

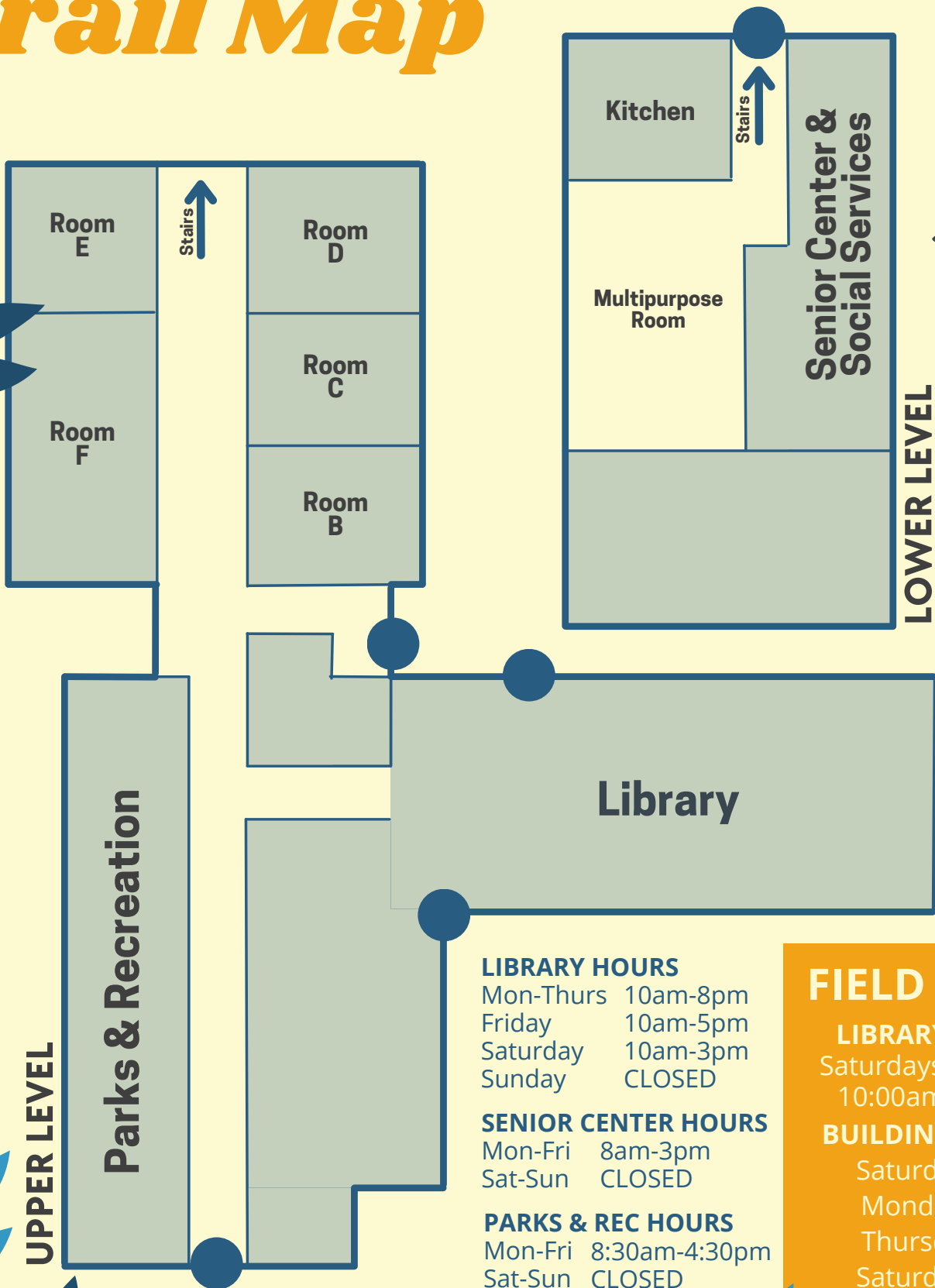
SUMMER PROGRAM GUIDE 2024



CANTON, CT

Canton Public Library
Parks & Recreation
Senior & Social Services

Canton Community Center Trail Map



LIBRARY HOURS

Mon-Thurs 10am-8pm
 Friday 10am-5pm
 Saturday 10am-3pm
 Sunday CLOSED

SENIOR CENTER HOURS

Mon-Fri 8am-3pm
 Sat-Sun CLOSED

PARKS & REC HOURS

Mon-Fri 8:30am-4:30pm
 Sat-Sun CLOSED

FIELD NOTES

LIBRARY HOURS
 Saturdays (6/1-8/24)
 10:00am-1:00pm

BUILDING CLOSED

Saturday 5/25
 Monday 5/27
 Thursday 7/4
 Saturday 8/24
 Monday 9/2
 Monday 10/14
 Monday 11/11

Senior & Social Services

Contact Us

(860)693-5811

townofcantonct.org/senior-services

Meet the Staff

Tonoa Jackson
Director of Senior & Social Services

Rebecca Briggs
Administrative Assistant to the Director of Senior & Social Services

Kara McConville
Senior Center Coordinator

The Canton Cafe

Closed April 1 through May 31 for renovations. Please contact Senior & Social Services for alternative Senior Lunch Program details.

Our Mission...

The mission of the Canton Senior Center is to empower aging and older adults to live full, independent lives by promoting wellbeing through social, physical and educational programming.

NEIGHBORS HELPING NEIGHBORS

This is a town wide event with the community coming together to help seniors and others who do not have the means to complete essential home maintenance tasks.

SEE PG. 8 TO LEARN MORE

BACK-TO-SCHOOL SUPPLIES PROGRAM

This program aims to assist Canton families in need with acquiring school supplies.

SEE PG. 8 TO LEARN MORE

Commission on Aging
townofcantonct.org/senior-services

Library

Contact Us

(860)693-5800

cantonpubliclibrary.org

Meet the Staff

Sarah McCusker
Library Director

Heather Baker
Head of Children's Services

Beth Griffin
Public Services Manager

Meghan Glasgow
Teen Librarian

Beth Van Ness
Adult Services Librarian

Kate Jarest
Head of Library Resources & Technology

Museum Passes

The library has a large collection of museum passes to check out. These passes offer free or discounted entry to museums and attractions across CT and Western MA. Visit cantonpubliclibrary.org for more information.

COMING SOON... Canton Little Free Library at Mills Pond Park



Friends of the Canton Library
cantonlibraryfriends.org

Parks & Rec

Contact Us

(860)693-5808

cantonrec.org

Meet the Staff

Taryn Schragger
Director of Parks & Recreation

Kellie Faust
Recreation Supervisor

Claire Boughton
Recreation Coordinator

Our Mission...

The mission of the Canton Parks & Rec Department is to provide a wide range of recreational and leisure opportunities in an effort to enhance the quality of life for all Canton residents and promote physical, social and emotional experiences. In our effort to achieve this goal we will continue to provide safe, attractive and well maintained facilities.

NEW THIS SUMMER 2024 Sticker Series!

This summer the Canton community will get the chance to collect a variety of Canton Parks & Recreation vinyl stickers!

SEE PG. 29 FOR ALL STICKERS!



Stay Up to Date!
Parks & Recreation Commission
cantonrec.org

2024 SUMMER CONCERT SERIES

Mills Pond Park
Thursdays 6:30pm-8:00pm

6/20 *KC Sisters*

*Latanya
Farrell* 6/27

7/2 *The Daily
Planet*

Lost Together 7/11

The Loyales 7/18

7/25 *Downtown 6*

*River of
Dreams* 8/1

8/8 *The Stevie
Experience*



3

YOGA ^{IN}
OUR CITY

RETURNS THIS
SUMMER!

Concert Nights
Starting at
5:15pm



Mills Pond Pool

Information & Activities

Canton Parks & Recreation is looking forward to the 2024 pool season at Mills Pond Pool. Please continue to check the website for additional updates throughout the season. Please review all information provided below prior to entering Mills Pond Pool. We look forward to seeing you soon!

PUBLIC SWIM SCHEDULE (June 10-August 25)

Dates and hours of operation are subject to change. During general pool hours, the pool will be open to both members and daily attendees. Please note, the main pool will be open this season, and the splash pad is projected to be open for the 2024 season. Splash pad can be accessed by purchasing a pool membership or daily attendance. Lap swim will be available during public swim hours.

MODIFIED HOURS OF OPERATION

June 10-14: 3:30-7:30 PM

July 4: 11:45 AM - 3:45 PM

August 19-23: 3:30-7:30 PM

August 24-25: 1:00-5:00 PM

GENERAL HOURS OF OPERATION

Monday-Friday: 1:30-8:00 PM

Saturday & Sunday: 1:00-7:30 PM

Adult Only Swim: Mon. & Wed. 7:30-8:00pm

Mondays: Private Lessons (7:30-8:00pm)

Wednesdays: Aqua Fitness (See pg. 22)

POOL MEMBERSHIP & DAILY DROP-INS

Membership: Mills Pond Pool memberships are available to purchase now! Memberships will be offered for households, individuals and seniors.

Daily Drop-in Option: The daily admission fee is \$5/residents and \$7/non-residents. Daily attendees may pay with cash, check or credit card (\$15 CC minimum). Anyone entering the facility must be a member or pay the daily drop-in fee. Exception: children two years of age and younger are free to enter.

FACILITY PROTOCOLS

Rules: Before coming to the facility please review Mills Pond Pool rules.

Checking in: Each member will be asked to scan their membership tag or digital card. General public will be asked to provide their name when checking in to purchase a daily pass.

Lap swim: Lap swim will continue to be offered by request during regular public swim sessions. Only one lane will be open with a maximum of two swimmers in the lane at one time. Lap swim will be available for 45 minute time slots to allow for a rotation of people. Lap swim registration will be available in-person and by calling the pool desk 860-693-7844 (same day registrations only).

Pool Deck/Grass Area: Patrons are welcomed to bring their own chairs; limited chairs will be provided by Canton Parks & Rec. Patrons will be able to set up chairs/blankets on grass only. Pool deck should remain clear. Personal Radios/Speakers are prohibited during general swim hours.

Concessions: Light refreshments - ice cream, beverages, snacks - will be available for purchase at the front desk. Patrons may use cash, check, credit card (\$15 CC minimum) or Snack Dollars to purchase items. Snack dollars are a great way to go cashless this summer at MPP.

WEATHER INFORMATION

As is typical in the summer, there is a chance of pop-up storms. Mills Pond Pool will be open if it is raining. If there is a passing storm, the pool will close at the first perceived instance of thunder or lightning and will remain closed for 30 minutes following the last perceived instance of lightning or thunder. Members will be asked to clear the facility and to wait in their vehicles or return after the 30 minute period. Canton Parks & Rec and the entire Mills Pond Pool staff is looking forward to a great summer! With your help by following all pool rules and guidelines we can ensure that everyone has fun and stays safe.

CONTACT INFORMATION

MILLS POND POOL: 860-693-7844
PARKS & REC OFFICE: 860-693-5808

COMMUNITY CENTER HAPPENINGS



Public Library
Art Exhibits Coming in
April & May/June!
April 1-30: Spring Poetry by
Poets Both Local & Far-flung
May 1-June 30: The Artwork of
Susan Bradley
visit cantonpubliclibrary.org for more
information

Back-to-School
Supplies Program
See pg. 8 for more details!

Neighbors Helping Neighbors
Spring Cleaning Day
Neighbors Helping Neighbors is a town wide event
with the community coming together to help seniors
and others who do not have physical, financial or
family means to complete essential home
maintenance tasks.
May 11 from 8:00am-12:00pm
See pg. 8 for more details!

National
Prescription Drug
Take Back Day
Saturday, April 27
10:00am-2:00pm
Drop Off Location:
Canton Police Department
45 River Road
CPD in Partnership with
Canton YSB





Bus Trips

The Canton Senior Center provides an array of day trips for those who are looking to explore new towns and sights, yet leave the driving to someone else. Luxury coach buses get you to the destination in comfort and a tour guide handles all of the details. Easy, peasy!

While our trips are arranged through the Canton Senior Center, we welcome residents from any town and are happy to accommodate travelers who are 12 years old and up. In most cases, we need at least 10 paid, reserved travelers to arrange for a pick up at the Canton Senior Center.

Payments can be made by cash or check, payable to Tours of Distinction and dropped or mailed to the Senior and Social Services Department at 40 Dyer Avenue, Canton CT. Any questions? Call (860)693-5811.

Keep your eyes peeled as there are still more trips to be announced. Want to be the first to know? Make sure you are on our email list. Feel free to shoot us an email at seniorfun@townofcantonct.org and we'll be sure to include you.

THE 1000 ISLANDS

Enjoy a visit to the heart of the 1000 Islands and see the sights from the water on this 3-Day/2-Night trip to Alexandria Bay, NY. Tour Includes: Deluxe Motor-coach transportation, 2-nights at the Riveredge Resort Hotel, 5 meals (2 dinners, 2 breakfasts and 1 lunch), 1000 Islands Narrated Cruise, visit to Boldt Castle, Erie Canal cruise, Tours of Distinction Tour Director, Gratuities for Tour Director and Driver.

Saturday, June 1-Monday June 3
\$769 per Person (Double)
\$979 per Person (Single)

GARDNER MUSEUM

Visit the Isabella Stewart Gardner Museum and discover one of the finest private collections of art and one of the art world's greatest, unresolved crimes.

Saturday, May 18
\$142 per Person

SARATOGA & LAKE GEORGE

A delightful 2-day trip featuring Saratoga Springs, Lake George and Glens Falls, NY. Tour Includes: Round trip motor-coach, 1 night at the Queensbury Hotel, 2 meals (1 breakfast and 1 dinner), guided tour of Saratoga Springs, welcome reception, round trip baggage handling, reserved grandstand seats at the Saratoga Race Course and gratuities for driver and local guide.

Tues., August 13 & Wed., August 14
\$469 per Person (Double)
\$589 per Person (Single)

TASTE OF FREEDOM

Enjoy a lunch at classic Puglia's before embarking on a cruise past Ellis Island, where you can grab exclusive shots of the Statue of Liberty as you pass by!

Saturday, June 15
\$146 per Person



Questions? Call
(860)693-5811

Special Events

PRE-MEMORIAL DAY CHS BAND PERFORMANCE

Senior Center

Join us outside the Senior Center and be treated to the musical mastery of the super talented Canton High School Band who will play the National Anthem as a kick off to the upcoming Memorial Day weekend. They will also be marching in the town's parade so you will have a chance to preview their performance before everyone else!

Wednesday, May 22 at 11:30am
Senior Center Parking Lot
Free: No Registration Required

THE TINY ART SHOW

Library

The Tiny Art Show is back, and this year, it's all about Read, Renew, Repeat with a focus on conservation! We're calling artists of all ages and abilities to join us in creating tiny masterpieces that reflect what conservation means to you. Whether you're into using recycled materials, passionate about endangered species or simply want to show your love of nature, there's a canvas waiting for you. Pick up a 4"x4" canvas at the circulation desk beginning June 17 and create your own tiny masterpiece.

Pick Up Your Canvas Starting June 17!

SEED LIBRARY

Library

The Seed Library is open! You are welcome to take five packs of seed for you and/or your family. We have vegetables, flowers and herbs. Please fill out a form and leave it at the Information Desk. Donations accepted as well!

Open March 16-May 31

POOL MEMBERS SUNDAE SOCIAL

Parks & Recreation

Mills Pond Pool members will enjoy a free ice cream social along with a bonus hour of swim time before the pool opens for the day! This event is open to pool members only.

Sunday, August 11 12:00pm-1:00pm
Mills Pond Pool
Free: Registration Required
Register by August 9

DEDICATION OF NANCY DONOGHUE MEMORIAL GARDEN

Library

Please join the Friends of the Library and the Donoghue family as we dedicate an outdoor garden and seating area in memory of beloved library employee Nancy Donoghue. Watch the library website for details.

Saturday, June 29
Time & Details TBA

SAVE THE DATE: FREE ANNUAL SENIOR SUMMER BBQ

Senior Center

This beloved, free, annual event returns to the Canton Senior Center this year, compliments of our generous community partner, The Avon-Canton Rotary. Come join friends old and new and enjoy music, traditional BBQ fare and the fixings.

Wednesday, June 26 12:00pm-2:00pm
Senior Center
Free: Registration Required (Call (860)693-5811)

KID & TEEN CRAFT FAIR *Library*

Visit the library to shop for crafty creations. Kids and teens in grades 12 and under will be selling their 100% kid and teen handmade items. All ages are welcome to shop and attend. Want to be one of our kid and teen crafters? Sellers must be in grade 12 or under. Sign up for your table today at cantonpubliclibrary.org!

Saturday, May 4 from 11:00am-1:00pm

LIBRARY SUMMER READING: “READ, RENEW, REPEAT” *Library*

This summer the Canton Public Library is encouraging you to “Read, Renew & Repeat”. Join us for a summer filled with free, in-person and virtual programs designed for kids, teens and adults alike. From captivating performers to interactive workshops, there’s something for everyone to enjoy and learn from. But that’s not all - pick up your reading bingo card at the start of the summer and complete it to be entered in our summer raffles. Mark your calendars - the programs run from June 17 to August 17 with registration for each program beginning on June 1. Let’s read, renew and repeat together as we embark on this enriching journey of self-improvement and preservation.

NUTMEG RELEASE PARTY *Library*

Join us for an evening of literary celebration as we reveal the nominees for the 2025 Nutmeg Book Awards. Enjoy treats, mingle and enter to win a door prize. We will have an array of desserts, complemented by a hot cocoa bar, but don’t forget to register to get your annual collectible mug! Attendees get the bonus of being the first to peruse and check out the newly revealed nominees. All are welcome!

Wednesday, May 1 at 6:30pm
Free: Registration Required

BIKE RODEO *Parks & Recreation* **Sunday, May 5 at 1:00pm**

More Details to Come! Check cantonrec.org

11TH ANNUAL TEEN NIGHT *Parks & Recreation*

The Canton Youth Services Bureau is proud to announce that they will be hosting the 11th Annual Teen Night at Mills Pond Pool! This event is sponsored and hosted by the Canton Youth Services Bureau and is a perfect opportunity for teens to take a dip in the pool, listen to good music and hang out with their friends! The evening will include music, games and competitions with rewards, pizza and a special visit from the Kona Shaved Ice Truck!

Friday, August 2 7:00pm-9:00pm
Mills Pond Pool
Free: Registration Required

NEIGHBORS HELPING NEIGHBORS SPRING CLEANING DAY *Social Services*

Neighbors Helping Neighbors is a townwide event with the community coming together to help seniors and others who do not have the physical, financial or family means to complete essential home maintenance tasks. Volunteers will assist with minor repairs, general yard work, washing windows (ground floor-outside only), kitchen/bath clean-ups, turning mattresses and other chores. Volunteers are caring community members from schools, businesses, youth organizations and churches working together to make a significant difference in the lives of others.

Saturday, May 11 8:00am-12:00pm
Call (860)693-5811 to Reserve a Spot on the Job List

BACK-TO-SCHOOL SUPPLIES PROGRAM *Social Services*

Canton Senior & Social Services Back-to-School Supplies Program aims to assist Canton families in need with acquiring school supplies. Applications to receive supplies will be available through Senior & Social Services July 15 through August 9. Applications may also be downloaded at townofcantonct.org/school-supplies-program

Youth Programs

Pre-School

BABY & ME STORY TIMES *Library*

BIRTH - 12 MONTHS

Start early and let us help you grow your reader! We'll sing, talk, read and play with your baby and you. Using nursery rhymes, songs, baby sign, short books we read together, plus bounces and bubbles, Children's Librarian Heather Baker will provide 45-minutes of "library time" to build early literacy skills in our youngest children. This quieter and cuddly group is for children from birth to 12 months. Children up to 18 months can attend if they aren't yet "movers and shakers". Older siblings are always invited to attend with babies and their beloved grown-ups.

Wednesdays at 10:30am

Weekly May 1-June 5

Free, Drop-In: No Registration Required

MUSIC WITH MISS JEAN *Parks & Recreation*

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. Music with Miss Jean is not only a Canton community favorite, however it is also a great environment for toddlers to learn to play with one another.

SPRING SESSION

Wednesday, May 8-June 12

9:30am-10:30am

Mills Pond Park

\$70 R / \$75 NR

Registration Required

TINY TOTS PRE-SCHOOL CAMP 2024

Parks & Recreation

3 YEARS - 5 YEARS

The Tiny Tots Pre-School Camp will be held at the Canton Community Center Monday through Thursday and will be located at Mills Pond Park on Fridays. The program runs from 9:00am - 12:00pm. 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 Pre-School Camp prides itself on being a smaller camp with an excellent ratio of campers to counselors to ensure your tiny tot receives personalized attention at every point of the day!

WEEKLY THEMES

June 17-June 21: Storybook Adventures

June 24-June 28: Move & Groove

July 1-July 3: Mini Scientists

July 8-July 12: Under the Sea

July 15-July 19: Builders & Bulldozers

July 22-July 26: Superheroes Assemble!

July 29-August 2: A to Z(oo)

August 5-August 9: Blast Off to Outer Space

Visit cantonrec.org for More Information and Summer 2024 Pricing

TOTS ON THE GO: APRIL SHOWERS BRING MAY FLOWERS

Parks & Recreation

3 YEARS - 5 YEARS

Come and join us for our Tots on the Go spring special!

Tues. April 30

9:15am-9:55am

Parks & Rec Room

\$15 per Participant



RHYTHM & RHYME STORY TIMES

Library

1 YEAR - 3 YEARS

Let us grow your reader. We'll be introducing children aged 1 to 3 years plus their loved ones to language, literature and the library through songs, rhymes, stories and games. An active group where parents and caregivers are heartily encouraged to play and sing along. Siblings are also welcome to attend. *Stop first at the Children's Desk for nametags.*

**Fridays at 10:30am
Weekly May 3-June 7**

Free, Drop-In: No Registration Required

OPEN ART STUDIO

Library

2+ YEARS

Children's Programmer Sue Tarinelli designs a new art project each week for children aged 2 and up to complete here at the library with their grown-up's help. It's a great way to encourage art exploration and fine motor development while visiting with other families! Drop in and get creative each week with your little one, with all of the supplies provided.

**Tuesdays Between 10:30am-11:30am
Weekly April 30-June 5**

Free, Drop-In: No Registration Required

PRE-SCHOOL STORY TIMES WITH AN ART PROJECT

Library

3 YEARS - 5 YEARS

Story time is our favorite time of the week! For children aged 3 to 5 years with a parent or caregiver. Join Ms. Heather for stories, rhymes, songs and games as we introduce your preschooler to language, literature and the library. We'll end every week with an art project by Ms. Sue. *Stop first at the Children's Desk for a nametag.*

**Thursdays at 1:30pm
Weekly May 2-June 6**

Free, Drop-In: No Registration Required

SKYHAWKS: MINI-HAWK MULTISPORT CAMP

Parks & Recreation

4 YEARS - 6 YEARS

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.

SESSION 1 (3-Day)

**July 1-July 3
9:00am-12:00pm
Mills Pond Park
\$119 R / \$129 NR**

SESSION 2 (Full Week)

**July 29-August 2
9:00am-12:00pm
Mills Pond Park
\$149 R / \$159 NR**

Registration Required

SOCCER SHOTS

Parks & Recreation

2 YEARS - 5 YEARS

MINI SOCCER SHOTS (Ages 2-3.5)

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game.

SPRING II SESSIONS

Sundays June 2-June 23

Class A: 9:15am-9:45am

Class B: 10:15am-10:45am

Class C: 11:15am-11:45am

Canton Intermediate School

\$72 R / \$77 NR (Reg. Required)

CLASSIC SOCCER SHOTS (Ages 3.5-5)

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

SPRING II SESSIONS

Sundays June 2-June 23

Class A: 9:00am-9:45am

Class B: 10:00am-10:45am

Class C: 11:00am-11:45am

Canton Intermediate School

\$75 R / \$80 NR (Reg. Required)

SUMMER SONGS AND STORIES

Library

1 YEAR - 5 YEARS

Story time is our favorite time of the week! We'll be introducing children aged 1 to 5 years plus their loved ones to language, literature and the library through songs, rhymes and stories. An active group where parents and caregivers are heartily encouraged to play and sing along. Siblings are also welcome to attend. *Stop by the Children's Desk first for nametags.*

Thursdays at 10:30am

Weekly June 27-August 15

Free, Drop-In: No Registration Required

BOOK BUDDIES (OUR 14TH SUMMER!)

Library

4 YEARS - 7 YEARS

Each child, aged 4-7 years, is paired with a teen volunteer for an hour each week, sharing the fun of reading and books. Every week includes an interactive STEM activity with their buddy, book reading, plus group camp songs. Book Buddies runs for 6 weeks, ending with a pizza party. *Participants should be available for at least 4 out of 6 sessions.*

Tuesdays, June 25-July 30

Afternoon Option: 2:00pm-3:00pm

Evening Option: 6:30pm-7:30pm

Free, Registration Opens June 1 Until Spaces are Filled

MUSIC WITH MISS JEAN

SUMMER POP-UPS

Parks & Recreation

18 MONTHS - 3 YEARS

These guitar led sing-along pop-ups consists of music and activities that keep everybody moving. This class will get the kids dancing and helps them burn off some energy for nap time.

Weds. June 26, July 10, July 24, August 7
9:30am-10:30am at Mills Pond Park
\$17 R / \$20 NR (Reg. Required)

After School

STITCH AND STRING LAB

Library

GRADES 3+

Children's Programmer Sue Tarinelli meets weekly with young crafters for an hour of creative, hand-on project making that focus on sewing, embroidery, weaving and fiber crafts. For children excited to learn new crafting skills, a great way to build fine-motor coordination! All materials and supplies provided. For children Grades 3 and up, however younger crafters may be considered with instructor permission. No prior experience is needed to begin. Participants can join for one month or for all three sessions.

Wednesdays at 4:30pm

Registration Required - Space is Limited!

Sign Up at cantonpubliclibrary.org Until April 24

MAD SCIENCE AFTER SCHOOL

Parks & Recreation

GRADES 4 - 6

Learning doesn't stop after the bell rings! Come and join Mad Science of Western New England in their exciting and educational after school programs.

Thursdays, April 18-May 30

3:00pm-4:00pm

Held in Parks & Rec Room

\$150 for 7-Weeks

Registration Required

THE JOY OF DRUMMING

Parks & Recreation

Learning to play an instrument can be a wonderful experience, and the drums are no exception!

Pick Your Own Schedule!

\$100 for 4 Classes

Registration Required

Classes Held at Instructor's In-Home Studio



ART-VENTURES AFTER SCHOOL

Parks & Recreation

GRADES K - 6

CBPS: SPRING SESSION
Spread Your Wings and Roar!

This all new art-rageous program is truly like a trip to the zoo. Design stuffed teddy bears, create cool owl paintings on canvas and sculpt clay peacocks with zany feathers. That and so much more in this session of Art-Ventures!

Tuesdays, April 16-May 28

CBPS Dismissal-4:40pm

Held at CBPS

\$132 for 6-Weeks

CIS: SPRING SESSION
Magical Art Mystery Tour

Abracadabra, Hocus Pocus, it's magic and mystery with art as the focus! Magical Art Mystery Tour draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity.

Mondays April 15-May 20

3:00pm-4:00pm

Held in Parks & Rec Room

\$132 for 6-Weeks

Registration Required

CAS: AFTER SCHOOL SOCCER CLINIC

Parks & Recreation

AGES 4 - 9

Our popular summer camp is here for every week! CAS Community Clinics focus on creating a fun learning environment while fostering a love for the game through skill acquisition, conditioned practices and small-sided games. Participants are asked to bring their own soccer balls as the coach has a limited supply available. These clinics are for all levels of ability.

Fridays, April 19-May 17

Ages 4-5: 4:15pm-5:00pm

Grades K-1: 5:15pm-6:00pm

Grades 1-3: 6:15pm-7:00pm

CIS Soccer Field

\$75 R / \$85 NR

Registration Required

Sports Camps

WARRIOR HOOPS SCHOOL

Parks & Recreation

GRADES 3 - 9

Warrior Hoops School will return this summer! The School will focus on building players' basketball skills through stations, fun competitions and games. Players will receive a t-shirt and daily ice cream freeze pops!

SESSION I

July 15-July 19 9:00am-12:00pm

SESSION II

July 22-July 26 9:00am-12:00pm

CHS Gymnasium

\$175 per Participant (Reg. Required)

WARRIOR HOOPS SCHOOL: ELITE SKILLS CLINIC

Parks & Recreation

GRADES 6 - 9

This two-hour elite skills and concepts camp will help middle school campers get prepared for a high school practice. *\$25 discount for players attending Warrior Hoops School Session.* Campers attending the AM Session have the option to stay in between programs under coach supervision.

July 15-July 19 1:00pm-3:00pm

CHS Gymnasium

\$100 per Participant (Reg. Required)

WARRIOR HOOPS SCHOOL: MINI-WARRIORS CLINIC

Parks & Recreation

AGES 4 - 7

A great introduction to basketball! This program will guide players through the basics to build a strong basketball foundation while having fun!

July 22-July 26 10:00am-11:00am

CHS Gymnasium

\$75 per Participant (Reg. Required)

DUSKY DOLPHINS SWIM TEAM

Parks & Recreation

AGES 7 - 15

This five week program is a great way for children to participate in competitive swimming while 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 season runs from June 24 through the end of July with 2 swim meets included in the schedule.

FLIPPERS

Swimmers ages 7-9/10 years old with little to no competitive experience. Swimmers should be comfortable in the water and be able to swim a complete lap (width: 25 yards) without assistance. 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!

PRACTICE TIMES

Mon-Thur 8:30am-9:20am with Fridays scheduled by coaches.

\$170 R / \$175 NR (Reg. Required)
Mills Pond Pool

FLYERS

Swimmers 10-15 with some competitive experience and/or ability to swim 25 yard laps with a knowledge of at least 2-3 of the competitive strokes (freestyle, backstroke, breaststroke, butterfly). Swimmers will gain knowledge, stroke technique, strength and speed in all four strokes and assisting swimmers develop speed and confidence to become competitive swimmers.

PRACTICE TIMES

Mon.-Thur. 8:00am-9:20am with Fridays scheduled by coaches.

\$195 R / \$205 NR (Reg. Required)
Mills Pond Pool

MEET & GREET

Not sure about swim team? Join us at Mills Pond Pool for our meet & greet where you will be able to talk with the coaches about the season. The session will feature a small swim session to see how comfortable your child is in a competitive swim environment.

June 13 5:00pm
Mills Pond Pool

No Registration Required

STROKE CLINIC

Parks & Recreation

AGES 8+

This clinic provides swimmers who have passed level 4 lessons the chance to work on their stroke technique and overall swim safety skills. This is a great program for kids who are looking to continue to develop their swimming, but aren't quite ready for the swim team commitment.

Sundays, June 23-July 28

10:35am-11:20am

Mills Pond Pool

\$65 R / \$70 NR (Reg. Required)



SWIM LESSONS

Parks & Recreation

SESSION 1: JUNE 17-JUNE 28

SESSION 2: JULY 1-JULY 12

SESSION 3: JULY 15-JULY 26

SESSION 4: JULY 29-AUGUST 9

SATURDAYS: JUNE 15-AUGUST 3

ADAPTIVE SWIM LESSONS

Each swim lesson is 2 weeks long meeting Monday-Friday (with the exception of the Saturdays Session). Lessons are held rain or shine; in the event of lightening or a thunder storm class will be cancelled.

Visit cantonrec.org for more information!

CAS: SUMMER SOCCER CAMP

Parks & Recreation

AGES 4 - 12

CAS Community Clinics focus on creating a fun learning environment while fostering a love for the game through skill acquisition, conditioned practices and small-sided games. Anyone who registers before July 1 will receive a soccer ball and t-shirt.

July 15-July 19

Ages 4-6: 9:00am-10:30am

\$130 R / \$140 NR

Ages 7-12: 9:00am-12:00pm

\$175 R / \$185 NR

CHS Turf Field

Registration Required

LET'S SKATE! SKATEBOARDING CAMP

Parks & Recreation

AGES 8 - 13

Campers will acquire foundational skills in skateboarding, covering basics like pushing and riding, while also diving into more advanced techniques such as dropping in and ollies. Each individual will establish their own set of personal goals to pursue over the course of the week.

August 19-August 22

9:00am-12:00pm

Mills Pond Park Skate Park

\$240 R / \$250 NR (Reg. Required)

WARRIOR SOFTBALL CLINIC

Parks & Recreation

AGES 7 - 13

Come join the CHS Softball Coach, Coach Kehoss and her staff in a five day clinic designed to develop your softball skills and love for the game. There will be an emphasis on both fielding and hitting fundamentals through specific drills as well as live scrimmages.

June 24-June 28

8:00am-10:00am

Krzanowski Softball Field

\$145 R / \$155 NR (Reg. Required)

SPEED & AGILITY CLINIC

Parks & Recreation

GRADES 5 - 12

Designed for high school and middle school athletes who are looking to stay fit in the off season. This program will help athletes develop speed and acceleration in addition to improving upon strength, conditioning and overall mobility. The class will teach athletes how to train with proper techniques to prepare for any sports season.

HIGH SCHOOL SESSION

Drills will focus on increasing speed while maintaining overall endurance and building strength.

Tuesdays, June 25-August 6

8:15am-9:15am

CHS Turf Field

\$75 R / \$85 NR (Reg. Required)

MIDDLE SCHOOL SESSION

Introduction to basic speed and agility drills. Teach the fundamentals of safely conditioning while building quickness.

Tuesdays, July 9-July 30

9:15am-10:15am

CHS Turf Field

\$50 R / \$60 NR (Reg. Required)

MINI-WARRIOR: INTRO TO FIELD HOCKEY CLINIC

Parks & Recreation

GRADES K - 8

Come join CHS Field Hockey Coach, Coach Bristol, and her staff in an engaging clinic that will focus on introducing 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. No experience necessary! Come and try out this fun sport! *Coach Bristol will supply sticks if needed.* Required equipment includes shin & mouth guard.

Sundays, May 5-June 2

Grades K-3: 3:00pm-3:45pm

\$80 R / \$85 NR (Reg. Required)

Grades 4-8: 4:00pm-5:00pm

\$90 R / \$95 NR (Reg. Required)

CHS Turf Field

SKYHAWKS: STEM SOCCER *Parks & Recreation*

GRADES 3 - 6

Skyhawks is excited to offer STEM Sports curriculum! The double-play combination of physical activity and cognitive thinking provides a comprehensive, inquiry-based educational experience and a solution for crucial science, technology, engineering and math (STEM) literacy for students.

August 19-August 23
9:00am-3:00pm

Mills Pond Park

\$195 R / \$205 NR (Reg. Required)

SKYHAWKS: TRACK & FIELD *Parks & Recreation*

AGES 7 - 14

Skyhawks Track & Field was developed to introduce young athletes to this sport. Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events and distance running.

AGES 7-10

June 17-June 21 9:00am-12:00pm
\$129 R / \$139 NR (Reg. Required)

AGES 10-14

June 24-June 28 9:00am-12:00pm
\$149 R / \$159 NR (Reg. Required)
Both Camps Held at CHS Track

WARRIOR VOLLEYBALL **CLINIC**

Parks & Recreation

GRADES 4 - 9

This clinic will be instructed by Canton's Varsity Head Coach, Joe Sobowicz, and his coaching staff along with some of the players on the current high school girls varsity team. Players will learn volleyball basics, develop skills and play a lot of fun games to improve!

July 8-July 11 (No Camp July 12)
9:00am-12:00pm
CHS Gymnasium

\$130 R / \$140 NR (Reg. Required)

WARRIOR BASEBALL CLINIC *Parks & Recreation*

AGES 7 - 14

Have your child enhance their skills, have a blast and get a taste of their future in the Canton High School Baseball program with this skills clinic hosted by Canton's Head Coach, James Annunziato, along with several current player volunteers.

SESSION I

July 22-July 26 1:00pm-3:30pm

SESSION II

July 29-August 2 1:00pm-3:30pm

Individual Sessions: \$150 R / \$160 NR
Both Sessions Bundled: \$275 R / \$285 NR

Sessions Held at Bowdoin Field
Registration Required

WARRIOR FIELD HOCKEY **CLINIC**

Parks & Recreation

GRADES 1 - 8

Come and 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. Players will be grouped with similar ages to focus on developing skills to introduce them to the game or elevate their skill set. Beginners, advanced beginners and intermediate players are all welcomed to this fun-filled, skills based clinic.

June 17-June 21

5:00pm-7:00pm

CHS Turf Field

\$135 R / \$145 NR (Reg. Required)

USTA: YOUTH TENNIS **CLINICS**

Parks & Recreation

Details Still to Come!

Stay Updated on All Canton Parks & Recreation Programs by Visiting
cantonrec.org

NEXT GENERATION OF DANCE

Parks & Recreation

AGES 3 - 10

This dance and gymnastics program is designed for all skill levels. Dance is such a fun environment to be in. It's a place to be you, be silly, meet new friends and have fun!! Students will be learning a variety of dance routines during Hip Hop and will be learning lots of awesome and fun gymnastics skills. This program is a great way to keep up your skills and learn new ones.

COMBO CLASS (Ages 3-5)

Wednesdays, July 3-August 7

4:30pm-5:15pm in Parks & Rec Room

\$84 R / \$94 NR (Reg. Required)

GYMNASTICS & HIP HOP CLASS (Ages 6-10)

Wednesdays, July 3-August 7

5:15pm-6:15pm in Parks & Rec Room

\$94 R / \$104 NR (Reg. Required)

FOOD EXPLORERS SUMMER CAMPS

Parks & Recreation

GRADES 2 - 7

CRAZY COOKIES (Grades 2-4)

Join Food Explorers for a week of over the top cookies! Forget everything you know about cookies because this week we're stepping it up a notch. Each day you'll make two cookie recipes with frosting, glazes, jams, edible cookie dough bites and more!

June 24-June 28 9:00am-12:00pm

Parks & Rec Room

\$170 R / \$180 NR (Reg. Required)

CHEESE PLEASE (Grades 2-5)

Join Food Explorers for a week of cheese! Each day will be delicious and cheesy with a mixture of both sweet and savory recipes.

July 8-July 12 9:00am-12:00pm

Parks & Rec Room

\$170 R / \$180 NR (Reg. Required)

PASTA WEEK (Grades 3-7)

Join Food Explorers for an entire week of pasta making! Everyday, you'll make your own pasta dough from scratch and turn it into a delicious meal along with fresh salad each day.

July 8-July 12 1:00pm-4:00pm

Parks & Rec Room

\$170 R / \$180 NR (Reg. Required)

CUPCAKE CRAZY (Grades 2-4)

Join Food Explorers for a cupcake spectacular! Each day you'll be making two brand new recipes from homemade cake, homemade frosting and delicious toppings.

August 19-August 23 9:00am-12:00pm

Parks & Rec Room

\$170 R / \$180 NR (Reg. Required)

FROM SCRATCH (Grades 3-7)

Join Food Explorers for a week of from scratch cooking! Each day you'll make two recipes completely from scratch. Learn all about complex cooking techniques and skills in this hands-on camp.

August 19-August 23 1:00pm-4:00pm

Parks & Rec Room

\$170 R / \$180 NR (Reg. Required)

Specialty Camps

ART-VENTURES: OOOPSY GOOPSY MESSY ART

Parks & Recreation

GRADES K - 5

Messy art is so much fun! And the works of art that come from making a mess are quite amazing! Think splatter, balloon and blow painting. Make slime and flubber and silly putty. Create with shaving cream and glue. Oh, what a mess we make! Design ceramic doggy banks and create shrinky dink sculptures. That and so much more at this messy, fun summer camp!

July 22-July 26

9:00am-12:00pm

Parks & Rec Room

\$195 R / \$200 NR (Reg. Required)

LEGO SUMMER CAMPS *Parks & Recreation*

GRADES K - 5

MARVEL-OUS ENGINEERING

LEGO Builders Assemble! We need you to come join our experienced Play-Well instructors to save the world. We will use LEGOs to build our strongest Avengers to defeat Thanos, help Thor retrieve Mjolnir, swing through the city with Spiderman and tell Hulk to... SMASH! Are you up for the challenge?

July 15-July 19

9:00am-12:00pm

Parks & Rec Room

\$160 R / \$170 NR (Reg. Required)

MINECRAFT ENGINEERING

Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecraft to harvest raw resources and battle to stop the Ender Dragon from ending the world!

August 12-August 16

9:00am-12:00pm

Room D

\$160 R / \$170 NR (Reg. Required)

MERMAID CAMP *Parks & Recreation*

AGES 7 - 13

Join the merpeople of Mills Pond Pool and trade your two feet for a magical tail. Experience firsthand what it's like to transform into a merperson. During camp, participants will discover how to swim safely with a mertaill, master a mermaid swim routine and enjoy creating whimsical crafts. The merpeople participants will explore, learn and swim Mills Pond Pool. All merinstructors are lifeguard certified with a 1 to 3 ratio. Each participant will be fitted for a tail to be used during the duration of camp.

July 29-August 1 8:30am-11:30am

Mills Pond Pool

\$225 R / \$235 NR (Reg. Required)



DIGITAL WARRIORS *Parks & Recreation*

GRADES 4 - 6

Digital Warriors is an exciting weeklong program with filmmaker and audio producer, Mr. Evan, that will turn camp into a production studio. Come join us as we learn the basics of recording, editing and creating our own content to be screened on Friday at the Digital Warriors showcase. Whether you prefer working behind the scenes or in front of a camera, there will be a spot for you on our production team!

July 8-July 12 9:00am-12:00pm

Canton Community Center

\$175 R / \$185 NR (Reg. Required)

MAD SCIENCE: SPACE AND BEYOND

Parks & Recreation

GRADES K - 6

Set your future space explorers on a trajectory from our Earth's atmosphere to the outer reaches of our solar system! This hands on program brings them closer to the stars, planets, comets and more!

July 29-August 2 9:00am-12:00pm

Parks & Rec Room

\$195 R / \$200 NR (Reg. Required)

C.A.S.T: THEATER IMPROV CAMP

Parks & Recreation

AGES 8 - 13

CAST is teaming up with Wry BrEd to teach students the fundamentals of improvisation! Heard of "Whose Line is it Anyway?" Ask your parents! In this week-long romp, we will play games that allow us to connect as an ensemble, make strong theatrical choices and learn how to create entertaining characters, scenes and environments, all while making it up on the spot. Our last day of class will end in a performance for your family and friends to show off your amazing new skills.

August 12-August 16 9:00am-12:00pm

Canton Community Center

\$155 R / \$165 NR (Reg. Required)

Teens

TEEN CRAFTERNOON *Library*

GRADES 4 - 12

Join us each Tuesday to explore various crafts such as knitting, perler beads, friendship bracelets, hand-stamped and illustrated lettering and much more! We offer a plethora of project ideas, along with additional assistance and all necessary materials. Feel free to work on your own projects as well. Come by, relax and unleash your creativity in a welcoming environment.

**Tuesdays at 3:00pm
Until May 28
Free: Just Drop In!**

JUNIOR LIFEGUARDING *Parks & Recreation*

AGES 11 - 14

Are you interested in lifeguarding, but not quite old enough yet? This course is designed to give participants a sneak peek into what it takes to become a great lifeguard. This class covers all the basics to get you ready to enter a lifeguard certification program!

**Sunday, August 4 10:30am-1:00pm
Mills Pond Pool
\$55 R / \$65 NR (Reg. Required)**

TEEN GAMES UNPLUGGED *Library*

GRADES 4 - 12

Discover all kinds of games you can play without electronics in a free afternoon or fun with Teen Librarian Meghan Glasgow. Try some favorites: "Wig-Out," "Sorry," "Guess Who," "Uno," or "Sleeping Queens." Or more recent additions: One Word, The Game of Life and Magic the Gathering.

**Thursdays at 3:00pm
Until May 30
Free: Just Drop In!**

SWIM LESSON INSTRUCTOR AIDES

Parks & Recreation

AGES 12 - 15

The Canton Parks & Recreation Department is seeking responsible, outgoing, 12-15 year olds interested in working with swim lesson instructors and children at Mills Pond Pool. Swim Instructor Aides will assist certified instructors with planning and leading swim lessons throughout the summer. *Interested individuals are required to register for the Swim Instructor Aide Course scheduled for Sunday, June 16.*

**SWIM INSTRUCTOR AIDE COURSE
Sunday, June 16 11:30am-2:15pm
Mills Pond Pool
\$25 R / \$35 NR (Reg. Required)**



BE A MIDDLE OR HIGH SCHOOL NUTMEG READER AT THE CANTON PUBLIC LIBRARY

Library

Sign up today to join our Nutmeg Reader program and start earning collectible vinyl stickers for each book you read from the Middle or High School Nutmeg List. After reading a book from the 2025 List, put your knowledge to the test by taking the corresponding quiz and you'll earn your collectible book cover sticker to add to your growing collection. Collect them all to showcase your literary achievements proudly! Earn 10 stickers and you'll receive a gift card as a token of our appreciation for your dedication to reading and learning!

PROGRAM BUDDIES

Library

TEENS AGES 13+ (OR ENTERING GRADE 8)

Join one or all of our Program Buddies volunteer opportunities for teens ages 13 and up or entering grade 8. Teens who wish to volunteer should apply on the library website, cantonpubliclibrary.org, before June 14 for book buddies and April 12 for art and science buddies.

BOOK BUDDIES

Book Buddies pairs teen volunteers with children 4-7 years old to share a love of reading while supporting early literacy skills. Come read, sing camp songs and do an activity with the children.

Tues. 1:30pm-3:30pm or 6:00pm-8:00pm
June 25-July 30

Orientation: Tuesday, June 18
Apply by June 14

ART & SCIENCE BUDDIES

Art and Science Buddies pairs teen volunteers with children to work on simple, but awesome, projects!

Art Buddies
Tues. 1:00pm-4:00pm
Science Buddies
Fri. 1:00pm-4:00pm
Apply by April 12

Interviews Scheduled for Week of April 15

COUNSELOR IN TRAINING PROGRAM 2024

Parks & Recreation

ENTERING GRADE 9 - GRADE 11

The Canton Parks & Recreation Department is seeking responsible, outgoing students entering 9th grade through 11th grade interested in working with children in a fun, fast-paced, outdoor setting during this upcoming summer. Counselors in Training (C.I.T.) will assist the camp counselors and camp supervisors with planning and leading activities, supervising campers on-site and even get the chance to lead their own weekly activity with their assigned group! C.I.T.s will have weekly meetings with the Recreation Coordinator and Assistant Camp Supervisor to help set goals and build leadership skills, as well as reflect on their weaknesses and learn new techniques and skills to improve.

BENEFITS OF BECOMING A C.I.T.

Being a C.I.T. is extremely rewarding and is a great resume builder for college. It provides the chance to build experience and fundamental leadership skills that employers and schools look for. Also, top performing C.I.T.'s will be given preferential consideration during the Canton Parks & Recreation hiring process when they are eligible to apply for a paid position and openings exist.

APPLICATION PROCESS

Interested individuals are required to complete the application form listed below and attach a reference letter from a non-family member (teacher, coach, etc). Applications will be accepted starting Friday, March 1st. Application materials must be dropped off or mailed to the Parks and Recreation Office by no later than Wednesday, May 1st, to be considered. Candidates will be contacted for interviews on a rolling basis. There are a limited number of C.I.T.'s that will be admitted into the program, so do not wait to apply!

ADMISSION

After completing an interview, successful candidates will receive an acceptance letter into the C.I.T. program.

VISIT CANTONREC.ORG FOR MORE INFORMATION AND TO DOWNLOAD AN APPLICATION



Explorers Day Camp 2024

Grades 1-8 June 17-August 16

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! This summer camp includes a variety of outdoor activities at the park, weekly entertainer visits and daily swim time in Mills Pond Pool (weather permitting).

GENERAL INFORMATION

Explorers Day Camp is held Monday-Friday from 9:00am to 4:00pm at Mills Pond Park. PM Care is offered from 4:00pm to 5:30pm daily for an additional fee. In the event of bad weather or extreme heat, camp is held indoors at the Canton Community Center at 40 Dyer Ave. To remain updated on any changes in the location of camp, please download the Remind App and join the Explorers Day Camp 2024 class (class code: @expcamp24). The Remind App is the quickest and easiest form of communication between our staff and parents/guardians.

PAYMENT PLANS

If you are registering for camp prior to April 30th, a pre-set payment plan will be automatically applied to your cart at checkout. If you do not wish to use the payment plan - enter the full amount of the week of camp under "Payment". If you wish to use the payment plan you will be able to adjust the price under "Payment" to whatever amount you want to pay as a deposit. After that, the payment plan will charge \$50 per week of camp registered for every 2-weeks until it is paid off.

SCHOLARSHIP OPPORTUNITIES

If you are looking for aid to go towards Canton Parks & Recreation Department programming & camps, please visit cantonrec.org and view "Scholarship Opportunities" for more information. Canton Parks & Recreation works closely with Canton Social Services for offering scholarships for camp. Canton Parks & Recreation also partners with The Kids of Summer Foundation to offer camperships for summer camps.

WEEKLY THEMES!

- Week 1 (6/17-6/21):** *Under the Big Top*
- Week 2 (6/24-6/28):** *Safari Adventure*
- Week 3 (7/1-7/3):** *Mad Science Mayhem!*
- Week 4 (7/8-7/12):** *Color Wars*
- Week 5 (7/15-7/19):** *Under the Sea*
- Week 6 (7/22-7/26):** *Dancing Through the Decades*
- Week 7 (7/29-8/2):** *Party Every Day!*
- Week 8 (8/5-8/9):** *Lost in Space*
- Week 9 (8/12-8/16):** *Camp Olympics*

PRICING

Per Week

- Regular Price: \$279 R / \$289 NR
- Early Bird Price: \$264 R / \$274 NR
- Full Summer Package**
- Regular Price: \$2,391 R / \$2,481 NR
- Early Bird Price: \$2,271 R / \$2,361 NR
- PM Care (4:00pm-5:30pm)**
- Weekly Price: \$55 R / \$60 NR
- Full Summer Price: \$405 R / \$450 NR

Early Bird Pricing ends April 30!



For More Information, Visit cantonrec.org

Adult Programs

Art

MAY FLOWERS WATERCOLORS *Senior Center*

Come have fun with watercolors! Your instructor will be Kate McAllister of River City Art in Collinsville. Join her as she instructs you how to create beautiful watercolor wildflowers through abstract, freeform, no-pressure techniques.

Tuesday, May 7 at 10:00am

Room D - Free: Registration Required

Limited to 12 Participants

Call (860)693-5811 or visit cantonrec.org to register

SPRING SUCCULENT CANDLE WORKSHOP *Parks & Recreation*

Join Kelly from Dane Good in welcoming spring! This spring season, why not celebrate by creating a beautiful, vibrant succulent garden on top of a candle that you'll get to make yourself? You'll learn how to prepare, pour and decorate your candle so that you can enjoy it all season long.

Thursday, May 9 6:30pm-7:45pm

Parks & Rec Room

\$55 per Participant (Reg. Required)

ADULT CRAFT NIGHT *Library*

Join Library Director and avid crafter Sarah McCusker for a fun craft project. New projects every month! Check cantonpubliclibrary.org for project details.

**Second Thursday of Month at 6:30pm
May & June Only (Reg. Required)**

EASY ART ADVENTURES FOR ADULTS *Library*

Do you love to be creative and have fun without the pressure of perfection? Join the Canton Public Library for some fun and easy art projects! Whether we're decorating sketchbooks, exploring watercolors or getting creative with cards, you can enjoy a stress free environment and let your creative juices flow.

**Third Wednesday of the Month at 1:00pm
Beginning in May
Registration Required**

CANDLE PAINTING WORKSHOP *Parks & Recreation*

Join Kelly from Dane Good and get ready to unleash your inner artist using colorful melted wax to craft stunning candle creations. Each registration scores you 2 pillar candles, so grab a pal, partner, kiddo, sibling or even fly solo if you're feeling extra artsy! Let's paint the town... or rather, paint those candles!

Thursday, June 20 6:00pm-7:00pm

Mills Pond Park Pavilion

\$55 R / \$60 NR (Reg. Required)

DOUGH BOWL CANDLE WORKSHOP *Parks & Recreation*

Join Kelly from Dane Good! We'll be making triple-wick dough bowl candles that you'll learn how to prep, pour and decorate!

Workshop 1

Thursday, July 18

6:00pm-7:15pm

MPP Pavilion

\$55 per Participant

Workshop 2

Thursday, August 8

6:00pm-7:15pm

MPP Pavilion

\$55 per Participant

Registration Required

Fitness & Exercise

TAI CHI *Senior Center* AGES 55+

Tai Chi focuses on muscle control, stability, balance and flexibility using gentle movements. When practiced regularly, it can help reduce pain, especially for knee osteoarthritis, back problems and fibromyalgia - among many other health challenges. Join Tai Chi Joe and start to enjoy the benefits of this ancient Chinese practice.

Mondays at 1:00pm April 1-June 1 in Room E (Multi-Purpose Room After June 1)

Wednesdays at 1:00pm in Room D

**\$5 per Class When Paid in Advance
\$7 per Class for Drop-In**

Call (860)693-5811 or visit cantonrec.org to register

AQUA FITNESS *Parks & Recreation*

Exercise with water resistance! This low-impact cardio and strength-training class can contribute to improved heart health, reduced stress, improved muscular endurance and strength. No need to swim in this class! You will leave this class feeling rejuvenated!

SESSION I

**Weds., June 19-July 17
7:15pm-7:55pm
Mills Pond Pool
\$45 R / \$55 NR
Reg. Required**

SESSION II

**Weds., July 24-Aug. 21
7:15pm-7:55pm
Mills Pond Pool
\$45 R / \$55 NR
Reg. Required**

PILATES FUSION *Parks & Recreation*

Improve flexibility and posture! Sculpt, tone and renew your body! This class combines standing and mat pilates with yoga and barre.

**Fridays at 10:45am
Parks & Rec Room
\$15 per Session (Reg. Required)**

FITNESS MATRIX *Parks & Recreation*

This fun beginner-to-intermediate class provides a full-body workout using multiple fitness modalities: resistance training, cardio, balance and stretching using resistance bands, light weights, steps, POUND Ripstix, occasional dance fitness moves and chairs for optional standing support. Each class varies slightly, but each works all major and some minor muscle groups.

**Tuesdays at 10:30am
Parks & Rec Room
\$15 per Session / \$5 Drop-Ins
Registration Required**

CHAIR PILATES *Senior Center* AGES 55+

Sit and get fit?! Yes, it's true. This is a great, low impact, joint-friendly way to start or return to exercise. Then get hooked like everyone else and make it a weekly healthy habit. Robyn Centrella's Chair Pilates will have you strengthening your core, boosting your flexibility and posture as well as improving your balance.

Mondays at 10:30am April 1-June 1 in Room E (Multi-Purpose Room After June 1)

Wednesdays at 11:30am in Room E

**\$5 per Class When Paid in Advance
\$7 per Class for Drop-In**

Call (860)693-5811 or visit cantonrec.org to register

POUND FITNESS CLASS *Parks & Recreation*

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!

SESSION V

**Mon., April 22-June 3
6:30pm-7:30pm
Parks & Rec Room
\$50 R / \$60 NR
Reg. Required**

SESSION VI

**Mon., June 10-July 15
6:30pm-7:30pm
Parks & Rec Room
\$50 R / \$60 NR
Reg. Required**

INTRO TO LINE DANCING

Senior Center

AGES 55+

Join the fun! Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows while all executing the same steps at the same time. Get some exercise for your body and mind and have fun while doing it!

Fridays at 1:00pm in Room D

\$5 per Class When Paid in Advance

\$7 per Class for Drop-In

Call (860)693-5811 or visit cantonrec.org to register

LOBSTER LOOP RUN PREP & BEYOND

Parks & Recreation

This popular 6-week running program has expanded to more than just a Couch to 5k option. The program will now offer training based on experience and goals. Coaches will provide tailored training according to your experience level and objectives. Whether you are preparing for your first 5k or aiming to restart running as a beginner or advanced beginner, we have a group for you! For those seeking to advance their training and enhance their endurance, your search ends here! This program is designed for runners to be prepared for the Lobster Loop 5k in August and provide runners with a great foundation to continue their running journey. All levels of experience are welcomed.

WHO CAN JOIN

This program is designed for runners 12 years and older. Families, friends and running buddies are encouraged to register together! This program is a great way to keep accountable and stay on track with new friends. *Please note: Group training may include runs on the Farmington River Trail and around Mills Pond Park. While "buddy running" will be encouraged there will be instances when runners will not be directly supervised by the instructor. Runners may be on their own during some instances of the running program.*

Wednesdays, July 10-August 14

6:00pm-7:30pm

Visit cantonrec.org for Training Locations

\$87 R / \$97 NR (Reg. Required)

**Lobster Loop registration not included*

USTA: ADULT TENNIS CLINIC

Parks & Recreation

Led by approved USTA tennis coaches, participants will have fun developing the skills to serve, rally and play tennis while getting great exercise. All players in their first session receive and keep a new tennis racket.

Sundays, April 21-June 2

12:00pm-1:30pm

Mills Pond Park Courts

\$100 R / \$105 NR

Registration Required

YOGA WITH NANCY LIVE STREAM

Parks & Recreation

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages and 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 is great for people with back problems or for alleviating muscle soreness and joint inflammation.

SPRING SESSION

Thursdays, April 25-June 13

7:30pm-8:30pm via Zoom

\$52 per Participant (Reg. Required)

ZUMBA GOLD

Parks & Recreation

Join anytime, registration is rolling! You pick your schedule! 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.

CLASS SCHEDULE

Tuesdays 5:30pm-6:30pm (P&R Room)

Saturdays 10:30am-11:30am (MP Room)

\$52 for 8 Classes

Pick Your Own Schedule!

HEALTHY HUSTLE *Parks & Recreation*

Looking for a quick and effective workout? Join us for a fusion fitness class! In just 40 minutes, you'll work the whole body and get your heart rate pumping with varying intervals of intense cardio and strength exercises paired with active recovery. Class will include different HIIT - high intensity interval training, along with other mobility, strength and cardio formats. No need to worry if you're new to workout classes - modifications will be offered for many of the exercises, so you can reduce or increase the intensity as needed.

SESSION II

Thursdays, April 18-May 9 5:45pm-6:30pm
Parks & Rec Room
\$30 R / \$35 NR (Reg. Required)

FREE SESSION

Thursday, April 11
Registration Required

TOT & ME ON THE MOVE: FITNESS CLASSES *Parks & Recreation*

TOT & ME ON THE MOVE

This class is a great way to stay active, while engaging with your child and other caregivers. The format will entail a structured fitness set as well as a walk. All fitness levels are welcomed! The class is designed to help kick start your fitness journey and find a community of caregivers. Children ages 4 and under are welcomed to join their caregiver to the class.

SESSION II

Thurs., May 23-June 13 9:15am-10:15am
Parks & Rec Room
\$34 R / \$39 NR (Reg. Required)

TOT & ME ON THE MOVE: CARDIO & MOBILITY

This new class will focus on raising the heart rate for a quick and effective workout. This primarily body weight class will build strength and mobility through a variety of exercises. Similar to our Thursday class, all levels of fitness are encouraged to come and bring their children (ages 4 & under).

SESSION I

Tues., April 23-May 28 9:30am-10:05am
Parks & Rec Room
\$45 R / \$50 NR (Reg. Required)

YOGACHI WITH MARY ELLEN *Parks & Recreation*

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.

SPRING SESSION I

Thurs., May 2-June 13
11:00am-12:00pm
Parks & Rec Room
\$50 R / \$60 NR

SPRING SESSION II

Thurs., June 27-July 25
11:00am-12:00pm
Parks & Rec Room
\$40 R / \$50 NR

Registration Required

Enrichment

SCRABBLE CLUB *Senior Center*

Are you a word whiz, super speller or have a voracious vocabulary and want to show it off? Come exercise your talents on a Scrabble board. Bring a friend - the more brains the merrier!

**Fridays at 10:00am April 1-May 31 in
Room E (Senior Room After June 1)**

DIVE INTO SUMMER READING FOR ADULTS! *Library*

Add some sizzle to your summer with Summer Reading Bingo! Starting June 17, swing by the circulation desk to pick up your bingo card. It's your ticket to summer reading fun and your chance to win fabulous prizes. Complete five library-themed activities in a row, return your card and you will be entered to win! Whether you're into mysteries, romances or thrillers, there's a bingo activity for everyone and you can fill out multiple cards for more opportunities to win.

**All Cards Must Be Returned by August 17
to Qualify for Prize Raffle**

MAH-JONGG *Senior Center*

The name of the game means “sparrow” in southern Chinese dialects, referring to the bird-like clacking sound the tiles make during reshuffling. This social game of skill, strategy and a little bit of luck is a great way to meet people, form friendships and keep the mind sharp!

Fridays at 12:00pm April 1-May 31 in Room E (Senior Room After June 1)

PEARLS FROM CAROL WITH ALBERT RUGGERIO *Senior Center*

Join Albert Ruggerio for this laugh-out-loud presentation focused on the writings of his late wife, Carol. Al gathered her writings together in a book that includes short, very funny, thought-provoking stories and musings. Just what the world needs in these often sad and scary times.

Tuesday, June 4 at 1:00pm in Senior Room
Free: Registration Required

Call (860)693-5811 or visit cantonrec.org to register

THE HARTFORD CIRCUS FIRE *Library*

2024 marks the 80th anniversary of the Hartford Circus Fire. Join educators from the CT Museum of Culture and History for a program on this infamous tragedy.

Tuesday, July 16 at 7:00pm
Free: Registration Requested

TECH HELP TUESDAYS *Senior Center*

Is your cell phone perplexing you? Your laptop bewildering you? There's no need to fret or question yourself any longer as students from Canton High School's National Honor Society are offering assistance with your tech-related conundrums; bring them all and your tech tools to these free sessions and get the help and encouragement you need.

Tues., April 16 & 30, May 14 & 28
2:30pm-3:30pm (Call (860)693-5811 for Location)
Drop-In: No Registration Required

WII BOWLING *Senior Center*

Want to get some exercise and socializing in minus the big heavy ball and no need for the silly shoes? Just bring your competitive spirit and join this wonderful and welcoming group of seniors who bowl away with laughter and camaraderie. They are always looking for new members to join the fun!

Wednesdays at 10:00am April 1-May 31 in Room D (Senior Room After June 1)

FRIDAY FLICKS *Library*

Join the Canton Public Library for a free movie every Friday beginning in May. Movie titles will be posted on our website by the beginning of each month.

Every Friday Beginning in May
Free: No Registration Required

BOOK CLUBS *Library*

MONDAY EVENING BOOK DISCUSSION

April 8 at 7:00pm - *Solito: A Memoir* by Javier Zamora
May 13 at 7:00pm - *Horse* by Geraldine Brooks
June 10 at 7:00pm - Title TBA

SCIENCE BOOK DISCUSSION

April 11 at 12:30pm - *The Matter of Everything* by Suzie Sheehy
May 9 at 12:30pm - Title TBA
June 13 at 12:30pm - Title TBA

WALKING BOOK DISCUSSION

April 20 at 2:00pm at Nepaug Reservoir - *The Lioness of Boston* by Emily Franklin
May 18 at 2:00pm at Nepaug Reservoir - Title TBA
June 15 at 2:00pm at Nep

MYSTERY LOVERS

April 25 at 6:30pm at Good Friends - *Pay Dirt* by Samantha Jayne Allen
May 30 at 6:30pm at Good Friends - Title TBA
June 27 at 6:30pm at Good Friends - Title TBA

PINOCHLE *Senior Center*

Our pinochle group is always looking for additional players. No matter how you spell it - pinochle or penuchle - it's a game of fun and strategy.

Wednesdays at 1:00pm April 1-May 31 in Room C (Senior Room After June 1)

BINGO *Senior Center*

Join this growing group of BINGO enthusiasts. A great, low-key social event that involves a large digital screen to easily see and hear the numbers being called. Come when you can, bring a friend or come make new ones.

Thursdays at 12:00pm April 1-May 31 in Room E (Multi-Purpose Room After June 1)

MAKEUP FOR MATURE WOMEN *Senior Center*

This 2.5 hour forum is the perfect place for mature women to learn how to create a makeup style that compliments their personal features and skin tone; products, tools and "must haves" will be explored. You will participate in 'hands-on' makeup demonstrations and leave knowing that with a little practice you can perfect your personal appearance for all occasions.

Tuesday, April 30 at 10:00am in Room C
\$20 per Participant (Reg. Required)
Call (860)693-5811 or visit cantonrec.org to register

JEWELRY REPAIR WORKSHOP *Library*

Bring a piece of your costume jewelry that needs care. Learn how to restring, clean and make small repairs.

Saturday, June 8 at 11:00am
Registration Required
Limit of 12 Participants

Health, Wellness & Finance

AMERICAN RED CROSS CERTIFICATION COURSES *Parks & Recreation*

ADULT & PEDIATRIC CPR/AED/FIRST AID CERTIFICATION CLASS

This American Red Cross course equips students with the knowledge necessary to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults and infants. This course is a blended learning course, meaning a portion of the course is completed online prior to attending an in-person skills session.

APRIL SESSION

Tuesday April 16 2:00pm-4:30pm
Parks & Rec Room
\$75 R / \$85 NR (Reg. Required)

MAY SESSION

Tuesday May 14 2:00pm-4:30pm
Parks & Rec Room
\$75 R / \$85 NR (Reg. Required)

FREE MEMORY SCREENING *Senior Center*

Are you caring for a loved one who is experiencing memory problems? Are you concerned your loved one's memory loss may be an early sign of dementia? Does Alzheimer's or dementia run in your family? Are you concerned about your own memory? Through a simple series of questions and tasks, a screening is designed to gauge memory, language and thinking skills. While the results are not a diagnosis, the 5-10 minute process could signal that a follow-up full evaluation should be conducted by a clinician.

First Thursday of the Month at 10:00am
April 4, May 2, June 6, July 11, August 1
April & May in Room C
All Other Months in Senior Room
Call (860)693-5811 to Arrange a Screening

FALL PREVENTION: MATTER OF BALANCE SEMINAR

Senior Center

We are pleased to offer a repeat of this free 9-week course provided by our partners at the Farmington Valley Health District. A Matter of Balance is an award-winning program designed to educate you on practical strategies for managing falls and increasing activity levels. You will learn to view falls as controllable, set goals for increasing movement, make changes to reduce fall risks at home, and incorporate exercise to increase strength and balance.

Tuesdays, May 7-July 2 1:00pm-3:00pm
May Classes in Room E
All Other Classes in Multi-Purpose Room
Free: Registration Required
Call (860)693-5811 to Reserve Seat

VETERANS ADVOCACY & ASSISTANCE

Senior Center

Veterans and their spouses now have the ability to make appointments with Canton's district representative and Veterans Service Officer, Bill Muhl, to seek help with applying for U.S. Veterans Affairs Disability Compensation Claims, the Veterans Pension and Survivors Pension Benefit Programs and Dependency and Indemnity Compensation; all administered through the U.S. Veterans Affairs Benefits Administration (VBA).

First Friday of Every Month
9:00am-1:00pm by Appointment Only
Room B

Call 5th District's Office at (203)805-6340 to Arrange a Meeting at the Canton Community Center with Veteran's Service Officer

HEARING SEMINAR & TESTS

Senior Center

Attend this free seminar and learn more about the comorbidities of untreated hearing loss, the types of physical ailments connected with untreated hearing loss and the latest treatments available to ensure you live life to the fullest.

Thursday, May 2 at 9:00am in Room B
Free: Registration Required
Call (860)693-5811 or visit cantonrec.org to register

STRENGTHEN YOUR STOCK SAVVY SEMINAR

Senior Center

Whether you're just starting out or a well-seasoned investor, come learn more about the types of stocks, capital appreciation and dividends, 3 key investment principles and different ways to own stock.

Thursday, April 18 at 9:30am in Room D
Free: Registration Required
Call (860)693-5811 or visit cantonrec.org to register

THE FOUR PILLARS OF THE NEW RETIREMENT SEMINAR

Senior Center

Attend and learn about the four essential pillars that can directly impact your quality of life during retirement.

Thursday, May 16 at 9:30am in Room D
Free: Registration Required
Call (860)693-5811 or visit cantonrec.org to register

TIME MATTERS: A WOMAN'S RETIREMENT OUTLOOK SEMINAR

Senior Center

Are you ready? Eager? Worried? Come learn about income strategies and making your retirement savings last and address how to prepare for the unexpected like market risks and rising costs.

Thursday, June 13 at 9:30am
Multi-Purpose Room
Free: Registration Required
Call (860)693-5811 or visit cantonrec.org to register

IMPORTANT REMINDER!

**THE CANTON SENIOR CENTER
WILL BE UNDERGOING
RENOVATIONS STARTING
APRIL 1.**

ANTICIPATED RE-OPENING OF JUNE 1

CREATING A STRONG ESTATE PLAN: PROTECT YOUR FAMILY AND YOUR FINANCES

Senior Center

Hosted by Czepiga, Daly, Pope & Perri. Get educated on the importance and benefits of having an estate plan in place - a way to protect your family and finances.

Wednesday, May 8 at 10:00am in Room C
Free: Registration Required

Call (860)693-5811 or visit cantonrec.org to register

AGING IN PLACE: HOW TO REMAIN IN YOUR HOME

Senior Center

Hosted by Czepiga, Daly, Pope & Perri. For many people, being able to age in their home the way they want is an important goal of their later years. Get educated on the legal ins and outs of making sure that is a possibility.

Wednesday, May 15 at 10:00am in Room C
Free: Registration Required

Call (860)693-5811 or visit cantonrec.org to register

MEDICAID PLANNING FOR SINGLES: LONG-TERM CARE PLANNING FOR SINGLE PEOPLE

Senior Center

Hosted by Czepiga, Daly, Pope & Perri. Connecticut was the first state to expand Medicaid coverage to include single adults with no children. Come learn how you might qualify and what role it might play in your long-term care if and when needed

Wednesday, May 22 at 10:00am in Room C
Free: Registration Required

Call (860)693-5811 or visit cantonrec.org to register

Social Services

CANTON FOOD BANK

The Canton Food Bank is a non-profit organization that assists families struggling with the burden of managing a tight budget and financial tradeoffs when it comes to providing nutritional meals for their families. Residents of Canton are eligible to receive food assistance through the Food Bank upon completing an intake application and providing proof of residency.

Trinity Episcopal Church (55 River Rd)
Mondays 6:00pm-7:00pm
Tuesdays 7:30am-11:30am

Application: townofcantonct.org/nutrition

SENIORS FARMERS' MARKET NUTRITION PROGRAM

SFMNP serves seniors 60 years of age or older OR disabled individuals that meet income eligibility guidelines by providing a benefit card to purchase fresh fruits, vegetables, cut herbs and honey at authorized locations throughout Connecticut.

Program Runs from July 1-November 30
Request Card: townofcantonct.org/nutrition

DIAL-A-RIDE

Dial-A-Ride provides local in-town transit service to residents of Canton who are age 60 or older, or residents age 18 or older with disabilities.

Monday-Friday 9:00am-4:00pm
September 1 through August 31
Annual Fee: \$50 per Person

Application: townofcantonct.org/transportation

CANTON EMERGENCY FUEL BANK

Canton's Emergency Fuel Bank is a program designed to assist families in meeting their heating needs when other sources of aid have been exhausted. Tax deductible gift donations are welcome and made payable to Canton Energy Fuel Bank (CEFB), mail to the Collinsville Savings Society, P.O. Box 350, Canton CT 06019. Please put "Care of CEFB" on the envelope.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Energy Assistance helps household pay for primary heating bills. ****If the household's primary heating costs are included in your rent, you may also apply for assistance.**** Applications will be taken at Senior & Social Services by appointment only.

ENERGY ASSISTANCE PROGRAM IMPORTANT DEADLINES

April 1, 2024: Deadline for fuel authorizations for delivery

May 31, 2024: The last day that a household can apply to establish its eligibility for benefits

June 17, 2024: Last day to submit deliverable fuel bills

STATE OF CONNECTICUT RENTER'S REBATE FOR ELDERLY AND DISABLED

Renter's Rebate is a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed \$43,800 if single or \$53,400 if married. Elderly applicants must have been 65 years of age before December 31, 2023, rent or share rent and have lived in Connecticut for one year. All applicants disabled or under 65 years of age must provide proof of disability. Applicants must submit documentation of ALL income and ALL receipts for rent and utilities paid January through December 2023. Applications are now being accepted from Canton residents at the Senior & Social Services office.

Canton Parks & Recreation 2024 Sticker Series

This summer the Canton community will get the chance to collect a variety of Canton Parks & Recreation vinyl stickers! Stickers will be available in various Parks & Recreation locations and at events during the summer.

Can You Collect Them All?

GENERAL SUMMER
AQUATICS
CAMP
SUMMER CONCERTS
SPLASH PAD
PICKLEBALL & TENNIS



CANTON SENIOR & SOCIAL SERVICES

FIND US ONLINE!

Looking for helpful Social Services information or to register for a Senior Center class or event?

Scan the QR codes here with your cell phone to gain quick access to the department and cantonct.myrec.org pages you need!



SOCIAL SERVICES INFO



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