



# Spring 2021 Programs & Events

**February - May**

More programs will  
be added!

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



While Spring 2021 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 spring – 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.

**Take Home Kits:** A variety of arts & crafts kits are available for kids of all ages!

## PARKS & REC COMMISSION

**Vacancy!** Canton Parks & Recreation Commission is looking 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

### First Kicks

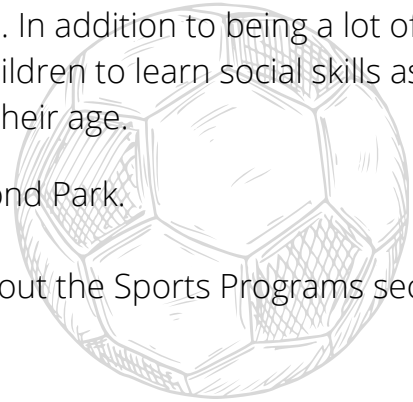
*In-Person* - Ages 3-4 (Parent & Child)

This program is a great way for parents and children to experience fun activities and spend quality time together. The program is about building positive parent and child interactions in a safe, joyfully and developmentally appropriate environment. In addition to being a lot of fun, our parent & child classes are great preparation for young children to learn social skills as well as other school readiness skills that are appropriate for their age.

Program will be held outdoors & socially distanced at Mills Pond Park.

**Dates & Time:** April/May TBA

First Kicks also offers a program for children ages 5-6. Check out the Sports Programs section below. Go to [CantonRec.org](http://CantonRec.org) for updates!



### Tiny Tots Club: Pop Ups!

*In-Person/ Take Home Kits* - 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 in-person & \$10 for take home kits. For full program descriptions go to [CantonRec.org](http://CantonRec.org).

*Pop up events will be held either at Mills Pond Park or the Town Hall Auditorium depending on the weather. **Classes run 9:30-10:05 AM.***

#### Tots March Classes:

**Tuesday, March 2:** Dr. Seuss  
**Tuesday, March 9:** Artic Animals  
**Tuesday, March 16:** St. Patty's Day!  
**Tuesday, March 23:** Happy Spring!  
**Tuesday, March 30:** Where is the Easter Bunny?

#### Tots April Classes:

**Tuesday, April 6:** Beach Break!  
**Tuesday, April 13:** Lights, Camera, Action  
**Tuesday, April 20:** Earth Day Celebration  
**Tuesday, April 27:** April Showers Bring May Flowers



# PRE-SCHOOL PROGRAMS

## Music with Miss Jean

*In-Person*

**Ages 18 months - 3 years**

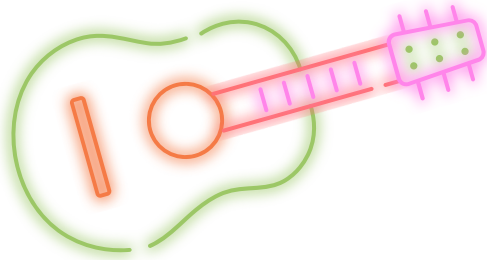
This guitar led sing-along class consists of music and activities that keep everybody moving. Have fun playing instruments, jumping to the rhythms and learning some musical games. This class gets the kids dancing and helps them burn off some energy for nap time.

**Dates:** Session I: Weds, 4/07-5/05 | Session II: Weds, 5/12-6/09

**Time:** 9:30-10:30am

**Location:** Mills Pond Park

**Fee:** \$70 (NR \$75)



## Spring T-Ball

*In-Person - Ages 4-7*

Children learn the basics of baseball including how to throw, catch, hit, and the positions of America's favorite pastime; all while having fun in a safe environment. T-ball and Coach Pitch take place on Saturdays spread over 5 weeks in April, May and June at Mills Pond Park. Participants get a cool team t-shirt to keep. Parent volunteer coaches are needed, if you are interested in volunteering please call 860-693-5808 or email Kellie Faust, recreation supervisor at [kfaust@townofcantonct.org](mailto:kfaust@townofcantonct.org).

**T-Ball:** Ages 4-5 | **Coach Pitch:** Ages 6-7

**Dates:** Saturdays, 4/24-5/22 (Make up date: 6/5)

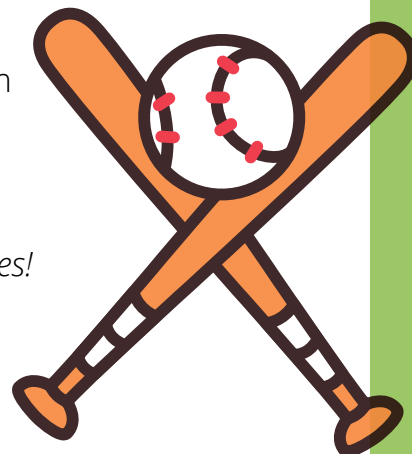
**Times:** T-ball 9:30-10:30am | Coach Pitch 10:45-11:45am

**Location:** Mills Pond Parks Baseball Fields

**Fee:** \$50 (NR\$60)

Register by 3/22

*Start date subject to change check [CantonRec.org](http://CantonRec.org) for updates!*



# 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

Our program will be held 5 days a week ! Parents can select from different package offers (from 5 days- 1 day a week) and there will be a question box asking which days of the week (or dates) you would like to send your child.

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. 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. When you arrive to pick up your child, please park by the 15 minute parking area (close to the flag pole) and use the front entrance door where the Parks and Recreation Office is located.

#### Dates:

**February:** 2/1-2/26 (No class on 2/15 and 2/16)

**March:** 3/1-3/31 (No class 3/9-3/11)

**April:** 4/1-4/30 (No class 4/2 and 4/12-4/16)

**May:** 5/3-5/27 (No class 5/28 and 5/31)

**June:** 6/1-6/9\*

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

**Location:** Canton Community Center- Parks and Recreation Room

**Fee:** Price varies per month and day options. Monthly packages include options to attend 1-5 days/week. Please go to [CantonRec.org](http://CantonRec.org) for full pricing information.

*\*Final date subject to change based on school schedule*

**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: 1/2 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.

Half Days: 3/9, 3/10, 3/11, 5/28

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

*(May half day session ends at 4:30pm)*

*Check website for full details & pricing.*

## CAMPS & SPECIAL PROGRAMS

### Explorers February Vacation Camp

*In-person - Ages 5-13*

Explorers Vacation Camp is back on Monday, 2/15 and Tuesday, 2/16 from 8am-5pm on both days. Our vacation camp is for 5-13 year olds who will enjoy crafts, games, and other activities from our Summer Explorers Camp, during February Vacation. Ever heard of six degrees of separation? You are only two degrees away from someone who has attended an Explorers Camp! This camp will only have one group with 14 campers in the group.

**Dates:** February 15-16 **Time:** 8:00am - 5:00pm

**Package Options:**

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

One day (Mon or Tue): \$50 (NR \$60)





# CAMPS & SPECIAL PROGRAMS

## Explorers April Vacation Camp

*In-person - Ages 5-13*

Explorers Day Camp is back for April Vacation! This one-week of camp is the perfect opportunity for 5-13 year olds to participate in a variety of activities, make new friends and create memories that last a lifetime! Camp will be held in the Parks & Rec room at the Canton Community Center.

**Dates:** April 12-16

**Time:** 8:30am - 3:00pm

*After Care Hours Available: Mon-Thu, 3:00pm-6:00pm | Fri 3:00pm-4:30pm\**

**Fee:** \$175 (NR \$195)/week | \$40 (NR \$50)/day

*\*After Care Hours are only for a weekly package price at an additional cost to the base fee. Check [CantonRec.org](http://CantonRec.org) for additional pricing information.*



## Valentine's Day - Parents Night Out!

*In-person - Ages 5-13*

Celebrate your Valentine's Day with no kids and no worries. Canton Parks and Recreation is providing an evening of activities for your kids while you enjoy a night out. Kids will be supervised and entertained for the evening with arts and crafts, games and more! Pre-registration is required.

**Date:** February 12

**Time:** 4:30-9:00pm

**Fee:** \$35.00 (NR 40) for first child, \$20.00 (NR \$25) for each additional child

\$25 per child who attend Beyond the Bell and are staying for this special event!

*This event pairs great with our Love Birds - Adult Painting Class (more information available in Adult/Fitness Program section).*



# 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.

### Option 1:

Dates: Fridays, 3/05-3/26

Time: 1:00-2:00pm

Location: CCC

Fee: \$65 (NR \$75)

### Option 2:

Dates: Tuesdays, 4/06-5/04

Time: 5:00-6:00pm

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.

**Date & Time:** April 10, 1:00-4:00pm

**Location:** At your home via Zoom!

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

## Craft Kits

*Virtual- Ages 6-12*

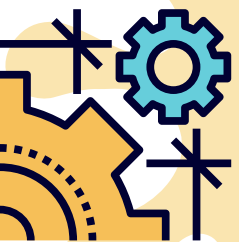
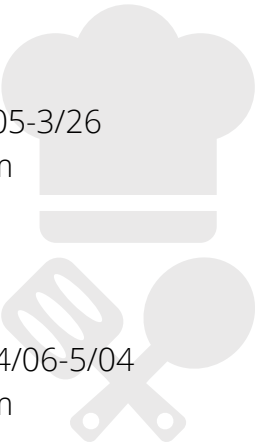
**NEW!** Themed weekly craft kits with instructions provided. This fun program helps peak creativity and stops boredom in its tracks. This activity can be done at your leisure throughout the the week.

**Dates:** February, March & April **Location:** At your home!

**Fee:** Prices vary. Individual & package options available.

**Themes include:** Beach Break!, Valentine's Day Crafts, DIY Surprise Ball, Rainbows!, Sand Art Candles, St. Patty's Day Crafts, Hello Spring!, Easter Bunny Crafts & more.

**Go to [CantonRec.org](https://CantonRec.org) for full details.**





# ENRICHMENT PROGRAMS

## Arts & Motion

*In-person - Ages 6-12*

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, 2/18-3/25

Time: 2:00-3:30pm

Location: CCC P&R Room

Fee: \$85 (NR \$95)



### Option 2:

Dates: Tuesdays, 3/02-3/30

(No class 3/9)

Time: 4:00-5:00pm

Location: CCC P&R Room

Fee: \$35 (NR \$40)

## Painting Class

*In-person - Ages 6+*

**NEW!** Join Canton Parks and Recreation in our NEW painting class. You will start with a blank canvas and leave with your own work of art. This class is in person and the instructor will take you step by step to create your own masterpiece. Remember art is unique and most importantly meant to be fun! There is no prior experience needed. The instructor will go over painting techniques for new artists. For children sessions, parents may choose to attend with child(ren) by registering for the class or drop off their child.

The first session of this painting class will be Valentine's Day themed - **Love**

**Birds** (sample below).

### Option 1:

Dates: Monday, 2/08

Time: 5:00-7:00pm

Location: CCC P&R Room

Fee: \$18 (NR \$23)

### Option 2:

Dates: Wednesday, 2/10

Time: 1:00-3:00pm

Location: CCC P&R Room

Fee: \$18 (NR \$23)



# SPORTS PROGRAMS

## Spring Coach Pitch

***In-Person - Ages 4-7***

Children learn the basics of baseball including how to throw, catch, hit, and the positions of America's favorite pastime; all while having fun in a safe environment. T-ball and Coach Pitch take place on Saturdays spread over 5 weeks in April, May and June at Mills Pond Park. Participants get a cool team t-shirt to keep. Parent volunteer coaches are needed, if you are interested in volunteering please call 860-693-5808 or email Kellie Faust, recreation supervisor at [kfaust@townofcantonct.org](mailto:kfaust@townofcantonct.org).

**T-Ball:** Ages 4-5

**Coach Pitch:** Ages 6-7

**Dates:** Saturdays, 4/24-5/22  
(Make up date: 6/5)

**Times:** T-ball 9:30-10:30am  
Coach Pitch 10:45-11:45am

**Location:** Mills Pond Parks  
Baseball Fields

**Fee:** \$50 (NR\$60)

Register by 3/22

*Start date subject to change check  
CantonRec.org for updates!*



## First Kicks

***In-Person - Ages 5-6***

This special program will feature fun activities designed to maximize instruction, develop basic technical skills and build a love for the game. At this age, our curriculum will challenge young players to focus on skills like dribbling, passing, shooting, ball control, decision-making and creativity. Due to Covid-19 parent/guardian participation is required.

Program will be held outdoors & socially distanced at Mills Pond Park.

**Dates & Time:** April/May TBA

First Kicks also offers a program for children ages 3-4. Check Pre-School Programs section.

Go to [CantonRec.org](http://CantonRec.org) for updates!



## Kids on the Move!

***In-person - Ages 5-9***

This program is for the kid always on the go! Classes are focused on improving your child's physical growth and coordination through a mix of agility stations, games and sports. Participants will get to try new activities each week. This program offers a little bit of everything to ensure kids stay active, play and have fun!

**Dates/Times:** May TBD

**Location:** Mills Pond Park

# ADULT & FITNESS PROGRAMS

## YogaChi

*Virtual- 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, 1/28-3/04

**Time:** 11:00am-12:00pm

**Location:** At your home via Zoom!

**Fee:** \$48



## 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.

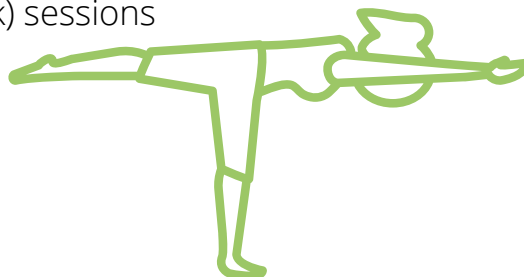
**Dates:** Thursdays - Bi-Monthly (8 week) sessions

Next session begins 3/04

**Time:** 7:30-8:30pm

**Location:** At your home via Zoom!

**Fee:** \$52



# ADULT & FITNESS PROGRAMS

## Red Cross CPR/AED/First Aid

**Hybrid** - Ages 13+

This hands-on skills training prepares you to respond to breathing and cardiac emergencies as well as basic first aid. It also teaches the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Class will be done online and in-person. In person assessments will be done one-on-one with instructor. Check CantonRec.org for full details

*Online portion must be completed by 5/7. In-person training conducted on or before 5/07*

**Fee:** \$70 (NR \$75)

## Senior Chair Workout

**Virtual** - Ages 55+

Stretch, tone, and flex your way to a healthier you all in the comfort of your own home. Learn how to use everyday household items in your workout with guidance from fitness instructor Kathi.

**Dates:** Monthly Sessions

**Time:** 10:30-11:30am

**Location:** At your home via Zoom!

**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

Next session starts Tue, 2/2 OR Sat, 2/6

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

**Location:** At your home via Zoom!

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



# ADULT & FITNESS PROGRAMS

## Every Body's Exercise Class

*Virtual - 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. Classes are pre-recorded for you to view/exercise at your leisure. Try these entertaining classes today from the comfort of your own home!

**Dates:** Monthly Videos (4 videos/session)

**Location:** At your home via Zoom!

**Fee:** \$15/session



## Painting Class

*In-person - Ages 18+*

**NEW!** Join Canton Parks and Recreation in our NEW painting class. You will start with a blank canvas and leave with your own work of art. This class is in person and the instructor will take you step by step to create your own masterpiece. Remember art is unique and most importantly meant to be fun! There is no prior experience needed. The instructor will go over painting techniques for new artists.

The first session of this painting class will be Valentine's Day themed - **Love Birds** (sample below). Parents can drop their children off at our Valentine's Day Parents Night Out (for an additional fee) while taking the painting class. *Please view more details in the Camps & Special Programs section.*

**Dates:** Friday, 2/12

**Time:** 6:00-8:00pm

**Location:** CCC P&R Room

**Fee:** \$18 (NR \$23)



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

# Summer Preview

Believe it or not, summer is just around the corner! Canton Parks & Recreation is already hard at work planning all of the amazing adventures your kids will enjoy this summer at our feature day camps: Explorers Day Camp (ages 6-12) and Tiny Tots Pre-School Camp (ages 3-5). Full information will be available online at [CantonRec.org](http://CantonRec.org). Early Bird registration is open for Explorers Day Camp and space is limited. Don't wait, register today!

## Explorers Day Camp

*In-person - Ages 6-12*

Explorers Day Camp is the perfect opportunity for youth to make new friends, participate in a variety of activities and create memories that last a lifetime! The program includes a variety of outdoor activities at the park including team games, sports, arts & crafts and more. Campers swim daily at Mills Pond Pool; and they enjoy weekly visits from the Rolling Videogames Truck and special guest entertainers throughout the summer!

### Explorers Summer Package (All 10-weeks)

Early Bird Rate (until 4/30): \$1,820 R | \$1,840 NR

Price after early bird (5/1): \$1,980 R | \$2,000 NR

### Explorers Price Per Week

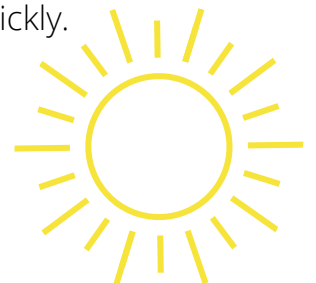
Early bird Rate (until 4/30): \$199 R | \$209 NR

Regular price starting 5/1: \$215 R | \$225 NR

Camp runs 9:00am - 4:00 pm. Camp runs week from 6/14 to 8/20.

## Summer Employment 2021

Canton Parks and Recreation will begin accepting applications for summer employment starting February 1, 2021. Applications and job descriptions are available at [www.CantonRec.org](http://www.CantonRec.org) and in person at the Parks and Recreation Office. Openings include summer camp counselors, front desk attendants, lifeguards, and maintenance. For more information please contact Kellie Faust, recreation supervisor, at [kfaust@townofcantonct.org](mailto:kfaust@townofcantonct.org). Candidates will be contacted for an interview on a rolling basis. Position may be filled at any time. Be sure to apply early as openings are limited and fill quickly.



## Stay Tuned!

Canton Parks & Recreation is ready for a fun-filled summer! **Specialty camps** and **sports camps and clinics** will be offered throughout the summer. The **Youth Service Bureau** has plans to offer FREE outdoor events for teens at The Cave. Please check [CantonRec.org](http://CantonRec.org) for more information as we get closer to summer.