

OFFICE

60 West Main Street Avon, CT 06001

Phone: (860) 409-4332

Fax: (860) 409-4334

Cancellation Line: (860) 409-4365

Web Address: <u>www.avonct.gov</u> Email: avonrec@avonct.gov

Facebook Page:

https://www.facebook.com/ pages/Avon-Recreation-and-Parks-Department/340561826133921

OFFICE HOURS:

Monday - Friday: 8:30 a.m. - 4:30 p.m.

Director

Ruth Checko - rchecko@avonct.gov

Administrative Coordinator

Sharon Henry - shenry@avonct.gov

Administrative Secretary:

Usha Srivel - usrivel@avonct.gov

Recreation Consultant - Programs Bonnie Daly - recdaly@comcast.net

AVON SENIOR CENTER/ COMMUNITY ROOM

635 West Avon Road, Avon, CT 06001

Phone: (860) 675-4355

Facebook Page:

https://www.facebook.com/pages/Avon-Senior-Center/214325558664784

Avon Senior Center Office Hours:

Monday - Friday: 9:00 a.m. - 4:00 p.m.

Senior Center Coordinator

Jennifer Bennett - jbennett@avonct.gov

Senior Center Administrative Secretary:

Elizabeth Shaffer - eshaffer@avonct.gov

Brochure Design by:

Cheryl Gioielli, www.Gioielli-Design.com

Recreation Mission Statement

The Avon Recreation and Parks Department is committed to providing opportunities to participate in recreational programs and have

access to parks so that people of all ages and abilities can stay active and enjoy the benefits of a healthier life.



DEPARTMENT POLICIES

GENERAL REGISTRATION INFORMATION:

- * The grade listed for programs indicates the grade your child will be in (2018/2019 school year).
- * Please sign up early to avoid classes being cancelled due to low enrollment or filled prior to the registration end date. All programs, classes, leagues etc. are filled on a first come, first served basis.
- * Your receipt is your proof of program registration. For households with valid email addresses, receipts will be sent from Avon Recreation. You may also obtain a receipt via our online registration system.
- * No unregistered person may attend classes/programs at any time.
- * In the event we cancel a program, you will receive a full refund.
- * Program fees will not be pro-rated for any reason!

ONLINE REGISTRATIONS:

- 1) Go to www.avonrec.com and click the link to create an account.
- 2) Create an account along with a user name and password for one adult family member. Once your account is set up, add all other members of your family.
- 3) Once an account is created you can access your account 24/7, view program information, register for programs, view account history, and receive email blasts on programs.

Please verify and update any information for all household members, including home address, email addresses (that are checked frequently for all adults), home phones, cell phones, medical information, emergency contact and grades (for all children).

Emails regarding program cancellations or changes will only be sent to adults who have "opted in" to receive our "cancellation" emails. Likewise, emails regarding program registration announcements or other recreation news will only be sent to adults who have "opted in" to receive our "general announcement" emails.

WE DO NOT ACCEPT PHONE REGISTRATIONS!!

FINANCIAL ASSISTANCE:

Confidential program subsidy *may be* available for those Avon residents with financial needs through the Social Services Department by calling 860-409-4358.

DISCOUNTS:

Certain programs will offer a discount for the 3rd and 4th child, enrolled in the same program.

Avon Senior Citizens (age 60 & up) will receive a discounted fee for programs offered for Adults (unless otherwise noted).

ADMINISTRATIVE FEES:

Our program registrations close one week prior to the start of a program, unless otherwise noted. If the registration deadline has passed for a program and there is still availability to participate, you will be assessed a \$25.00 administrative fee on top of the program fee. .

REFUNDS:

- * Refunds of 100% can be requested up to one business day after the first class (except for those classes that state a specific cancellation date). After that time, no refunds will be issued.
- Refunds due to a medical condition require a doctor's note.

CANCELLATIONS:

- * In case of inclement weather or other circumstances beyond our control, we will make every effort to reschedule the activity.
- * Cancellation information can be obtained by the following methods:
 - © Recreation Cancellation Line after 8:30 a.m. (860) 409-4365
 - **6 WFSB Early Warning Network**
 - **6** Email blasts to myrec.com account holders
- Remember, if the Avon Public Schools have an early dismissal or closing, all recreation activities will be cancelled.

ARRIVAL & PICK-UP TIMES:

Participants should not arrive earlier than 5 minutes prior to the scheduled start of class and should depart promptly at the scheduled conclusion of the class. Do not leave a child unless the instructor/coach is present.

WAIVER OF PARTICIPATION BY PARENT OR SELF:

When registering for a program, you hereby agree to release, discharge and hold harmless the Town of Avon, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability or damage that may occur during either your participation or the participation of your minor child in the recreational activities. You understand that participation in any recreational or sport activity involves risk, and you grant permission to the Town of Avon to utilize any medical emergency services it deems necessary to treat any injuries that you or your minor child may incur. You further understand that the Town of Avon does not provide insurance for recreational program participants.

PHOTO RELEASE:

You understand that for promotional purposes the Town may video and/or take photographs of participants enrolled in recreation activities, classes or programs. Upon registering, you hereby release and permit the Town of Avon to utilize for said promotional purposes any photographs and/or videos of you or your minor child engaged in the recreational activities.

SPECIAL ACCOMMODATIONS:

The Avon Recreation and Parks Department welcomes persons with medical conditions and/or disabilities in all programs and services. If you or your child require reasonable accommodations to a recreation program in order to participate, please indicate this when you register online under the "Medical Information" section of your account and call the Recreation and Parks Department at least 3 weeks prior to the start of the program at 860-409-4332. If you need to complete a Medical Plan, the form will be available under the Forms section of the program when you register online.

general information

DROP BOX:

For your convenience, the Recreation and Parks Department has a locked drop box that is located just outside the entrance to Building 6. Please feel free to utilize the box during non-business hours.

PARKS - DUMPSTERS:

All Parks in Avon are **TRASH-FREE PARKS**. Trash cans are not provided. *Please carry out what you carry in.*



If you are bringing your pet with you to enjoy the parks, please remember that all dogs must be on leash. All pet waste must be picked up and pet waste bags must be taken with you when you leave the park.

Lights at AMS Tennis Courts:

Players can turn on lights at the court in 1-hour intervals up to 10:00 p.m.,
March through November.





The Avon Recreation and Parks Department would like to thank Jennifer Johnson and Allstate Insurance Company for sponsoring Family Movie Night at Sycamore Hills Park again this summer. A good time was had by all!



Spring Programs

WooWooWo

REQUEST FOR WINTER/SPRING PROPOSALS

The Town of Avon is seeking written responses to a Request for Proposals (RFP) to purchase services necessary to offer a variety of Winter/Spring Recreational Programs.

Instructors interested in running programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by 4:30 p.m. on Thursday, November, 1, 2018. Proposal forms are available at the Avon Recreation and Parks Office or by accessing the Town's web page at www.avonct.gov under Public Bids & RFP's. Proposals must be submitted in sealed envelopes marked "Proposal for Recreation Programs".

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Our Winter/Spring
Brochure will not be mailed
to Avon residents,
but registration will be
available online beginning
December 24, 2018.

www.AvonRec.com



Connecticut Discounted Science Center CT Science Center Tickets

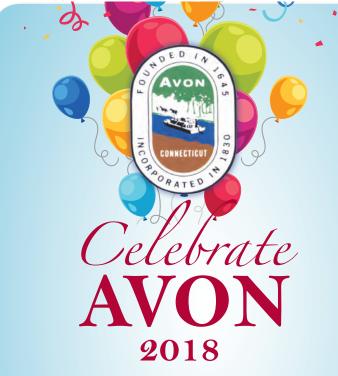
Discounted CT Science Center tickets will be available at the Avon Recreation and Parks Department during regular business hours. Buy your tickets from us at a discounted rate and avoid long lines at the gate. Tickets are valid any day during 2018.

Fee: One time enrollment fee of \$5 per family/

group per season

Tickets: \$15.50 (general admission: adults \$23.95,

children \$16.95, 2&U free)



Saturday, September 29th Thompson Brook School Fields the fun starts at 11 a.m.

The Celebrate Avon Committee has an exciting day planned!
You won't want to miss it!

To find out more information, please visit our web page at www.avonct.gov and click on the tab About Avon!

Hope to see you there!!



Vacation Camps

COLUMBUS DAY SPECIAL – All American Diner Challenge



What better way to celebrate the discovery of America, than to have fun creating some of our traditional All Americana foods! It's like a 4-course meal at this Tiny Chef's class! Three themes, presented as one combo meal for our Chefs. We took our favorite American cuisine recipes, used them as the basis, and then threw in a Chopped!-style twist, forcing our Tiny Chefs to deal with a restauranteur's worst nightmare—the wrong ingredients being delivered to their café! If your Tiny Chef dreams of being the next Bobby Flay or Rachel Ray, or competing on Top Chef, this is the class they are looking for! Please bring a snack, lunch, water bottle, an apron or an old shirt to protect clothing and a container if you want to bring home your cooking. Min: 12/Max: 20



If words like "pumpkin", "cinnamon", "apple cider" and "spiced" bring you warm, cozy feelings, then this is the class for you! In this one day class, our Tiny Chefs will make some of our favorite Autumnal recipes. Things such as warm apple cider donuts from scratch, sweet and savory pumpkin dip, and apple pie bundles are just a few of the recipes that your Chef can expect to make in this "All Autumnal, All Fun" class. Who knows, maybe your Tiny Chef will bring home a recipe idea that could make its way onto the Thanksgiving table! You're not going to want to miss this spectacularly yummy class! Please bring a snack, lunch, water bottle, an apron or an old shirt to protect clothing and a container if you want to bring home your cooking. Min: 12/Max: 20

Date: 11/17/18 (1 day program)
Time: 9:00 a.m. - 12:00 a.m. (Gr. 1 - 4)

1:00 p.m. – 4:00 p.m. (Gr. 5 – 8)

Days: Saturday

Location: Countryside Park

Instructor: Tiny Chefs

Grades: 4 – 8 Fee: \$60.00





special interest



WINTER VACATION ART - Cooking Camp

Become an artist and a gourmet chef in 3 wonderful days. For those who love art, join us for different projects each morning - anything from glass painting, macramé, beading, clay, painting, decoupage, paper mâché, and other fun projects! Then after a lunch break, we'll move into the kitchen where Tiny Chefs take over for "Let's Make Every Day a Holiday". Holidays conjure up memories and nostalgia and so much of it is food related! Get ready for 3 days of delicious celebrations as we create some of our favorite holiday foods any time of year! We will whip up Thanksgiving pumpkin parfaits, Fourth of July cupcakes, Valentine's Day chocolate raspberry mousse cups, Halloween spider web pizzas, and Cinco de Mayo veggie quesadillas with guacamole, plus much more! What could be more fun than enjoying Valentine's Day goodies in the middle of December? Come join us! Please bring a snack, lunch, water bottle, a smock/apron or an old shirt to protect clothing and a container if you want to bring home your cooking. Min: 12/Max: 20

Dates: 12/26/18 - 12/28/18 (3 day program)

Time: 9:00 a.m. – 3:00 p.m.

Days: Wednesday – Friday

Location: Countryside Park

Instructor: Boni Rothmann and Tiny Chefs

Grades: 4 – 8 Fee: \$225.00



WINTER VACATION FIT KIDS FUN CAMP

Don't let the kids get bored over December vacation! Join us for this fun and exciting program! Children will enjoy arts and crafts, games, sports, physical fitness activities, obstacle courses and more! Please bring a drink, snack and a non-refrigerated lunch each day. Wear comfortable clothes, sneakers and bring outdoor clothing for outside fun, weather permitting. Min: 10/Max: 35

Dates: 12/27/18 - 12/28/18 (2 day program)

Time: 9:00 a.m. – 3:00 p.m. Days: Thursday – Friday

Location: Roaring Brook School – Gym Instructor: David Avezzie and Staff

Grades: K-5

Fee: \$107.00

special interest continued

Must Pre-register

Come shoot some hoops and enjoy an informal game of basketball.

Men's Over 35 Basketball

10/15/18 - 4/1/19Dates:

(No games on 12/24, 12/31, 1/21 or 2/18)

Time: 8:00 p.m. - 9:45 p.m.

Day: Monday

Avon Middle School - Large Gym Location:

Supervisor: Bryan Block

Fee: \$80.00 for the season and registration is

online at www.avonrec.com

Men's Open Basketball

(age 18 and out of high school)

Dates: 10/24/18 - 4/3/19

(No games on 11/21 or 12/26)

Time: 8:00 p.m. - 9:45 p.m.

Day: Wednesday

Avon Middle School - Large Gym Location:

Supervisor: Bryan Block

Fee: \$80.00 for the season and registration is

online at www.avonrec.com





After School Ski Program at

Sundown

SKI * RIDE * LESSONS * RENTALS

Join us for after school skiing or snowboarding this winter at Ski Sundown in New Hartford. Registration for this program is October 1, 2018 - November 2, 2018. When registering online you will be prompted to print out and complete a Ski Sundown 2018-2019 Group Participant Information & Program Agreement (waiver) form. This form will need to be returned to the Recreation and Parks Department within 2 weeks of your online registration date or November 5th, whichever comes first in order for your registration to be fully confirmed. Registration ends November 2nd or when all available spots are taken.

Completed Ski Sundown 2018-2019 Group Participant Information & Program Agreement (waiver) forms can be mailed to: Avon Recreation and Parks Department, Ski Program, 60 West Main Street, Avon, CT 06001; faxed to: (860) 409-4334; scanned and emailed to: **avonrec**(a) avonct.gov; or returned in person to the Recreation and Parks Office, Monday - Friday, 8:30 a.m. - 4:30 p.m.

Ski Safety Meeting

All 5th graders and any new participants to our program MUST attend a Ski Safety Meeting along with their parents. The Ski Safety meeting will be held on Wednesday, November 28, 2018 at 6:30 p.m. at Thompson Brook School.

SKI BUS - Avon High School/Avon Middle School

Dates: 1/8/19 - 2/5/19* (5 dates)

Time: 2:45 p.m. - 7:45 p.m.

(Bus pick up from AHS & AMS and drop off at AMS)

Day: Tuesday

Grades: 7 - 12 (AMS/AHS)

SKI BUS - THOMPSON BROOK SCHOOL

1/8/19 - 2/5/19* (5 dates) **Dates:**

Time: 3:30 p.m. - 7:45 p.m.

(Bus pick up from TBS and drop off at TBS)

Day: **Tuesday Grades:** 5-6 (TBS)

^{*}Dates subject to change depending on weather/snow conditions.

youth classes & activities

Babysitting Safety 101 - -

This course is intended to provide youth who plan to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Students will receive a Babysitter's Training Certificate upon completion of course. Certification will be through the American Red Cross. Please wear casual clothing and bring a lunch and a water bottle. Min: 6/Max: 20

Date: 12/1/18 (1 class)
Time: 9:00 a.m. - 1:00 p.m.

Day: Saturday

Location: Thompson Brook

School Cafeteria

Instructor: Health & Safety Training

of Connecticut, LLC

Grades: 6 - 10 Fee: \$91.00

GIRLS IN STRIDE RUNNING

Imagine the thrill your daughter will feel as she crosses the finish line in her first race! This noncompetitive training program is designed for all levels of runners. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. As part of the program, the girls will be exposed to goal setting, journaling of training, nutrition, and mental preparation. This training program will prepare your daughter for Jamie's Run in Old Wethersfield on Sunday, November 4, 2018. Race registration fees are not included in the program fee. In case of inclement weather, the program will be held inside at the school gym. For more information, please visit the Girls in Stride website: www.girlsinstride.com. Please wear running shoes/sneakers and bring a water bottle.

Min: 15/Max: 40

Dates: 9/13/18 - 11/1/18 (8 classes)

(Road Race is on Sunday, 11/4/18)

Time: 5:00 p.m. - 6:00 p.m.

Day: Thursday

Location: Roaring Brook School Field

Instructor: Lisa Pillow and Staff

Grades: 1 – 8 Fee: \$86.00



INTRO TO FIELD HOCKEY

This is a basic skills clinic working fundamentals and small scrimmage play. Please wear sneakers, shin guards, eye goggles and bring a water bottle. Participants are invited to remain after the clinic to watch a game.

Min: 8/Max: 15

Dates: 9/23/18 - 10/14/18 (3 classes)

(No class on 10/7)

Time: 1:00 p.m. – 2:00 p.m.

Day: Sunday

Location: Canton High School Field Instructor: Terri Ziemnicki and Staff

Grades: 3 – 4 Fee: \$45.00



youth classes & activities continued

MPOWER BOYS RUNNING

Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your son will feel when he crosses the finish line of Jamie's Run in Old Wethersfield on November 4th. MPower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, MPower's training program is designed for all levels of runners: from very beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games and core strength exercises. For more information, please visit: www.MPowerYouthSports.com. The program fee includes a t-shirt. Race registration is not included in the program fee. In case of inclement weather, the program will be held inside at the school gym. Please wear running shoes/sneakers and bring a water bottle.

Min: 10/Max: 40

Dates: 9/5/18 - 10/24/18 (8 classes)

(Road Race is on Sunday, 11/4/18)

Time: 5:00 p.m. – 6:15 p.m.

Day: Wednesday

Location: Roaring Brook School Field

Instructor: Krissy Mok and Staff

Grades: 1 – 8 Fee: \$86.00





RHYTHMIC GYMNASTICS - Girls

Girls can expect to learn elements of dance, increase flexibility and strength, play games and learn choreography. Girls will learn how to handle hoops, ropes, balls and ribbons – learning the essential elements of rhythmic gymnastics, a graceful Olympic sport. For more information, visit: www.ctrgclub.com. Please put hair up and wear leotards, leggings, shorts and sneakers and bring a water bottle.

Min: 6/Max: 10

Dates: 9/14/18 - 11/16/18

(10 classes)

Time: 5:00 p.m. - 5:45 p.m.

Day: Friday

Location: Avon Middle School -

Small Gym

Instructor: Kathryn Bratslavsky

Grades: 2 - 6 Fee: \$115.00



SOCCER SHOTS CLASSIC

Soccer Shots sessions are professionally designed by Soccer Shots and led by Director Shannon Perry, certified youth coach and former professional player. Each 45 minute session creatively introduces your child to the sport of soccer. Character development, physical skills, agility and fun are guaranteed in this dynamic development program. Our goal is to leave a positive and lasting impact on each child while building Stronger Youth Beyond the Game! Each child will receive a Soccer Shots shirt. Visit www.soccershots.org for more information and come join us on soccer island! Please wear sneakers and bring a water bottle.

Min: 10/Max: 24

Dates: 9/15/18 - 11/3/18 (8 classes)

Time: 9:00 a.m. - 9:45 a.m. (3 - 4 year olds)

10:00 a.m. – 10:45 a.m.

(4½ year old - Kindergarten)

Day: Saturday

Location: Roaring Brook School – Field Instructor: Shannon Perry and Staff

Fee: \$117.00

SOCCER SHOTS MINI

Soccer Shots sessions are professional designed by Soccer Shots and early childhood professionals. Each 30-35 minute Soccer Shots Mini session will creatively introduces your child to the sport of soccer. Soccer Shots Mini is a high energy program introducing children to fundamental principles such as using your feet, dribbling, and basic rules. Through fun games, songs, and positive reinforcement, your child will begin to experience the joy of playing soccer and being active. Visit www.soccershots.org for more information. Parents must remain on site during program. Please wear sneakers and bring a water bottle. Min: 8/Max: 10

Dates: 9/15/18 - 11/3/18 (8 classes) Time: 11:55 a.m. - 12:30 p.m.

Day: Saturday

Location: Roaring Brook School – Field

Instructor: Shannon Perry and Staff

Ages: 2 (Must be 2 by first day of class)

Fee: \$105.00

SOCCER SHOTS PREMIER

Soccer Shots sessions are professionally designed by Soccer Shots and led by Director Shannon Perry, certified youth coach and former professional player. This program is for children who are new to soccer or want to build on what they have learned in Soccer Shots Classic. We will focus on individual skills and sportsmanship, while introducing tactical elements of the game in a fun and creative environment. Each child will receive a Soccer Shots shirt. Visit www.soccershots.org for more information and come join us on soccer island! Please wear sneakers and shin guards and bring a water bottle. Min: 10/Max: 24

Dates: 9/15/18 - 11/3/18 (8 classes)

Time: 11:00 a.m. - 12:00 p.m.

Day: Saturday

Location: Roaring Brook School – Field Instructor: Shannon Perry and Staff Ages: 5 – 6 ½ (returning students)

Fee: \$123.00



youth classes & activities continued

Tennis – Juniors

Stay tuned for Fall Tennis info. We will send out an email with more information once it becomes available.





TUMBLE BUNNIES

Tumble Bunnies is a pre-school gymnastics program for children. Jump, stretch, roll, slide, balance, run, walk, swing, climb and more. Learn gymnastic skills and have fun! Some of the activities include under-over concepts, hoops and parachutes. Please wear tee shirts, shorts and sneakers. Min: 5/Max: 15

Dates: 9/26/18 - 11/7/18 (6 classes)

(No class on 10/31)

Time: 5:00 p.m. - 5:40 p.m.

(2 – 3 year olds) 5:45 p.m. – 6:25 p.m.

(3½ - 6½ year olds)

Day: Wednesday

Location: Roaring Brook School - Gym

Instructor: David Avezzie and

Tumble Bunny Staff

Ages: 2 - 3 Fee: \$92.00

When I'm in Charge

This course is for boys and girls in grades 3-6 who may need to be home alone. This course will cover all the safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers they could face when left home alone, how to avoid them and stay safe. Please bring a water bottle and a snack. Min: 8/Max: 15

Date: 12/8/18 (1 class)
Time: 9:00 a.m. - 12:00 p.m.

Day: Saturday

Location: Thompson Brook School Cafeteria

Instructor: Health & Safety Training

of Connecticut, LLC

Grades: 3 – 6 Fee: \$71.00



RECREATION YOUTH BASKETBALL

Registration is August 27 – September 28, 2018. Please register online at www.avonrec.com.

Registration deadline is 4:30 p.m. on Friday, September 28, 2018. Late registrations subject to a \$25 late fee may be accepted beginning September 29th, if space allows. Call 860-409-4332. No registrations will be accepted after October 16, 2018!

Grades K-1	Fee:	\$62.00
Grades 2-3	Fee:	\$80.00
Grades 4-8	Fee:	3125.00

There will be a \$15 discount for the 3rd and 4th child enrolled in any of our basketball programs. Please call the office to receive your discount.

Refunds:

August 27 – October 26 100%
October 27 – November 980%
After November 11No Refunds



youth sport leagues continued

Grades K-1

This is an instructor led, co-ed program that teaches the fundamentals of basketball to young players using a variety of fun drills and activities designed to improve skills. There are no coaches or referees. Only register for **one** session. All players will receive a tee shirt. **Min:** 12/Max: 20

Dates: 11/27/18 - 1/29/19 (8 classes)

(No program on 12/25 or 1/1)

Session 1: 5:00 p.m. – 5:45 p.m. Session 2: 5:50 p.m. – 6:35 p.m.

Day: Tuesday

Location: Roaring Brook School Gym Coach: Brian Leblanc and Staff

Fee: \$62.00



Grades 2 - 8

We've revamped the recreation basketball league! The Youth Basketball program for girls and boys in Grades 2 through 8 will focus on skills, fundamentals and game play. Players will be grouped into teams within grade-appropriate brackets based on registrations. Rules are designed for participation and clinical skill development for all involved. We will be using certified professional referees for our games.

This is not a practice league. Players in grades 2-8 MUST be able to commit to a one-hour practice one night/week plus a game on Saturday. Night, time and location of practice will be at coach's discretion to be determined after the coaches meeting. Weeknight practices begin November 26, 2018. No practices will be held the week of Winter Vacation (Dec. 24 – Jan. 1).

Stay tuned for an optional "play day" in December in Farmington with a DJ, prizes, etc.

Players in grades 3-8 will be evaluated in a non-competitive, rating session in order to form balanced teams. Players should wear sneakers and basketballs will be provided.







THE MANDATORY RATING SESSIONS

ARE AS FOLLOWS:

Boys Grades 4-8 - Saturday, October 20

Grade 4: 8:30 a.m. - 9:15 a.m.
Grade 5: 9:30 a.m. - 10:15 a.m.
Grade 6: 10:30 a.m. - 11:15 a.m.
Grade 7: 11:30 a.m. - 12:15 p.m.
Grade 8: 12:30 p.m. - 1:30 p.m.

Girls Grades 4-8 - Monday, October 22

Grade 4: 5:00 p.m. – 5:45 p.m. Grades 5-6: 6:00 p.m. – 6:45 p.m. Grades 7-8: 7:00 p.m. – 7:45 p.m.

Boys and Girls Grade 3 - Tuesday, October 23

Grade 3 Girls: 5:45 p.m. - 6:30 p.m.

Grade 3 Boys: 6:45 p.m. - 7:30 p.m. (A - L) Grade 3 Boys: 7:30 p.m. - 8:15 p.m. (M - Z)

Boys Grades 2-8 and Girls Grades 2-3

Saturday games begin December 1, 2018. 12/1/18 – 3/2/19 (*No games on 12/22, 12/29, 1/19 or 2/16*). 10 games for the season. Once the number of teams have been determined, the Game schedule will be posted online at **www.avonrec.com**, and updated as needed with make-up dates. Make up dates if needed will be 3/9 and 3/16.

Girls Grades 4-8

Once again, Avon Recreation and Parks is partnering with neighboring Farmington Valley towns for the **Girls Grades 4-8 league** to expand the size, competition, and network of our league. **Saturday games begin December 1, 2018.** 12/1/18 – 2/23/19 (*No games on 12/22, 12/29 or 2/16*). 10 games for the season. Once the number of teams have been determined, the link to the Game schedule will be posted online at **www.avonrec.com**, and updated as needed with make-up dates. Make up dates if needed will be 3/2 and 3/9.

Youth Basketball Coaches and Assistant Coaches are parent volunteers. Please indicate if you are interested in volunteering as a Head Coach or Assistant Coach. All coaches must be signed up by September 28, 2018, agree to a background check, concussion training and attend a coaches meeting. The Coaches Meeting & Draft will be on Monday, November 12, 2018 at the Avon Middle School from 6:30 p.m. — 8:00 p.m. No coaches or players will be paired. Assistants must be obtained from the parents/guardians of the players drafted.

If you are new to our Recreation Basketball Program, you must also attend a MANDATORY Coaches Training Session. All other coaches can attend the training if they wish. We will cover drills, rules, etc.

VOLLEYBALL FALL LEAGUE: Girls – Grades 5 – 8

This program is designed for girls in grades 5 – 8 interested in learning and participating in a competitive, recreation volleyball league. It is the Recreation and Parks Department's intention to teach both volunteer/parent coaches and the players the skills and strategies of competitive volleyball at the Middle School level. This league will mimic the philosophy of recreation basketball in that the skill development will be the greatest emphasis. Gym sneakers, shorts, tee shirts, and knee-pads are required. Uniform T-shirts will be provided once the teams are chosen and games begin. All other equipment will be supplied.

A mandatory introductory/rating session will be held on Thursday, September 13, 2018. Coaches ONLY Meeting/Player Draft to follow ratings.

Grades 5-6 rating: 6:00 p.m. – 7:00 p.m. Grades 7-8 rating: 7:00 p.m. – 8:00 p.m.

Practices and games will be at either 6:00 p.m. or 7:00 p.m. based upon an alternating schedule, number of teams, etc. An 8 to 10 game schedule will be determined by the number of players/teams. Min: 32/Max: 48

Dates: 9/6/18 - 11/20/18

(No games on 9/18, 9/27, 11/6 or 11/8)

Time: 6:00 p.m. – 8:00 p.m.

Days: Tuesday and Thursday

Location: Avon Middle School – Gym

Coach: Glenn Lazinsk and Staff

Grades: 5 – 8 Fee: \$121.00

Registration ends on September 4, 2018.







INDOOR ROWING

Group indoor rowing classes are similar to spinning classes, except every major muscle group is involved. Each class is designed to burn fat and improve cardio, strength and overall fitness and to have fun while doing it! Classes are offered to all levels of experience and each rower will work at his/her own intensity. Group indoor rowing classes are never the same experience with a great variety of indoor rowing workouts. Classes are limited in size for the instructor to provide individual attention to each rower. Please wear comfortable workout clothes and sneakers and bring a water bottle.

Min: 3/Max: 5

OPTION 1:

Dates: 10/30/18 - 12/13/18 (12 classes)

(No class on 11/20 or 11/22)

Time: 9:30 a.m. – 10:30 a.m.

Day: Tuesday and Thursday

Location: Power 10 Indoor Rowing Center

(395 West Avon Road, Avon)

Instructor: Power 10 Staff

Fee: \$146.00 Senior Fee: \$131.40

OPTION 2:

Dates: 10/29/18 - 12/12/18 (12 classes)

(No class on 11/19 or 11/21)

Time: 6:30 p.m. – 7:30 p.m.
Day: Monday and Wednesday

Location: Power 10 Indoor Rowing Center

(395 West Avon Road, Avon)

Instructor: Power 10 Staff

Fee: \$146.00 Senior Fee: \$131.40

OPTION 3:

Dates: 11/1/18 - 12/13/18 (6 classes)

(No class on 11/22)

Time: 6:30 p.m. – 7:30 p.m.

Day: Thursday

Location: Power 10 Indoor Rowing Center

(395 West Avon Road, Avon)

Instructor: Power 10 Staff

Fee: \$86.00 Senior Fee: \$77.40

active adult classes continued

KNITTING

Learn to knit, purl, cable and read a pattern. Bring your project and just knit or come for help on your project and enjoy the night with fellow knitters. Please bring knitting needles and yarn. Min: 5/Max: 10

Dates: 9/26/18 - 12/5/18 (10 classes)

(No class on 11/21)

Time: 6:45 p.m. – 8:15 p.m.

Day: Wednesday

Location: Avon Senior Center – Lounge

Instructor: Donna Zyjeski

Fee: \$60.00 Senior Fee: \$54.00



CO-ED PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. This game was invented in the mid-1960s as a children's backyard pastime but quickly became popular among adults as a fun game for players of all skill levels. **Min: 15/Max: 20**

Dates: 9/12/18 - 11/28/18 (10 classes)

(No class on 9/19 or 11/21)

Time: 7:30 p.m. – 9:00 p.m.

Day: Wednesday

Location: Thompson Brook School - Gymnasium

Supervisor: Joe Bowman

Fee: \$66.00 Senior Fee: \$59.40



TAZ'S FITNESS CHALLENGE

This high intensity, low impact class includes a full body cardiovascular, interval & strength workout. Enjoy this athletic style, fun hour

which incorporates hi-lo aerobics with a resistance training challenge using weights, body bars and bands. Balance, flexibility and floor work exercises included, too! Please wear sneakers and bring your own mat, weights, and water bottle.

Min: 20/Max: 30

Dates: 10/1/18 - 12/12/18 (30 classes)

(No class on 10/8 or 11/23)

Time: 8:15 a.m. - 9:15 a.m.

Days: Monday, Wednesday & Friday
Location: Valley Community Baptist Church

Instructor: Terri Ziemnicki

Fee: \$119.00 Senior Fee: \$107.10

Punch Cards are available for \$50.00 for 10 classes for those participants who cannot attend a full session. These Punch Cards will be valid for the session that they are purchased in.

TAZ LOW IMPACT AEROBICS

This easy to follow low impact exercise class includes a cardiovascular and strength training workout, and is great for the senior population. Balance and flexibility exercises are incorporated into this popular workout which is designed for all fitness levels. The music is fun and motivating! Please wear sneakers and bring your own mat, weights, and water bottle. Min: 20/Max: 30

Dates: 10/1/18 - 12/12/18 (30 classes)

(No class on 10/8 or 11/23)

Time: 9:25 a.m. - 10:25 a.m.

Days: Monday, Wednesday & Friday
Location: Valley Community Baptist Church

Instructor: Terri Ziemnicki

Fee: \$119.00 Senior Fee: \$107.10

Punch Cards are available for \$50.00 for 10 classes for those participants who cannot attend a full session. These Punch Cards will be valid for the session that they are purchased in.

Tennis – Adult Co-ed and Women Only

Stay tuned for Fall Tennis info. We will send out an email with more information once it becomes available.

WAVE I (Women Against Violence Everywhere)

The WAVE I women's self-defense program is a comprehensive program that deals with real life scenarios and situations. The program teaches participants the proper way to deal with threatening and dangerous situations that may arise. Please wear loose, comfortable clothing and sneakers — no open toed shoes or skirts and bring a water bottle. Min: 10/Max: 32

Date: 11/13/18 (1 class)
Time: 6:30 p.m. - 8:30 p.m.

Day: Tuesday

Location: Community Room at Avon Senior Center

Instructor: Master Dominick Violante and

Avon Kempo/Aikido Academy

Who: Girls in Grade 10 - Adults

Fee: \$42.00 Senior Fee: \$37.80







active adult classes at avon senior center

YOGA

This class is designed to increase flexibility and strength and reshape muscles and joints. Yoga improves posture, range of motion and balance. It relieves tension and stress and increases body awareness. It improves your overall health and mental wellbeing. You will feel energized and more alert. Yoga also works all of your internal organs and helps prevent injury, as well as aiding in any type of healing process. Please wear comfortable workout attire and bring a yoga mat. Min: 10/Max: 25

Dates: 10/17/18 - 1/2/19 (10 classes)

(No class on 11/21 or 12/26)

Time: 6:30 p.m. – 7:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Nancy Brooks

Fee: \$80.00 Senior Fee: \$72.00

ACTIVITIES SPONSORED BY THE AVON SENIOR CENTER

Trips offered through the Avon Senior Center are open to Seniors and non-Seniors.

DATE: WEDNESDAY, SEPTEMBER 19

Trip: The Big E – Connecticut Day

Fee: \$61.00 / per person

DATE: THURSDAY, OCTOBER 18

Trip: Vermont Fall Foliage Tour

Fee: \$133.00 / per person

DATE: FRIDAY, NOVEMBER 16

Trip: Radio City Christmas Spectacular

Fee: \$202.00 / per person

DATE: FRIDAY, NOVEMBER 30

Trip: Christmas in Connecticut

Fee: \$109.00/ per person

For details and more information on these and other trips, please visit:

http://www.avonct.gov/senior-center/pages/trips

CHAIR YOGA

Chair yoga is a unique form of exercise for people who cannot get down to the floor due to age or inflexibility. It is an alternative to conventional yoga with all the same benefits. Through guided exercise you will improve muscle tone, balance, coordination, flexibility and cardiovascular endurance. Each posture that you will learn is adapted to varying levels of flexibility. This gentle form of exercise is beneficial for seniors and those struggling with hip, knee or other types of joint pain. Please wear comfortable clothing and footwear and bring a water bottle. Min: 8/Max: 15

Dates: 9/21/18 - 12/14/18 (12 classes)

(No class on 11/23)

Time: 10:00 a.m. - 11:00 a.m.

Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Diane Rho-Caputo

Fee: \$86.00 Senior Fee: \$77.40

Early Bird Fitness for Older Adults with Jane



Especially for older adults wishing to improve strength, cardiovascular fitness, balance and flexibility. This class combines weight-bearing exercises to increase bone density, low-impact cardio to strengthen the heart, stretching to improve mobility, resistance exercises to strengthen muscles, and balance work to keep us on our toes. Designed to make your daily activities easier and your crazy adventures more fun! Small class size is designed for individual attention. Please wear good sneakers and movable, breathable clothing. Bring a mat, light weights and water bottle.

Min: 8/Max: 12

Dates: 9/24/18 - 11/19/18 (16 classes)

(No class on 10/8)

Time: 8:15 a.m. – 9:15 a.m.
Day: Monday and Thursday

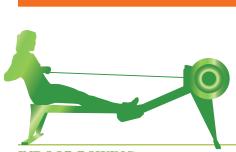
Location: Community Room at Avon Senior Center

Instructor: Jane Latus

Fee: \$120.00 Senior Fee: \$108.00



Wii Bowling Tournament



INDOOR ROWING

Group indoor rowing classes are similar to spinning classes, except every major muscle group is involved. Each class is designed to burn fat and improve cardio, strength and overall fitness and to have fun while doing it! Classes are offered to all levels of experience and each rower will work at his/her own intensity. Group indoor rowing classes are never the same experience with a great variety of indoor rowing workouts. Classes are limited in size for the instructor to provide individual attention to each rower. Please wear comfortable workout clothes and sneakers and bring a water bottle. Min: 3/Max: 5

10/30/18 - 12/11/18 (6 classes) Dates:

(No class on 11/20)

Time: 1:00 p.m. - 2:00 p.m.

Day: Tuesday

Power 10 Indoor Rowing Center Location:

(395 West Avon Road, Avon)

Instructor: Power 10 Staff

Senior Fee: \$77.40 Fee. \$86.00

LINE DANCING

Learn the basics of line dancing; enjoy movement with music. You won't need a partner to boogie, cha cha or rock. Here, it only takes one to tango or waltz. Learn tips and techniques from an experienced instructor. Beginners and experienced alike are invited. Come for the exercise, stay for the fun. Please wear low heeled comfy shoes and a shirt that "breathes".

9/25/18 - 11/27/18 (10 classes) Dates:

Time: 3:30 p.m. - 5:00 p.m.

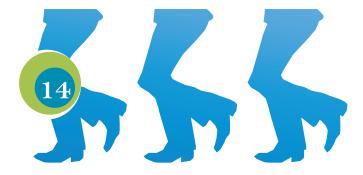
Day: Tuesday

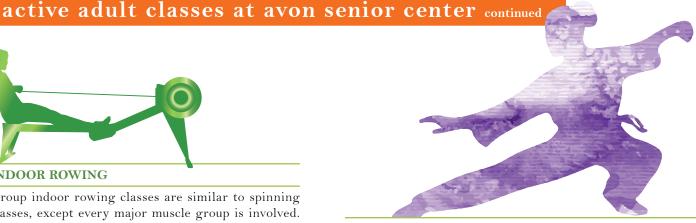
Community Room at Avon Location:

Senior Center

Instructor: Jim Gregory

Fee: \$97.00 Senior Fee: \$87.30





TAI CHI FOR SENIORS

Tai Chi has been proven through scientific study to improve joint health, strengthen muscle, increase flexibility and reduce stress-based illnesses. Australia's Doctor Paul Lam, a practicing M.D. and Tai Chi expert himself, and a team of Tai Chi and medical experts have created a simple, safe and effective program to prevent bone loss and improve balance. Many people have enjoyed learning the program and have gained significant health benefits from a program that is especially suited to seniors and people suffering from arthritis and osteoporosis. Come see what Tai Chi can do for you! Please wear comfortable clothes and footwear and bring a water bottle.

Min: 10/Max: 20

Dates: 9/26/18 - 12/19/18 (12 classes)

(No class on 11/21)

3:30 p.m. - 4:30 p.m. Time:

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

Fee: \$71.00 Senior Fee: \$63.90

ZUMBA GOLD

Come join the party and enjoy the health benefits of this feel good, lowimpact aerobic workout. Zumba Gold is an energetic, total-body workout set to Latin and International rhythms. Dance for an hour and log at least 5,000 steps on your fitness tracker. Zumba Gold uses the same music and choreography as Zumba Basic; I just modify the movements to be gentler on the knees. No experience necessary, just a willingness to dance and have fun. Please wear comfortable clothing and smooth-soled sneakers and bring a water bottle and towel. Min: 8/Max: 12

Mondays

Dates: 9/17/18 - 12/17/18 (12 classes)

(*No class on 10/8 or 11/12*)

6:00 p.m. - 7:00 p.m. Time:

Day: Monday

Location: Countryside Park **Instructor:** Denise Lipka

Fee: \$76.00 Senior Fee: \$68.40

Wednesdays

Dates: 9/12/18 - 12/19/18 (13 classes)

(No class on 9/19 or 11/21)

Time: 6:00 p.m. - 7:00 p.m.

Dav: Wednesday Location: **Countryside Park Instructor:** Denise Lipka

Fee: \$82.00 Senior Fee: \$73.80

Dates to Remember

2018 FALL PROGRAMS

All programs, classes, leagues etc. are filled on a first come, first served basis.

Please sign up early to avoid missing out on these programs and/or paying a late fee.

Note: The Ski Bus fills up quickly!



Volleyball Fall League - Girls Grades 5 - 8

Registration:

S Ends September 4, 2018

Fee:

\$121.00

Program Dates:

(Tuesdays and Thursdays)
(No program on September 18th, September 27th,
November 6th or November 8th)

Introductory/Rating Session -

☼ Thursday, September 13, 2018:
 Grade 5-6 Rating: 6:00 p.m. - 7:00 p.m.
 Grade 7-8 Rating: 7:00 p.m. - 8:00 p.m.

15

Recreation Youth Basketball

Registration:

S August 27, 2018 – September 28, 2018

Fees

- S Grade K-1 Fee:
 \$62.00

 Grade 2-3 Fee:
 \$80.00

 Grade 4-8 Fee:
 \$125.00
- Registrations beginning September 29, 2018 will be subject to a \$25 late fee.
- NO registrations will be accepted after October 16, 2018!

Program Dates:

- Boys and Girls Grade 2 8
 December 1, 2018 March 2, 2019 (Saturday Games Boys Grades 2-8 and Girls Grades 2-3), or

December 1, 2018 – February 23, 2019 (Saturday Games – Girls Grades 4-8 Valley League)

Mandatory Rating Sessions:

Boys and Girls Grade 3 - Tuesday, October 23, 2018

Grade 3 Girls: 5:45 p.m. – 6:30 p.m. Grade 3 Boys: 6:45 p.m. – 7:30 p.m. (A – L) Grade 3 Boys: 7:30 p.m. – 8:15 p.m. (M – Z)

Boys Grades 4−8 – Saturday, October 20, 2018

Grade 4: 8:30 a.m. - 9:15 a.m.

Grade 5: 9:30 a.m. - 10:15 a.m.

Grade 6: 10:30 a.m. - 11:15 a.m.

Grade 7: 11:30 a.m. - 12:15 p.m.

Grade 8: 12:30 p.m. - 1:30 p.m.

⊙ Girls Grades 4–8 – Monday, October 22, 2018

Grade 4: 5:00 p.m. - 6:00 p.m. Grades 5-6: 6:00 p.m. - 6:45 p.m. Grades 7-8: 7:00 p.m. - 7:45 p.m.





continued ...

Dates to Remember

2018 FALL PROGRAMS

... continued from page 15

NEW This Year -SAME DATES!



Registration:

October 1, 2018 – November 2, 2018 (Or when all available spots are taken)

Program Dates:

- ☼ Thompson Brook School January 8, 2019 – February 5, 2019 (Tuesdays)

Ski Safety Meeting:

Required Attendance by all 5th Graders and <u>any</u> new participants to our program along with their parents

Wednesday, November 28, 2018 at 6:30 p.m. at Thompson Brook School

