No School Days and Half Days include arts and crafts, planned recreational games and activities and even some educational lessons through play. Children will be able to have fun like they would at camp, while also staying on top of their education.

Full Day: 11/03

Half Days: 11/17, 11/18, 11/19, 11/25, 12/23

Full Day: 8am-5pm for Grades K-6.

Half Day: 12:15-5:30pm for Grades 4-6 and 1:00-5:30pm for Grades K-3.

Check CantonRec.org for full details & pricing.

ENRICHMENT PROGRAMS

Next Generation of Dance

In-person - Ages 3-14

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 while staying socially distanced! All classes will be held at the Town Hall Auditorium or if there is warm weather class will be held outdoors at Mills Pond Park.

Intro to Dance (ages 3-5) & **Dance Class** (ages 6-11)

Dates: Wednesdays, 11/18-12/16 (No class 11/25)

Intro to Dance: 4:30-5:05 PM Dance Class: 5:15-6:15 PM

Fees: Intro to Dance: \$40 (NR \$45) Dance Class: \$48 (NR \$58)

Dance Class (ages 10-14)

Dates: Fridays, 10/30-11/20 - 4:00-5:00 PM

Fee: \$48 (NR



ENRICHMENT PROGRAMS

Food Explorers

In-person - Grades K-6

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.

Homeschool Option:

Dates: Tuesday, 12/15
Time: 1:00-4:00pm
Location: CCC
Fee: \$50 (NR \$55)

Winter Break Option:

Dates: Tuesday, 12/28
Time: 2:00-5:00pm
Location: CCC
Fee: \$50 (NR \$55)

Arts & Motion

In-person - Ages 6-12

NEW! Arts & Motion is a combination program including crafty projects and recreational play activities. In this program participants will be active, creative and most importantly have fun! Arts & Motion helps children enhance their fine motor skills while exercising their problem solving abilities and of course using imagination. There will be a STEM activity during one of the weeks of this program. Materials are all included and all projects made will be able to be brought home.

Option 1:

Dates: Thursdays, 11/12-12/17
(No class 11/26)
Time: 2:00-3:30pm
Location: CCC P&R Room
Fee: \$85 (NR \$95)

Option 2:

Dates: Mondays, 11/02-11/30
Time: 4:00-5:00pm
Location: CCC P&R Room
Fee: \$55 (NR \$65)



Craft Kits

Virtual - Ages 6-12

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: December (Three activities)
Kit Pick up Times: TBA
Location: At your home!
Fee: \$15 per activity OR
\$39 for all sessions

Dates: January (Four activities)
Kit Pick up Times: TBA
Location: At your home!
Fee: \$15 per activity OR
\$50 for all sessions

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.

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)

More sessions coming soon! Check CantonRec.org for updates.

American Red Cross Babysitting Training

In-person - Ages 11-16

The American Red Cross is the nation's leader in babysitter training and will prepare you to be the best sitter in your neighborhood. This class provides knowledge and skills necessary to safely and responsibly give care for children and infants. Participants will develop leadership skills; learn how to develop a babysitting business, keep themselves and other safe and help children behave; while learning about basic child care and basic first aid. Participants should bring lunch, a snack and drink(s).



Date: Tuesday, 11/3

Time: 9:00am-1:00pm

Location: CCC - Multipurpose Room (lower level)

Fee: \$135 (NR\$145)

SPECIALTY CAMPS

Explorers December Camp

In-person - Grades K-6

Our extremely popular Explorers Summer Camp brings you some sun and fun this winter with Explorers December Camp! The pool may be closed but we've brought everything else with us – the games, arts & crafts, sports, and more have all made their way over from Mills Pond Park. Camp is the perfect place to make new friends and create memories that last a lifetime, and now Explorers is bringing the heat in December!

Camp Options:

Christmas Eve Special Party

Date: 12/24/20

Time: 8:00am-1:00pm

Location: CCC P & R Room

Fee: \$55 (NR \$65)

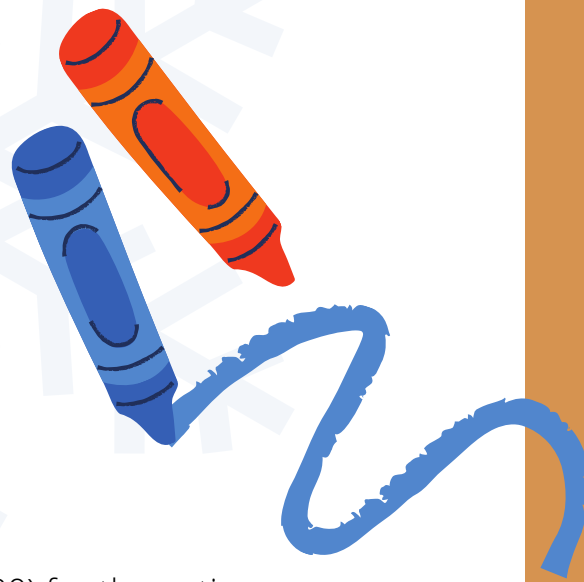
December Camp

Dates: Monday-Thursday, 12/28-12/31

Time: 8:00am-5:00pm

Location: CCC P & R Room

Fee: \$45 (NR \$55) per day OR \$160 (NR \$180) for the entire camp



Explorers Camp Clubhouse

In-person - Ages 6-12

NEW! Explorers Day Camp's new version, Clubhouse, is offered to those families of children who are being homeschooled during the school year. There will only be one group of 16 children for this program. Please register early to secure your spot!

Our 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.

Check CantonRec.org for clubhouse dates, times and full details!

ADULT PROGRAMS

YogaChi

Hybrid - Ages 12+

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 - Monthly (4 week) sessions

Time: 11:00am-12:00pm

Location: Mills Pond Park or Town Hall Auditorium (weather dependent)

When class is indoors the session will also be available for live streaming via Zoom for those who would prefer to workout at home.

Fee: \$40 (NR \$50)



Yoga with Nancy

Virtual - Ages 14+

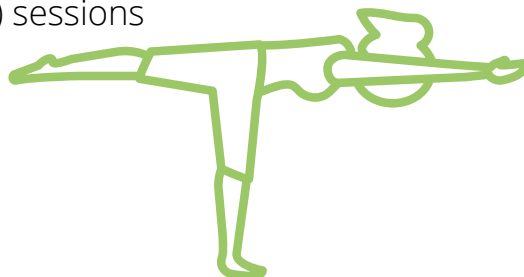
Yoga is a simple, amazing connection of body, mind and spirit, great for all ages & body types. Class includes stretches, breathing techniques and relaxation. It will enhance your physical and mental well being, increase strength, reshape muscles and tone your entire body. It will energize you and improve 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 - Bi-Monthly (8 week) sessions

Time: 7:30-8:30pm

Location: Zoom

Fee: \$52



ADULT PROGRAMS

Adult Chair Workout

In-person - Ages 45+

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!

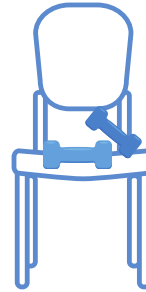
Dates: Monthly - Tuesdays

Time: 10:30-11:30am

Location: Mills Pond Park

or CCC P & R Room (weather dependent)

Fee: \$15/session



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

Time: Tues - 5:45-6:45pm &

Sat - 10:00-11:00am

Location: At your home via Zoom!

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



Every Body's Exercise Class

In-person - Ages 45+

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!

Dates: Monthly - Wednesdays

Time: 1:00-2:00pm

Location: Mills Pond Park

or CCC Multipurpose (weather dependent)

Fee: \$15/session

ADULT PROGRAMS

Adult Cooking Class with Food Explorers

In-person - Ages 18+

Join Katie, Registered Dietitian from Food Explorers for a game of Nutrition Jeopardy! While learning all about food and nutrition facts, you'll also make a quick and healthy snack: DIY Banana Cream Pies. This recipe is nut free but does contain dairy. Social distancing guidelines will be followed, masks will be worn and food safety gloves.

Date: Monday, December 7

Time: 11am-12pm

Location: CCC P&R Room

Fee: \$15



Recreation Basketball

Our department is exploring options to bring basketball to our youth community this winter. At this time, the traditional recreation basketball league season has been postponed. Please continue to check our website for updates.

Thank you!



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.