

Adult Programs

Real Estate Staging

If you are thinking of selling your home and want to make it more attractive and appealing to potential buyers, this one night session is for you. Let our decorator, Judy, show you how to minimize your preparation time and stress, while maximizing the value in your home. It really does work!

Instructor: Judy E. Byrne, IRIS, CISS

Date: 10/19

Time: 7:00-8:00pm

Fee: \$20.00

Location: CCC **Min:** 5 **Max:** 10



Do's & Don'ts of Redecorating and Redesign

Decorating can be exciting and rewarding, but it also can be confusing and frustrating with the myriad of new trends, choices, colors, fabrics, and style. Unfortunately, mistakes can be costly. Come and join Judy for a one night session where you will learn how to make confident and educated decisions when decorating your home. Topics covered will be furniture placement, color, accessories, cohesiveness and balance in a room, artwork and lighting. Redesign, which is redecorating without buying a thing, will also be discussed. Fans of HGTV, this one is for you!

Date: 10/26

Time: 7:00-8:30pm

Fee: \$25.00

Location: CCC **Min:** 5 **Max:** 10



College Crunch Time - for Parents and Seniors

Is your high school senior behind in the college search and application process? Is tension building at home? This workshop will put parents and students on track to meet deadlines and get the job done. You'll learn how to create a college list with the right fit, or assess the list you already have, which facilitates a breakthrough for identifying remaining steps and tackling them on an accelerated schedule. Leave with tips, tools, action plan and timeline for working with your guidance counselor. First two registrants receive a College Help 360 organizer. This class is designed to enhance family understanding and teamwork so parents can productively support the student's thought-process and deadlines. Parents and students are encouraged to attend together if possible.

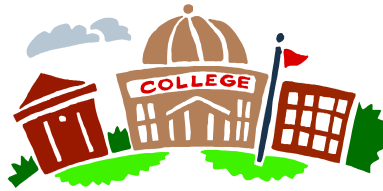
Instructor: Kathy Hooker, College Help 360

Date: September 14th, Tuesday evening

Time: 7:00-9:00pm

Fee: \$45.00 (students may accompany a parent for free)

Location: CCC



Roadmap to College - for Parents and Juniors

Tips, tools and information to help juniors and their parents navigate the college planning, search and application process. Presented from a family perspective, topics include: how to prepare during the junior year; how to create good teamwork with your counselor; the competitive landscape and application strategies; the roles and challenges of parent, student and guidance counselor; the lingo (from AP to ACT, CSS Profile, FAFSA, Naviance and more); and the timeline for tests, visits, essays, recommendations and applications. Get a look at the technology that supports the process today. Get tips for building the right list of colleges and managing the application process.

First two registrants receive a College Help 360 organizer. This class is designed to enhance family teamwork. Parents and students are encouraged to attend together if possible.

Instructor: Kathy Hooker, College Help 360

Date: November 13th Saturday morning 9:00AM -12:00PM

Time: 7:00-9:00pm

Fee: \$45.00 (students may accompany a parent for free) **Location:** CCC

Exercise Classes for Adults

Yoga-Pilates class (“Yogilates”)

Focus on strengthening your power house: abs, lower back, and buttocks. Work on the muscles in the center of the body that maintain good posture and alignment, along with working on flexibility and strength. Develop correct form and movement to use throughout your life. Class ends with a deep relaxation component. This class runs continuously throughout the year, for 8 classes each session.

Instructor: Mary Ellen Mullins

Dates: Thursday morning **Next session Dates** 9/16- 11/4

Time: 10:00-11:00am

Fee: \$68.00 **Location:** CCC **Min.:** 8 **Max:** 15

Adult Yoga

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages & body types. Class includes Stretches, breathing techniques and relaxation. It will enhance your physical and mental well being, increase strength, reshape muscles and tone your entire body. It will energize you and improve your overall health, including posture, balance, power and range of motion. It's great for people with back problems and for alleviating muscle soreness and joint inflammation. Yoga will improve your quality of life and keep you looking and feeling better. Don't be afraid of starting something new!

Instructor: Nancy Brooks

Dates: Wednesday evening. **Next session begins 9/29****Time:** 7:45-8:45pm

Fee: \$75.00 **Location:** CCC, Parks & Recreation room **Min:** 14 **Max:** 30



NEW Class! Vinyasa Yoga

This flowing yoga class is specifically geared to unwind teachers, but can help anyone trying to de-stress at the end of the day. Intelligent sequencing of postures offers maximum benefit and effect. Individualized attention to alignment provides structural support and helps relieve and prevent chronic discomfort and pain. Coordination of breath and movement facilitates deep stress release, removing obstacles to health and overall wellbeing. Instructor provides necessary props. You bring your mat and water. Arrive tired and stressed -but leave refreshed and re-energized!

Instructor: Maggie Knoedler Rueda, ERYT

Day: Wednesday, begins September 22- November 10th

Time: 4-5pm **Location:** CCC

Fee: \$80 for 8 weeks of classes **Min:** 10 **Max:** 20

NEW Class! High Energy Zumba Pick your schedule! **(Ages 18+)**

Are you ready to ditch your weights, fitness-videos, and treadmill for something more modern? Do you like to groove and dance? Then Zumba is for you! "Zumba" is a Columbian-derived word that means "to move and have fun". It is a dance-based fitness class that uses a fusion of Pop, Latin, Hip-Hop and International music to get your body into shape. You'll start each class with a warm-up, followed by cardio-intensive choreography, finishing with stretching and a 5 minute abs-buster. Burn 500-800 calories a class just by "shaking it"! No prior dance experience necessary, this class is for all abilities. Wear comfortable, non-skid shoes and bring a towel or mat to class for ab work. *For more information, you may contact the instructor at 860-916-7493* Christine Ringuette, Certified Zumba Fitness Instructor

Days: Wednesday eves. & Saturday mornings

Dates: Classes begin September 22nd, Wednesdays, 6:30pm-7:30pm

Wed. location: **CANTON INTERMEDIATE SCHOOL GYM**

September 25th, Saturdays, 11:15am -12:00pm

Saturday location: CANTON COMMUNITY CENTER, MULTI PURPOSE ROOM

Fee: \$65.00 for 6 classes (Dates: Week of September 22nd- October 27th)

Locations: CIS on Wednesdays & Canton Community Center, Multi Purpose room **lower level** on Saturdays (check posted schedules on the way into the building, room location may have to change occasionally)



Zumba Gold Pick your schedule! (Ages 14+)

This is a total body workout set to Latin rhythms and dance steps. It's designed for the beginner, baby boomer or any person that wants to start a fitness routine that is fun and moves at a slower pace. You will learn the steps and movements of Zumba Fitness without the pressure to keep up. So whether you are a teen, young mom, baby boomer or an older active adult, then this class is for you. Come and enjoy the health benefits of this feel good low impact aerobic workout! **NO** experience necessary

Dates: Ongoing classes- purchase a punch card at Parks & Recreation **10 classes for \$65.00**

Time: Tuesdays, 9:30- 10:30am **or**

Thursdays 6:30-7:30pm **or** Saturdays, 10:15 -11:00am

Fee: \$65.00

Location: CCC, Multi Purpose Room lower level (check posted schedules on the way into the building, room location may have to change occasionally due to other groups using the space)



Every Body's Exercise Class

Seniors! Come stretch, tone, and flex your way to a healthier you. Work on increasing flexibility, maintaining muscle tone, and improving balance. Participants move at their own level of ability for the best workout possible. Come enjoy the morning with us while working your way to a healthier you. Don't be afraid to start something new!

Instructor: Mary Root

Dates: Starts first Friday of every month

Time: 10:30-11:30am

Fee: \$15.00 each for Friday a.m.

Location: CCC



Tai Chi Gentle Movements

Tai Chi is a gentle, easy to learn exercise program. Tai Chi is gaining popularity within the medical community as a complementary program for balance, arthritis, fibromyalgia, diabetes, back pain, and stress. Learn about the benefits, history and evolution.

SUN style short form.

Instructor: Martin Kidder

Dates: Start date is Tuesday 10/5- runs for six evenings

Times: Evening class 6:00-7:00pm

Fee: \$66.00 per session

Location: CCC

Senior Exercise with Denise

Stretch, tone, and flex your way to a healthier you, to music of the big band era. Work on increasing flexibility, maintaining muscle tone, and balance.

Participants are encouraged to move at their own level of ability for the best workout possible. Come enjoy the morning with us!

Dates: Starts First Tuesday of every month

Time: 10:30-11:30am

Fee: \$15 / month for Tuesdays only **Location:** CCC



Men's Under 35 & Over 35 Pickup Basketball:

Play the game you love all Fall and Winter without worrying about the weather! No experience necessary, all levels of play welcome. The program will follow the school schedule for holidays, special events, and weather closures.

Please call Parks & Recreation for dates/times and to register, 693-5808.

\$35.00 fee for season, or \$5.00 drop in fee at door

Location: Canton Intermediate School Gymnasium, Simonds Avenue

Under 35 years old

Coordinator: Chris Plavcan

Dates: Monday evenings. Begins 9/27 **Time:** 7:30pm

Men 35 years old +

Coordinator: Peter Stein

Dates: Tuesday evenings. Begins 9/28 **Time:** 7:30pm



Recreational Volleyball:

Co-Ed doubles/triples volleyball using outdoor rules. Net height is usually men's height, but is occasionally lowered to women's height. New players are always welcome. The program will follow the school schedule for holidays, special events, and weather closures. Please call Parks & Recreation to register, 693-5808.

Dates: Thursday evenings only, Season will begin 9/29

Time: 7:30pm

Location: Canton Intermediate School gymnasium

The Parks & Recreation staff has made every effort to prepare this brochure as accurately as possible.

However, due to publishing deadlines, program listings/information may require that adjustments be made to programs, fees, schedules, etc. We apologize in advance for any inconvenience that this may cause.