



Fall 2021

Programs & Events

August - December

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 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



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 consistently released, 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.

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 Events

SPOOK-A-PALOOZA

Saturday, October 23

9:30-10:15 am

Calling all ghouls and goblins– Canton Parks and Recreation will be hosting a Halloween activity **FREE to Canton residents - registration is required.**

The class will include a variety of activities:

- Make your own Halloween magnet
- Halloween scratch art
- Decorate your trick or treat bag
- Paint a pumpkin!



WOOD SIGN PAINTING CLASS

Saturday, October 23

11:30 am - 12:30 pm

Canton Parks and Recreation is proud to continue our painting classes with a new feature: wood sign painting! During this class participants will create beautiful works of art in a short amount of time. Most signs can even be personalized. The best part: no experience is needed for this class! *Registration will close Sunday, October 17 at 11:59pm.*

All supplies are included, paint colors will vary. Just wear an old T-Shirt, or bring a smock. Paints are non-washable.

More info at CantonRec.org



Programming Overview

PRE-SCHOOL PROGRAMS

Playstrong: Tumble Tots!

In-person - Ages 2-4

This is a great class for the active little ones who are looking for a foundation of tumbling and fitness. Skills are taught through a mix of song and dance as well as obstacle courses and other fun games! Parent participation may be necessary at times.

Space is limited for this class, so don't wait to register!

Session I: Mondays, 9/13-10/25

Session II: Mondays, 11/01-12/06

Time: 9:15-10:30 AM

Location: CCC - Park & Rec Room

Fee: \$75 (NR \$80)

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, 9/15-10/13

Session II: Weds, 10/20-11/17

Time: 9:30-10:30 AM

Location: Mills Pond Park

Fee: \$70 (NR \$75)



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 Canton Community Center depending on weather. **Classes run 9:30-10:05 AM.***

Themes include:

9/16: Under the Sea!

9/23: Color Exploration

9/30: Safari Adventure

10/05: Sounds & Music

10/21: Fall Festival

10/28: Monster Mash!

11/9: Dinosaur Discovery!

11/18: Holiday Discovery

12/09: Blast off to Space!

12/16: Reindeer & Jingle Bells

Check out the
Move with Me:
Parent & Child Fitness
Class!

(Listed in Adult & Fitness Section)

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 full time or part time and there will be a question box asking which dates you would like to send your child. The time for this program will be 2:45-5:30pm on Monday-Friday at the Canton Intermediate School-cafeteria. In the event this program is held at the Canton Community Center, Fridays will end at 4:30 and will be held in Room C. Staff will meet children outside of the school facilities at dismissal if the program is at the CCC.

Please send your child in with a face mask, snack(s) and refillable water bottle. We will be wearing face masks while indoors and during close quarters activities.

Dates: Monday- Friday

September: 9/2-9/30 (No class: 9/1, 9/6-9/7, 9/16 and 9/29)

October: 10/1-10/29 (No class: 10/8 and 10/11)

November: 11/1-11/30 (No class: 11/2, 11/16-11/18, 11/24-11/26)

December: 12/1-12/22 (No class: 12/8, 12/23-12/31)

Time: 2:45-5:30pm Mon.-Fri. | 2:45-4:30pm Fri. if the CCC

Location: CIS: Cafeteria/Canton Community Center- Room C

Fee for September:

Full Time: \$299 R | \$309 NR

Part Time (you pick 8 dates): \$199 R | \$209 NR

Single Day: \$33 R | \$43 NR

**Check online for pricing for months October-December*

AFTERSCHOOL PROGRAMS

Beyond the Bell: CBPS

Our program will be held 5 days a week! Parents can select full time or part time and there will be a question box asking which dates you would like to send your child. The time for this program will be 3:30-6:00pm for CBPS. Beyond the Bell Grades K-3 will be held at the Cherry Brook Primary School Cafeteria.

Please send your child in with a face mask, snack(s) and refillable water bottle. We will be wearing face masks while indoors and during close quarters activities.

Dates: Monday- Friday

September: 9/2-9/30 (No class: 9/1, 9/6-9/7, 9/16 and 9/29)

October: 10/1-10/29 (No class: 10/8 and 10/11)

November: 11/1-11/30 (No class: 11/2, 11/16-11/18, 11/24-11/26)

December: 12/1-12/22 (No class: 12/8, 12/23-12/31)

Time: 3:30-6:00pm, Monday-Friday

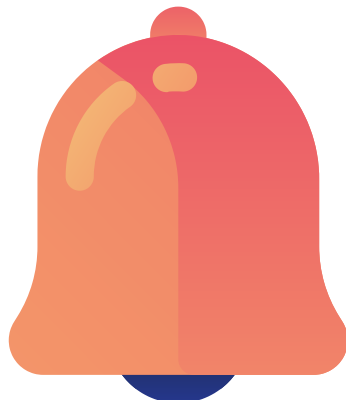
Location: CBPS - Cafeteria

Fee for September:

Full Time: \$299 R | \$309 NR

Part Time (8 dates): \$199 R | \$209 NR

Single Day: \$33 R | \$43 NR



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

The Half Days may combine all grades K-6 depending on registration numbers. In the event there is one group of children for the half day, the program will be held in Room D only. Registration for CBPS and CIS will need 6 participants each in order to have separate groups. In the event a total of 6 participants (for grades K-6) is not reached, this program will be cancelled with full refunds issued. We encourage families to please register early, so we can plan for the success of the program accordingly and so other families can make other arrangements. Registration for the first week of half days (8/30-9/1) will close on Monday 8/23 by 12:00pm to determine registration numbers.

Program Information:

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.

Schedule:

Beyond the Bell's schedule on no school days will be 8am-5pm for Grades K-6.

Beyond the Bell's schedule on half days will be 12:00-5:30pm for Grades 4-6 and 1:00-5:30pm for Grades K-3.

Half Day FALL Bundle: Save \$22 for Grades K-3 and \$31 for Grades 4-6 when you register for our Fall Half Day Bundle. Dates include: 8/30, 8/31, 9/1, 9/29, 10/8, 11/16-11/18 (excludes 11/24- day before Thanksgiving).

Full Day FALL Bundle: Save \$27 when you register for the Fall Full Day Bundle (3 full days: 9/7, 9/16, 11/2).

Half Day Fees:

CIS: Half Day \$39 | Fall Half Day Bundle \$239 | First week of school \$99

CBPS: Half Day \$33 | Fall Half Day Bundle \$208 | First week of school \$85

Full Day Fees: (fees are the same for both CIS & CBPS)

Full Day Bundle: \$180 (NR \$190)

Full Day: \$69 (NR \$79)

Full details available on CantonRec.org

ENRICHMENT PROGRAMS

Food Explorers

In-person- Ages 7-12

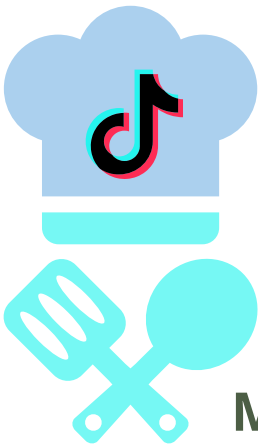
Join Food Explorers to make some famous Tik Tok recipes! Pancake Cereal? Breakfast Charcuterie Boards? Apple Pie Quesadillas? Four Fold Tortillas? We're making them all and learning about food and cooking at the same time! Each child will make their own portion, and all recipes are nut free but may contain dairy and eggs.

Dates: Fridays, 10/8-10/29

Time: 3:45-4:45pm

Location: CCC - Park & Rec Room

Fee: \$75 (NR \$80)



Teen Money Matters

In-person - Ages 13-18

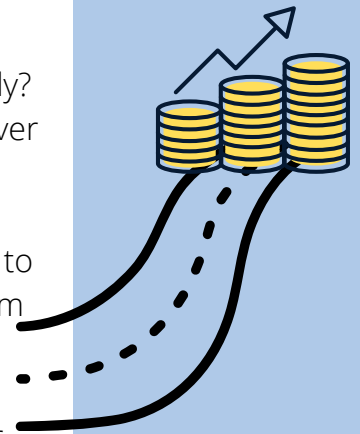
Learn how your brain sees and understands money with CERTIFIED FINANCIAL PLANNER™ professional and Certified Money Coach, Corrin Burke. Are you working for the first time or have things you want to buy now or save for in a few years, like a new car or phone? Or something as simple as going out and spending some money with your friends weekly? Whatever your goals may be, it is never too early to start thinking about the money you are making in your life. Learn healthy and supportive habits to create the financial picture you dream of! Find out how to work with your Money Warrior to create healthy patterns and behaviors now for your successful money journey through life.

Session I: 9/15 | 12:45-2:15pm

Session II: 9/25 | 12:15-1:45pm

Fee: \$32.50/session (NR \$42.50)

Location: Mills Pond Park



Mad Science: Eureka!

In-Person - Grades 1-6

Students explore famous inventors and their contributions each made to science, engineering and society. Guided by our Mad Scientists, Junior Inventors use their knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all – their minds! Each student will also bring home a cool science take-away every week! While Thomas Edison said “invention is 10% inspiration and 90% perspiration” this program is 100% FUN!

Dates: Mondays, 10/18-12/6

Time: 4:30-5:30pm

Location: CCC - Park & Rec Room

Fee: \$160 (NR \$170)



ENRICHMENT PROGRAMS

Art-ventures: Lions and Tigers and Pigs, Oh My!

In-person- Grades K-6

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, 9/28-11/30 (No class 11/2 & 11/16)

Time: 4:30-5:30pm

Location: Canton Community Center- Parks & Recreation Room

Fee: \$144 (NR \$154)

Fall E-Sports League

Virtual- Ages 8+

(Leagues divided by age)

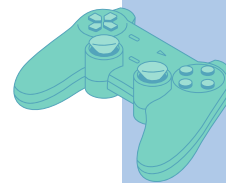
NEW! Canton Parks and Recreation is now offering Recreational E-Sports through GGLeagues! Signing up for an E-Sports League is a great opportunity to have participants, who enjoy playing video games, to be engaged with other players. This program serves as a platform for those with a passion in video 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 9/22/21

Games include: Madden21,
Rocket League, Fortnite & Super
Smash Bros

Fee: \$30/participant per league



ENRICHMENT PROGRAMS

CodeWiz: 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.

Some classes that will be offered include:

Code your own Roblox Game, **Minecraft Coding**, and **Drag n' Drop Coding**.

Please view full program information at CantonRec.org.

What each class has in common are the following:

- Each class is \$175
- Each class is done virtually from your home!
- Each class is offered on two different days:
 - Tuesdays, 9/21-10/26
 - Thursdays, 9/23-10/28

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.

Fall Session: Thursdays, 9/16-10/28
(No class 10/7 & 10/14)
Time: 2:00-3:30pm
Location: CCC - Parks & Rec Room
Fee: \$70 (NR \$80)

Pop Up Class!
Saturday, 10/23
Time: 2:00-3:30pm
Location: Mills Pond Park
Fee: \$14 (NR \$19)



ENRICHMENT PROGRAMS

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, 11/2

Time: 9:00am-1:00pm

Location: CCC - Room B

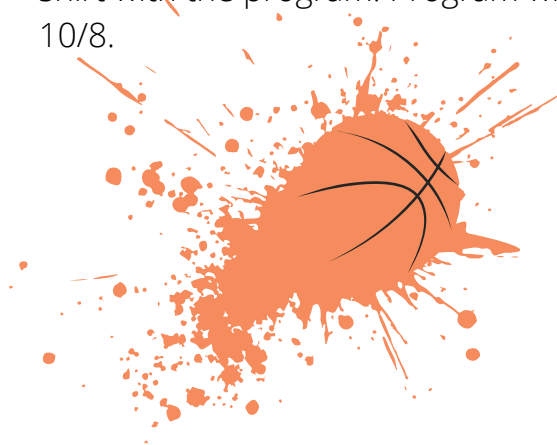
Fee: \$135 (NR\$145)

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, 9/9-10/7

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

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

Location: CIS Gym (*subject to change*)

Fee: \$150 (NR \$160)

SPORTS PROGRAMS

Next Generation of Dance

In-person - 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! More details on CantonRec.org

Dates: Wednesdays, 9/2-10/7

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

Ages 6-10: 5:15-6:15pm

Ages 11-14: 6:15-6:45pm

Location: CCC - Park & Rec Room

Fee:

Ages 3-5: \$95 (NR \$105)

Ages 6-10: \$105 (NR \$115)

Ages 11-14: \$87 (NR \$97)

Warrior Field Hockey Clinic

In-person - Grades 3-6

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. 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, 9/11-10/2

Time: 9:00-10:30am

Location: CHS Turf

Fee: \$90 (NR \$95)

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, 9/11-10/9 (No class 10/2)

Time: 10:45-11:30am

Location: CHS Turf

Fee: \$50 (NR \$55)



SPORTS PROGRAMS

Recreation Basketball League

In-person - Grades 2-8

Canton's Recreation Basketball League is for boys and girls in grades 2-8 who are interested in learning the sport of basketball and competing with a team. This league is introductory in nature and is geared towards developing players' individual skills while playing in a team setting. Players will be grouped into teams within grade-appropriate brackets. Teams will practice one night per week: Grades 2-3 will practice at Cherry Brook Primary School (Mon, Wed or Fri) and Grades 4-8 (Wed or Thurs) will practice in the CIS gym. The exact time will be determined by the coach and court availability. Teams will have one game per week on Saturday. Canton Parks & Recreation is hopeful to continue playing teams from other towns (Avon, Burlington, Farmington), but there is not a guarantee due to towns' gym availability and Covid-19 policies. The program is expected to run late November/early December-February (exact dates TBA) and fees include a uniform t-shirt.

Volunteer coaches needed for every age level!

Email tschrager@townofcantonct.org for more volunteer information.

Registration will be posted soon. Check CantonRec.org for updates!



Recreation Basketball Clinic

In-person - Grades K-1

The six-week recreation basketball clinic offers children grades K-1 to get their first experience with basketball. This program is introductory in nature where participants will learn the game of basketball through engaging drills and small-sided games. Our experienced coaches will focus on developing the basics and fostering a love of the game.

Registration will be posted soon. Check CantonRec.org for updates!

Dates: Program will be held on Saturdays - exact dates TBA
Participants will be assigned to one of the 45 minute sessions:
8:30-9:15am or 9:20-10:05am
Location: CBPS Gym
Fee: \$85 (NR \$95)

Stay tuned!
Ski Bus Info
to be released soon
on CantonRec.org

ADULT & FITNESS PROGRAMS

Move with Me: Parent & Child Fitness

*In-person - Children ages
6 months+*

NEW! Have fun while meeting new people and exercising. Class will include portions of body conditioning exercises with your child and some group walks as well. We recommend bringing some toys for your child when they are ready to take a rest from their workout! All fitness levels are welcome!

Children must be 6 months or older and able to sit up independently. Please bring a stroller for your child as well.

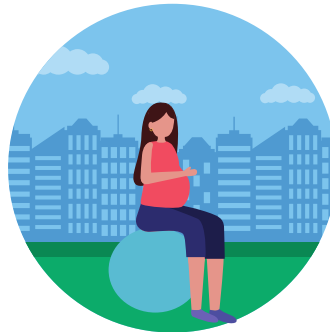
Dates: Thursdays, 9/02-9/30
Time: 9:30-10:15am
Location: Mills Pond Park
Fee: \$85 (NR \$95)

Outdoor Pregnancy & 4th Trimester Fitness Series

In-person - Ages 18+

NEW! Get some fresh air and enjoy a safe, low intensity full-body workout designed for the pregnant woman (at least 2nd trimester) through 3 months postpartum.

Dates: Thursdays, 9/02-9/30
Time: 9:30-10:15am
Location: Mills Pond Park
Fee: \$85 (NR \$95)



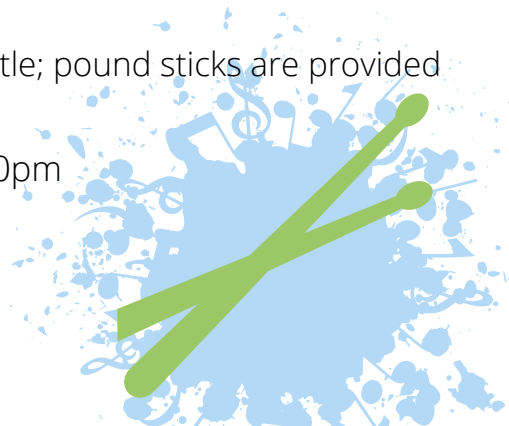
Pound Fitness Class

In-person - Ages 18+

NEW! A full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using lightly weighted drumsticks engineered for exercising, Pound transforms drumming into an incredibly effective way of working out. Designed for all fitness levels! Easily modifiable, Pound provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

Participants need to bring a mat and water bottle; pound sticks are provided by the instructor.

FREE TRIAL CLASS: Monday, 8/30 | 6:30-7:30pm
Fall Session: Mondays, 9/13-10/25
Time: 6:30-7:30pm
Location: CCC - Parks & Rec Room
Fee: \$60 (NR \$70)



ADULT & FITNESS PROGRAMS

YogaChi

In-person - 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, 9/30-11/04

Time: 11:00am-12:00pm

Location: CCC - Parks & Rec Room

Fee: \$60 (NR \$70)



Yoga with Nancy

Virtual or In-person - 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.

Virtual

Dates: Thursdays, 8/19-10/07

Time: 7:30-8:30pm

Location: Zoom

Fee: \$52

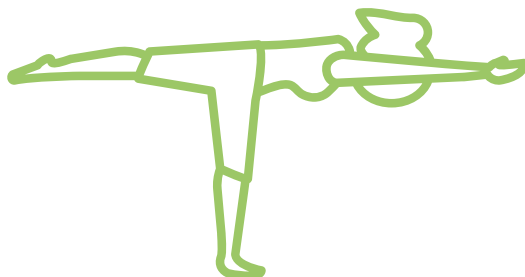
In-person

Dates: Mondays, 9/13-11/8

Time: 1:00-2:00pm

Location: CCC - Parks & Rec Room

Fee: \$80 (NR \$90)

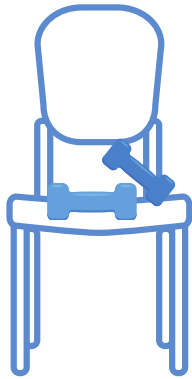


ADULT & FITNESS PROGRAMS

Chair Workout

In-person - Ages 35+

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: Tuesdays - Monthly Classes

Time: 10:30-11:30am

Location: CCC - Parks & Rec Room

Fee: \$3.75/class - pay by the month

ZumbaGold

Virtual or *In-person* - 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!

Virtual

Option I: Tuesdays, 9/7-10/23

Time: 5:45-6:45pm

Fee: \$44/session

Option II: Saturdays, 9/4-10/30

Time: 10:00-11:00am

Fee: \$49.50/session

Location: At your home via Zoom!

In-Person

Dates: Thursdays, 9/2-10/28

Time: 5:45-6:45pm

Location: CCC

Fee: \$49.50/session



FITNESS PROGRAMS

Every Body's Exercise Class

In-person - Ages 55+

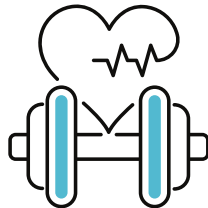
Stretch, tone, and flex your way to a healthier you. Mary is a fun loving instructor, telling jokes and wearing crazy costumes- making exercise seem effortless yet so fun. If you think you would like to get out and join a fun loving bunch for some Senior exercise, this is your class! Come and give it a try- you will be hooked on Mary and the class!

Dates: Mondays - Monthly
Classes

Time: 12:30-1:30pm

Location: CCC - Multipurpose
Room (lower level)

Fee: \$15/session



Personal Euphoria: Virtual Fitness

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!

Class Options Include:

- Barre
- Core Strength
- Full Body Refresh
- High Interval Training
- Pilates
- Tighten & Tone
- Better Balance
- The Basics of Breathing

Classes are offered Monday - Thursday at various times.

Go to CantonRec.org for more information and to register.

Red Cross Basic CPR/AED/First Aid

Online & In-person - 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).

Participants will need to complete an online class prior to taking the in-person test. Full details are available on CantonRec.org.

In-person testing: Friday, 10/22

Time: 9am-3pm (Student will schedule their time with the instructor)

Location: CCC

Fee: \$75 (NR \$85)

WE ARE HIRING!

Canton Parks and Recreation is now hiring for multiple seasonal positions.
All seasonal positions are open until filled.

Below are the jobs we are currently hiring for:

Afterschool Counselors

Afterschool Supervisors

Program Supervisor- Sports Programs

Program Supervisor- Theatre Programs

To review job descriptions, download our employment application and view further details go to CantonRec.org.



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.