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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: <https://www.avonct.gov/recreation-and-parks-department>

Email: avonrec@avonct.gov

Facebook Page:

<https://www.facebook.com/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

Special Needs Consultant:

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/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

OUR MISSION

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

Fall 2019



DEPARTMENT POLICIES

General Registration Information:

✿ The grade listed for programs indicates the grade your child is currently in (2019/2020 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. You will need to call our office to complete your registration over the phone.

✿ Please sign up early to avoid classes being canceled 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

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. We will do our best to accommodate your needs. If you need to complete a Medical Plan, the form will be available on www.avonrec.com under General Info ► Department Info ► Forms ► Medication Authorization. Please be aware that if you fail to or choose not to notify us of any issues that require accommodations, it may delay or inhibit you or your child from participating in the program.

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.

general information



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.



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 Friday, November 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 ► RFP – Recreation and Parks Fall 2019 Programs. Follow the instructions to access the Program Proposal Packet. 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 23, 2019.

www.AvonRec.com

Fall 2019

Thank You!



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



Allstate
You're in good hands.

special interest

Vacation Camps

NEW!!

CREATIVE HOLIDAY PROGRAM

Prepare for a New Year's celebration by cooking snacks and making art projects to decorated for the big night to share with your friends and family. **Min: 6/Max: 12**

Dates: 12/30/19 – 12/31/19 (2 day program)
Time: 9:00 a.m. – 1:30 p.m.
Days: Monday and Tuesday
Location: Countryside Park
Instructor: Boni Rothmann
Grades: 3 – 6
Fee: \$99.00



NEW!!

WINTER ADVENTURE CAMP

2 fun filled days of activities - a special adventure each day. Day 1 is a field trip to Sports Center of Connecticut in Shelton for ice skating, laser tag, bowling, game zone and much more! Lunch will be provided. Day 2 is a field trip to Blue Fox Bowling for bowling and to Apple Cinema for a movie. Lunch will be provided. **Min: 20/Max: 30**

Dates: 12/27/19 – 12/30/19 (2 day program)
Time: 9:00 a.m. – 3:00 p.m.
Days: Friday and Monday
Location: Avon Room at Avon Town Hall
Instructor: TBD
Grades: 5 – 8
Fee: \$165.00



Men's Open Basketball

(age 18 and out of high school)

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

Min: 12/Max: 20

Dates: 10/21/19 – 3/30/20 (20 dates)
(No games on 12/23, 12/30, 1/20 or 2/17)
Time: 8:00 p.m. – 9:45 p.m.
Day: Monday
Location: Avon Middle School – Large Gym
Supervisor: Bryan Block
Fee: \$80.00 for the season and registration is online at www.avonrec.com



FALL Food Truck Festival and Carnival 2019



Celebrate the Town of Avon with Food, Rides, Games, Artisan Booths, and a Fireworks Display!

September 13-15

Friday 9/13 6:00 p.m. - 10:00 p.m.
Saturday 9/14 11 a.m. - 10:00 p.m.
Fireworks at 9:00 p.m.
Sunday 9/15 11:00 a.m. - 6:00 p.m.

99 Thompson Road, AVON

For details visit AvonCT.gov



After School Ski Program at

Ski Sundown

**For Avon Middle School Students and
Thompson Brook School Students
(For Grades 5-8 ONLY)**

SKI*SNOWBOARD*LESSONS*RENTALS

Join us for after school skiing or snowboarding this winter at Ski Sundown in New Hartford. Registration for this program runs from October 1, 2019 – November 1, 2019. **When registering online you will be prompted to print out and complete a Ski Sundown 2019-2020 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 by November 4th, whichever comes first in order for your registration to be fully confirmed. **Registration ends November 1st or when all available spots are filled.**

Completed Ski Sundown 2019-2020 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@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 in Grades 6-8 **MUST** attend a **MANDATORY** Ski Safety Meeting along with their parents. The Ski Safety meeting will be held on Wednesday, December 4, 2019 at 6:30 p.m. at Thompson Brook School – Cafeteria.

SKI BUS – AVON MIDDLE SCHOOL

Dates: 1/7/20 – 2/4/20* (5 dates)
Time: 2:30 p.m. – 7:45 p.m.
(Bus pick up from AMS and drop off at AMS)
Day: Tuesday
Grades: 7 – 12 (AMS/AHS)

SKI BUS – THOMPSON BROOK SCHOOL

Dates: 1/7/20 – 2/4/20* (5 dates)
Time: 3:30 p.m. – 7:45 p.m.
(Bus pick up from TBS and drop off at AMS)
Day: Tuesday
Grades: 5 – 6 (TBS)

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

youth classes & activities



CUPCAKE WORKSHOP – PUPPY FACE CUPCAKES

Cupcake class participants will be taught six different techniques that they can apply to six different cupcakes to create six different breeds of puppies. Each face will be enhanced with various candies. Everyone will receive one buttercream swirled cupcake to enjoy during class, as well as their own unadorned cupcake to decorate as per demo instructions. Please bring an apron and wear non-slip shoes.
Min: 6/Max: 8

Date: 11/16/19 (1 class)
Time: 10:00 a.m. – 12:00 p.m.
Day: Saturday
Location: Community Room at Avon Senior Center
Instructor: Bonnie Samberg
Grades: 5 and up
Fee: \$54.00

NEW!!

GIRLS IN STRIDE RUNNING

Imagine the thrill your daughter will feel as she crosses the finish line during her first race! This non-competitive training program is designed for runners of all levels. 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 3, 2019. Race registration fees are not included in the program fee. In the event 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: 25

Dates: 9/17/19 – 10/29/19 (7 classes)
(Road Race is on Sunday, 11/3)
Time: 5:00 p.m. – 6:00 p.m.
Day: Tuesday
Location: Roaring Brook School – Field
Instructor: Lisa Pillow and Staff
Grades: 1 – 8
Fee: \$76.00



Fall 2019



JUMPBUNCH

JumpBunch classes are 45 minutes of structured fun. Each class includes warm-ups, floor exercises, the sport activity of the week, as well as, stretching and then a cool down. A different sport introduced EACH week. We strive to have little or no "sit and wait" time. Children will have the chance to touch and experience each sport with their own piece of equipment during each class. Classes also include use of creatively scripted songs that include ribbon wands, stretch bands, rhythm sticks, maracas, and scarves. Sports may include lacrosse, paddle sports, field hockey, t-ball, basketball, soccer, football, etc.

Min: 8/**Max:** 17

Dates: 9/16/19 – 10/28/19 (6 classes)
(no class on 10/14)
Time: 9:30 a.m. – 10:15 a.m.
Day: Monday
Location: Countryside Park
Instructor: JumpBunch of Central Connecticut
Ages: 3 – 5 years
Fee: \$93.00



RHYTHMIC GYMNASTICS I (INTRO) – 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: 10/4/19 – 12/6/19 (8 classes)
(No class on 11/15 or 11/29)
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



MPOWER BOYS RUNNING

At any age, finishing a 5K is an impressive achievement. Imagine the sense of accomplishment and pride your son will feel as he crosses the finish line of Jamie's Run in Old Wethersfield on Sunday, November 3, 2019. MPower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, MPower's training program is designed for runners of all levels: 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 the event 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: 9/11/19 – 10/30/19 (7 classes)
(No class on 10/9; Road Race is on Sunday, 11/3)
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: \$76.00

RHYTHMIC GYMNASTICS II (ADVANCED) – GIRLS

Prerequisite: Girls must have completed Rhythmic Gymnastics Intro class or have a background in dance or gymnastics. This class will focus on developing equipment handling (rope, ribbon, hoop, ball) and learning higher level skills (jumps, turns, balances and dance steps). Other components include building strength, increasing flexibility and learning and memorizing routines with music. For more information, visit our website: www.ctrgclub.com. Hair must be away from the face. Please wear athletic attire: leotards, leggings, shorts and sneakers and bring a water bottle. **Min:** 6/**Max:** 10

Dates: 10/4/19 – 12/6/19 (8 classes)
(No class on 11/15 or 11/29)
Time: 5:50 p.m. – 6:35 p.m.
Day: Friday
Location: Community Room at Avon Senior Center
Instructor: Kathryn Bratslavsky
Grades: 2 – 6
Fee: \$93.00



NEW!!

Safe Sitter Class

Safe Sitter is a program where you will learn life-saving skills so you can be safe if you're home alone or watching younger children. The following topics will be covered: Babysitting as a Business, Infant & Child Choking Rescue, Injury Prevention & Injury Management, Behavior Management, Safety for the Sitter, Child Care Essentials, and Infant and Child CPR. Students will receive a certificate from Safe Sitter upon completion of course. Please wear casual clothing and bring a snack, lunch and a water bottle. **Min: 6/Max: 12**

Date: 12/7/19 (1 class)
Time: 9:00 a.m. – 3:30 p.m.
Day: Saturday
Location: Thompson Brook School – Cafeteria
Instructor: CPR Training Professionals, LLC Staff
Grades: 6 – 10
Fee: \$140.00

SOCCER SHOTS MINI

Soccer Shots sessions are professionally designed by Soccer Shots and early childhood professionals. Each 30 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 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. 1:8 coach to player ratio. Join us for an Open House on 9/7 at 9:00 a.m. to meet the coaches and get details on the program. Visit www.soccershots.org for more information. Parents must remain on site during program. Please wear sneakers and bring a water bottle. **Min: 5/Max: 16**

Dates: 9/14/19 – 10/26/19 (7 classes)
 (Open House on 9/7 at 9:00 a.m.)
Time: 9:00 a.m. – 9:30 a.m.
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Ages: 2 (Must be 2 by first day of class)
Fee: \$106.00

SOCCER SHOTS CLASSIC

Soccer Shots sessions are professionally designed by Soccer Shots and led by Director Shannon Perry- a 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, lasting impact on each child while building Stronger Youth Beyond the Game! Each child will receive a Soccer Shots shirt. 1:10 coach to player ratio. Join us for an Open House on 9/7 from 9:00 a.m. – 9:30 a.m. to meet the coaches and get details on the program. Visit www.soccershots.org for more information and come join us on soccer island! Please wear sneakers and bring a water bottle. **Min: 8/Max: 20**

Dates: 9/14/19 – 10/26/19 (7 classes)
 (Open House on 9/7 at 9:00 a.m.)
Time: 9:40 a.m. – 10:25 a.m. (3 – 4 year olds)
 10:30 a.m. – 11:15 a.m. (4½ year old - Kindergarten)
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Fee: \$118.00



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QUICK START TENNIS

Each fun-filled class features action packed drills and games. Quick Start incorporates smaller racquets and low compression balls to create early success which encourages children to continue to play and improve. Please wear sneakers and bring a racquet if available. **Min: 3/Max: 6**

Session 1: 11/3/19 – 12/15/19 (6 classes)

(No class on 12/1)

Session 2: 1/5/20 – 2/9/20 (6 classes)

Time: 12:00 p.m. – 12:30 p.m.

Day: Sunday

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

Instructor: Farmington Valley Racquet Club Staff

Grades: K – 1

Fee: \$59.00

Session 1: 11/3/19 – 12/15/19 (6 classes)

(No class on 12/1)

Session 2: 1/5/20 – 2/9/20 (6 classes)

Time: 12:30 p.m. – 1:30 p.m.

Day: Sunday

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

Instructor: Farmington Valley Racquet Club Staff

Grades: 2 – 3

Fee: \$111.00



HOT SHOT TENNIS

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 a racquet if available. **Min: 3/Max: 6**

Session 1: 11/3/19 – 12/15/19 (6 classes)

(No class on 12/1)

Session 2: 1/5/20 – 2/9/20 (6 classes)

Time: 2:00 p.m. – 3:00 p.m.

Day: Sunday

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

Instructor: Farmington Valley Racquet Club Staff

Grades: 4 – 6

Fee: \$111.00



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: 9/25/19 – 11/6/19 (6 classes)

(No class on 10/9)

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

Fee: \$92.00

youth sport leagues



RECREATION YOUTH BASKETBALL

Registration is August 26 – September 27, 2019.
Please register online at www.avonrec.com.

Registration deadline is 11:59 p.m. on Friday, September 27, 2019. Late registrations subject to a \$25 late fee may be accepted beginning September 28th, if space allows. Call 860-409-4332.
No registrations will be accepted after October 15, 2019!

Grades K-1 Fee:\$64.00

Grades 2-3 Fee:\$125.00

Grades 4-8 Fee:\$125.00

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 26 – October 25..... 100%

October 26 – November 8 80%

After November 10No Refunds

**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: 12/3/19 – 2/4/20 (8 classes)
(No program on 12/24 or 12/31)

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: \$64.00

**Grades 2 – 8**

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-two nights/week plus a game on Saturday. Nights, times and locations of practice will be at coach's discretion to be determined after the coaches meeting. **Weeknight practices begin November 25, 2019. No practices will be held during Winter Vacation (Dec. 23 – Jan.1).**

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

The **Mandatory Rating Sessions** for students in Grade 3 will be held as follows at Pine Grove School – Gymnasium:

Boys and Girls Grade 3 – Tuesday, October 22

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)

The **Mandatory Rating Sessions** for students in Grades 4-8 will be held as follows at Thompson Brook School – Gymnasium:

Boys Grades 4-8 – Saturday, October 19

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 21

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.



Once again, Avon Recreation and Parks is partnering with neighboring Farmington Valley towns for our Boys and Girls Grades 2-8 league to expand the size, competition and network of our league. **Saturday games begin December 7, 2019.**

12/7/19 – 2/22/20 (No games on 12/28 or 2/15). 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.

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 27, 2019**, agree to a background check, concussion training and attend a coaches meeting. The **Coaches Meeting & Draft** will be on **Monday, November 11, 2019** at the **Avon Middle School – Cafeteria** 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 **Tuesday, September 17, 2019**. 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: 9/10/19 – 11/14/19

(No games on 9/19, 11/5 or 11/7)

Time: 6:00 p.m. – 8:00 p.m.

Days: Tuesday and Thursday

Location: Avon Middle School – Large Gym

Coach: Glenn Lazinsk and Staff

Grades: 5 – 8

Fee: \$121.00

Registration ends on September 3, 2019.

active adult classes

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. Please wear comfortable workout clothes and sneakers and bring a water bottle. **Min: 3/Max: 5**

OPTION 1:

Dates: 9/12/19 – 10/17/19 (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 2:

Dates: 11/6/19 – 12/18/19 (6 classes)
(No class on 11/27)
Time: 9:30 a.m. – 10:30 a.m.
Day: Wednesday
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: 11/6/19 – 12/18/19 (6 classes)
(No class on 11/27)
Time: 6:30 p.m. – 7:30 p.m.
Day: Wednesday
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. For those returning knitters, we will be working on new techniques. Please bring knitting needles and yarn. **Min: 5/Max: 10**

Dates: 9/25/19 – 12/11/19 (10 classes)
(No class on 10/9 or 11/27)
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: 15/Max: 20**

Dates: 9/18/19 – 12/18/19 (12 classes)
(No class on 10/9 or 11/27)
Time: 7:30 p.m. – 9:00 p.m.
Day: Wednesday
Location: Avon Middle School – Large Gym
Supervisor: Joe Bowman
Fee: \$80.00 **Senior Fee:** \$72.00



TENNIS – APPRENTICE I (BEGINNERS)

Tennis Apprentice I 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 a racquet. **Min: 3/Max: 6**

Session 1: 11/2/19 – 11/23/19 (4 classes)

Session 2: 12/7/19 – 12/28/19 (4 classes)

Time: 8:00 a.m. – 9:00 a.m.

Day: Saturday

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

Instructor: Farmington Valley Racquet Club Staff

Skill Level: Beginner

Fee: \$101.00 **Senior Fee:** \$90.90

Session 1: 11/3/19 – 11/24/19 (4 classes)

Session 2: 12/1/19 – 12/22/19 (4 classes)

Time: 1:00 p.m. – 2:00 p.m.

Day: Sunday

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

Instructor: Farmington Valley Racquet Club Staff

Skill Level: Beginner

Fee: \$101.00 **Senior Fee:** \$90.90

TENNIS – ACTION LIVE BALL

Action Live Ball is the tennis work out that has it all... Fitness, Fun, Action and Camaraderie!! Live Ball Action Drill & Play is a fast-paced, fun-filled program for Intermediate to Advanced Intermediate players that combines the best parts of tennis with cardio exercises. If you want to get healthy, have fun and improve your tennis game, Live Ball Action Drill & Play is the perfect choice. The program incorporates high energy tennis drills and games that will help you burn fat and build muscle while working on various tennis skills. Everyone shows up for 90 minutes of fast paced singles and doubles point play. Please wear sneakers and bring a racquet. **Min: 3/Max: 6**

Session 1: 11/1/19 – 11/22/19 (4 classes)

Session 2: 12/6/19 – 12/27/19 (4 classes)

Time: 9:30 a.m. – 11:00 a.m.

Day: Friday

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

Instructor: Farmington Valley Racquet Club Staff

Skill Level: Intermediate-Advanced

Fee: \$120.00 **Senior Fee:** \$108.00

Session 1: 11/3/19 – 11/24/19 (4 classes)

Session 2: 12/1/19 – 12/22/19 (4 classes)

Time: 1:30 p.m. – 3:00 p.m.

Day: Sunday

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

Instructor: Farmington Valley Racquet Club Staff

Skill Level: Intermediate-Advanced

Fee: \$120.00 **Senior Fee:** \$108.00

NEW!!**Winter Wonderland Cake Demo and Hands on Cupcake Decorating**

Participants will watch as the instructor demonstrate how to professionally and cleanly assemble and frost a 3 layer cake, and then embellish it naturally (no fondant) with crystallized berries, rosemary sprigs and chocolate pinecones, all dusted in glistening sugar “snow”. Students will then try their hand at these techniques to decorate their very own cupcake, piped with a generous swirl of buttercream. Everyone will also have a swirled cupcake to enjoy during class. Please bring an apron and wear non slip shoes. **Min: 6/Max: 8**

Date: 11/7/19 (1 class)

Time: 7:00 p.m. – 9:00 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Bonnie Samberg

Fee: \$54.00 **Senior Fee:** \$48.60

**11****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 well-being. 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 bring a yoga mat. **Min: 10/Max: 25**

Dates: 10/12/19 – 1/8/20 (10 classes)

(No class on 10/9, 11/27, 12/4, 12/25, 1/1)

Time: 6:30 p.m. – 7:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Nancy Brooks

Fee: \$87.00 **Senior Fee:** \$78.30

ACTIVITIES SPONSORED BY THE AVON SENIOR CENTER

TRIPS offered through the Avon Senior Center are open to seniors and non-seniors.



DATE: TUESDAY, OCTOBER 1, 2019

Trip: Vine to Wine (Vermont)

Fee: \$101.00 per person

DATE: WEDNESDAY, APRIL 8, 2020

Trip: MGM Springfield

Fee: \$43.00 per person

DATE: SUNDAY, APRIL 26, 2020

Trip: Intrepid and Enterprise
(New York City)

Fee: \$135.00 per person

DATE: SATURDAY, MAY 9, 2020

Trip: Bronx Zoo

Fee: \$101.00 per person

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

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

AGING MASTERY PROGRAM

The Aging Mastery Program® (AMP) is a 10-week evidence-based program developed by the National Council on Aging. Aging Mastery Program is a fun and engaging education and behavior change incentive program for aging well. The Connecticut Healthy Living Collective has been selected to partner with the National Council on Aging to bring AMP to scale in an initiative funded in part by the Anthem Foundation. Avon Senior Center is one of the sites that was chosen to partner with the Connecticut Healthy Living Collective to implement the Aging Mastery Program®. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. This program is free and open to the public! Come and join us! AMP incorporated evidence-informed materials, expert speakers, group discussions, peer support, and small rewards to give participants the skills and tools to achieve measurable improvements. Sessions will focus on topics such as: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Falls Prevention, and Community Engagement. Must pre-register, call Avon Senior Center. **Min: 10/Max: 20**

Dates: 10/9/19 – 12/18/19 (11 classes)

Time: 1:30 p.m. – 3:00 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Jennifer Bennett

Fee: \$0.00



Aging Mastery Program®

National Council on Aging



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: 6/Max: 15**

Session 1: 9/13/19 – 10/25/19 (7 classes)

Session 2: 11/1/19 – 12/20/19 (7 classes)
(No class on 11/29)

Time: 10:00 a.m. – 11:00 a.m.

Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Diane Rho-Caputo

Fee: \$70.00 **Senior Fee:** \$63.00

EFT

EMOTIONAL FREEDOM TECHNIQUE for Stress Relief

Meridian tapping, also known as Emotional Freedom Technique, is done while comfortably seated. It is a powerful yet easy to learn process which combines tapping with your fingers on your hands, face and chest in a specific sequence. These are the same points used during acupuncture to calm and relax the central nervous system. While tapping, you will be guided through simple statements of tension release and self-acceptance focusing on a specific topic each week. People frequently report a feeling of calm, reduction of tension-induced physical aches and pains, and a quieting of the mind. Once learned, EFT can also be safely and easily used at home. **Min: 6/Max: 20**

Dates: 9/13/19 – 10/18/19 (6 classes)

Time: 11:30 a.m. – 12:30 p.m.

Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Dr. Jeanne Folks

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



PAINTING PARTY

An example of a painting will be displayed, and the instructor will provide step-by-step instructions so you can go home with your own beautiful painting!

Date: 11/7/19

Time: 1:00 p.m. – 3:00 p.m.

Day: Thursday

Location: Avon Senior Center

Instructor: Boni Rothmann

Fee: \$46.00



SILVER SNEAKERS

New class for residents of Avon (and surrounding towns) aged 65 years and over. Silver sneakers is a great chair aerobics class for those just starting an exercise regimen or continuing a fitness routine. Benefits include maintaining muscle strength, flexibility, balance and cardiovascular endurance. If you meet the criteria and are eligible, your insurance pays for the program with no cost to you. If you haven't received a letter from Silver Sneakers that you qualify, please call the 800- number on the back of your insurance card to see if you're eligible. Come work out, socialize and make some new friends! This class is open to both men and women. Must pre-register, please call Avon Senior Center at 860-675-4355. **Min: 10/Max: 40**

Dates: 9/9/19 – 12/19/19 (27 classes)

Time: 3:00 p.m. – 4:00 p.m.

Days: Monday and Thursday

Location: Community Room at Avon Senior Center

Instructor: Fitness on the Run

Fee: \$0.00

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**

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

(No class on 11/27)

Time: 3:30 p.m. – 4:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

Fee: \$76.00 **Senior Fee:** \$68.40





VOLLEYBALL

Come have fun! Learn basic skills and rules of volleyball. If you are new to the game or to refresh your skills. Participants should wear sneakers and comfortable clothes. **Min: 8/Max: 16**

Dates: 9/12/19 – 11/14/19 (8 classes)
(No class on 9/19 or 11/7)
Time: 8:00 p.m. – 9:00 p.m.
Day: Thursday
Age: 50 and up
Location: Avon Middle School – Large Gym
Instructor: Larry Nelson
Fee: \$51.00 **Senior Fee:** \$45.90



WREATH MAKING

Holiday wreath making with greens, decorations and wired ribbon. Make and decorate your own holiday wreath this season! So much nicer than store bought!
Min: 4/Max: 15

Date: 11/12/19
Time: 6:00p.m. – 8:30p.m.
Day: Tuesday
Location: Avon Senior Center
Instructor: Boni Rothmann
Fee: \$46.00 **Senior Fee:** \$41.40



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; with modified movements that are 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: 9/16/19 – 12/16/19 (12 classes)
(No class on 10/14 or 11/11)
Time: 6:00 p.m. – 7:00p.m.
Day: Monday
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$76.00 **Senior Fee:** \$68.40

WEDNESDAYS

Dates: 9/11/19 – 12/18/19 (13 classes)
(No class on 11/20 or 11/27)
Time: 6:00 p.m. – 7:00 p.m.
Day: Wednesday
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$82.00 **Senior Fee:** \$73.80



IMPORTANT DATES TO REMEMBER

2019 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 After School Ski Program fills up quickly!

Volleyball Fall League – Girls Grades 5 – 8

Registration:

- ☑ Ends September 3, 2019

Fee:

- ☑ \$121.00

Program Dates:

- ☑ September 10, 2019 – November 14, 2019
(Tuesdays and Thursdays)
(No program on November 5th)

INTRODUCTORY/RATING SESSION AT AVON MIDDLE SCHOOL – GYMNASIUM:

- ☑ Tuesday, September 10, 2019:
Grade 5-6 rating: 6:00 p.m. – 7:00 p.m.
Grade 7-8 rating: 7:00 p.m. – 8:00 p.m.



Recreation Youth Basketball

Registration:

- ☑ August 26, 2019 – September 27, 2019

Fees:

- ☑ Grade K-1 Fee: \$64.00
- ☑ Grade 2-3 Fee: \$125.00
- ☑ Grade 4-8 Fee: \$125.00
- ☑ Registrations beginning September 28, 2019 will be subject to a \$25 late fee.
- ☑ NO registrations will be accepted after October 15, 2019!

Program Dates:

- ☑ Grades K – 1
December 3, 2019 – February 4, 2020 (Tuesdays)
(No program on 12/24 or 12/31)
- ☑ Boys and Girls Grades 2 – 8
(Tentative Schedule – May change slightly)
December 7, 2019 – February 22, 2020
(Saturday Games)
(No games on December 28th or February 15th)

MANDATORY RATING SESSIONS AT PINE GROVE SCHOOL – GYMNASIUM:

- ☑ Boys and Girls Grade 3 – Tuesday, October 22, 2019
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)

MANDATORY RATING SESSIONS AT THOMPSON BROOK SCHOOL – GYMNASIUM:

- ☑ Boys Grades 4–8 – Saturday, October 19, 2019
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 21, 2019
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 ...

2019 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 After School Ski Program fills up quickly!

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After School Ski Program at Ski Sundown for Avon Middle School and Thompson Brook School Students

Registration:

- ☑ September 30, 2019 – November 1, 2019
(Or when all available spots are taken)

Program Dates:

- ☑ Avon Middle School
January 7, 2020 – February 4, 2020 (Tuesdays)
- ☑ Thompson Brook School
January 7, 2020 – February 4, 2020 (Tuesdays)

Ski Safety Meeting at Thompson Brook School – Cafeteria:

- ☑ **MANDATORY** attendance by all 5th Graders and any new participants to our program in Grades 6-8 along with their parents.
- ☑ Wednesday, December 4, 2019 at 6:30 p.m.

