

Camps | Concert Series | Swim Lessons | Edge Extreme | Spring Programs | Group Trips

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

SPRING & SUMMER 2018  
CANTONREC.COM



## Because of Camp...

**"I was able to grow by looking up to counselors that were not only role models but emulated real life superheroes." Page 6**

**Youth | Adults | Community Events | Special Events**

**Registration opens April 12. See page 4 for details.**

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# What's the Buzz?

## Canton Citizens,

Canton Citizens, Welcome to the fourth edition of Parks & Recreation magazine! We are excited once again to offer many of your favorite programs and services along with some new additions aiming 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 as we strive to be a model community for municipal parks and recreation.

We look forward to seeing you this Spring and Summer.

*Liz Francis*

*Parks & Recreation Director*



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# Registration Information

- Online:** [www.cantonrec.com](http://www.cantonrec.com) Registration opens on Thursday, April 12, 2018 at Noon.  
Make sure you log into [cantonrec.com](http://cantonrec.com) prior to April 12. 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.

### 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.

# Sport Organizations

Organization	Grades/Ages	Registration Dates	Season Dates	Website
Canton Youth Hockey	Ages 7-18	See website	See website	<a href="http://www.cantonyouthhockey.com">www.cantonyouthhockey.com</a>
Canton Little League - Summer Baseball	Grades 1-12	4/1/18 - 5/6/18	6/18/18 - 7/27/18	<a href="http://www.cantonlittleleague.org">www.cantonlittleleague.org</a>
Canton Little League - Summer Softball	Grades 1-12	4/1/18 - 5/6/18	6/18/18 - 7/27/18	<a href="http://www.cantonlittleleague.org">www.cantonlittleleague.org</a>
Canton Youth Soccer Assoc.	Pre-K - Grade 8-12	In Town: S- 1/1-3/23 F- 6/1-8/15	S- April-June F- Sept-Nov	<a href="http://www.cantonyouthsoccer.com">www.cantonyouthsoccer.com</a>
Canton Youth Basketball Assoc.	In Town: Grades K-8	In Town: Mid Oct-Nov	In Town: Dec-March	<a href="http://www.cantonbasketball.org">www.cantonbasketball.org</a>
Canton Legion Baseball (Senior & Junior)	Grade 8 - Age 19	Tryout: May 5-20	6/8 - 7/20	<a href="http://www.eteamz.com/cantonlegion">www.eteamz.com/cantonlegion</a>
Canton Pop Warner Football	Ages 7-14	See website	See website	<a href="http://www.cantonpopwarner.com">www.cantonpopwarner.com</a>

## **PROFESSIONAL STAFF**

Liz Francis, *Director*

Dennis Aldrich, *Maintenance Supervisor*

Audrey Cohen, *Secretary / Principle Clerk*

## **PLAYGROUND AND RECREATION COMMISSION**

John McCourt *Chair*

Stacey Gorman, *Vice Chair*

Debra Kelly, *Secretary*

Larry Bogue

Cabot Devoll

Richie Eckler

Alison Grossman

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

<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
• Crawford	Baseball, Softball	
• Ruane	Baseball, Football	
• Salah	Football, Lacrosse, Soccer	
• Sullivan	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
• Lower	Field Hockey, Lacrosse, Soccer	
• Upper	Football, Soccer	
<b>Memorial Fields</b>		Canton High School
• Gibson	Baseball, Field Hockey	
• Fallon	Football, Softball	
• Walsh	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**

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## **HIGH SCHOOL CAMPS**

With society constantly modernizing and technology playing a vital role in young adults lives, summers can be spent consumed by different mediums of social media rather than outdoor activities. It is important to recognize successful programs such as Edge Extreme that Canton Parks and Recreation has to offer high school students in the summer. The program is specifically geared towards grades eight through ten in order to provide high schoolers experiences necessary to grow during their crucial summer months.

It can be hard for a high schoolers to find positive outlets to express themselves or try new things outside of the academic year.

However, this summer camp provides a great opportunity to detach from technology, focus on advancing social skills, and enjoy the outdoors. Edge Extreme offers all the perks of Edge Camp, but it has been taken to the next level to accommodate the interests and independence of high schoolers. High School can come with a variety of peer pressures, social challenges, and ever present use of social media. To combat these challenges, parents can encourage their children to step outside the box and engage in Edge Extreme. With activities like, ropes courses, and rock climbing, this program certainly encourages an active lifestyle.

*Melody DeMers, Head Counselor, Edge Extreme*

## **BECAUSE OF CAMP...**

From the age of four, my summers were spent at camp. While I enjoyed being outside and spending time with my peers, it's when I look back now that I realize I owe a lot of who I am today to the experiences that I had every summer. It was because of camp, that I grew to be as outgoing and confident as I am today. The American Camp Association says it best, "At camp, when children make new friends, explore the world around them, and learn that 'I can' is much more powerful than 'I can't', magic happens." Camp taught me how to believe in myself and to embrace challenges, not shy away from them. Because of camp I was able to make friendships that didn't just last the summer, but stood the test of time. I was able to grow by looking up to counselors that were not only role models but emulated real life superheroes. It was my counselors that made every summer magical and reinforced the idea that I wanted to be just like them when I grew up. I knew when I was older I wanted to take on the role of a counselor so I could return the favor to all of the campers by inspiring them every single day. Because of camp I found my

passion. If it were not for camp and becoming a counselor, I would not have the passion for working with kids that I do today. Because of camp, I am proud to say that I am a future educator of America.

Growing up in Canton, summer camps have always been a huge part of our community. We are lucky enough to live in a town that offers various camps that fill just about any interest a child might have. The importance of summer camp can often get overshadowed by school, sports, and other activities, but it is crucial to realize the amount of personal growth and development that occurs during the eight weeks of summer. Being a part of a camp is much more than the games that are played, the crafts that are created, and field trips that are attended. There is a sense of magic created during those eight weeks that can rarely be described with words. Because of camp friendships are created, identities flourish, and memories are made; and if it weren't for camp, I know I would not be the person that I am today.

*Patrick Kelly, Director, Playground Program*

# **WHY SHOULD ADULTS CONTINUE TO PLAY SPORTS?**

As an adult, it's easy to forfeit engaging in passions that are available at your fingertips through your Town Recreation Programs. Whether it's work, time, or simply life's everyday challenges that prevent engaging in your favorite activities, it's essential to make time to be apart of recreational sports. In order to create a healthy life balance, incorporating physical activity and establishing relationships within the town are imperative. The social and health benefits are immense and can dramatically improve lives, while strengthening the community as a whole. By taking part in an adult sports, team building qualities will be enhanced and can in turn be carried into the workplace. As Fair Play: Sports, Values, and Society by Robert L. Simon asserts, "By reinforcing important values, athletic competition in which people from diverse backgrounds and perspective

engage in a common quest for excellence can help promote and illustrate values to that all committed to fostering development of autonomy and reason in both public and private life have reason to support" (pg. 196). Therefore, creating new friendships and a stronger bond to your community helps facilitate a healthy and active lifestyle.

Leading by example, kids will look up to adults who are continuing to support and participate in their community sports. The role models of our communities revolve around those stimulating the programs in place that include beginners. Take time today to look into your local adult sports and give it a try!

*Christina Guccione*  
*Head Counselor, Pequitside Day Camp*



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# 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

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

CANTON  
CENTER FOR CIVIC ENGAGEMENT

**CANTONSERVES.ORG**

# 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.

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

## 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.

## **Easter Egg Hunt**

**Saturday, March 31 | 12-1:30PM**

Canton High School, Washington Street

**With Special Guests:**

**The Easter Bunny! Creature Teachers!**

**DJ Titus!**

### **Egg Hunt Times**

Age 1-3 12:15 PM

Age 4-6 12:30 PM

Age 7-10 12:40 PM



## **Canton Volunteer Fair**

**Tuesday, April 24, 2018 | 4:00 - 7:00 PM**

Canton Library Community Room, Lower Level

The Canton Public Library invites teens and adults to the annual Volunteer Fair at the Library.

Representatives from local non-profit organizations will be available to share their missions and available volunteer opportunities. Students needing to complete volunteer credits are encouraged to attend.

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

## **Summer Safety Fair**

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

**Friday, May 18 | 4-7PM**

Pequitside Farm, 79 Pleasant Street, Canton, MA

**Come to spend some time with the family for an afternoon of Fun Entertainment, Demonstrations, Hot Dogs & Hamburgers, and Summer Health and Safety Education.**

## **Memorial Day Ceremony**

*Hosted by Veterans Services Department*

**Monday, May 28 | 9-11AM**

Veterans Memorial Park, 1600 Washington Street

**Featuring American Legion Band**



## **51st Annual Road Race**

**Wednesday, July 4**

Canton Town Club, 300 Bailey Street, Canton, MA

5 mile Road Race \$10/participant

Fun Run - Ages 12 and Under \$5/participant

**Check-In/Registration Begins: 8:00AM Race Time: 9:00AM**

Registration fee includes entry fee and post-race refreshments.



## **Fireworks Display**

**Wednesday, 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 beverages will be available for purchase.

Please be prepared for a 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)

- |                  |  |
|------------------|--|
| <b>July 11</b>   | <b>American Legion Band</b>            |
| <b>July 18</b>   | <b>Ronnie Lewis and the Expedition</b> |
| <b>July 25</b>   | <b>Cactus Gang</b>                     |
| <b>August 1</b>  | <b>Olde Kids on the Block</b>          |
| <b>August 8</b>  | <b>The Leafmen</b>                     |
| <b>August 15</b> | <b>The Infractions</b>                 |



## **Movie in the Park**

**Friday, July 27**

Pequitside Farm, 79 Pleasant Street, Canton, MA



## **Canton Veterans Golf Outing**

*Hosted by Veterans Services Department*

**Monday, August 13 | 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: \$130**

Contact Richie Eckler through the Veterans Services Department



## **SPECIAL EVENTS**

### **Family Fishing Clinic**

**(Ages 6-12)**

The Massachusetts Division of Fish and Wildlife will present their Angler Education Program with this 2-hour fishing clinic. Have you ever wanted to learn how to fish? Now's your chance, let the MassWildlifeAngler Education Program be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics, from casting out, to baiting up, and the best part - you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun! Pre-registration is required. This program will be located at the Earl Newhouse Waterfront on Reservoir Pond. Please note: This family friendly program is intended for beginners.

**Wednesday, June 6 5PM-7PM Cost: FREE**  
**Registration Deadline: May 25**

### **Paw Sox Family Day**

The Canton Parks & Recreation Dept. and the Canton Council on Aging are hosting a Family Day for grandparents, kids and families to enjoy the Pawtucket Red Sox vs. the Indianapolis Indians. Come see the future Red Sox stars battle in this Triple A conference contest. After the game there will be a free Star Wars fireworks display. Register for the event at the Council on Aging or the Park & Recreation office.

**June 9th at 6:05PM Cost: \$13/person**  
**Registration Deadline: May 18**

### **Canton Senior Olympics**

Join the Council on Aging and the Parks & Recreation Department for the Senior Olympics which will be held at the Pappas Rehabilitation Hospital for Children. Participants will be able to compete in track events, horseshoes, golf, basketball, pickleball and more fun events! Friday night activities will include a celebrity volleyball match and an opening ceremony. Saturday will be a day of friendly competition, a cookout and celebration. Registration information will be available soon at the Council on Aging and the Parks & Recreation office.

**Friday, June 8 - Opening Ceremony**  
**Saturday, June 9 - Competition**

### **Massachusetts Dept. of Conservation & Recreation- Parks Pass**

The Town of Canton is participating in the Department of Conservation & Recreation's Use Nature As Your Guide Program. Canton residents have access to a DCR parks pass that provides free parking for one vehicle at over 50 facilities in the Massachusetts state parks system. This daily pass is reserved for Canton residents only on a first-come, first-serve basis. Call the Park & Recreation office to reserve the pass and for more information.

## **GROUP TRIPS**

### **COUNTRY LEGENDS**

*Sponsored by*

*the Canton Senior Center*

Wednesday, April 11, 2018

at Lake Pearl in Wrentham

*A song and dance spectacular directly for Nashville.*

Fee: \$65 per person

Includes transportation, lunch and show!

### **NEW YORK CITY - DAY TRIP**

**911 MEMORIAL MUSEUM**

**OR ONE WORLD OBSERVATORY**

*Sponsored by*

*Canton Parks & Recreation*

Saturday, May 5

911 Memorial Fee: \$102 per person

One World Observatory Fee: \$111 per person

### **EVENING AT THE POPS**

*Sponsored by*

*the Canton Senior Center*

Wednesday, June 6, 2018

*"A Broadway Celebration with Sutton Foster"*

Fee: \$75 per person

Includes performance and transportation!

### **REMEMBERING THE 40S AT THE REAGLE THEATER**

*Sponsored by*

*the Canton Senior Center*

COMING IN SEPTEMBER

The show will be followed by dinner at the Chateau restaurant in Waltham.

Fee: \$74 per person

Includes show, dinner and transportation!

*For information on these trips, programs and services that the Senior Center provides please call (781) 828-1323*

# Canton Soccer School

Mon., July 30-Fri., Aug. 3  
Extended Day Option-  
8:00AM-4:00PM

9:00AM-3:00PM  
Grades K-9



*Twenty-five summers ago, 55 campers and 10 coaches kicked off our first week of camp. Here we are 25 years later, after hosting more than 7,000 campers to 24 great weeks, ready to offer our best camp week ever! Lots to celebrate on this anniversary and we will!*

*Please consider joining us for this special event!*

**Coach Danny Erickson**  
- Director

Canton Soccer School is a one-week summer soccer camp held at Canton High School for boys and girls entering grades K-9. Our mission is to provide a fun, exciting week of soccer training and games that will bring our vibrant soccer community together for a week of passion, friends and competition in the world's game. We bring together players of all levels—from those with no experience to those with lofty goals of high school, college and beyond!



**For registration information:**

[www.cantonsoccerschool.com](http://www.cantonsoccerschool.com)  
[cantonsoccerschool@gmail.com](mailto:cantonsoccerschool@gmail.com)

## **Royal Tea Party for Princesses & Knights**

(Ages 4-7)

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:** 4-5PM **Fee:** \$30

## **Pequitside April Vacation Program**

(Ages 6-11)



The new Pequitside Vacation Program will bring the best of the 40 year old Pequitside Day Camp to April Vacation. Participants will enjoy arts and crafts, gym and outdoor games and a field trip. Program details and registration will be available online.

**Location: Kennedy Elementary School**

**Date:** April 17 - April 20



## **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.

**Location: Armando Center**

**Date:** April 19 **Time:** 4PM - 8PM **Fee:** \$90

## **Viking Multi-Sports Clinic**

(Ages 2-6)

This program is fun!!! Viking's youth Multi-Sports programs have kids playing a variety of games including dodgeball, capture the flag, tag, and soccer (just to name a few...). Our Multi-Sports programs focus on fun sports and games. Most importantly, these programs are about constant playing! If you seek a program that offers a mix of traditional instruction, skill development that is reinforced with scrimmages, try one of our multi-sport clinics. All players receive a Viking Sports T-shirt!

**Location: Pequitside**

**Date:** Mondays, April 23 - June 4

**Time:** 10AM -11AM

**Fee:** \$65

## **Little Ninjas Karate**

(Ages 2.5-6)

**Instructor: Sensei Cody Robyn**

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.

**Location: Armando Center**

**Date:** Tuesdays, April 24 - May 22

**Time:** 10:00 -10:30AM (ages 2.5-4)

10:30-11:00AM (ages 4-6)

**Fee:** \$60.00

## **Drama**

(Ages 3-5)

Drama Kids Preschool Workshops are designed to creatively enhance and encourage each child's development while providing an introduction to acting and participation in creative arts.

**Location: Armando Center**

**Date:** Wednesdays, April 25 - May 30

**Time:** 9:30AM-10:15AM

**Fee:** \$75.00

## **Pre-School S.T.E.M. Program**

*"The Science of Sound"*

**(Ages 3-5)**

The Easton Children's Museum in collaboration with the Canton Parks and Recreation is calling future scientists, technologists, engineers and mathematicians! Learn about vibrations, absorption and variables and discover the different aspects of sound and light waves. Have fun testing sound to see if objects can move. See, hear, and feel how sound can be transferred while making beautiful "music".

**Location: Armando Center**

**Date:** Thursdays, April 26 - May 17

**Time:** 10:30AM-11:30AM

**Fee:** \$65.00

## **NFL Flag Football League**

**(Ages 7-12)**

Canton Parks & recreation is offering a NFL sponsored spring Flag Football League. NFL Flag Football is a co-ed program for players of all abilities, this non-contact league is great for everyone! Participants do not need any experience playing football and will learn the fundamentals of football, team work and have fun. Games/practices will be held on Sunday mornings. All players will receive reversible game jerseys with authentic NFL team logos.

The Parks & Recreation Department is looking for parent volunteers to help coach each team. Football coaching experience is not required.

**Date:** April 29-June 17

**\*\*REGISTRATION DEADLINE: MARCH 30<sup>th</sup>**

## **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.

Session	Date	Time	Fee
Monday ages 3-4	4/23-6/18	9:45-10:25AM	\$132
Monday ages 4+	4/23-6/18	10:30-11:15AM	\$132

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

## **Introduction to Archery**

**(Ages 10-17)**

This program will focus on form, safety and basics of shooting through a series of components and steps which build on one another. Participants will learn about range rules and safety gear (finger tabs, arm guards, sling). Attention will be given to the proper use of muscles and balance, combined with clear mental preparation. Fee includes use of equipment.

**Location: Pequitside**

**Date:** April 29-May 20

**Time:** 3:30-4:30PM

**Fee:** \$110

## **Cooking with Miss Debbie**

**(Ages 7-12)**

This workshop presented by Miss Debbie teaches students to make a variety of dishes from scratch using fresh local, organically grown ingredients. Students will try new foods and learn the importance of a healthy diet. Students will develop skills in math, reading, science, nutrition, and cultural awareness while they work cooperatively with others. The seasonal menu will include spaghetti with homemade sauce.

**Location: Armando Center**

**Date:** May 17

**Time:** 6PM-7:30PM

**Fee:** \$15

## **Moms and Daughters**

### **Science Night**

**(Grades K-5)**

**Facilitator: Wicked Cool for Kids**

**Cosmetic Science:** Join the staff of Wicked Cool for Kids for this unique science night. We'll learn about cosmetic science and be the chemist. Almost all products you find on a store shelf have been formulated by a chemist. We'll formulate our own lip balm too!

**Location: Armando Center**

**Date:** May 10 **Time:** 6-7:30PM **Fee:** \$30/pair

\$10/additional child

### **Home Alone Safety**

**(Ages 8-11)**

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. We'll also talk about how to manage your time when you're home alone for short periods of time. The class includes a variety of teaching methods, including a video and role playing.

**Location: Armando Center**

**Date:** May 29 **Time:** 3:30-5:30PM **Fee:** \$50

## **Thematic Art: Happy Father's Day**

(Ages 6-8 )

**Facilitator:** Carol Crohan

Once again the art class that kids love!

This is the month to celebrate the one and only DAD! Special class designed to remember dads through art, drawing and painting! Come and create something special for Dad.

**Location:** Armando Center

**Date:** May 31 **Time:** 4PM-5PM **Fee:** \$8



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janet.pratt4@verizon.net

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



## **Adult Programs**

### **Yoga**

Registered yoga instructor Ellen Cosgrove-Cuneo invites beginners and experienced individuals to explore the ancient science of yoga. Hatha Yoga will stimulate circulation, improve balance, strength, flexibility and reduce stress. This 6 week program is being offered for all skill levels. Please dress comfortably and bring a yoga mat.

**Location:** Pequitside

**Date:** Mondays, April 23-June 4

**Time:** 11:15AM-12:30PM **Fee:** \$85

### **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.

**Location:** Pequitside

**Date:** April 29-May 20

**Time:** 3:30-4:30PM

**Fee:** \$110

## **Adult Programs**

### **Walking Group**

FREE TO RESIDENTS... The Canton Parks & Recreation Dept. is hosting a walking group on Tuesday mornings. The walking group meets every Tuesday at 9:30am weather permitting. Walking routes are available for different walking levels and beginners are welcome. Pre-registration is not required.

**Location:** Armando Center

**Date:** May 22-June 26 **Time:** 9:30AM-10:30AM

**Fee:** FREE

### **Pediatric First Aid & CPR**

(Ages 14+)

**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:** May 31 **Time:** 6-9PM **Fee:** \$85

### **Tennis Lessons for Adults**

**Instructors:** US Sports Institute.

**Location:** Canton High School Tennis Courts

(Ages 18+)

July 16-20 6-7PM \$115

August 6-10 6-7PM \$115

### **Pickleball**

Pickleball is a paddle sport played with a whiffle ball on a badminton-sized court and a tennis-style net. A non-volley zone (or kitchen) prevents volleys close to the net, and the serving team cannot volley the return of serve. These unique rules favor players with less mobility and allow senior players to compete successfully with younger competitors. Pickleball is enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules. All players with all abilities are welcome to join and try this fast growing sport. No registration is required. Contact the Council on Aging for more information.

Spring Programs

## **PUBLIC SWIMMING**

199 Bolivar Street  
*Certified Lifeguards are on duty for your safety.*

### **HOURS OF OPERATION**

Open 7 days a week • 1-6:30PM • June 23 – August 26, 2018

### **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.*

## **RED CROSS SWIM LESSONS**



### **Morning/Afternoon Lessons:**

11-11:45AM **or** 12-12:45PM **\$75.00**

**Session 1:** July 9-July 20

**Session 2:** July 23-August 3

**Session 3:** Aug. 6-Aug.17

### **Evening Lessons:**

5:45-6:30PM **or** 6:30-7:15PM **\$65.00**

**Session 1:** MWF July 9-July 20

**Session 2:** MWF July 23-Aug. 3

**Session 3:** MWF Aug. 6-Aug.17

<b>Level 1</b>	Introduction to Water Skills
<b>Level 2</b>	Fundamentals of Aquatic Skills
<b>Level 3</b>	Stroke Development
<b>Level 4+</b>	Stroke Improvement

## **Water Aerobics**

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

**Location:** Bolivar Pool

**Dates:** Saturdays, July 7 - August 11 **Time:** 11:30AM - 12:30PM **Fee:** \$5 per class



# 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. July 2 – July 6	Kids in America	Barn Babies
2. July 9 – July 13	Winter in July	Bubble Music Man
3. July 16 – July 20	Treasure Island	Creature Teachers
4. July 23 – July 27	Disney	Big Ryan's Tall Tales
5. July 30 - Aug 3	Under the Sea	Bubble Music Man
6. Aug 6 - Aug 10	Heroes	Big Ryan's Tall Tales
7. Aug 13 - Aug 17	Animal Kingdom	Creature Teachers
8. Aug 20 – Aug 24	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.

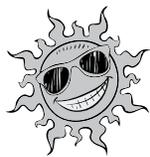
**All sessions include:** Swim lessons, weekly trips to regional attractions, archery, water slides/obstacle courses, and camp t-shirt

**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. July 2 – July 6	Treasure Hunters	Pirate Cruise
2. July 9 – July 13	Top Secret Spies	Guard Up Nerf America
3. July 16 – July 20	Heroes	Altitude Trampoline Park
4. July 23 – July 27	Adventureland	Jump Trax
5. July 30 - Aug 3	Space is the Place	Museum of Science
6. Aug 6 - Aug 10	Wild West	Southwick Zoo
7. Aug 13 - Aug 17	Team PDC	Pawtucket Paw Sox
8. Aug 20 - Aug 24	Ocean Commotion	Duck Tour



## EDGE CAMP

**Monday-Thursday | Approx. 9AM-5PM \*  
Entering Grade 6 through 8 in Fall 2018**

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.

\*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 2 - July 6	Altitude Trampoline Park, Blue Hills Hike, Brownstone Adventure Park, Carabiners
2. July 16 - July 19	Cape Cod Inflatable, Newport Cliff Walk, Brownstone Adventure Park, Water Wizz
3. July 23 - July 26	Southwick Zoo, Purgatory Chasm, Altitude Trampoline Park, Six Flags (No Water)
4. July 30 - Aug 2	Basketball Hall of Fame, Borderland, Adventure Park, Water Country
5. Aug 6 - Aug 9	Whale Watching, Blue Hills Hike, Great Marsh Kayak, Carabiners Rock Climbing
6. Aug 13 - Aug 16	Codzilla/Aquarium, Ames Nowell Estate, Altitude Trampoline Park, Canobie Lake Park



## EDGE EXTREME

**Monday-Thursday | Approx. 9AM-5PM \*  
Entering Grades 8 through 10 in Fall 2018**

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.

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

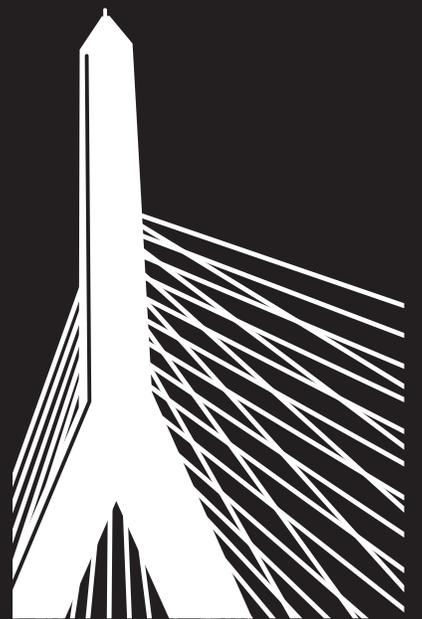
**Fee Per Session: \$300.00**

Session	Regional Attractions <i>(not listed in order)</i>
1. July 2 - July 6	Carabiners, Paintball PNL, Blue Hills, Brownstone Adventure Park
2. July 16 - July 19	Whale Watch, Newport RI Cliff Walk, Cape Cod Inflatables, Six Flags
3. July 23 - July 26	Codzilla/Aquarium, Ames Nowell Estate, Great Marsh Kayak, Adventure Park
4. July 30 - Aug 2	Cape Cod Inflatable Park, George's Island, Rock Climbing Carabiners, Water Country
5. Aug. 6 - Aug 9	Codzilla/Aquarium, Purgatory Chasm, Pawtucket Red Sox, Canobie Lake Park
6. Aug 13 - Aug 16	Paintball PNL, Blue Hills, Boundless Adventures, Water Wizz

*For a Complete List of Programs visit [CantonRec.com](http://CantonRec.com)*

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# 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**  
July 2 - August 24, 2018  
9AM - 1:30PM  
Devoll and Messinger Park



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

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

## **Flag Football Program**

**(Ages 7-12)**

**Facilitator: Viking Sports**

At Viking Flag-Football Programs, we teach participants skills that will be useful on both sides of the ball. Some of the skills we teach include the core components of passing, catching, and de-flagging or defensive position. Our flag football programs also include a combine, a Punt, Pass & Kick competition, and of course, concludes with the Viking Super Bowl! All participants receive a Viking T-shirt and Trophy!

**Location: Kennedy School**

**Date: July 23-27 Time: 9AM - 3PM**

**Fee: \$170**

## **Youth Gymnastics**

**(Ages 6-17)**

**Instructors: 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, balance beam, tumbling, mini trampoline, limited dance, and conditioning/flexibility.

**Location: Rodman Center**

Session	Time	Fee
1. July 2-6	9-11:45AM	\$50
2. July 9-13	9-11:45AM	\$70
3. July 16-20	9-11:45AM	\$70
4. July 23-27	9-11:45AM	\$70
5. July 30-Aug. 3	9-11:45AM	\$70
6. August 6-10	9-11:45AM	\$70
7. August 13-17	9-11:45AM	\$70

## **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.

Session	Date	Time	Fee
Saturdays ages 3-4	7/14-8/18	9:00-9:45AM	\$99
Saturdays ages 2-3	7/14-8/18	9:50-10:30AM	\$99
Saturdays ages 4-5	7/14-8/18	10:35-11:25AM	\$99

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

## **Multi Sports Program**

**(Ages 5-12)**

**Facilitator: Viking Sports**

All Viking Multi-Sport Summer Programs include a fun variety of sports including soccer, basketball, baseball, flag football, dodgeball, kickball, capture the flag, floor hockey, team handball, watermelon, gaga ball, reindeer tails, and many other sports, gym games, and camp activities. Our programs are designed to promote regular physical activity, sportsmanship, and values. At Viking, we strive to create the best possible experience and atmosphere of engagement and teamwork for all our campers. All Viking Multi-Sports Programs conclude with our famous Tournament Day! All participants receive a Viking t-shirt and Trophy!

**Location: Kennedy School**

**Ages 5-8: July 16-20**

**Ages 9-13: August 6-10**

**Time: 9AM - 3PM Fee: \$170**

## **Pre-School Gymnastics**

**(Ages 3-5)**

**Instructors: Canton Parks and Recreation Staff**

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.**

Session	Time	Fee
1. July 16-20	12-12:45PM	\$60
2. July 23-27	12-12:45PM	\$60

## **Tennis Lessons**

**(Ages 5-8)**

**Instructors: US Sports Institute.**

**Location: Canton High School Tennis Courts**

Session	Time	Fee
<b>Tennis Squirts (Ages 3-5)</b>		
July 16-20	9-9:45AM	\$90
August 6-10	4-5PM	\$90

**Foundation Tennis (Ages 5-8)**

July 16-20	10-11AM	\$115
August 6-10	4-5PM	\$115

**Foundation Tennis (Ages 8-10)**

July 16-20	11AM-12PM	\$115
August 6-10	5-6PM	\$115

**Foundation Tennis (Ages 11-14)**

July 16-20	12-1PM	\$115
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## **Lego Engineering**

**(Grades 2-5)**

**Facilitator: Wicked Cool for Kids**

We've expanded our LEGO Engineering program to include STEM-based challenges and free-building: two things kids love. We will build mechanisms that incorporate gears, flywheels, and cams to build amazing contraptions. We'll crank up the fun using creativity to build with LEGOs in problem solving challenges. Design a spinning eggbeater or create a car to carry LEGO bricks uphill. Kids will love rising to the LEGO challenge and taking home a new minifigure.

**Location: Kennedy School**

**Date:** July 30-Aug 3

**Time:** 9AM-12PM

**Fee:** \$220

## **Rocket Science**

**(Grades 1-5)**

**Facilitator: Wicked Cool for Kids**

This program features our favorite rocket, the customizable E2X, perfect for the young aerospace engineer. Keep a Commander's Log as you investigate the solar system, design a satellite, and build a space base for an astronaut. Go on an out-of this world adventure making galactic slime and glittering galaxies. Blast off with a solid fuel high-flying rocket launch at the end of the week, weather permitting.

Location: Kennedy School

**Location: Kennedy School**

**Date:** August 6-10

**Time:** 9AM - 12PM

**Fee:** \$220

## **Wicked Cool Vet School**

**(Grades 1-5)**

**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.

**Location: Kennedy School**

**Date:** August 6-10

**Time:** 1PM-4PM

**Fee:** \$220

## **Just for Girls Multi-Sports**

**(Ages 7-12)**

**Facilitator: Viking Sports**

All Viking Multi-Sport Summer Programs include a fun variety of sports including soccer, basketball, baseball, flag football, dodgeball, kickball, capture the flag, floor hockey, team handball, watermelon, gaga ball, reindeer tails, and many other sports, gym games, and camp activities. Our programs are designed to promote regular physical activity, sportsmanship, and values. At Viking, we strive to create the best possible experience and atmosphere of engagement and teamwork for all our participants. All Viking Multi-Sports Programs conclude with our famous Tournament Day! All participants receive a Viking T-Shirt.

**Location: Kennedy School**

**Date:** August 14-18

**Time:** 9AM - 3PM

**Fee:** \$170

## **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](http://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**

**Date:** August 27-31

**Time:** 9AM - 5PM

**Fee:** \$270

*For a Complete List of Programs visit [CantonRec.com](http://CantonRec.com)*

## **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.CANTONLEARN.S.ORG](http://WWW.CANTONLEARN.S.ORG)** Most start at only \$89.

Special bulk rates available!



The JUDGE ROTENBERG CENTER (JRC) is a special needs school in Canton, Massachusetts 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.



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We are proud to have our roots firmly planted in Canton since 1974, and to support Canton Parks and Recreation along with all of the families they serve.

Together, we can help make our community a better place for generations to come.



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