

Camps | Concert Series | Swim Lessons | Edge Extreme | Movies in the Park | Bus Trips

SPRING & SUMMER 2017  
WWW.CANTONREC.COM

# THE OFFICIAL PUBLICATION OF **CANTON** PARKS & RECREATION



## **Aquatics and Camp**

**"Children learn a necessary skill that will allow them to safely participate in many activities throughout their life." Page 6**

Registration opens March 8. See page 4 for details.

Youth | Adults | Community Events

As part of the local community for over 40 years, Boston Mutual Life Insurance Company is behind you, just like family supports each other.

And like any family, we pass along to the next generation two important gifts: roots to remind them where they come from, and wings to show them what they can become.

Boston Mutual is honored to have our roots firmly planted in Canton and to support Canton Parks and Recreation in helping make our community a better place for generations to come.



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# What's the Buzz?

## Canton Citizens,

Welcome to the third edition of the Parks & Recreation magazine! We are excited, once again, to offer many of your favorite programs and services along with some new additions. We aim to make you and your families stronger, healthier, smarter, and happier!

Our **vision** is to be recognized leaders in municipal recreation and our values are in direct alignment with the three pillars of the *National Recreation and Park Association* (NRPA): **Conservation, Health and Wellness, and Social Equity.**

Our **mission** is to enrich the lives of all citizens through diverse and innovative recreational programs and services. With a focus on the arts, sports and games, the outdoors, education, and celebrations, we provide both passive and active social opportunities that build community and inspire personal growth. Our parks provide support for passive and active recreation that contributes to enhancing the quality of life. We encourage citizens to become active, responsible, and engaged members of the community.

We appreciate your continued participation in our program evaluation surveys. Your feedback is very important to us. The results are being used to advance our programs and services as we strive to be a model community for municipal parks and recreation.

We look forward to seeing you this Spring and Summer.

Nick Pirelli, M.S., CPRP, CEM®  
Canton Parks and Recreation



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# Registration Information

- Online:** [www.cantonrec.com](http://www.cantonrec.com) Registration opens at midnight on Wednesday, March 8, 2017. Make sure you log into [cantonrec.com](http://cantonrec.com) prior to March 6. Call 781-821-5030 if you have login issues.
- Walk in:** Canton Parks and Recreation, 92 Pleasant Street, Canton, MA
- Office Hours:** Monday through Friday 9AM-5PM
- Office Phone:** 781-821-5030

## **Department Policies**

### **General:**

- Registration is first come, first served.
- Participants are not fully registered for a program until payment is received in full and all required forms have been received.
- Canton Parks and Recreation reserves the right to photograph/film program participants for publicity purposes including, but not limited to social media, magazine, website, and local media.

### **Medical Forms:**

- Certain programs require a copy of a physical exam (completed within the past 2 years) and immunization records.

### **Fees:**

- Non-residents may be assessed additional fees.

### **Payments:**

- We do not accept cash for program registration and season pool passes.
- For walk-in registration, please make check or money order payable to: Town of Canton.
- For online registration, we accept MasterCard, VISA, and Discover credit cards.

### **Refund Policy:**

- Participants who withdraw from a program, at least three weeks prior to the start date, are eligible for a full refund less an administrative fee of 10%.
- Participants who withdraw from a program, within three weeks of the start date, are eligible for a refund less an administrative fee of 10% only if the spot can be filled by someone on the wait list.
- Refunds for extenuating circumstances will be determined on a case by case basis.
- Requests for refunds must be in writing (email or letter) and include: Name of the program, session, reason for the withdrawal, participant's name, and address.
- Refund checks will be issued within four weeks.

### **Cancellation Policy:**

Canton Parks and Recreation reserves the right to cancel/postpone a program due to low enrollment or inclement weather. If a program is canceled due to inclement weather, every effort will be made to reschedule missed time. In the event that a program is canceled due to low enrollment, a full refund will be provided.

<b>Camp/Program</b>	<b>Hours</b>	<b>Drop-Off</b>	<b>Pick-Up*</b>
BLAST-OFF	9:30AM-12:30PM	9:25-9:40AM	12:30-12:40PM
PEQUITSIDE	9AM-4PM	8:55-9:10AM	4-4:10PM

### **\*Late Pickup Fees for Camps and Programs**

- Pickup after the designated pickup time will result in a \$20 fee for the first 20 minutes.
- An additional \$20 fee will be charged for each subsequent 30 minute period.

## **PROFESSIONAL STAFF**

Nick Pirelli, *Assistant Director*  
 Dennis Aldrich, *Maintenance Supervisor*  
 Audrey Cohen, *Secretary*

## **PLAYGROUND AND RECREATION COMMISSION**

Thomas Theodore, *Chair*  
 Stacey Gorman, *Vice Chair*  
 Debra Kelly, *Secretary*  
 Cabot Devoll  
 Richie Eckler  
 Alison Grossman  
 John McCourt

## **PARKS, FIELDS, AND PLAYGROUNDS**

The benefits derived from physical activity are an important aspect of health and wellness. Our parks provide multiple opportunities for youth, adults, and seniors to participate in passive and active recreational activities. Our parks include use for soccer, field hockey, lacrosse, baseball, softball, football, and playgrounds. These parks are prepared and maintained by our professional staff.

<b>NAME</b>	<b>FACILITY TYPE</b>	<b>LOCATION</b>
<b>Callahan</b>	Soccer	Pequitside
<b>Cravens</b>	Softball, Soccer	Dean S. Luce School
<b>JFK School Fields</b>		JFK Elementary School
<ul style="list-style-type: none"> <li>• Crawford</li> <li>• Ruane</li> <li>• Salah</li> <li>• Sullivan</li> </ul>	Baseball, Softball Baseball, Football Football, Lacrosse, Soccer Baseball, Softball	
<b>Davis</b>	Baseball, Basketball, Playground	Sutcliffe Avenue
<b>Devoll</b>	Playground, Soccer, Softball	Bolivar Street
<b>Duggan</b>	Baseball, Softball	Hansen School
<b>Galvin School Fields</b>		Galvin Middle School
<ul style="list-style-type: none"> <li>• Lower</li> <li>• Upper</li> </ul>	Field Hockey, Lacrosse, Soccer Football, Soccer	
<b>Memorial Fields</b>		Canton High School
<ul style="list-style-type: none"> <li>• Gibson</li> <li>• Fallon</li> <li>• Walsh</li> </ul>	Baseball, Field Hockey Football, Softball Playground, Softball	
<b>Messinger</b>	Playground, Softball	Messinger Street
<b>Pushard</b>	Soccer	Massasoit CC
<b>Decembrele</b>	Baseball, Playground, Softball	Tilden Road
<b>Gunning</b>	Lacrosse, Soccer	Turnpike Street



### **Canton Trophies & Awards**

419 Neponset Street  
 Canton, MA 02021  
[www.cantontrophies.com](http://www.cantontrophies.com)  
 781.828.8897

## **THE IMPORTANCE OF AQUATICS**

A large part of the camp experience at Pequitside Day Camp centers around the Canton Public Pool. Children spend the mornings learning a variety of swimming techniques during their 45 minute long swimming lessons. Skills range from learning how to hold their breath underwater to learning numerous swimming strokes with varying degrees of difficulty. In the afternoon, children enjoy implementing what they learned in their morning lessons during free swim. This incorporates social play with life skills and provides a memorable camp experience.

These experiences are important for many reasons. Children learn a necessary skill

that will allow them to safely participate in many activities throughout their life. Learning to swim at a young age opens up the doors to numerous life experiences that one may miss out on if they do not have the proper swimming instruction and practice. Activities ranging from snorkeling, enjoying a day at the beach or waterpark, water skiing, paddle-boarding, kayaking, and so much more are not something an individual can enjoy and experience if they have not learned to swim. These are things that everyone should be able to experience if they choose to do so, and an absence of learning to swim as a youth should not deter these activities. Campers are able to

engage in a fun activity, cool off from the summer heat, and learn an important life skill.

In addition to learning a skill that provides enjoyment, children are also learning a skill that could save their life. There are many circumstances one could be in where an unexpected event finds the skill of swimming to be a lifesaving necessity. In order to ensure that all campers who attend Pequitside have basic swimming skills, we make teaching and practicing swimming an important element of our day camp.

*-Mariah Grosky*

*Director, Pequitside Day Camp*

## **MIDDLE SCHOOL YOUTH: PRESCRIBING CAMP FOR BETTER HEALTH AND WELLNESS**

**M**iddle School is a challenging time in every young person's life. It's a time when there is a great deal of social and emotional changes. Society consistently sends the message that altered consciousness is the best way to have a good time, make friends, and relieve stress. Middle School youth absorbs these messages like a sponge.

All youth are at risk when it comes to substance use. The summer, when school is out, is a time when some youth make detrimental choices. Getting youth involved with positive activities every summer can help them explore personal interests and discover their passions.

Summer camps are a great way for youth to build friendships while engaging in fun and safe activities. Today, camps are everywhere. There are traditional day camps, overnight camps, and trav-

el camps. When your child spends the day with a camp counselor they engage with individuals that pay attention to the camper's feelings, can teach them how to reach personal goals, promote positive risk-taking, communicate expectations regarding drug use, and most importantly, are good role models.

Now is the time to be thinking about summer! Canton Parks and Recreation has opportunities for children starting at four years old and going through 10th grade.

Canton Parks and Recreation is a member of the Canton Alliance Against Substance Abuse. Substance Abuse begins with prevention. For resources about how to keep your home and youth safe, visit [CantonAlliance.org](http://CantonAlliance.org).

*Nick Pirelli*

*Chair, Canton Alliance Against Substance Abuse*

# **GAMES WITH A PURPOSE**

As summer fast approaches and the winter snow begins to melt away, we look towards the warm months filled with sun, beaches, and most importantly, camp. Although the world seems to constantly be modernizing, the traditional aspect of camp remains a pillar of fun for many children in the summer. The importance of camp today is more evident than ever for their development and growth. Certain aspects of camp, primarily the games that are played, are maintained in order to stimulate an environment of team building, camaraderie, and leadership. On the surface they may seem like just games, however, they serve a much larger purpose in the foundational advancement of a youth's

character. They teach valuable lessons and demonstrate ideologies that occur daily and stretch far past camp. Through games with the function to help enhance communication skills, children are learning from an early age how to adapt to a wide array of situations in the real world. While increasing both physical activity and challenging a child to use cognitive skills the assets of games are immense. By utilizing games with a purpose, children are at an advantage due to benefits such as physical activity, refined social skills, improved critical thinking, and broadened creativity.

*Christina Guccione*

*Head Counselor, Pequotside Day Camp*

# **THE BENEFITS OF GYMNASTICS**

What are the benefits of gymnastics for children? Being a gymnast myself, the sport taught me many things for which I am very grateful for. Gymnastics is a sport that offers many benefits in a range of categories, and can teach children many helpful skills that they will use for the rest of their life.

Gymnastics teaches good communication skills, how to be a good citizen, and can help cultivate new relationships. There are always a lot of kids in the gym so it is a very social environment. Talking and getting along with other kids is a big part of gymnastics. Because there are other kids in the gym, children learn how to wait their turn, share, and talk out conflicts. Things such as a child cutting in line can be a good teaching moment; they learn to talk it out or ask for help. The coach can then teach them how to solve it properly. They also make new friends, which can be some of the best friends they will ever have. Creating these relationships with their peers and coaches, and learning communication skills is part of the reason gymnastics is so much fun (the other part is seeing the world from up-side-down!).

This sport can also teach kids very useful skills that they can use in school and throughout life. Time management is one of the biggest and best skills gymnastics can teach. Kids learn how to manage their time properly from a young age when enrolled in gymnastics. Gymnasts can be some of the most focused and successful athletes in sports world. These attributes are

a by-product of the concentration, discipline, and time management skills they learn by being a gymnast. These traits have served me well throughout my high school and college career.

Gymnastics also teaches you how to be a good sport and a team player. Although gymnastics looks like it may be an individual sport because you are out in the events by yourself, it is not. Gymnastics is most definitely a team sport. You always have a group of people in your corner cheering you on and supporting you, and you learn to do the same. Gymnastics is a very unpredictable sport and just because you were the best one week does not mean you will be the next. You learn to win and lose graciously and to be happy for the girl or boy who beat you.

Gymnastics can provide your children with many wonderful skills. It not only teaches them things that will help them throughout life, it's a lot of fun! It is a great way to get exercise, burn some energy, and get out of the house for a while. It also helps improve strength, flexibility and confidence which can help in other sports. They will learn new techniques that they will love to show you when they go home. It is a great confidence booster, relationship maker, and life skills builder. If you are interested in signing your child up for gymnastics, Canton Parks and Recreations summer gymnastics program is a great place to start.

*Carina Kilduff & Caroline Hagan*  
*Sport Instructors, Gymnastics*

# Civic Engagement

Civic engagement means working to improve community life. This can be done through many forms from individual or group involvement to organizational environments. These engagements begin in Canton and continue in the commonwealth, our nation, and the world.

By understanding the issues, attending and participating in public meetings, and volunteering, you can make your voice heard and make a difference.

## Get involved in 3 simple ways!

1



### BOARDS & COMMITTEES

Share your expertise and help influence local policies and regulations.

2



### TOWN DEPARTMENTS

Library Volunteer, Election Worker, Community Emergency Response Team, Medical Reserve Corps, Animal Shelter Volunteer

3



### COMMUNITY EVENTS

Help out for a day that builds community.

- Easter Egg Hunt
- July 4th Celebration
- Golf Tournament
- Summer Concert Series
- Halloween Fest
- Canton/Reebok Road Race
- Senior Citizen Christmas Party

## Canton Community Volunteer Fair

April 25, 2017, 4:00 - 7:00 PM

The Canton Public Library invites teens and adults to the annual Volunteer Fair at the Library. The fair is held in the library's Community Room on the lower level. Representatives from local non-profit organizations will be available to share their missions and available volunteer opportunities. Most participating organizations have volunteer opportunities open for teens as well as adults. Students needing to complete volunteer credits are encouraged to attend. Canton Community Volunteer Fair provides the perfect opportunity to speak to representatives from local charity and non-profit organizations actively seeking volunteers. Connect with a volunteering opportunity that can make a difference in your community and your life!

For more information call: Carolyn Elkort, Outreach Librarian (781) 821-5027 x 126.

# Donate

## ABOUT THE RECREATION REVOLVING FUND

Established at Annual Town Meeting - May 11, 2015

The Department of Parks and recreation is authorized to accept grants or gifts from the Federal Government, from a charitable corporation, from a private corporation, or from an individual. Funds received shall be deposited with the Town Treasurer and held as a separate account.

Donations can be made in the form of a check made out to Town of Canton.

The Board of Selectmen accepts donations publicly at their meetings. Please notify us when making a donation if you would like to be an anonymous donor.

### ***When you give to the Recreation Revolving Fund, you are Investing in Canton.***

- Access to our day camp and travel camp
- Enhancements to Community Events
- Fee-Waivers for Camps and Programs
- Program opportunities for at-risk youth
- Training for seasonal summer staff

## WAYS TO GIVE

There are a variety of ways for you to give to canton Parks and Recreation. However you choose to give, your generosity makes a difference to the Canton Community.

**Check:** You can donate by making a check payable to *"Town of Canton"*

**Pledge:** Some families may want to invest in Parks and Recreation but don't have a lump sum readily available. A pledge to the future of Canton Parks and Recreation allows you to pay over time, breaking up your gift into easy to manage segments

## CHOOSE YOUR IMPACT

**General Contributions:** The Department of Parks and Recreation will direct funds to where it's needed most.

**Community Events:** Summer Concert Series, Movie in the Park Series, and Senior Citizen Christmas Party.

**Need-Based Fee Waiver Program:** The fee waiver program provides an opportunity for citizens experiencing financial difficulties to participate in specific recreational programs and camps. The program has been very successful, filling a need within the community. Waivers are only available for programs facilitated by Canton Parks and Recreation.

**Donations of Items or Gift Certificates:** Often the Department of Parks and Recreation is in need of prizes for community events such as the Senior Citizen Christmas Party. Donated gifts need to be in new condition. All items donated are considered gifts and become property of the Town of Canton. Please contact Canton Parks and Recreation prior to making any donation.

# **PUBLIC SWIMMING**

199 Bolivar Street

*Certified Lifeguards are on duty for your safety.*

## **HOURS OF OPERATION**

Open 7 days a week

1-6PM

June 25 – August 19, 2017

## **FEES**

Season Pass – Family*	\$85.00
Season Pass – Individual	\$35.00
Daily Entrance Fee – Individual	\$4.00 per person
Late Day Entrance Fee - Individual (5PM and after)	\$1.00 per person

*\*Season Pass - Family includes up to 2 adults and 4 children from same household.*

*Age 13 and under must be accompanied by an adult at all times.*

*Season pass holders are required to present Canton Parks and Recreation issued pool pass prior to entering the facility during public swim.*

## **SWIM LESSONS**

Monday – Friday

11-11:45AM **or** 12-12:45PM

<b>Fees:</b>	Ages 3-4	1 week session	\$30.00
	Ages 5-15	2 week session	\$75.00

<b>Session 1</b>	June 26 – June 30	1 week	Ages 3 – 4
<b>Session 2</b>	July 10 – July 21	2 weeks	Ages 5 – 15
<b>Session 3</b>	July 24 – Aug 4	2 weeks	Ages 5 – 15
<b>Session 4</b>	Aug 7 – Aug 18	2 weeks	Ages 5 – 15

# Aquatics

## Water Aerobics

(Ages 40+)

Water Aerobics is for you! Gain flexibility and agility while building cardiovascular fitness and muscle. Advance registration is required.

**Location:** Bolivar Pool

**Dates:** July 29, August 5, and August 12

**Time:** 11:30AM - 12:30PM

**Fee:** \$5 per class

## Kayak Rentals

Rentals for use at Bolivar Pond. Youth and adults ages 13 and older can paddle their own kayak. Personal flotation devices (PFD) to fit ages 13 to adult will be provided and must be worn at all times. Last rental begins at 5PM. Reservations can be made at [www.cantonrec.com](http://www.cantonrec.com).

**Location:** Bolivar Pond

**Dates:** June 25 - August 19, 2017

**Time:** 1-6PM

**Fee:** \$15/hour (Rate includes paddles and Life Jackets)

# Community Events

## Easter Egg Hunt

**Saturday, April 15**

Pequitside Farm, 79 Pleasant Street

**With Special Guests:**

**The Easter Bunny! Creature Teachers!**

**Ronald McDonald! DJ Caroline Titus!**

## Egg Hunt Times

Age 1-3      12:15 PM

Age 4-6      12:30 PM

Age 7-10     12:40 PM



*Find the Golden Egg in your age group to win a special prize!*

## New England Barn Dance

**Monday, May 1 | 6:30-8:30 PM**

Pappas Rehabilitation Hospital for Children

**Live Music Led by Sue Rosen**

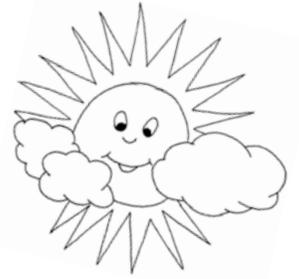


## Summer Safety Fair

*Sponsored by the Board of Health. In collaboration with Parks and Recreation, and Public Works*

**Friday, May 19 | 4-7PM**

Pequitside Farm, 79 Pleasant Street, Canton, MA



**Come for a day of Family Fun, Entertainment, Demonstrations, Hot Dogs & Hamburgers, and Summer Health and Safety Education**

## Memorial Day Ceremony

*Hosted by Veterans Services Department*

**Monday, May 29 | 9-11AM**

Veterans Memorial Park, 1600 Washington Street

**Featuring American Legion Band**



## 50th Annual Road Race

**Tuesday, July 4**

Canton Town Club, 300 Bailey Street, Canton, MA



5 mile Road Race	\$10/participant
2 mile Fun Run - Ages 12 and Under	\$5/participant

**Check-In/Registration Begins: 8:30AM      Race Time: 9:30AM**

Registration fee includes entry fee and post-race refreshments.

**Runners must register by Friday, June 2 to receive a free race t-shirt.**

## Fireworks Display

**Tuesday, July 4**

Irish Cultural Centre, 200 New Boston Drive, Canton, MA



**6PM** Inflatables, Face Painting, Airbrush Tattoos, and Caricature Artists

**7PM** Concert

**9PM** Fireworks Display

All activities are free to the public! Food and drink for purchase will be available throughout the evening. Please be prepared for bag check upon arrival.



# Summer Concert Series

Wednesdays | 6:30PM

Canton High School (Front lawn of Marilyn G. Rodman Building)

Great music, fun, burgers & hot dogs!

Pack your chairs and blankets for evenings of fun for the whole family.

In the event of inclement weather, please call 781-821-5030 or visit [cantonrec.com](http://cantonrec.com)

- July 5 American Legion Band
- July 12 Cactus Gang
- July 19 Knock on Wood
- July 26 Olde Kids on the Block
- August 2 The Leafmen
- August 9 The Infractions



## Movies in the Park

Friday, July 14 and Friday, August 18 - Cash Snack Bar on Site!

Pequitside Farm, 79 Pleasant Street, Canton, MA

Vote for the movie at [cantonrec.com](http://cantonrec.com)



## Canton Veterans Golf Outing

Hosted by Veterans Services Department

Monday, August 14 | 8:30AM

Wampatuck Country Club, Canton, MA

- 5 Person Teams (Selected Shot)
- Prime Rib Dinner
- Super Raffle; Grand Prize: Two sets of irons
- Tee Sponsorships Available! All donations go toward the Canton Veterans Fund to assist veterans and their families with various needs.

Fee: \$125

Contact Richie Eckler through the Veterans Services Department



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781-828-2588  
Fax: 781-828-2279



# **PLAYGROUND PROGRAM**

The playground program facilitates activities such as Arts & Crafts and Sports & Games for Canton residents only. Registration is required for all youth attending the program.

**Monday - Friday**  
June 26 - August 18, 2017  
9AM - 1:30PM  
Devoll and Messinger



*Open to all Canton youth up to those entering 8<sup>th</sup> grade*

Youth Pre-K to entering 2<sup>nd</sup> grade must be accompanied by a parent or guardian at all times.

**Free Bus Pick-up & Drop-off Available for Devoll Playground**

- Arboretum Way
- Kennedy Elementary School
- Tilden
- Canton High School



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Reclaiming Service**



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253B Revere Street  
Canton, MA 02021

**781-828-3442    PreciousMetalsReclaiming.com**

Playground Program



## BLAST-OFF PROGRAM

Monday-Friday | 9:30AM-12:30PM | Ages 4-6

Extended Day Option 12:30-2:30PM

Blast-Off Program is designed to provide a memorable first camp-like experience! Our goal is to provide opportunities for children to have fun, gain self-confidence, and develop their social skills through group games, arts & crafts, sports activities, and more. In addition, special guests will come to educate and entertain.

**Fee Per Session: \$125.00** (Save \$5 on each additional session you register your child.)

(Save \$5 when you register a sibling for the same session.)

Session	Theme	Educators/Entertainers
1. June 26 – June 30	Kids in America	Bubble Music Man
2. July 3 – July 7	Winter in July	Barn Babies
3. July 10 – July 14	Treasure Island	Curious Creatures
4. July 17 – July 21	Disney	Bubble Music Man
5. July 24 - July 28	Under the Sea	Creature Teachers
6. July 31 - Aug 4	Heroes	Magician
7. Aug 7 - Aug 11	Animal Kingdom	Creature Teachers
8. Aug 14 – Aug 18	Movies	Barn Babies



## PEQUITSIDE CAMP

Monday-Friday | 9AM-4PM | Ages 6-11

See page 4 for regular drop off/pick up times.

Pequitside Day Camp provides campers with the opportunity to enjoy swimming, arts & crafts, sports & games, and field trips using a variety of popular themes! The staff creates a fun and safe experience for all campers with an emphasis on teamwork and community building.

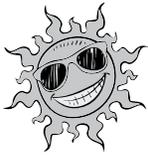
**All sessions include:** Swim lessons, weekly trips to regional attractions, archery, water slides/obstacle courses, and camp t-shirt

**Fee Per Session: \$250.00** (Save \$5 on each additional session you register your child.)

(Save \$5 when you register a sibling for the same session.)

**Extended Day Options:** 7:30-9AM \$50 per week • 4-5:30PM \$50 per week

Session	Theme	Regional Attractions
1. June 26 – June 30	Pirates	Pirate Cruise (Hyannis, MA)
2. July 3 - July 7	Sports	Patriot's Museum
3. July 10 - July 14	Kids vs. Wild	Roger Williams Zoo
4. July 17 - July 21	Top Secret Spies	5 Witts (Espionage and 20,000 Leagues)
5. July 24 - July 28	Carnival	Legoland
6. July 31 - Aug 4	Moovin' and Groovin'	Jump Trax
7. Aug 7 - Aug 11	Under The Sea	Duck Tour
8. Aug 14- Aug 18	Heroes	Launch Trampoline Park



## EDGE CAMP

**Monday-Thursday | Approx. 9AM-4PM \***  
**Entering Grade 6 through 8 in Fall 2017**

The Edge provides a variety of experiences that meet the unique needs and interests of Middle School participants. Each day consists of trips that include outdoor activities and regional attractions. A Canton Parks and Recreation swim test is required for all sessions. An approved personal flotation device will be required of non-swimmers.

\*Start and end times may vary due to the nature of the specific trip to accommodate for travel time and traffic.

**Fee Per Session: \$300.00**

Session	Regional Attractions <i>(not listed in order)</i>
1. June 26 – June 29	Rock Climbing, Beach, Quassy Amusement & Water Park, White Water Rafting
2. July 17 - July 20	Codzilla/Aquarium, Beach, Water Wizz, Canobie Lake Park
3. July 24 – July 27	Whale Watching, Beach, Sky Zone, Six Flags (no water park rides)
4. July 31 – Aug 3	Rock Climbing, Beach, Cape Cod Inflatable Park, White Water Rafting
5. Aug 7 – Aug 10	Roger Williams Zoo, Beach, The Adventure Park, Brownstone Park
6. Aug 14 - Aug 17	Altitude Trampoline Park, Beach, Rock Climbing, Water Country



## EDGE EXTREME



**Monday-Thursday | Approx. 9AM-4PM \***  
**Entering Grades 8 through 10 in Fall 2017**

Edge Extreme provides a variety of experiences that meet the unique needs and interests of middle and high school participants. Each day consists of adventure trips that include outdoor activities and regional attractions. A Canton Parks and Recreation swim test is required for all sessions. An approved personal flotation device will be required of non-swimmers.

\*Start and end times may vary due to the nature of the specific trip to accommodate for travel time and traffic.

**Fee Per Session: \$300.00**

Session	Regional Attractions <i>(not listed in order)</i>
1. July 17 - July 20	Rock Climbing, Beach Paintball, Brownstone Adventure Park
2. July 24 - July 27	Sky Zone, Beach, The Adventure Park, White Water Rafting

## Instajob

**Monday-Friday | 9AM-12PM**  
**Entering Grades 9, 10, and 11 in Fall 2017**

This week long program provides engaging, high-quality opportunities for high school students to develop into effective workers and positive leaders. The week is a blend of fun and interactive workshops, activities, and games. Participants will build leadership and communication skills while exploring their interests through career development.

**Fee Per Session: \$80.00**

Session	
1. June 31 - Aug 4	
2. Aug 7 - Aug 11	

## **Spectacular Hands-On Science**

(Entering Grades K-5)

**Facilitator: Top Secret Science**

Come join this very cool and fun summer program! Over the past 20 years, Top Secret Science (www.TopSecretScience.com) has worked hands-on with over 1,000,000 local children. During the week the kids will explore up to 100 weird and wacky hands-on science experiments and will make and take home at least 50 different projects. The scientists are fast paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too). We will explore weird motions and flying things, air and water pressure; crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. Be prepared for lots of fun STEM stuff. We will do 50% new experiments from last year.

**Location: Armando Center**

Session	Time	Fee
August 21-25	8AM-5PM	\$270

## **Wacky Lab Week**

(Entering Grades K-5)

**Facilitator: Wicked Cool for Kids**

Spend a wild wacky week at the Wicked Cool Lab. Grow enormous polymer cubes and create your own super stretchy formulas from chemical concoctions. Analyze mysterious liquids with kitchen chemistry and make all kinds of slime! Cultivate colorful crystals and go out with a bang as you experiment with chemical reactions.

**Location: Gridley Center**

**Dates:** August 7-11

## **Dig Big**

(Entering Grades K-5)

**Facilitator: Wicked Cool for Kids**

NEW! Paleontologist? Geologist? Archaeologist? You'll dig our biggest "in the dirt" week yet. Unearth the secrets of ancient Egypt to see how the Pharaohs were buried and then make your own mini mummies. Create colossal fossils and learn about your favorite dinosaurs as we travel back in time. Dig up a cool crystal collection to take home as you excavate Earth's buried treasures.

**Location: Gridley Center**

**Date:** August 14-18

## **Science Gadgets & Contraptions**

(Entering Grades K-5)

**Facilitator: Wicked Cool for Kids**

We'll experiment with classic moving gadgets and investigate how they work. Tinker with spinning tops and learn how to design terrific twirling toys. Create cars that move with magnets and race around a track. Conquer kinetic energy with wind-ups and rubber band-powered playthings.

**Location: Armando Center**

**Dates:** April 18-21

## **Wild World Safari**

(Entering Grades K-5)

**Facilitator: Wicked Cool for Kids**

Explore the wacky world of nature. Take a look at some of your favorite wild animals and determine if they are predators or prey. Learn to identify track patterns and compare animals in the wild to our domesticated pets. Creep with big cats and lope like coyotes. Explore extreme habitats like melting glaciers and learn about our planet's natural resources. Experiment with lenses and prisms to find a rainbow.

**Location: Armando Center**

**Dates:** April 18-21

## **Maker Shaker Workshop**

(Entering Grades K-5)

**Facilitator: Wicked Cool for Kids**

NEW! Get shakin' with the maker movement. This DIY-based workshop lets you complete challenging building kits and re-purpose items using the engineering and design process to dream up something new, useful, fabulous, or just plain fun. Create a motorized squiggly pen and a toothbrush robot. Be an expert maker and design something amazing that you create using Wicked Cool supplies.

**Location: Gridley Center**

**Dates:** August 14-18

## **Moms and Daughters**

### **Science Club**

**Facilitator: Wicked Cool for Kids**

Have fun with creating DIY chemistry-based beauty products. Engaging hands-on chemistry projects will encourage girls (and Moms too!) to create formulas and make your own cool products to take home.

**Location: Armando Center**

**Date:** May 5 **Time:** 7-8:30PM

**Fee:** \$30 per pair; \$15 for each additional child



## 5 Star Manners Class

(Ages 8-11)

Children will learn skills that ease awkwardness and help them comfortably negotiate the social opportunities and challenges that come with growing up. Through stories, role play and props, children will learn the how's and whys of introducing themselves and dining as well as general social skills such as accepting a gift, offering your seat to an adult and opening doors for others.

**Food Allergies: the foods served are nut free! Facilitator will serve brownies, potato chips, and apple slices. Children with allergies to these, please bring safe snacks.**

**Location: Armando Center**

**Date:** March 23 **Time:** 4PM-5:30PM **Fee:** \$40

## Royal Tea Party for Princesses & Knights

(Ages 5-7)



The magic of royalty and charm of a tea party blend to produce an event that will enrapture any little girl/boy who has dreams of becoming a princess/knight. Pink & silver prevail! Decked out in capes and tiaras/crowns, the princesses and knights learn how to introduce themselves/shake hands and practice polite table manners. They revel in a table befitting them (china/linens; no paper products for these royals!) Special "tea" (pink lemonade), treats and sweets, a tea-party tale and Lady J's hilarious story/game "the Polka-Dot Princess." each child will leave with a tiara/crown, two "polka-dot" lollipops and summary of the lessons learned.

**Foods served will not contain nuts, but may be made in a facility that makes nut products. Pink lemonade, potato chips, brownies, apple slices with cinnamon and crackers and cheese will be served. If your child has allergies to these foods, please provide foods that are safe for him or her.**

**Location: Armando Center**

**Date:** April 18 **Time:** 10:30-11:30AM **Fee:** \$28

## Thematic Art: My MOM!

(Ages 6-9)

**Facilitator: Carol Crohan**

This is the month to celebrate the one and only MOM (Mother of Me!) A special class designed to remember moms through art, drawing and painting! Come and create something special for mom.

**Location: Armando Center**

**Date:** May 10 **Time:** 4PM-5PM **Fee:** \$8

## SocialSklz

(Ages 8-12)



**Facilitator: Juanita Kinglsey, Century Health Systems - Class has limited seats**

In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. **SocialSklz:-)** equips children and with vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. Through this fun, interactive workshop, socialsklz:-) teaches lessons including greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but build confidence and self-esteem, paving the way to a more fruitful life. The program has been widely touted and featured extensively in the media.

**Essential tweens:** In this two hour workshop, tweens ages 8 to 12 learn social and communication skills in-person and on the phone. Tweenz will gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event.

**Location: Armando Center**

**Date:** March 13 **Time:** 3:30-5:30PM **Fee:** \$80

**Date:** April 5 **Time:** 3:30-5:30PM **Fee:** \$80

## BLAST/CPR - Babysitter Lessons And Safety Training

(Ages 11-14)

**Facilitator: Juanita Allen Kingsley, W-EMT Century Health Systems - Class has limited seats**

An American Academy of Pediatrics course that covers how to handle the basics of infant and childcare, how to react responsibly to medical emergencies and injuries, perform first aid for common childhood injuries and illnesses, and set up and run your own babysitting business. A certification of course completion will be made available. Includes CPR and AED certification.

**Location: Armando Center**

**Date:** April 3 **Time:** 3:15-7:15PM **Fee:** \$90

SKIP PFEFFER, PRESIDENT  
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PLUMBING & HEATING, INC.

WORLD HEADQUARTERS  
200 REVERE STREET, CANTON, MA 02021

Tel: 781-828-7484 Fax: 781-828-4858  
CantonPlumbing@aol.com

## Pre-School Gymnastics

(Ages 3-5)

**Instructors: Carina Kilduff & Caroline Hagan**  
Canton Parks and Recreation

Our three to five year old gymnasts will learn the basic skills involved in the sport of gymnastics, and will be exposed to tumbling, beam, vault, and bars. Using songs, obstacle courses, and games, this class is high-energy and lots of fun! Each child is allowed to progress individually and is encouraged to do their best, as well as appreciated for their individual talents!

**Location: Canton High School, Rodman Gymnasium.** Birth Certificate must be presented upon registration

Session	Time	Fee
1. July 17-21	12-12:45PM	\$60
2. July 31-Aug.4	12-12:45PM	\$60

## Little Ninjas Karate

(Ages 3-5)

**Instructor: Sensei Cody Robyn**

**SPRING SESSION 1: 2/28, 4/4**

Tuesday 10:30-11:00AM

**SPRING SESSION 2: 4/25, 5/23**

Tuesday 10:30-11:00AM

**Fee:** \$60.00

This class, presented by the instructor of Excel Martial Arts in Canton, is designed specifically for pre-school age children. Instructor, Sensei Cody Robyn, will work on listening skills and methods for developing increased focus and attention. These classes are 30 minutes and will teach the fundamentals of martial arts and self-defense, in a way that is safe and fun for young children.

## Track & Field



*for wheelchair users*

(Ages 12-21)

*In partnership with Pappas Rehabilitation Hospital for Children*

**Date:** 4/3-6/8 **Time:** 3:30-5:00PM **Fee:** \$50

*\*No class on 4/18*

## Track & Field



*for power wheelchair users*

(Ages 12-21)

*In partnership with Pappas Rehabilitation Hospital for Children*

**Date:** 4/3-6/8 **Time:** 3:30-5:00PM **Fee:** \$50

*\*No class on 4/18*

## Youth Gymnastics

(Ages 6-17)

**Instructors: Kevin Kelleher**

Canton Parks and Recreation

Since 1973 this program has been designed for both the untrained beginners and experienced gymnasts who wish to learn, improve, and add to their skill level. Instruction areas include: vault, uneven bars, balance beam, tumbling, mini trampoline, limited dance, and conditioning/flexibility.

**Location: Rodman Center**

Session	Time	Fee
1. July 3-7	9-11:45AM	\$50
2. July 10-14	9-11:45AM	\$70
3. July 17-21	9-11:45AM	\$70
4. July 24-28	9-11:45AM	\$70
5. July 31-Aug. 4	9-11:45AM	\$70
6. August 7-11	9-11:45AM	\$70
7. August 14-18	9-11:45AM	\$70

## Archery

(Ages 9-16)

Archery was a huge recreational activity in the early 1800s and it's growing in popularity once again thanks to the wild success of the Hunger Games franchise and the summer Olympic Games. Whether you have never held a bow before or if you are an experienced archer, you will find success in this timeless, all-inclusive sport that has given a modern twist by entertaining and exciting coaches. All equipment is provided. Enrolled students are eligible to compete in the annual On the Mark Archery tournament this June.

**Location: TBD**

Session	Time	Fee
1. 4/17-4/20	11AM-12PM	\$101
2. 5/2-5/23	5-6PM	\$101

## Tennis Lessons

**Instructors: US Sports Institute.**

**Location: Canton High School Tennis Courts**

Session	Time	Fee
<b>Tennis Squirts (Ages 3-5)</b>		
July 17-21	9-9:45AM	\$80
August 7-11	9-9:45AM	\$80

<b>First Play Tennis (Ages 6-9)</b>		
July 17-21	10-11AM	\$110
August 7-11	10-11AM	\$110

<b>First Play Tennis (Ages 10-14)</b>		
July 17-21	11AM-12PM	\$110
August 7-11	11AM-12PM	\$110

<b>First Play Tennis (Ages 15-17)</b>		
July 17-21	12-1PM	\$110
August 7-11	12-1PM	\$110

## **Sports Jam**

(Ages 7-12)

**Facilitator: Thundercat Sports**

Play, play, and play some more...the ultimate multi-sport program! Baseball, basketball, and soccer will be core sports played. Other sports mixed may include - flag football, floor hockey, dodgeball, disc golf, ultimate frisbee, whiffle ball, and kickball. Unique and engaging skill-building games will accompany each sport.

**Location: Kennedy School**

**2 Sessions: 7/17-7/21, 7/31-8/4**

**Time: 9AM - 3PM Fee: \$135 per session**

## **Kiddie Cat Jam**

(Ages 3-4)

**Facilitator: Thundercat Sports**

This program introduces sports and games to the 3-4 year old budding sports stars. We will play soccer, basketball, and tag games and introduce the concept of playing organized sports and being on a team. The emphasis will be on having FUN and building self-esteem and hand-eye coordination. Kids should bring water and comfortable clothes to run around in.

**Location: Kennedy School**

**3 Sessions: 7/10-7/14, 7/24-7/28, 8/7-8/11**

**Time: 8:30AM - 9:15PM Fee: \$60 per session**

## **Mini Sports Jam**

(Ages 4-6)

**Facilitator: Thundercat Sports**

This fun program will include soccer, basketball, softee hockey, and other unique games which may include Sponge bob Tag and Finding Nemo. Emphasis will be on some basic skill building, developing hand eye coordination, teamwork and FUN! Program is coed, please bring athletic clothing, sneakers, and a water bottle.

**Location: Kennedy School**

**3 Sessions: 7/10-7/14, 7/24-7/28, 8/7-8/11**

**Time: 9:30AM - 12:30PM Fee: \$95 per session**

## **Flag Football/Dodgeball**

(Ages 7-12)

**Facilitator: Thundercat Sports**

Throw it, catch it, punt it...pigskins beware! Participants will learn fundamental football skills from coaches through unique drills, games, and teaching techniques. Skills taught include passing, catching, running, offensive / defensive strategies, and more. Dodgeball will be a recreational aspect of the program in which the kids will just PLAY! Theme days, trivia, and a Super Bowl tournament at the end of the program add to the excitement! Program is coed, and every participant receives a t-shirt, and certificate of achievement.

**Location: Kennedy School**

**Date: 6/26-6/30 Time: 9AM - 3PM**

**Fee: \$135**

## **Just for Girls Sports Jam**

(Ages 7-12)

**Facilitator: Thundercat Sports**

Basketball, and soccer will be core sports played. But that's not all- Other sports mixed may include - flag football, floor hockey, dodgeball, Kick ball, ultimate frisbee, whiffle ball and traditional camp games like Capture the Flag. Unique and engaging skill-building games will accompany each sport. No other program promotes sportsmanship and FUN like Thundercat Sports! Every participant receives a t-shirt, and certificate of achievement.

**Location: Kennedy School**

**Date: 8/14 - 8/18 Time: 9AM - 3PM Fee: \$135**

## **Tyke Jam (spring and summer)**

(Ages 2-3) With Parent

**Facilitator: Thundercat Sports**

Tyke is Jam is Thundercat sports "Mom and Me" multi-sport class in which kids will build listening and attention skills thorough fun games including dynamic stretching, soccer, tag games, flag games, adapted dodgeball and much more! It's never too young to start playing the Thundercat way! Active parent participation is required, bring comfortable clothes and a watcher bottle

**Location: Upper Field, Pequitside Farm**

**Date: Spring- Wednesdays ONLY 4/27-6/1**

**Summer- Thursdays ONLY 7/13-8/10**

**Time: Spring- 9:30-10:20AM Summer: 5-6PM**

**Fee: \$75 per session**

## **Spring Mini-Sport**

(Ages 4-6)

**Facilitator: Thundercat Sports**

This fun program will include soccer, basketball, softee hockey, and other unique games which may include Sponge bob Tag and Finding Nemo. Emphasis will be on some basic skill building, developing hand eye coordination, teamwork and FUN! Program is coed, please bring athletic clothing, sneakers, and a water bottle.

**Location: 79 Pleasant Street Field Fee: \$75**

**Date: Thursdays, 4/27-6/1 Time: 9:30am-10:20am**

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Julie Molloy, Realtor®



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Commitment, Service, Partnership

## Springdale Variety

489 Bolivar Street  
Canton

HOURS:  
MON-SAT 5:30-8:30  
SUN 5:30-6

- \*DELI
- \*SANDWICHES
- \*LOTTERY
- \*WINE
- \*BEER
- \*GROCERY
- \*ICE CREAM TREATS
- \*HONEY DEW

Q L R D N O P A T Z O N  
P C C N I F L O G R D W  
R P A O O N O R M L Q O  
R E R N N H P L A Y T S  
Y Q C I T C T U O C W K  
S U A M O O E R E U E R  
T I M G K V N R A F S O  
F T P O I F R B T D J W  
A S O G V O E E S D T E  
R I N L G R U H S R Y R  
C D R I R I N E X E I F  
F E S I N N E T O P R F

### Word Search

Camp, Canton, Concert, Crafts, Fireworks,  
Golf, Pequitside, Play, Pond, Race, Reservoir, Tennis

## CANTON PARKS AND RECREATION

# Online Courses

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Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

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Learn all about the in-demand career of medical information management as you explore the job of an administrative medical assistant (AMA).

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Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

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Lost for words? Don't be! Learn to build rapport, trust, warmth, and respect through conversation.

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For more information or to enroll visit:

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Youth Programs

## **Thematic Art: Think Spring!**

(Ages 6-9)

**Instructor: Carol Crohan**

Think Spring! Time for flowers and new foliage... The song of birds blossom into Spring with Art. Create your own special flowers and foliage with step-by-step drawing and painting. Art classes inspire children to think creatively, using their own unique ideas. Celebrate individual differences...bringing awareness of beautiful Spring in New England. Think Spring!

**Date:** April 19 **Time:** 2-3:30PM **Fee:** \$12

## **Super Soccer Stars**

**Instructor: Super Soccer Stars**

Set in a fun, non-competitive environment, we offer age-specific programs which introduce children to the fundamentals of soccer through creative programming and imaginative games. Our dynamic coaching staff, consisting of early childhood, education, and soccer specialists, utilize a unique curriculum which is crafted to improve soccer skills, build self-confidence, and develop socialization skills.

**12 months old "Kick & Play**  
(ages 12-24 months)

**Fun in the Sun: Patriots Day April Vacation**  
(ages 3-5)

**Kick It: Patriots Day and April Vacation**  
(ages 6-12)

Session	Date	Time	Fee
Tuesday ages 3-4	4/4-6/20	3:45-4:30PM	\$198
Tuesday ages 4-5	4/4-6/20	4:35-5:25PM	\$198
Sat. ages 12-24 mos.	4/8-6/24	11:30-12:10PM	\$198
Sat. ages 2-3	4/8-6/24	9:50-10:30PM	\$198
Sat. ages 3-4	4/8-6/24	9:00-9:45PM	\$198
Sat. ages 4-5	4/8-6/24	10:35-11:25AM	\$198
Fun in the Sun Patriots Day 3-5	4/17	9:00-9:30AM	\$50
Kick It Patriots Day Clinic ages 6-12	4/17	9:00-11:00AM	\$90
Fun in the Sun April Vacation	4/19	9:00-11:00AM	\$150
Kick It April Vacation Ages 6-12	4/19-4/21	9:00AM-1:00PM	\$270

*Wear comfortable clothes, sneakers, sunscreen and bring a bottle of water*

## **Legopalooza**

(Grades 1-5)

**Facilitator: Wicked Cool for Kids**

NEW! We've added advanced, open-ended STEM activities and engaging new LEGO challenges to our favorite LEGO Robotics program. The We-Do Robotics system features LEGO models that incorporate working motors and sensors combined with simple programming software. Build and program a spinning carousel, a roller coaster, ferris wheel and other fun carnival rides. Each day continue the fun and build moving machines from your very own take home LEGO Klutz Crazy Action Contraptions Kit.

**Date:** July 31-Aug 4 **Time:** 9AM-4PM **Fee:** \$340

**Location:** Gridley Center

## **Wicked Cool Vet School**

(Grades K-5)

**Facilitator: Wicked Cool for Kids**

Do you dream of becoming a veterinarian? Grab your lab coat, animal lovers, as we learn about our favorite furry, flying and fishy friends! Make amazing animal models, build big bones, and investigate animal intestines from our favorite vertebrates: birds, mammals, reptiles, amphibians, and fish. End the week with a featured visit with a live animal.

**Date:** August 7-11

**Location:** Gridley Center

## **S.T.A.R.- A Group for Girls**

**Students Taking Active Roles**

(Grades 6-8)

**Facilitator: Canton Parks and Recreation**

This program aims to prepare girls and to provide them with the tools to deal with the many social and societal challenges that face them today. This program features guest speakers and activities designed to provide positive female role models and to build self-confidence. This program is provided in partnership with the Canton Police Department and Canton Board of Health.

## **S.T.A.R.- A Group for Boys**

**Students Taking Active Roles**

(Grades 6-8)

**Facilitator: Canton Parks and Recreation**

This program aims to prepare boys and to provide them with the tools to deal with the many social and societal challenges that face them today. This program features guest speakers and activities designed to provide positive male role models and to build self-confidence. This program is provided in partnership with the Canton Police Department and Canton Board of Health.



## **Tennis Lessons for Adults**

**Instructors:** US Sports Institute.

**Location:** Canton High School Tennis Courts

(Ages 18+)

July 17-21 6-7PM \$110

August 7-11 6-7PM \$110

## **Archery for Adults**

(Ages 18+)

Discover recurve archery this spring and experience firsthand the empowerment that comes with learning the way of the bow and arrow. The complex details of the shooting form are broken down into basic steps that are easy to understand and execute. Mastery of the sport takes years, but fundamental success can be found easily with a focused mind and a determined attitude. All equipment is provided. Beginners and intermediates welcome. Enrolled students are eligible to compete in the On the Mark Archery tournament this June.

**Location:** TBD

Session	Time	Fee	
1. 5/9-5/23	6-7PM	\$75	Adults
2. 6/6-6/13	6-7PM	\$50	College Students

## **Heartsaver Pediatric First Aid & CPR Course**

(Ages 18+)

**Facilitator:** Juanita Allen Kingsley, W-EMT Century Health Systems

**Location:** Armando Center

The Heartsaver Pediatric First Aid and CPR course is designed for anyone who may need to respond to a first-aid emergency. This course teaches participants on how to handle injuries and manage illness in the first few minutes until help arrives.

Course Content: First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult and Pediatric CPR.

This course meets the requirements of parents, coaches, children's sports organizations, child care providers, teachers, foster care workers, camp counselors, and youth organizations. Certification is good for 2 years.

Seats are limited

**Date:** April 4 **Time:** 6-9PM **Fee:** \$85.00

## **Free Health and Wellness Presentations**

**Dr. Michael Rauch,**

**Canton Health and Wellness Center**

### **Presentations**

- Solutions to Stress Related Health Problems
- Natural Solutions to Sleep Problems
- How to Know if Your Children are on Drugs
- Natural Solutions to Headache Pain



## **MOTOR COACH TRIPS**

### **TWIN RIVER CASINO**

*Sponsored by the Canton Senior Center*

Tuesday, March 21, 2017

8:30AM Departure

Park & Ride: 500 Pleasant Street, Canton

Fee: \$26

### **FOXWOODS CASINO**

*Sponsored by Parks & Recreation and the Canton Senior Center*

Saturday, June 24, 2017

8:30AM Departure

Park & Ride: 500 Pleasant Street, Canton

Fee: \$29

### **NEW YORK CITY: Shopping & Shows**

*Sponsored by Parks & Recreation and the Canton Senior Center*

Fall 2017

Park & Ride: 92 Pleasant Street, Canton

Fee: TBD

### **SKI & SNOWBOARD**

*Sponsored by Canton Parks & Recreation*

Winter 2018

Park & Ride: 92 Pleasant Street, Canton

Fee: TBD

## **College Dodgeball**

(Enrolled in College)

**Facilitator:** Thundercat Sports

Dodgeball is one of the fastest growing sports for kids in the country today. But why should they get to have all the fun? Dodgeball is excellent exercise and extremely fun to play. We will run this program as a pickup program, and if we get enough registrations we can start forming more permanent teams.

**Location:** 79 Pleasant Street Field

**Date:** Thursdays, 7/13-8/10 **Time:** 7-8PM

**Fee:** \$49



# Business Solutions

1

## ADVERTISING

### Spring and Summer Parks & Recreation Publication

Total Saturation in Canton  
Full Color-High Gloss Options | Half Page  
Quarter Page | Business Card

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146,000 views for 2016  
3,400 accounts with over 9,000

2

## SPONSORSHIPS

Armando Golf Tournament  
Easter Egg Hunt  
Halloween Fest  
July 4th Road Race  
Movie in the Park Series  
Summer Concert Series

3

## ONLINE COURSES

We offer affordable online classes for local businesses and non-profits on a wide variety of topics focusing on team and leadership development. Register online at [WWW.CANTONLEARNS.ORG](http://WWW.CANTONLEARNS.ORG)  
Most start at only \$89. Special bulk rates available! A sample of classes including:

*Accounting Fundamentals*  
*Introduction to Microsoft Excel 2016*  
*Understanding the Human Resources Function*  
*QuickBooks 2016 Series*  
*Managing Customer Service*  
*Fundamentals of Technical Writing*  
*A to Z Grant Writing*  
*Leadership*  
*Distribution and Logistics Management*  
*Building Teams that Work*  
*Using Social Media in Business*

4

## SPECIAL TOPIC PRESENTATIONS

Provide free presentations to the public on a variety of topics related to your business.

# 5 Easy Ways to Utilize Parks and Recreation

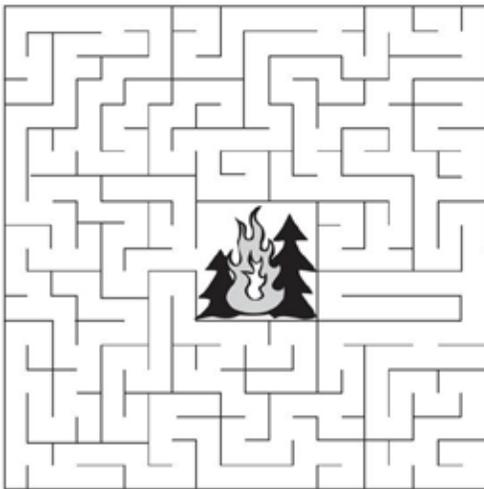
**Hit the courts and take the field.** Recreational sport leagues are a great way to meet new friends and ignite your competitive side. Leagues can be found for almost any team or individual sport including tennis, basketball, softball, volleyball, soccer and more! Try our adult tennis lessons or intramural offerings!

**Test the Waters.** Check out our aquatic center! Exercising in the water can be a great way to get in a low-impact workout, eliminating the high impact stress that is placed on muscles and joints and reducing the risk of injury. Try our water aerobics class, rent a kayak, or get a pool membership!

**Run a Road Race.** Participating in a road race is a great way to develop a training program and get into a routine. Get your whole family on board. You may even want to run one for a charity you care about. You'll feel good for training and finishing a race and you'll give back to your community! It's a win-win. Try our July 4th and the Reebok Canton Road Race!

**Walk, Hike, or Bike.** Get in a great workout by hitting the trails near you. Whether it's paved trails or natural surfaces, getting outside and engaging with your natural surroundings is as great for the body as it is for your mental health. Mass Audubon, the Trustees of Reservations, and the Massachusetts Department of Conservation and Recreation (DCR) also have great local parks to get outdoors!

**Engage in overall Health and Wellness.** Over the last five years we have branched out to offer programs covering all aspects of health and wellness. Engaging in programs like karate classes, arts & crafts, and workshops can engage your social, mental, and physical well-being, contributing to your overall health. Attend one of our free workshops facilitated by businesses in Canton!



Help the pilot find the wildfire!



## Wildlife in the Forest

This tree is full of animals that live in the forest. These critters find food, water, places to hide and raise their babies in the forests, fields, ponds, creeks, rivers, and mountains that make up this forest. A place that provides everything for survival is called a habitat. Circle the names of the animals - words are vertical, horizontal and diagonal.



## SAFETY TIPS

1. Always be careful with fire.
2. If you find matches, give them to an adult.
3. Make sure your campfire is out before you leave.

Help Prevent Wild Fires!



BAT  
BEAR  
BEAVER  
BOBCAT  
CHIPMUNK  
CROW  
DEER  
EAGLE

FOX  
FROG  
HAWK

MOUSE  
OPOSSUM  
OTTER

OWL  
RABBIT  
RACCOON

ROBIN  
SALAMANDER  
SKUNK  
SNAKE  
SQUIRREL  
TURKEY  
TURTLE  
WOODPECKER



## Coloring Fun!



### **NEW PROGRAM IDEAS?**

Do you have a new program idea that could benefit the residents of our community? Let us know by emailing [npirelli@town.canton.ma.us](mailto:npirelli@town.canton.ma.us) with your ideas or complete a program proposal at [www.cantonrec.com](http://www.cantonrec.com)  
We would love to hear from you!



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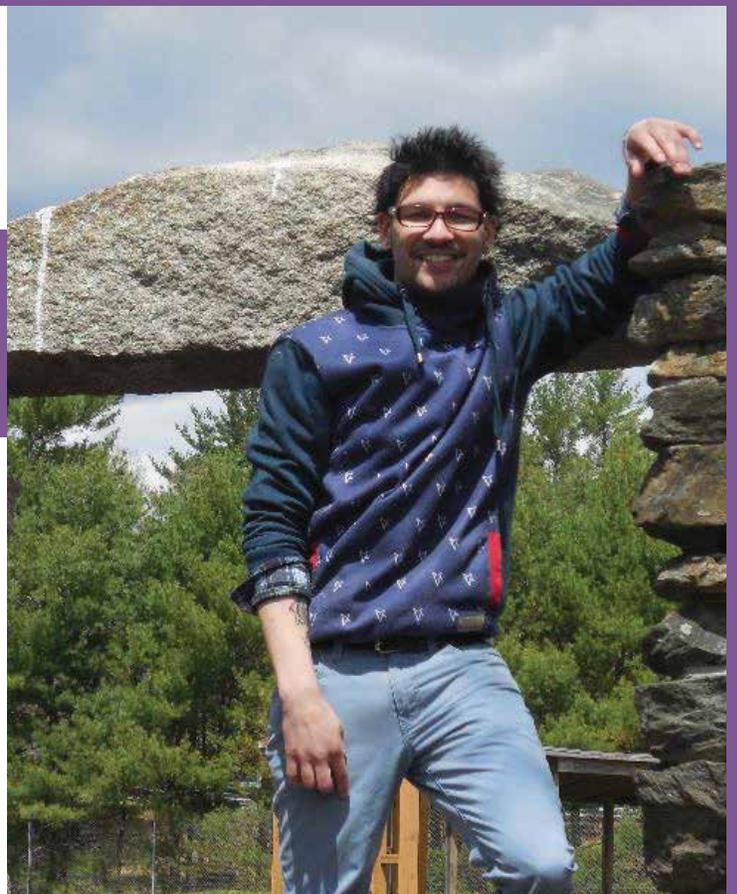
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The JUDGE ROTENBERG CENTER (JRC) is a special needs day and residential school located in Canton, MA, licensed and approved to serve ages 5 through adult. Since 1971, JRC has provided very effective education and treatment to both emotionally disturbed students with conduct, behavior, emotional, and/or psychiatric problems, as well as those with developmental delays or on the autism spectrum.

### Key features include:

- Near-zero rejection/expulsion
- Unique self-teaching software
- No or minimal use of psychotropic medication
- Behavioral counseling
- ABA training
- Vocational training
- Positive programming
- Success educating the difficult-to-serve student
- Unparalleled reward system
- Open door parent visiting policy
- 24 hour digital video monitoring
- Students live in attractive homes and apartments



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