

## SPECIAL EVENTS:

### FEBRUARY VACATION WEEK

#### LET'S PLAY WITH SONG, DANCE AND YOGA

THURSDAY, FEBRUARY 23RD FROM 10:30 TO 12:30  
AGES 3 TO 7  
ARMANDO CENTER, 92 PLEASANT ST.  
FEE FOR PROGRAM IS \$20.00

### VACATION SPORTS AND GAMES CLINIC

FEBRUARY 21 - 24 (TUES. - THURS.)  
9AM - 12 NOON  
GALVIN MIDDLE SCHOOL GYM  
FEE IS \$79.00 FOR 4 DAYS OF INSTRUCTION  
CHILDREN AGES 6 TO 13

### METROPOLIS RINK PUBLIC SKATING

CHECK THE LOCAL PAPERS AND THE RECREATION WEBSITE  
FOR VACATION WEEK PUBLIC SKATING TIMES  
[WWW.CANTONREC.COM](http://WWW.CANTONREC.COM)

### EASTER EGG HUNT

SATURDAY, APRIL 7, 2012  
PEQUITSIDE FARM @ 1PM  
DJ AND REFRESHMENTS

# CANTON RECREATION DEPARTMENT



## WINTER PROGRAM

2012



# WINTER PROGRAMS 2012

## Gymnastics

Ages 6 and up

January 28 - February 4, 11, 18, 25 - March 3, 10, 17, 24, 31

A ten week program held at the C.H.S. BUILDING A GYM  
Beginner, Intermediate and Advanced levels will be offered  
from 10:00 -10:50 or 11:00 - 11:50 a.m.

Fee: \$90.00 for 10 weeks

## Skating Lessons

**SKATING LESSONS: TEN WEEK PROGRAM**

January 17, 24, 31 - February 7, 14, 28 - March 6, 13, 20, 27  
(No Class on February 21st)

Skating lessons will be held on Tuesdays at our Canton Recreation Ice Rink on Rte. 138 in Canton for ages 5 years & up. (Birth Certificate needed at registration for 5 & 6 years.) Basic skating lessons will be offered from 4:30 - 5:20 pm or 5:30 - 6:20 pm.  
Fee is \$100.00 for 10 weeks

## Hip Hop/Cheering Workshop

January 24, 31 - February 7, 14, 28 - March 6, 13, 20

This is an eight week workshop and will be at the Galvin Middle School from 5:00 - 6:00 pm. Fee is \$100.00. Limited to 25 students. Participants need not have previous dance or cheerleading experience. A FREE performance for families and friends will be held on March 20th.

### **HIP HOP**

Learn the latest new moves from your favorite music videos. Class will focus on hip hop & video jazz. No costume needed other than black shorts, white short sleeve T-shirt, white socks and sneakers for the performance.

### **CHEERLEADING**

Students will learn correct formation and voice projection. They will do stretching and exercises to perfect and enhance cheering formations. Same outfit for performance as Hip Hop - with addition of POM POMS!

## CANTON RECREATION DEPARTMENT

Registration is held at the William Armando, Jr.

Recreation Center, 92 Pleasant Street. Monday - Friday, 9:00 a.m.

ALL participants MUST BE pre-registered and fee paid on registration.

We do not accept Credit Cards.

If you have any questions, please call 781-821-5030.

Program schedule can also be seen at [cantonrec.com](http://cantonrec.com)

## Theatre

### THEATRE

January 24, 31 - February 7, 14, 28 March 6, 13, 20(No class on Feb 21st)  
South Shore School of Performing Arts under the direction of  
Leslie VanDyke will offer an 8 week workshop starting on Tuesday,  
January 24, 2012 at the Galvin Middle School Cafeteria.  
Fee is \$125.00

**"ALADDIN"** for ages 7 - 14 years from 6:00 - 7:30 pm

## Intro to Lego's Engineering I, Ages 7-9

This is an eight week program from 3:15 - 4:15. Bring out the Engineer in you. Learn to build simple machines like levers, pulleys, wheels and axles and gears. Students will build from Lego's engineering kits and conduct tests and exercises on their prototype. This is where fun and engineering meet. 8 to 10 students per class. Program meets Thursdays beginning January 26th at the Armando Recreation Center, 92 Pleasant Street. Fee for the 8 weeks is \$90.00

## Claymation Animation, Ages 9-11

This is an eight week program from 4:30 - 5:30. Make your own clay characters and design scenes in this exciting movie making class. By using a digital camera, software and computers, students will bring their ideas to life. It's a fun way to combine technology and imagination. Program meets Thursdays beginning January 26th at the Armando Recreation Center, 92 Pleasant Street. Fee for the 8 weeks is \$90.00

## Fencing

Try something new and exciting, learn agility, hand eye coordination, speed and strength training while having fun. 3MB fencing club will teach you the fundamentals of one of the world's oldest sports, FENCING. All fencing equipment provided. You only wear loose fitting clothing and sneakers. Please bring a bottle of water or other fluids. Program will be held at the Kennedy School Gym for 10 weeks. Fee for the 10 week program is \$125.00. Please register at the Recreation Office, 92 Pleasant Street. Program begins Wednesday, January 25, 2012. 5:45 - 6:45 for beginners, 6:45 - 7:45 Intermediate.

## Pre School Karate, Ages 4-6

Wednesday afternoon session from 3:25 - 4:05 OR Tuesday morning session from 9:30 - 10:10 at Satori Ryu Karate, 480 Neponset St., Bldg. 9B, 781-713-4680. This class is structured to prepare children for our regular Karate program, but is also a great way to prepare children for any classroom type environment. All classes are taught in a fun, energetic, positive environment with focus on how to behave in a classroom situation, basic Karate skills, improvement of gross motor skills, sharing, cooperation, improvement on overall fitness, following instruction and rules, improving self confidence and having fun!!!! All classes are taught by professional 5th degree Black Belt Master Instructors with over 20 years combined experience in teaching children the Martial Arts. Fee for 8 weeks of instruction is \$80.00. Program begins January 23, 2012.

## Children's Karate, Ages 6-10

Mondays from 4:15 - 5:05 OR Tuesdays from 4:30 - 5:20 at Satori Ryu Karate, 480 Neponset St., Bldg. 9B, 781-713-4680. Our Introduction to Karate Program for children is a great way to help youngsters achieve greater social, physical, mental and emotional growth. The class will focus on basic Karate Kicking and punching, basic conditioning, stretching, history, Karate etiquette, Kata and self defense. Karate teaches discipline, the rewards of long-term commitment and dedication to a craft, camaraderie, respect and self confidence. Through the self-discipline, children develop an increased attention span, and an ability to "sit still" and learn. As their skills improve, so does their self image. All classes are taught by professional 5th degree Black Belt Master Instructors with over 20 years combined experience in teaching the Martial Arts. Fee for 8 weeks of instruction is \$80.00. Program begins January 23, 2012.

## Teen Karate, Ages 11-15

Tuesdays, 5:30 - 6:20 at Satori Ryu Karate, 480 Neponset St., Bldg. 9B, 781-713-4680. For teens, the Introduction to Karate Program provides a social "club" atmosphere that is a positive, healthy alternative to the sometime undesirable peer pressures placed on today's youth. The desire to excel in Karate motivates teens to attend classes regularly, where they meet positive thinking young people. A strong interest in Karate can help teenagers to bridge the difficult gap between childhood and maturity. Class focus will be on Kata (Karate forms), basic Jui Jitsu, Self Defense, Stretching and improvement in overall fitness and self discipline. All classes are taught by professional 5th degree Black Belt Master Instructors with over 20 years experience in teaching Martial Arts. Fee for 8 weeks of instruction is \$80.00. Program begins January 23, 2012.

## America's Boating Course

*Great Blue Hill Sail and Power Squadron Members, Certified Instructors*  
Boating is a fabulous family activity. But, you shouldn't leave the dock without basic boating skills. Now is the time to prepare for the next boating season. Useful for paddlers, sailors or those with powerboats, this course is meant for both captain and crew. Topics to be covered include boat handling, safety, federal and state requirements, aids to navigation, charts and course plotting, trailering, marine radio use, knots, personal watercraft use and more. Upon successful completion of the course, a certificate will be issued which is honored by all states for their basic licensing requirements and most insurance companies for premium reductions. Those between ages 12 and 16 may obtain their Massachusetts Powerboat Operator's certificate. If you are going to be on the water, let us show you how to do so with skill, confidence, and fun!

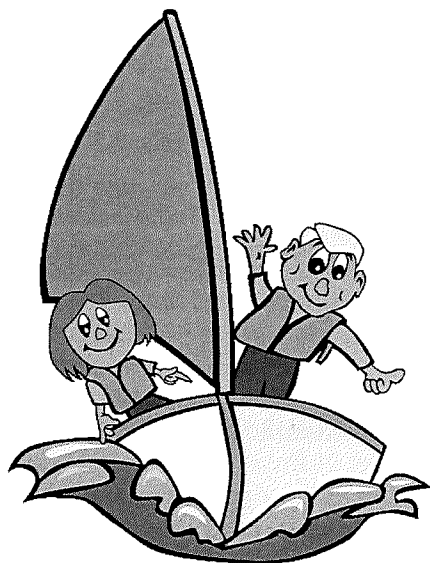
Wednesdays @ 92 Pleasant Street (Formerly the Williams Estate)

6:30-9:30 pm on Wednesdays

February 1, 8, 15, 22, 29, March 7

Fee, Including text book, CD's & other materials is \$95.00

Call Canton Recreational Department at 781-821-5030



## ADULT PROGRAMS

### Cross Country Skiing & Snowshoe Program

Olympic Nordic Ski Patroller David Hodgdon will offer a FIVE WEEK SESSION of both Cross Country Ski and Snowshoe the month of January AND February. Fee for the 5 week session of Cross Country or Snowshoe is \$145.00.

Participants will meet each week at different locations and times. An information sheet will be available at the Canton Recreation Department when you register for the 5 week session.

January session will begin as of January 26, 2012. February session will begin as of February 13, 2012 and March 6, 2012.

David Hodgdon is the Ski Patroller for all sessions. Fee for the five week session is \$145.00 for Cross Country and \$145.00 for Snowshoe.

**If you have any questions, please call the Recreation Office at 781-821-5030 regarding dates and locations and time for each session.**

### Adult Volleyball

Open co-ed volleyball for adults on Wednesday evenings at the Galvin Middle School. Pick-up games from 7:30 to 9:30pm on a weekly basis through the end of April. There is a \$10.00 fee payable on site on a weekly basis. For more information please call the Recreation Department at 781-821-5030.

### Metropolis Skating Rink Public Skating

Public Skating is available at the Metropolis Skating Rink Monday thru Wednesday mornings from 9:30am to 11:30am. Also, Friday evenings from 7:30pm to 9:15pm and Sunday afternoons from 2:30pm to 4:15pm. Admission is \$3.00 for adults and \$2.00 for children. Sorry, we do not rent skates. For Holiday and Vacation public skating schedules, please call the Skating Rink at 781-575-6660 or the Recreation Department at 781-821-5030.

### Adult Self Defense and Fitness Course

Ages 16 & up Tuesdays 6:30 - 7:20 at Satori Ryu Karate, 480 Neponset St., Bldg 9B, 781-713-4680. This is an Introduction to Martial Arts class for Adults ages 16 & up, with focus placed on practical self defense. The class is a great way to get in shape, increase flexibility, relieve stress and is also an excellent tone-up and weight control program that is far more interesting than most of the "do-it-over-and-over-again" exercise formats that often bore and fail. This class is taught by professional 5th degree Black Belt Master Instructors with over 25 years of experience in Martial Arts. Fee for 8 week program is \$80.00. Program begins January 23, 2012.