



Summer 2021 Programs & Events

May - August

More programs will
be added!

Check cantonrec.org



The staff of the Canton Parks & Recreation Department have continued working hard to make sure that we are 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 summer – 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 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!



Special Event

WATER SAFETY

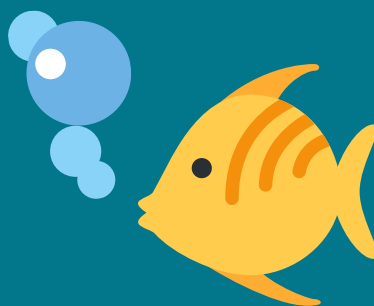
FREE Virtual Program
Ages 4-10

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. With the packet provided, participants will go 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.

All participants are entered to win two daily passes to Mills Pond Pool, a "private island" set up at the pool (umbrella & 2 chairs) and some snack dollars to redeem at the pool house concession stand. There will be one lucky winner! Don't wait, register for FREE today!

Registered participants will receive a water safety packet with fun games, information pamphlets for guardians and activity sheets. Packets will be available for pick-up at the Canton Community Center. Packets must be picked up on or before May 14th to finalize entry into the raffle.

Registration deadline: Tuesday, May 11, 2021



MILLS POND POOL

Mills Pond Pool is the region's only 50 meter Olympic-sized pool. Located within Mills Pond Park (14 East Hill Road), the pool is available for public recreation use seven days a week during open hours. Please note, Mills Pond Pool will be operating differently due to COVID-19. Additional rules may be added to be in compliance with local and state health department guidelines. Full pool operation guidelines will be posted soon and members will be notified. Continue to check CantonRec.org for an up-to-date schedule and operation rules.

Pool Schedule

June 14-August 24

Hours of Operation

Modified Schedule: June 14-June 18

Monday - Friday

Swim Waves:

Wave #1: 3:00 - 5:00 PM

Wave #2: 5:15 - 7:15 PM

Regular Pool Hours: June 19-August 24

Monday - Friday

Swim Waves:

Wave #1: 1:30 - 3:30 PM

Wave #2: 3:45 - 5:45 PM

Wave #3: 6:00 - 8:00 PM

Saturday & Sunday

Swim Waves:

Wave #1: 1:00 - 3:00 PM

Wave #2: 3:15 - 5:15 PM

Wave #3: 5:30 - 7:30 PM

Pool dates/hours subject to change. Swim waves are subject to change. Swim wave registration requirements will be released soon.

Wade pool will be closed and no adult swim for the 2021 season. Lap swim will be available on a limited basis and pre-registration will be required.

Pool Memberships

Individual\$65 (NR \$80)

Senior\$25 (NR \$25)

Household.....\$130 (NR \$185)

Household membership is for a family up to six individuals living in the same household. If you have more than six individuals in your family, please select everyone you would like on the membership. If you would like to add additional members to the household pass, you will be charged \$32 for each additional member over the selected six members. Please contact the office at 860-693-5808 to add the additional members.

Now Hiring!

Canton Parks and Recreation is now accepting applications for **lifeguards** for the summer season. To find out more go to CantonRec.org to review the job description and complete the application. Position may be filled at any time. Be sure to apply early as openings are limited and fill quickly. Contact Kfaust@townofcantonct.org for lifeguard training information.

MILLS POND POOL

Red Cross Swim Lessons

In-Person - Ages 6 months - 15 years

All swim lessons will require a parent/guardian to be in the water with the participant at all times (exception: Level 3 - swimmer must be able to swim the width of the pool unassisted. Parents will be asked to participate during the back stroke/float portion on select days - schedule will be discussed with parent/guardian). Class sizes are extremely limited due to COVID-19 guidelines. Don't wait, register today!

- All lessons are 40 minutes (Saturday lessons are 45 minutes)
- Each session is 2 weeks long meeting Monday-Friday (except for the Saturday session)
- Lessons are held rain or shine; in the event of a lightning or thunder storm class will be cancelled
- Please review all swim lesson guidelines and pool rules prior to registering for the class (listed on the registration page).
- Note: There are no make-up classes and students may not attend other classes; we do not pro-rate swimming lessons

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 3 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.

Fee: \$73 (Pool members: \$58)

For full session information go to CantonRec.org.



MILLS POND POOL

Dusky Dolphins: Stroke Clinic

In-person - Ages 6-14



This year Dusky Dolphins will be structured a little differently to ensure that proper social distancing of participants and coaches can be maintained. Though this will not be a traditional swim team with meets, this program is a great way for children to work on 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 Dusky Dolphins coaches will be leading the clinics throughout the summer!

The stroke clinic will be divided into two groups. Please review the options and register your child for the appropriate level.

Flippers: Geared towards beginner swimmers 6-9 years old. Swimmers should be comfortable in the water and be able to swim a complete lap (width). They will learn the foundations of competitive swimming including 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!

Flutterers: For swimmers 10-14. Swimmers will gain knowledge, stroke technique, strength and speed in all four competitive strokes, starts, turns and finishes all while having fun. Coaches will work on refining strokes and assisting swimmers develop speed and confidence.

- Program is held Monday-Friday. Participants may attend all five sessions per week, though it is not required.

Dates: Monday-Friday, 7/1-7/30

Time: Flutterers: 8:30-9:30am | Flippers: 9:45-10:30am

Early Bird (on/before 6/1): Flutterers: \$155 | Flippers \$130 **Fee:** Flutterers: \$175 | Flippers \$150

Location: Mills Pond Pool

For full session information go to CantonRec.org.



Programming Overview

PRE-SCHOOL PROGRAMS

First Kicks

In-person - Ages 3-4 (Parent & Child)

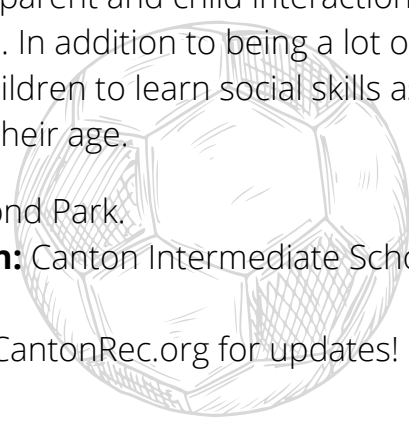
This program is a great way for parents and children to experience fun activities and spend quality time together. The program is about building positive parent and child interactions in a safe, joyfully and developmentally appropriate environment. In addition to being a lot of fun, our parent & child 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: Mondays, 4/26-5/24 from 5-5:45pm **Location:** Canton Intermediate School

Fee: \$60 (NR \$70)

First Kicks also offers a program for children ages 5-6. Go to 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.

*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 May Classes:

Tuesday, May 11: Community Helpers

Tuesday, May 18: Pets & Wild Animals

Tuesday, May 25: Feelings & Emotions

Tots June Classes:

Tuesday, June 1: What is in the Sky?

Tuesday, June 8: Oh a Camping We Will Go

Saturday, June 12: Summer Celebration!



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: Wednesdays, 5/12-6/09

Time: 9:30-10:30am

Location: Mills Pond Park

Fee: \$70 (NR \$75)

Pre-School Hoops

In-person - Ages 3-5

Youth ages 3-5 years will be introduced to the sport of basketball in a friendly, safe and fun environment. Kids will learn skills and techniques through a variety of activities and games. A parent or guardian will be needed on site to assist with drills and games.

Mini basketballs will be available for each participant. Program will be skills based and socially distanced.

Dates: Wednesdays, 5/12-6/02

Times: 5:00-5:30pm

Location: Mills Pond Park Basketball Court

Fee: \$35 (NR \$40)

ENRICHMENT/SPORTS 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.

Dates: Tuesdays, 5/11-6/08

Time: 4:00-5:00pm

Location: CCC P&R Room

Fee: \$50 (NR \$60)

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 agilities 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: Wednesdays, 5/12-6/2

Time: 5:45-6:30pm

Location: Mills Pond Park

Fee: \$50 (NR \$55)



AFTERSCHOOL PROGRAMS

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:

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 for full pricing information.

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

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: 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.



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.

DAY CAMPS

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 stations of specialty projects and/or crafts.

Explorers Day Camp will have different stations throughout the day, and can change each week. Some of these stations include: Arts & Crafts Station, Memory/Sensory Game Station, Wilderness Station, Sports Station, Gardening Station and more!

Explorers Summer Package (All 10-weeks)

-Early Bird Rate until 4/30: \$1,915 R | \$1,935 NR

-Price after early bird (5/1): \$1,990 R | \$2,010 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 Themes

Week 1 (6/14-6/18): Jungle Adventures

Week 2 (6/21-6/25): Around the World in 5 Days

Week 3 (6/28-7/02): Survivor Week

Week 4 (7/05-7/09): Color Wars

Week 5 (7/12-7/16): Winter in July

Week 6 (7/19-7/23): Space Explorer

Week 7 (7/26-7/30): I Spy... Mysteries!

Week 8 (8/02-8/06): Summer Olympics Week

Week 9 (8/09-8/13): Lights, Camera, Action!

Week 10 (8/16-8/20): Campology



Due to COVID19 Explorer's Summer Camp will not exceed more than 20 children per group with a total of 3 groups as of 3/19/2021. Explorers Summer Camp will follow a similar format as last summer, although activities, scheduling, group sizing and planning are subject to change pertaining to COVID-19 regulations. Campers are required to bring a face mask with them every day.

DAY CAMPS

Tiny Tots Pre-School Camp

In-person - Ages 3-5

Tiny Tots Pre-School Camp is a safe, nurturing, and fun environment for your 3-5 year old child while helping them develop separation skills. 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!

Breakdown Schedule for Tiny Tots

Mondays: Interactive themed craft

Tuesdays: Interactive themed craft

Wednesdays: Book Buddies or education through play day

Thursdays: STEAM Day

Friday: Music and Sensory day

Activities are subject to change this summer due to COVID19

Per Week:

Early Bird rate (ends 4/30)- \$ 129 R (\$149 NR)

Regular Rate (starts 5/1)- \$155 R (\$175 NR)

Total Tots Package (Includes all 9-weeks of camp for 9am-12pm):

Early Bird- \$1,095 R (\$1,115 NR) Ends 4/30

Regular Rate- \$1,320 R(\$1,340 NR) Starts 4/1

Camp Themes

Week 1 (6/14-6/18): Jungle Adventures

Week 2 (6/21-6/25): Around the World in 5 Days

Week 3 (6/28-7/02): Under the Sea

Week 4 (7/06-7/09): Color Exploration

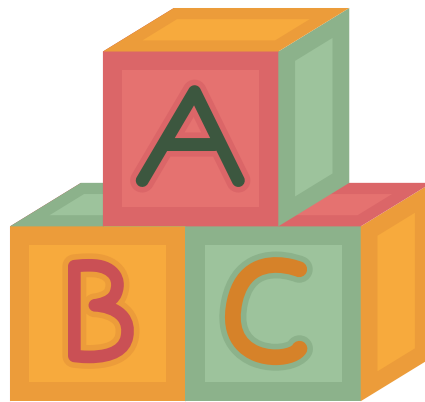
Week 5 (7/12-7/16): Winter in July

Week 6 (7/19-7/23): Space Explorer

Week 7 (7/26-7/30): Campology

Week 8 (8/02-8/06): I Spy...Mysteries!

Week 9 (8/09-8/13): Lights, Camera, Action!



Tiny Tots will be held daily at the Canton Community Center- Room D, and not be at Mills Pond Pool this Summer. There will be no pool time this Summer due to the wade pool being closed for the Summer Season. Due to COVID-19 Our staff will wear face masks throughout their shift and extensive cleaning of high touch areas will take place. Campers ages 3 and up must wear face masks at all times while indoors and outdoors when a 6 foot distance cannot be maintained. Pre-Screening will be required every morning at drop off. Spots are limited this summer, so register soon!

ENRICHMENT CAMPS

Circuit Lab: App Inventors Camp

In-person - Grades 4-7

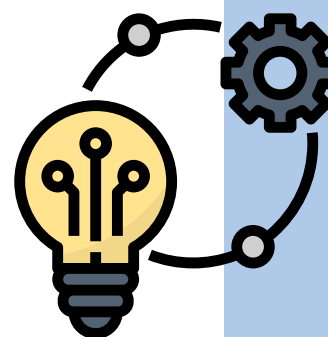
NEW! Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We will also explore wireless communication by building custom bluetooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects of creating great apps, and have the opportunity to build apps of their own with the support of Circuit Lab instructors.

Dates: Monday-Thursday, 6/21-6/24

Time: 1:00-4:00pm

Location: Canton Community Center

Fee: \$145 (\$155 NR)



CodeWiz Summer Camp

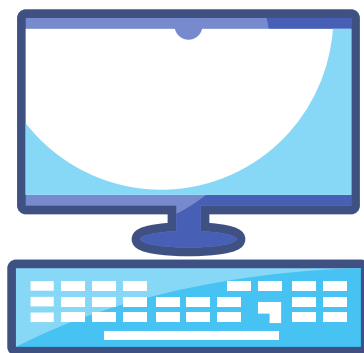
Virtual - Ages 5-13

NEW! Online coding classes with CodeWiz are now open for Summer Camps for 2021. These Summer Camps are all done virtually from your home! Please review the information below carefully, CodeWiz has many unique themed classes for different ages - classes include: [Make your Own Roblox Games](#), [Minecraft World Builders](#), [Make your own Games & Animations](#), and so much more! Each type of class is offered for one week at a time all summer long from June 14th-August 20th. Each class is also offered at two different times for each week: 10am-12pm or 1pm-3pm.

Full class descriptions available on CantonRec.org.

View CantonRec.org for specific dates/times/ages

Fee: \$245/week session



ENRICHMENT CAMPS

LEGO: Pokemon

In-person- Grades K-6

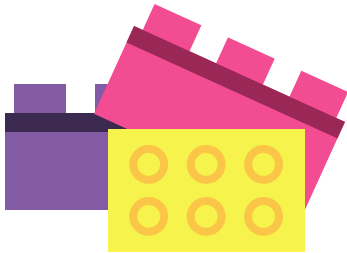
STEM + Pokémon w/LEGO® Materials: Prepare for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! Build projects inspired by cool machines such as: chugging Steamboats, enchanting Moon Bridges, and bustling Airports. Then join Ash and Pikachu as you explore the vast world of Pokémon, design your own Poké Balls, and fly with Charizard. Engineering and Pokémon adventure are the focus of this new full-day themed camp for LEGO® fanatics!

Date: Tuesday-Friday, 7/12-7/16

Time: 9:00am-2:00pm

Location: CCC- Parks & Rec Room

Fee: \$240 (\$250 NR)



Incrediflix: Lights, Camera Action!

In-person- 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! Your child will be a real filmmaker and will have a movie they created to prove it.

Lego Flix

Bring Lego worlds to life! We provide the Legos. You provide your imagination. Work in groups to create a Lego set with Lego characters for a stop-motion movie you'll storyboard, shoot, and add voice-overs to.

**Flix emailed within a month after program ends.*

Date: Tuesday-Friday, 7/6-7/9

Time: 1:00-4:00pm

Location: CCC- Parks & Rec Room

Fee: \$165 (\$175 NR)

Summer E-Sports League

Virtual- Ages 8+ (Leagues divided by age)

NEW! Canton Parks and Recreation is now offering Recreational E-Sports through GGLeagues! Signing up for an E-Sports League is a great opportunity to have participants, who enjoy playing video games, to be engaged with other players. This program serves as a platform for those with a passion in video games to compete with other players. The top 4 team from each division will make the playoffs (playoffs are held at the end of each season).

Full details available at CantonRec.org

Registration closes 7/1/2021

Games include: Fortnite & Super Smash Bros

Fee: **\$30**/participant per league



ENRICHMENT CAMPS

Art-Ventures: Bouncy Bendy Art in Motion

In-person - Ages 5-12

Art-ventures with a totally unique twist! Make masterpieces with real moving parts, create the illusion of movement, and discover art processes that use motion to get amazing results. Combine metal, wood, and paper to build Spinning Sculptures inspired by Calder, and design Stretchy Stained Glass art you can re-shape again and again. Sculpt goofy Clay Monsters, craft Bendy Paper Lizards, and paint Seascapes like Monet. Create Matisse Watercolor Banners, Fireworks Flower Pots, and Textured Tissue Paper art. Design Kaleidoscopes, Dancing Pasta Sculptures, and Scribble T-shirts. Draw zany self-portraits inspired by Silberzweig, and decorate Cupcake Boxes with fluffy frosting and sprinkles. With a focus on color, shape, and MOTION, this program will have you jumping for joy!

Dates: Monday-Friday, 7/19-7/23

Time: 1:00-4:00pm

Location: Canton Community Center - Park & Rec Room

Fee: \$165 (\$175 NR)

Food Explorers Camp

In-person - Ages 7-12

Join Food Explorers for a week of cooking and learning about food from all Around the World! Each day you'll learn about a different country and the different foods that they eat. Then, you'll make two of those recipes! Get ready to try some new recipes and have fun. You'll be making things like Greek Quesadillas, Tiramisu Cups and Summer Spring Rolls! All recipes are nut free and each child will make their own individual portion.

Dates: Monday-Friday, 7/26-7/30

Time: 2:00-5:00pm

Location: Canton Community Center - Park & Rec Room

Fee: \$160 (\$170 NR)



Check CantonRec.org for all the
summer camp info!

SPORTS CAMPS & CLINICS

Warrior Field Hockey Clinic

In-person - Grades 3-8

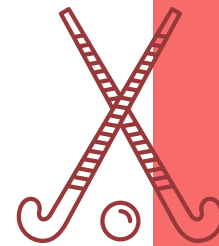
NEW! Come join CHS Field Hockey Coach, Coach Bristol and her staff in an engaging clinic that will focus on developing the fundamental skills of field hockey. We will focus on skill development through drills, small games, competitive play, and obstacle courses! Skills will include dribbling, passing, stick work, basic defense, shooting, and receiving. All levels of players are welcome and players will be grouped according to age and skill level. Required equipment: field hockey stick, shin guards, mouth guard, eye protection and water bottle.

Dates: Monday-Friday, 6/14-6/18

Time: 5:00-7:00pm

Location: CHS Turf Field

Early Bird (on/before 5/14): \$100 (\$110 NR) **Fee:** \$115 (\$125 NR)



Skyhawks: Track & Field

In-person - 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!

Ages 7-10

Dates: Monday-Friday, 6/21-6/25

Time: 9:00am-12:00pm

Location: CHS Track

Fee: \$139 (\$149 NR)

Ages 10-14

Dates: Monday-Friday, 6/28-7/02

Time: 9:00am-12:00pm

Location: CHS Track

Fee: \$139 (\$149 NR)



SPORTS CAMPS & CLINICS

Skyhawks: Tennis Clinic

In-person - Ages 6-12

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis.

Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

Dates: Wednesdays, 6/30-7/21

Time: Ages 6-9 5:00-6:00pm

Ages 10-12 6:00-7:00pm

Location: Mills Pond Park:

Tennis Courts

Fee: \$75 (\$85 NR)

Skyhawks: Mini-Hawks - Soccer, Basketball & Baseball

In-person - Ages 4-6

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: Tuesday-Friday, 7/06-7/09

Time: 9:00am-12:00pm

Location: CHS West Field

Fee: \$119 (\$129 NR)



Warrior Hoops School

In-person - Grades 3-9

The Warrior Hoops School will focus on building players' basketball skills through stations, fun competitions, and games. Players will participate in daily stations followed by competitions and games. Each day there will be a guest lecturer in the afternoon followed by a skills segment based on the lecture. Players will get a camp t-shirt and daily ice cream freeze pop!

Clinics are run by Canton High School Boys Varsity Basketball Coach Craig Archambault. Staff will include former and current basketball players and coaches.

Session I:

Dates: Monday-Friday, 7/19-7/23

Time: 9:00am-12:00pm

Location: CHS Gym

Fee: \$150

Session II:

Dates: Monday-Friday, 7/26-7/30

Time: 9:00am-12:00pm

Location: CHS Gym

Fee: \$150

SPORTS CAMPS & CLINICS

CAS Soccer Camp

In-person - Ages 4-12

NEW! For All Levels of Ability! CAS Community Camps focus on creating a fun, learning environment while fostering a love for the game through Skill acquisition, conditioned practices small-sided games.

Community Camp Themes:

- * Ball mastery (fakes, moves, and turns)
- * Passing & receiving
- * Dribbling & moving with the ball
- * Shooting & finishing
- * World Games and tournaments

Dates: Monday-Friday, 7/19-7/23

Time: Ages 4-6: 9:00-10:30am | Ages 7-12: 9:00am-12:00pm

Location: CHS West Field

Fee: Ages 4-6: \$105 (NR \$115) | Ages 7-12: \$150 (NR \$160)



ADULT & FITNESS PROGRAMS

Yoga with Nancy

Virtual - Ages 16+

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.

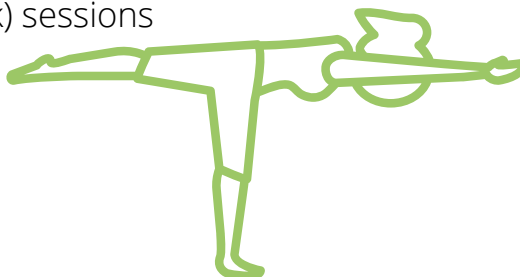
Dates: Thursdays - Bi-Monthly (8 week) sessions

Next session begins 4/29

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 before end of each sessions. In-person training conducted on or before 5/07 or 6/09.

Fee: \$70 (NR \$75)

Senior Chair Workout

Hybrid - 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: Mills Pond Park
(Zoom if inclement weather)

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: 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

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!

Dates: Monthly - In-person sessions start May

Location: Mills Pond Park

Fee: \$15/session



Fitness Classes with Personal Euphoria

Virtual - Ages 18+

NEW! Join one of Personal Euphoria's fitness classes today. Personal Euphoria offers different fitness classes on different days of the week all from the comfort of your home! Below you will find a description of all the fitness classes being offered: Barre, Core Strength, Full Body Refresh, High Interval Training, Pilates, and Tighten & Tone.

The Personal Euphoria instructors agree that teaching class is the best part of our day. We want to make it the best part of your day too. Our instructors are trained to modify moves to work with all different bodies and goals. We can modify for your needs. If you have something going on in your body, let your instructor know. In our classes we work as a team to make your body feel better. Click hereto see your instructor and get to know him/her before you start your class!

Go to CantonRec.org for full details and class descriptions!

New sessions starting April 4-8.

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.