

2018-2019

Winter ~ Spring

PROGRAMS



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OFFICE

60 West Main Street
Avon, CT 06001

Phone: (860) 409-4332

Fax: (860) 409-4334

Cancellation Line: (860) 409-4365

Web Address: www.avonct.gov

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.

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www.AvonRec.com (860) 409-4332



DEPARTMENT POLICIES

GENERAL REGISTRATION INFORMATION:

- ❖ The grade listed for programs indicates the grade your child is currently in (2018/2019 school year).
- ❖ 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.
- ❖ 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!

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).

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
 - Ⓞ WFSB Early Warning Network
 - Ⓞ 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.

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. Then add all other members of your family who reside in your household. **If you receive a message that your email or phone number is already in use, please do not set up a new account. Contact our office to reset your password or request a password reset online.**
- 3) Once your account is set up, you will be able to 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 (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.

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.

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.

WE DO NOT ACCEPT PHONE REGISTRATIONS!!



PARKS – DUMPSTERS:

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

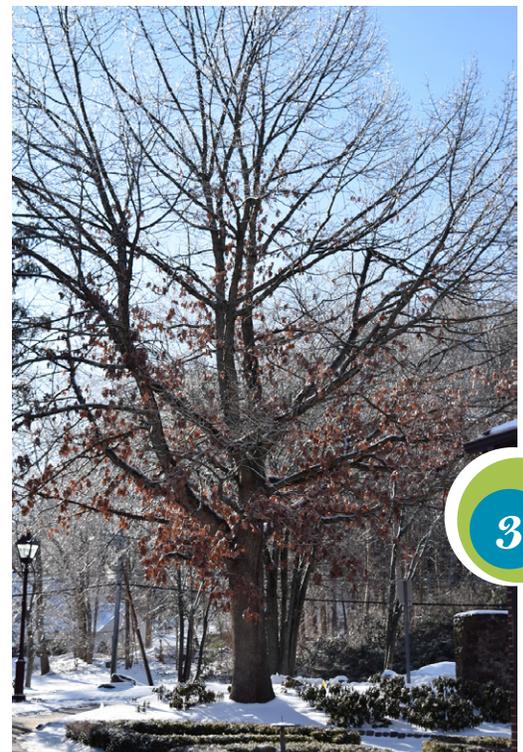
If you are bringing your pet with you to enjoy the parks, please remember that all dogs must be on leash. All pet waste must be picked up and pet waste bags must be taken with you when you leave the park.

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.

ATHLETIC FIELDS ADVERTISING PROGRAM:

The Avon Recreation and Parks Department will accept applications for the purchase of advertising signs to be placed in available locations at athletic fields in Town parks. Information about the program can be found on our website.





REQUEST FOR SUMMER PROPOSALS

The Town of Avon is seeking written responses to a Request for Proposal (RFP) to purchase services necessary to offer a variety of Summer 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 Friday, March 1, 2019. Proposal forms are available at the Avon Recreation and Parks Office or by accessing the Town's web page at www.avonct.gov under Find it Fast → Public Bids & RFPs. Proposals must be submitted in sealed envelopes marked "Proposal for Recreation Programs".

Our Summer Brochure will be inserted in the Valley Press for delivery to Avon residents, and be available online for registration beginning April 22, 2019. Tentative Camp start date July 1, 2019.

Thank You!

The Avon Recreation and Parks Department would like to thank:

- ✂ LAURIE AND GREG HICKS for coordinating and developing the Farmington Valley NFL Flag Football League over the past 5 years. We thank them for all of their time and hard work and wish them well as they move on. We would also like to thank all of the Coaches for their efforts this fall. Their dedication and hard work made for another very successful season despite the challenging weather.
- ✂ AVON POST 201 AMERICAN LEGION BASEBALL for their generous donation of a flagpole at Buckingham Baseball Field.
- ✂ FLAGMAN OF AMERICA for the repairs to the flagpoles on the Town Green.

The Town of Avon and Celebrate Avon Committee would like to thank the following corporate and non-profits that donated their booth fee to the Special Needs Fund this fall:

- RENEWAL BY ANDERSON
- CARMON FUNERAL HOME
- AVON KEMPO & AIKIDO
- AVON VETERINARY EMERGENCY REFERRAL
- THE BRIDGE FAMILY CENTER
- GARDEN CLUB OF AVON
- GUIDING EYES FOR THE BLIND
- NOD ROAD PRESERVATION, INC.
- FARMINGTON VALLEY JEWISH CONGREGATION
- AVON REPUBLICAN TOWN COMMITTEE
- AVON HIGH SCHOOL BOOSTER CLUB
- DEMOCRATIC TOWN COMMITTEE
- CAPITAL CLASSICS THEATRE COMPANY
- THE MASTER'S SCHOOL
- FARMINGTON VALLEY VNA
- BALLET THEATRE COMPANY

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We would also like to extend our gratitude to Kingswood Oxford School for being a Gold Sponsor! We truly appreciate your generosity.



SUMMER HELP WANTED

The Recreation and Parks Department will start accepting applications beginning January 2, 2019 for the following summer positions:

CAMP POSITIONS:

- ✂ Summer Program Director, Special Needs Coordinator, Special Needs Para Professional, Head Leaders, and Recreation Leaders.

POOL POSITIONS:

- ✂ Aquatics/Facility Director, Assistant Aquatic/Facility Director, Head Lifeguards, Lifeguards, Water Safety Instructors, Water Aerobics Instructor, Certified Lifeguard Trainer, Swim Team Coaches, Assistant Swim Team Coaches and Gate Attendants.

MISCELLANEOUS POSITIONS:

- ✂ Facility Attendants

Salary ranges are dependent on position applied for.

Please call (860) 409-4332 for more information. Application deadline for the above positions is April 22, 2019 at 4:30 p.m.

Applications can be downloaded at www.avonct.gov then click on the Recreation Department, then the Summer Employment 2019 link. Applications can be mailed or dropped off to the Avon Recreation Department, 60 West Main Street, Avon, CT 06001. EOE/ADA/M/F

COMMUNITY GARDEN PLOTS - ALSOP MEADOWS

Available by emailing the office at avonrec@avonct.gov in April. Plots are 35' x 35'. Limit of 2 per family.

FEE: \$40/plot, plus a \$25/deposit which is returnable at the end of the season.



family events

2nd Annual DODGEBALL FUNdraiser TOURNAMENT

*to benefit Adenoid Cystic
Carcinoma Research
Foundation (ACCRF)**

Date: Friday, March 29, 2019
Time: 2:45 p.m. – 10:00 p.m.
Location: Avon High School Gyms
Fee: \$160 per team
Leagues: Grades 5-6,
Grades 7-8,
Grades 9-10,
Grades 11-12,
Adult (*Adult teams must
have a minimum of
2 female players*)

- ♥ 8 players per team (including two alternates). Maximum 8 teams per age group.
- ♥ Team Registration Form and Waiver Forms can be downloaded at www.avonrec.com.
- ♥ Checks (payable to ACCRF), team registration forms and waivers need to be received by the Avon Recreation and Parks Department by Wednesday, March 20th to secure your team's place.
- ♥ To volunteer, contact Shawn George at segeorge12@gmail.com.
- ♥ Snow date is Saturday, March 30, 2019 from 9:00 a.m. – 5:00 p.m.

**Sponsored by the Avon Recreation
and Parks Department*

special interest

Discounted Tickets: CT Science Center

The CT Science Center is open YEAR ROUND! With more than 165 thrilling interactive exhibits, stunning 3D movies, and NEW programs, and stage shows, visitors can build, design, touch, learn, and much more. Plus, rotating traveling exhibits mean there's always something NEW to discover.



Discounted CT Science Center tickets will be available at the Avon Recreation and Parks Department during regular business hours **beginning on January 2, 2019 through August 26, 2019**. Buy your tickets from us at a discounted rate and avoid lines at the gate. Tickets are valid any day during the 2019 season.

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

Discounted Ticket Price:

\$15.50 (general admission: adult \$23.95, child \$16.95, 2&U free)

Please Note:
Six Flags tickets will be available in our office beginning in the Spring and Lake Compounce tickets will be available beginning June 1st.



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Family Fishing Program

This program will be a two day event.

Fishing Time = Family Time

Learn overhead casting, rod and reel combo set up, attaching a hook, review of CT Angler's guide, identification of fish, natural baits and care of catch.

On **Field Day** parents should bring snacks and/or lunch, beverages, sunscreen, baby wipes or towel, bug repellent, extra footwear and clothes.

You should also bring a cooler with ice if you plan on keeping the fish. Parents also need to bring bait and rods & reels if you have them or you can borrow from the instructor.

Min: 15/**Max:** 30



CLASSROOM INSTRUCTION:

- Date:** 5/8/19
- Time:** 6:30 p.m. – 8:30 p.m.
- Day:** Wednesday
- Location:** Thompson Brook School Cafeteria
- Instructor:** DEEP Connecticut Aquatic Resources Education (CARE) staff
- Grades:** Kindergarten – 8
(K-5 should be accompanied by a parent)
- Fee:** \$10.00 (per family, additional adults and children are free, but everyone must register to attend)

FIELD DAY:

- Dates:** 5/11/19
- Time:** 9:00 a.m. – 12:00 p.m.
- Day:** Saturday
- Location:** Chatfield Hollow State Park
(381 Route 80, Killingworth, CT)
- Instructor:** DEEP Connecticut Aquatic Resources Education (CARE) staff
- Grades:** Kindergarten – 8
(K-5 should be accompanied by a parent)



FEBRUARY Break Art Camp

Come have fun creating crafty projects while making new friends! We will be using clay to create beads, pots, animals and more! Other projects include tie dye a few unique ways, face painting, bird homes and feeders, snow globes, magnet art, slime, collage and planters! Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. **Min: 6/Max: 10**

- Dates:** 2/18/19 – 2/19/19 (2 day program)
- Time:** 9:00 a.m. – 3:00 p.m.
- Days:** Monday – Tuesday
- Location:** Countryside Park
- Instructor:** Boni Rothmann
- Grades:** 3 – 6
- Fee:** \$110.00



APRIL Vacation Art – Craft Adventure

Like to do art? Artists will have a fun filled April vacation week creating unique crafts! Campers will paint and collage with objects found in nature, tie dye and print shirts, fabric decoupage on planters, make puppets, clay creations, macramé and much more! Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. **Min: 8/Max: 12**

- Dates:** 4/8/19 – 4/12/19 (5 day program)
- Time:** 9:00 a.m. – 1:00 p.m.
- Days:** Monday – Friday
- Location:** Countryside Park
- Instructor:** Boni Rothmann
- Grades:** 3 – 6
- Fee:** \$160.00



Tumble Bunny APRIL Vacation Camp

Don't let the kids get bored over April 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 snack, drink and a non-refrigerated lunch each day. Wear sneakers and bring outdoor clothing, weather permitting.
Min: 10/Max: 35 per day

Dates: 4/8/19 – 4/12/19

Time: 9:00 a.m. – 3:00 p.m.

Days: Monday – Friday (2, 3, 4 or 5 day program – your choice)

Location: Roaring Brook School – Gym

Instructor: Tumble Bunny Staff

Grades: K – 5

Fees: 2 days – \$105.00

3 days – \$149.00

4 days – \$193.00

5 days – \$243.00



CT Soccer Network SPRING Soccer Camp



Soccer camp for players in grades 1 – 6. CT Soccer Network provides young players of all abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community. CT Soccer Network is synonymous with high quality soccer education & boasts one of the most highly qualified & experienced staff in the state of Connecticut. The CSN staff will teach each player to fulfill their true soccer potential in a fun filled environment. Whether you are a beginner in soccer or an advanced player with aspirations to develop further, the Soccer Network has a place for you. Campers will be exposed to individual foot skills, technical drills, tactical practices, small-sided games and scrimmages. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, FUN! All campers should have shin guards, and athletic shoes or soccer cleats. Campers should also bring plenty of water and a snack each day. In addition, those campers that will be participating in the all day camp (Option 2) should bring a lunch as well. We recommend that campers should arrive at camp with sunscreen already applied, as well as with additional sunscreen to apply as needed.

Min: 10/ Max: 50

OPTION 1:

Dates: 4/8/19 – 4/12/19 (5 day program)

Time: 9:00 a.m. – 11:45 a.m.

Days: Monday – Friday

Location: Pine Grove School (Gym/Fields)

Instructor: CT Soccer Network Staff

Grades: 1 – 6

Fee: \$150.00

OPTION 2:

Dates: 4/8/19 – 4/12/19 (5 day program)

Time: 9:00 a.m. – 3:00 p.m.

Days: Monday – Friday

Location: Pine Grove School (Gym/Fields)

Instructor: CT Soccer Network Staff

Grades: 1 – 6

Fee: \$275.00

youth classes & activities

Babysitter 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: 3/2/19 (1 class)

Time: 9:30 a.m. – 1:30 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 non-competitive 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 dynamite training program will prepare your daughter for Celebrate! West Hartford Road Race on Sunday, June 2, 2019. Race registration fees are not included in the program fee. In case of inclement weather, the program will be held inside at the RBS 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: 25**

Dates: 4/18/19 – 5/30/19 (7 classes)
(Road Race is on Sunday, 6/2/19)

Time: 5:00 p.m. – 6:00 p.m.

Day: Thursday

Location: Roaring Brook School Field

Instructor: Lisa Pillow

Grades: 1 – 8

Fee: \$76.00

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 the Celebrate! West Hartford 5K on June 2nd. MPower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, the MPower 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 Pine Grove School gym. Parents will be notified if this occurs. Please wear running shoes/sneakers and bring a water bottle. **Min: 10/Max: 40**

Dates: 4/17/19 – 5/29/19 (7 classes)
(Road Race is on Sunday, 6/2/19)

Time: 6:00 p.m. – 7:15 p.m.

Day: Wednesday

Location: Roaring Brook School Field

Instructor: Krissy Mok

Grades: 1 – 8

Fee: \$76.00



RHYTHMIC GYMNASTICS (GIRLS)

Girls will have fun learning the elements of dance, increase flexibility and strength, play games learn choreography. Girls will learn to handle apparatus such as ropes, hoops, balls and ribbons. For more information, visit our website: www.ctrgclub.com. Please wear athletic attire; leotards, shorts, leggings. Hair must be away from the face. Please bring a water bottle. **Min: 6/Max: 10**

Dates: 1/11/19 – 3/15/19 (8 classes)
(No class on 1/18 or 2/15)

Time: 5:00 p.m. – 5:45 p.m.

Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Kathryn Bratslavsky

Grades: 2 – 6

Fee: \$93.00



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. **Parents of 3-4 year olds must remain on site during program.** Please wear sneakers and bring a water bottle. **Min: 8/Max: 24**

Dates: 4/27/19 – 6/15/19 (8 classes)

Time: 9:00 a.m. – 9:45 a.m. (3 – 4 year olds)
10:00 a.m. – 10:45 a.m.
(4½ - 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 introduce your child to the sport of soccer. Soccer Shots Mini is a high energy program introducing children to fundamental soccer 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: 6/Max: 16**

Dates: 4/27/19 – 6/15/19 (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 Shannon Perry, certified youth soccer coach and former professional player. Soccer Shots Premier is for children who are new to soccer or want to build on what they have learned in Soccer Shots Classic. Our staff 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 for a season of fun and learning. Please wear sneakers or cleats and shin guards and bring a water bottle. **Min: 10/Max: 24**

Dates: 4/27/19 – 6/15/19 (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: \$124.00



QUICK START TENNIS (Grades K-1)

Quick Start Tennis is a program designed to introduce children to the game of tennis in a fun and rewarding way. The program uses scaled down racquets, smaller courts and special low compression balls to ensure younger players learn quickly and have fun! **Min: 6/Max: 8**

Session 1: 1/6/19 – 2/10/19 (6 classes)
Session 2: 3/3/19 – 4/7/19 (6 classes)
Time: 12:00 p.m. – 12:30 p.m.
Day: Sunday
Location: Farmington Valley Racquet Club
 (241 Hopmeadow Street, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Fee: \$38.00

QUICK START TENNIS (Grades 2 – 3)

Each fun-filled class features action-packed drills and games. Quick Start incorporates scaled down racquets and low compression balls to create early success which encourages children to continue to play and improve. Please wear sneakers and bring your own racquet, if available. **Min: 6/Max: 8**

Session 1: 1/6/19 – 2/10/19 (6 classes)
Session 2: 3/3/19 – 4/7/19 (6 classes)
Time: 12:30 p.m. – 1:30 p.m.
Day: Sunday
Location: Farmington Valley Racquet Club
 (241 Hopmeadow Street, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Fee: \$76.00



HOT SHOT TENNIS (Grades 4 – 6)

Hot Shot Tennis is a fun-filled introduction to the sport of tennis. This program features lots of exciting, action-packed drills and games that make learning fun. Please wear sneakers and bring your own racquet, if available. **Min: 6/Max: 8**

Session 1: 1/6/19 – 2/10/19 (6 classes)
Session 2: 3/3/19 – 4/7/19 (6 classes)
Time: 2:00 p.m. – 3:00 p.m.
Day: Sunday
Location: Farmington Valley Racquet Club
 (241 Hopmeadow Street, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Fee: \$76.00

Tumble Bunnies – Preschool Movement and Gymnastics

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: 3/20/19 – 5/1/19 (6 classes)
(No class on 4/10)

Time: 5:00 – 5:40 p.m.
(2 – 3 year olds)
5:45 – 6:25 p.m.
(3 ½ – 6 ½ year olds)

Day: Wednesday

Location: Roaring Brook School – Gym

Instructor: David Avezzie and
Tumble Bunny Staff

Fee: \$92.00



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Power10

INDOOR ROWING CENTER

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. Ages 16 to adult are welcome. Please wear comfortable workout clothes and sneakers and bring a water bottle. **Min: 3/Max: 5**

OPTION 1:

Dates: 2/17/19 – 3/24/19 (6 classes)

Time: 9:30 a.m. – 10:30 a.m.

Day: Sunday

Location: Power 10 Indoor Rowing Center
(395 West Avon Road, Avon)

Instructor: Power 10 Staff

Fee: \$86.00 **Senior Fee:** \$77.40

OPTION 2:

Dates: 2/21/19 – 3/28/19 (6 classes)

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

OPTION 3:

Dates: 2/22/19 – 3/29/19 (6 classes)

Time: 8:00 a.m. – 9:00 a.m.

Day: Friday

Location: Power 10 Indoor Rowing Center
(395 West Avon Road, Avon)

Instructor: Power 10 Staff

Fee: \$86.00 **Senior Fee:** \$77.40

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: 3/20/19 – 5/29/19 (10 classes)
(No class on 5/15)

Time: 6:45 p.m. – 8:15 p.m.

Day: Wednesday

Location: Avon Senior Center – Lounge

Instructor: Donna Zyjeski

Fee: \$65.00 **Senior Fee:** \$58.50





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: 12/Max: 18

Dates: 1/30/19 – 4/3/19 (10 classes)
Time: 7:45 p.m. – 9:15 p.m.
Day: Wednesday
Location: Avon Middle School – Gymnasium
Supervisor: Joe Bowman
Fee: \$66.00 **Senior Fee:** \$59.40

TAZ 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

SESSION 1:

Dates: 1/7/19 – 3/20/19 (30 classes)
 (No class on 1/21 or 2/18)
Time: 7:45 a.m. – 8:45 a.m.
Day: Monday, Wednesday & Friday
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$119.00 **Senior Fee:** \$107.10

SESSION 2:

Dates: 4/5/19 – 6/17/19 (30 classes)
 (No class on 4/19 or 5/27)
Time: 7:45 a.m. – 8:45 a.m.
Day: 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**

SESSION 1:

Dates: 1/7/19 – 3/20/19 (30 classes)
 (No class on 1/21 or 2/18)
Time: 8:50 a.m. – 9:50 a.m.
Day: Monday, Wednesday & Friday
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$119.00 **Senior Fee:** \$107.10

SESSION 2:

Dates: 4/5/19 – 6/17/19 (30 classes)
 (No class on 4/19 or 5/27)
Time: 8:50 a.m. – 9:50 a.m.
Day: 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 – ACTION LIVE BALL

Action Live Ball is the tennis work out that has it all... Fitness, Fun, Action and Camaraderie. Everyone shows up ready for 90 minutes of fast paced singles and doubles point play. Please wear sneakers and bring your own racquet.
Min: 2/Max: 8

OPTION 1:

Session 1: 2/1/19 – 2/22/19 (4 classes)
Session 2: 3/1/19 – 3/22/19 (4 classes)
Time: 9:30 a.m. – 11:00 a.m.
Day: Friday
Location: Farmington Valley Racquet Club
 (241 Hopmeadow Street, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Level: Intermediate/Advanced
Fee: \$120.00 **Senior Fee:** \$108.00

OPTION 2:

Session 1: 2/3/19 – 2/24/19 (4 classes)
Session 2: 3/3/19 – 3/24/19 (4 classes)
Time: 1:30 p.m. – 3:00 pm.
Day: Sunday
Location: Farmington Valley Racquet Club
 (241 Hopmeadow Street, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Level: Intermediate/Advanced
Fee: \$120.00 **Senior Fee:** \$108.00

TENNIS – APPRENTICE I

Tennis Apprentice is a new adult tennis program designed to convert new tennis players into “real tennis players” in 4 weeks. The program features a fun-filled weekly group lesson as well as a free weekend practice session. Please wear sneakers and bring your own racquet, if available. **Min: 2/Max: 8**

OPTION 1:

Session 1: 2/2/19 – 2/23/19 (4 classes)

Session 2: 3/2/19 – 3/23/19 (4 classes)

Time: 8:00 a.m. – 9:00 a.m.

Day: Saturday

Location: Farmington Valley Racquet Club
(241 Hopmeadow Street, Simsbury)

Instructor: Farmington Valley Racquet Club Staff

Level: Beginner

Fee: \$99.00 **Senior Fee:** \$89.10

OPTION 2:

Session 1: 2/3/19 – 2/24/19 (4 classes)

Session 2: 3/3/19 – 3/24/19 (4 classes)

Time: 1:00 p.m. – 2:00 p.m.

Day: Sunday

Location: Farmington Valley Racquet Club
(241 Hopmeadow Street, Simsbury)

Instructor: Farmington Valley Racquet Club Staff

Level: Beginner

Fee: \$99.00 **Senior Fee:** \$89.10



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 on all of your internal organs and helps prevent injury, as well as aiding in any type of healing process. Please bring a yoga mat. **Min: 10/Max: 25**

Session 1: 1/23/19 – 3/27/19 (10 classes)
(Class on 3/20 will be held at AMS)

Session 2: 4/10/19 – 6/12/19 (10 classes)
(Classes on 5/15 and 6/5 will be held at AMS)

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



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

DATE: SUNDAY, MARCH 10

Trip: UCONN Women's Basketball Game at Mohegan Sun

Price: TBD

DATE: TUESDAY, APRIL 9

Trip: Chocolates, Wines and Good Times (Boston)

Price: \$128.00 / per person

DATE: TUESDAY, APRIL 16

Trip: Corsets and Top Hats Not Required (Gilded Age Driving Tour of Newport)

Price: \$105.00 / per person

DATE: SUNDAY, MAY 5

Trip: Mama Mia! at the Warner Theater

Price: TBD

DATE: WEDNESDAY, MAY 29 – FRIDAY, MAY 31

Trip: Southern Maine

Price: \$525.00 / per person, double occupancy

For details and more information, 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. This program will help you improve muscle tone, increase strength and flexibility, and improve balance. You will learn breathing and relaxation techniques along with yoga asanas (postures) and yoga flows on and off the chair.

Please wear comfortable clothing and footwear and bring a water bottle. **Min: 8/Max: 15**

Session 1: 1/18/19 – 3/15/19 (9 classes)

Session 2: 4/5/19 – 6/7/19 (9 classes)
 (No class on 4/19)

Time: 10:00 a.m. – 11:00 a.m.

Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Diane Rho-Caputo

Fee: \$67.00 Senior Fee: \$60.30



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**

Dates: 2/19/19 – 3/26/19 (6 classes)

Time: 1:00 p.m. – 2:00 p.m.

Day: Tuesday

Location: Power 10 Indoor Rowing Center (395 West Avon Road, Avon)

Instructor: Power 10 Staff

Fee: \$86.00 Senior Fee: \$77.40



LINE DANCING

Learn the basics of line dancing for fun and exercise. Build on the basics in a survey of styles, from country western to Latin to popular party dances. No partner is needed. However, friends may be brought here or made here. Come for the exercise, stay for the fun. Please wear comfortable clothes and footwear. **Min: 8/Max: 20**

Session 1: 1/15/19 – 3/5/19 (8 classes)

Session 2: 3/26/19 – 5/21/19 (8 classes)
 (No class on 5/14)

Time: 3:30 p.m. – 5:00 p.m.

Day: Tuesday

Location: Community Room at Avon Senior Center

Instructor: Jim Gregory

Fee: \$80.00 Senior Fee: \$72.00



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**

SESSION 1:

Dates: 1/16/19 – 3/13/19 (9 classes)
Time: 3:30 p.m. – 4:30 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Ken Zaborowski
Fee: \$56.00 **Senior Fee:** \$50.40

SESSION 2:

Dates: 4/3/19 – 6/5/19 (10 classes)
Time: 3:30 p.m. – 4:30 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Ken Zaborowski
Fee: \$61.00 **Senior Fee:** \$54.90



ZUMBA GOLD

Come join the party and enjoy the health benefits of this feel good, low-impact 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

Session 1:

Dates: 1/14/19 – 3/25/19 (9 classes)
(No class on 1/21 or 2/18)
Time: 6:00 p.m. – 7:00 p.m.
Day: Monday
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$60.00 **Senior Fee:** \$54.00

Session 2:

Dates: 4/15/19 – 6/10/19 (8 classes)
(No class on 5/27)
Time: 6:00 p.m. – 7:00 p.m.
Day: Monday
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$55.00 **Senior Fee:** \$49.50

WEDNESDAYS

Session 1:

Dates: 1/16/19 – 3/13/19 (9 classes)
Time: 6:00 p.m. – 7:00 p.m.
Day: Wednesday
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$60.00 **Senior Fee:** \$54.00

Session 2:

Dates: 4/3/19 – 6/5/19 (10 classes)
Time: 6:00 p.m. – 7:00 p.m.
Day: Wednesday
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$66.00 **Senior Fee:** \$59.40

AVON RECREATION AND PARKS IS EXPANDING OUR
2019 SUMMER CAMPS WITH A NEW IMAGE!!

New Programs, New Adventures!!

Open to Avon Residents **ONLY**
Limited Enrollment – Sign up Early

In addition to all of our other offerings, we will have 7 sessions of summer camp for Grades K – 4 from 9:00 a.m. – 3:00 p.m. Extended day programs are available from 8-9 a.m., 3-4 p.m., and 4- 5 p.m. We will have offsite activities most days, weather permitting.

Please Note:

*There has been a change
in age and format of the
Summer Fun Camp.*

SUMMER FUN CAMP

*For students entering grades
K – 4 (in Fall of 2019)*

- * We will have one ½ day field trip or special event per week.
- * There will be a field day at Sycamore Hills Recreation Area with lunch at the pavilion plus a special treat most weeks, weather permitting.
- * **Swimming** 2-3 days per week, weather permitting.
- * Camp Fee: \$180 per week
- * Max: 50 campers per session
- * Session 1: July 1 – 3 (No camp on July 4 or 5);
Session 2: July 8 – 12; Session 3: July 15 – 19;
Session 4: July 22 – 26; Session 5: July 29 – August 2;
Session 6: August 5 – 9; Session 7: August 12 - 16



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AWESOME NEW SUMMER ADVENTURE PROGRAM:

(In conjunction with Canton Parks and Recreation)

For students entering grades 5 – 9 (in Fall of 2019)



- * We will have 5 trips per week – campers are sure to have a different adventure each day!!!
- * Day trips will include the beach, Six Flags, Tubing, Bicycle Tour, Lake Compounce, Bowling, Miniature Golf, and much more!!!
- * **Swimming** when schedule allows
- * Camp Fee: \$299 per week
- * Max: 20 campers per session – Sign up Early
- * Open to Avon Residents ONLY
- * Session 1: July 8 – 12; Session 2: July 15 – 19; Session 3: July 22 – 26; Session 4: July 29 – August 2; Session 5: August 5 – 9; Session 6: August 12 – 16
- * Sign up Bonus – Enroll your child for 3 sessions at once, and he/she will receive a **FREE SEASON PASS TO SIX FLAGS!!!** The Six Flags season pass will allow him/her unlimited visits to the park for all of 2019 and access to all the rides, shows and attractions **AND** admission to BOTH Fright Fest and Holiday in the Park. (Sign up bonus is per child, not per family and you must register for all 3 sessions in one registration transaction).
- * Camp hours are 9:00 a.m. – 4:00 p.m. Extended Day will be available from 8:00 a.m. – 9:00 a.m. for an additional fee.



AQUATICS PROGRAMS

Swim Lessons
Swim Team

Adult Swim
Diving

Life Guard
Certification



Don't forget to order your swim badges early.

They go on sale April 22nd.