

Fall 2021



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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.

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

Hours: Monday – Friday: 8:30 a.m. – 4:30 p.m.

Facebook Page:

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

Director

Ruth Checko - rchecko@avonct.gov

Program Specialist

Sara Roccapriore - sroccapriore@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

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

Facebook Page:

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

Senior Center Coordinator

Jennifer Bennett - jbennett@avonct.gov

Senior Center Administrative Secretary:

Elizabeth Shaffer - eshaffer@avonct.gov

Fall 2021



DEPARTMENT POLICIES

General Registration Information:

- ✿ The grade listed for programs indicates the grade your child will be in (2021/2022 school year).
- ✿ Our program registrations close one week before 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.
- ✿ Waitlisted participants will ONLY be notified if there is an opening in the program.
- ✿ Once registered, an email confirmation will be sent to the "billing email address" including a receipt and program dates, times, and locations.
- ✿ In the event we cancel a program, you will receive a full refund.
- ✿ Program fees will not be pro-rated for any reason.

REFUNDS:

- ✿ **NEW** – Refunds of 100% can be requested up to three business days prior to 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

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.

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:

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

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

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.*

Please make sure you "OPT-IN" to email notifications. If you do not select "Opt-in", YOU WILL NOT RECEIVE IMPORTANT EMAILS including program cancellations, program changes, and registration announcements. Additionally, please make sure "the primary parent" email address is valid and current.

- 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.

CURRENT ACCOUNT HOLDERS:

Please be sure to frequently verify and update account information for all household members including home address, email addresses (for all adults), home phones, cell phones, medical information, primary parent, emergency contact and grades.

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 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 → Medical Plan / 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.

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 no more than 6 feet in length. All pet waste must be picked up and pet waste bags must be taken with you when you leave the park.



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.



Our Winter/Spring Brochure will not be mailed to Avon residents, but registration will be available online beginning December 24, 2021.

REQUEST FOR WINTER/SPRING PROPOSALS

The Town of Avon is seeking written responses to a Request for Proposal (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 Monday, November 1, 2021**. Proposal forms are available at the Avon Recreation and Parks Office or on our website - www.avonrec.com. Scroll down until you see Request for Proposals. Click on the writing below the picture and all of the details and forms can be found there. Proposals can be emailed to avonrec@avonct.gov, mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.



Thank You!



The Avon Recreation and Parks Department would like to thank:

Jennifer Johnson,

Allstate Insurance Company and the Avon Police Association for partnering with us for Family Movie Nights at Sycamore Hills Park this summer. A good time was had by all!

Fall 2021

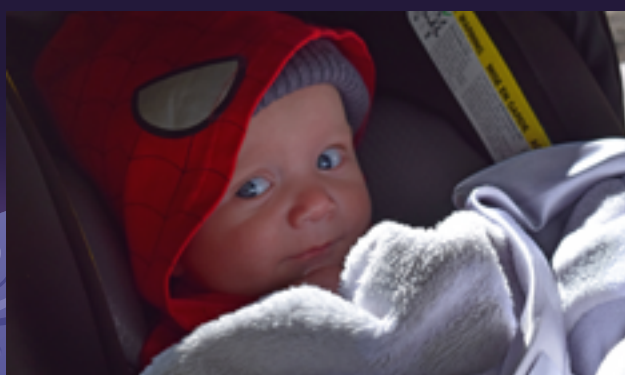
Halloween Party*

(for Pre-K through grade 4)

Join us Saturday, October 30, 2021 at Sycamore Hills Recreation Area for another year of spook-tacular fun! Halloween is a special time for children and the Recreation and Parks Department wants to help make this Halloween extra memorable. Kids (pre-K through grade 4) will enjoy showing off their Halloween costumes, watching a marvelous magic show and will receive a goodie bag of treats! Registration is required for all family members. Registration for this program will begin on September 20th. **Min: 20/Max: 100**

Dates: 10/30/21 (1 day program)
(Rain date 10/31, if needed)
Time: 9:30 a.m. – 11:00 a.m.
Days: Saturday
Location: Sycamore Hills Pavilion
Instructor: Recreation Staff
Grades: Pre-K – 4
Fee: \$8.00 (per person)

**Halloween Party is open to Avon Residents only.*



HAPPY HALLOWEEN

VACATION CAMPS

Winter Adventure Camp* (for grades 5 – 9)

Join us for more camp adventures...Winter edition! Kids grades 5 – 9 will enjoy field trips to Powder Ridge (tubing), Sports Center of CT (ice skating, laser tag, bowling, game zone) and IT Adventures (indoor ropes course). Space is limited, so sign up early!
Min: 18/Max: 25

Dates: 12/28/21 – 12/30/21
(3 day program)
Time: 9:00 a.m. – 3:00 p.m.
Days: Tuesday – Thursday
Location: Pine Grove School
Instructor: Recreation Camp Staff
Grades: 5 – 9
Fee: \$210.00

Winter Fun Camp* (for grades K – 4)

Come celebrate the holiday season at Winter Fun Camp! Kids grades K – 4 will enjoy decorating holiday treats, creating winter crafts, playing their favorite camp games, playing in the snow, and a special New Year's Eve party with an inflatable obstacle course! Space is limited, so sign up early! **Min: 15/Max: 35**

Dates: 12/28/21 – 12/30/21
(3 day program)
Time: 9:00 a.m. – 3:00 p.m.
Days: Tuesday – Thursday
Location: Pine Grove School
Instructor: Recreation Camp Staff
Grades: K – 4
Fee: \$108.00

*Winter Adventure Camp and Winter Fun Camp are open to Avon Residents only.




Ski Sundown

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

SKI * SNOWBOARD * LESSONS * RENTALS

Join us for after school skiing or snowboarding this winter at Ski Sundown in New Hartford. Registration for this program starts September 27, 2021. **Registration ends October 29 or when all available spots are filled.**

New this year to limit COVID exposure, the After School Ski Program will be a strictly drop off/pick up program. **There will be no bus transportation option.** Parents will be responsible for transporting participants to and from Ski Sundown.

When registering online, please select Program Fee first and then the package that your child needs (Lift Tickets, Rentals, and/or Lessons). You will then be prompted to print out and complete a Ski Sundown 2021-2022 Group Participant Information & Program Agreement (waiver) form. This form must be returned to the Recreation and Parks Department within 2 weeks of your online registration date or by November 5th, whichever comes first, in order for your registration to be fully confirmed.

PLEASE NOTE:

- Any cancellations or changes once all of our paperwork has been sent to Sundown (mid-November) will result in a \$25.00 change/cancellation fee.
- All skiers/snowboarders must wear helmets. Equipment rentals do not include helmets.

Completed Ski Sundown 2021-2022 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 participants to our program **MUST** attend a **MANDATORY** Ski Safety Meeting along with their parents. The Ski Safety meeting will be held on Wednesday, December 1, 2021 at Thompson Brook School – Cafeteria. The time is yet to be determined. (Snow date: December 8).

AVON MIDDLE SCHOOL

Dates: 1/11/22 – 2/8/22* (5 dates)
Time: TBD
Day: Tuesday
Grades: 7 – 8

THOMPSON BROOK SCHOOL

Dates: 1/13/22 – 2/10/22* (5 dates)
Time: TBD
Day: Thursday
Grades: 5 – 6

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





JUMP BUNCH "BIG JUMPERS"

JumpBunch classes are 45 minutes of structured fun. Each class includes warm-ups, floor exercises, the sport/activity of the week, stretching and then 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 each class. Classes also include use of creatively scripted songs that include ribbon wands, rhythm sticks, maracas and scarves. Sports may include lacrosse, paddle sports, field hockey, t-ball, basketball, soccer, football, etc. Please wear athletic clothes, sneakers and a mask and bring a water bottle.

Min: 8/Max: 16

Dates: 9/13/21 – 11/8/21 (8 classes)
(No class on 10/11)

Time: 4:15 p.m. – 5:00 p.m.

Day: Monday

Location: Community Room
at Avon Senior Center

Instructor: Heather Brian and Staff

Ages: 3 – 5 years

Fee: \$151.00



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SOCCER SHOTS MINI

Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry, youth coach and former professional player. Each 30 minute session will creatively introduce your child to soccer in a fun and imaginative way. Soccer Shots Mini is a high-energy program that will introduce soccer principles such as using your feet, dribbling, and basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. 1:10 coach to player ratio. Visit www.soccershots.com/ct/ for more information. **Parents must remain on site during program.** Please wear sneakers (cleats are not necessary) and bring a water bottle. **Min: 6/Max: 20**

Dates: 9/11/21 – 10/16/21 (6 classes)
(Rain date 10/23, if needed)

Time: 8:15 a.m. – 8:45 a.m.

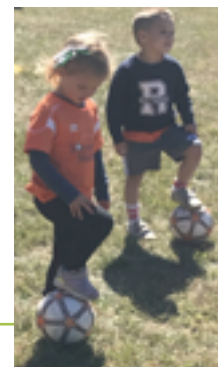
Day: Saturday

Location: Roaring Brook School – Field

Instructor: Shannon Perry and Staff

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

Fee: \$105.00



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. All staff are trained by Soccer Shots. Each session creatively introduces your child to soccer in a fun, imaginative, and creative way. Character development, physical skills, agility, team work, and fun are guaranteed in this program. Our goal is to leave a lasting and positive impact on each child while building stronger youth beyond the game. Each session will emphasize a word of the day such as respect, confidence, teamwork, and incorporate it into the session. On our Soccer Island adventures we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. Visit www.soccershots.com/ct/ for more information. Please wear sneakers (cleats are not necessary) and bring a water bottle. **Min: 8/Max: 20**

Dates: 9/11/21 – 10/16/21 (6 classes)
(Rain date 10/23, if needed)

Time: 9:00 a.m. – 9:45 a.m. (3 – 4 year olds)
10:00 a.m. – 10:45 a.m. (4 – 5 year olds)

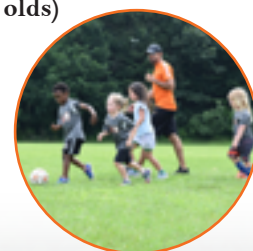
Day: Saturday

Location: Roaring Brook School – Field

Instructor: Shannon Perry and Staff

Ages: 3 – 5 years

Fee: \$105.00





BADMINTON

Join us to learn and play the unique game of badminton! Students will have fun while learning to play a racket sport different from tennis. This class will provide an introduction to the fundamental skills, rules, and strategies of badminton. Students will be taught proper grip, forehand, backhand, stroke and serve. Please wear sneakers and bring a water bottle. Racquets will be provided. **Min: 8/Max: 12**

Dates: 9/17/21 – 11/5/21 (6 classes)
(No class on 10/8 or 10/29)

Time: 4:30 p.m. – 5:30 p.m. (Grades 4 – 6)
5:45 p.m. – 6:45 p.m. (Grades 7 – 9)

Day: Friday

Location: Avon Middle School – Large Gym

Instructor: Joe Bowman

Grades: 4 – 9

Fee: \$51.00



GIRLS IN STRIDE RUNNING

Imagine the thrill your daughter will feel as she crosses the finish line at 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. As part of the program, girls will be exposed to goal setting, nutrition, and mental preparation. This training program will prepare your daughter for Jamie's Run on November 7, 2021. 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 sneakers and bring a water bottle. **Min: 15/Max: 25**

Dates: 9/21/21 – 11/2/21 (7 classes)
(Road Race is on Sunday, 11/7)

Time: 5:00 p.m. – 6:00 p.m.

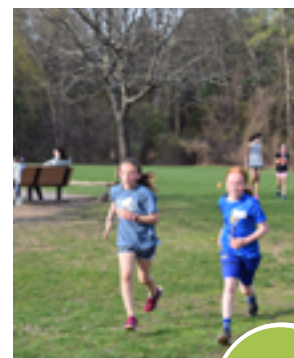
Day: Tuesday

Location: Roaring Brook School – Field

Instructor: Lisa Pillow, Marcie Redden and
Melissa Puchalski

Grades: 1 – 8

Fee: \$81.00



7

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 a real 5K at the end of the season. 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. In the event of inclement weather, the program will be held inside at the school gym. Please wear running shoes or sneakers and bring a water bottle. **Min: 10/Max: 40**

Dates: 9/15/21 – 10/27/21 (7 classes)

Time: 5:00 p.m. – 6:00 p.m.

Day: Wednesday

Location: Roaring Brook School – Field

Instructor: Krissy Mok and Staff

Grades: 1 – 8

Fee: \$81.00





NEW!!

RHYTHMIC GYMNASTICS

Rhythmic gymnastics classes are for girls grades K – 4. We will show children how to handle various apparatus such as hoops, ropes, ribbons and balls. The program would be a basic introduction to the wonderful sport of rhythmic gymnastics, which teaches grace and rhythm while strengthening muscles. Please wear leggings and a t-shirt and bring a water bottle.

Min: 7/Max: 10

Dates: 9/10/21 – 10/29/21 (8 classes)

Time: 5:00 p.m. – 5:45 p.m.

Day: Friday

Location: Thompson Brook School – Gymnasium

Instructor: Mila Villion and Staff

Grades: K – 4

Fee: \$101.00



LITTLE FOLKS BASKETBALL CLINIC

This is an instructor led, co-ed basketball program (clinic) for grades K – 1 that will focus on learning basic skills, such as dribbling, passing, and shooting. Children will learn the game of basketball in a fun, non-competitive and safe learning environment. There are no coaches, referees, practices or games. **Please note, you may only register your child for one session.** Please make note of the time slot that you registered for. This program fills up very quickly. Please register early to avoid missing out. Each player will be given a basketball to keep! Please wear gym clothes and sneakers and bring a water bottle and a face covering. **Min: 12/Max: 18**

Dates: 12/1/21 – 1/26/22 (8 classes)
(No class on 12/29)

Session 1: 4:45 p.m. – 5:30 p.m.

Session 2: 5:35 p.m. – 6:20 p.m.

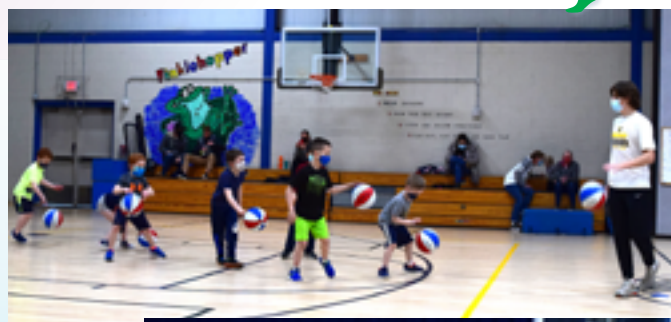
Day: Wednesday

Location: Roaring Brook School – Gym

Instructor: Jim Keller

Grades: K – 1

Fee: \$77.00



Recreation Youth Basketball

Registration is August 20 – September 24, 2021. Please register online at www.avonrec.com.

Registration deadline is 11:59 p.m. on Friday, September 24, 2021. Late registrations subject to a \$25 late fee may be accepted beginning September 25th, if space allows. Call 860-409-4332. No registrations will be accepted after October 12, 2021!

Fee: \$130.00

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 20 – October 22	100%
October 23 – November 5	80%
November 6 and after	No Refunds



Grades 2 – 8

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. The program 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. Limited availability to practice may impact your child's ability to participate as nights, times and locations of practice will be at the coach's discretion and will be determined at the coaches meeting. **Weeknight practices begin November 29, 2021. 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. Basketballs will be provided.

Teams for grades 2 – 3 will be drafted in house by Recreation and Parks Staff based on availability to practice, grade and rating. Teams for grades 4 – 8 will be drafted by the coaches on the night of the Coaches Meeting & Draft, November 15th. Please ensure that you have correctly indicated your child's availability at registration.

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 19

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 Avon Middle School – Gymnasium:

BOYS GRADES 4 – 8 – SATURDAY, OCTOBER 23

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 – TUESDAY, OCTOBER 26

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.



Saturday games will tentatively begin December 11, 2021. 12/11/21 – 3/5/22 (No games on 12/25, 1/1 or 2/19). 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 for your son or daughter's team. All coaches must be signed up by **September 24, 2021**, agree to a background check, concussion training and attend a coaches meeting. The **Coaches Meeting & Draft** will be on Monday, November 15, 2021 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. This Training Session will be held on Monday, November 22, 2021 at Pine Grove School – Gymnasium from 5:30 p.m. – 8:30 p.m.



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.

During the first two nights of the program, the teams will be formed and t-shirt sizes will be taken. 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: 9/15/21 – 11/15/21 (17 dates)

(No session on 10/11)

Time: 6:00 p.m. – 8:00 p.m.

Days: Monday and Wednesday

Location: Avon Middle School – Large Gym

Coach: Glenn Lazinsk and Staff

Grades: 5 – 8

Fee: \$130.00

Registration ends on September 5, 2021.



Group Hiking Series

NEW!!

Join hike leaders Tom and Norm for a new, fun, stress-free group hike every month! If it is your goal to spend more time outdoors – this program is for you! This hiking group is the perfect opportunity to explore/learn about Avon's parks and hiking trails, advance your hiking skills, and hike with great company. All levels welcomed. Hike leaders Tom and Norm will teach the basics to new hikers. Hikes will be led at a social pace, 2-3 hours, 3-4 miles, on moderate trails. Wear hiking boots and bring hiking poles and water. **Registration is required.**
Min: 3/Max: 20

Dates: 9/11/21, 10/2/21, 11/20/21
and 12/4/21

(4 dates to choose from)

Time: 9:00 a.m. – 12:00 p.m.

Day: Saturday

Location: Details available online

Instructors: Thomas Iezzi and
Norm Sondheimer

Fee: \$5.00/date
(No senior discount available)

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

Full Season: 11/22/21 – 3/28/22 (16 dates)
(No games on 12/27, 1/17 or 2/21)

½ Season A: 11/22/21 – 1/24/22 (8 dates)
(No games on 12/27 or 1/17)

½ Season B: 1/31/22 – 3/28/22 (8 dates)
(No games on 2/21)

Time: 8:00 p.m. – 9:30 p.m.

Day: Monday

Location: Avon Middle School – Large Gym

Supervisor: Bryan Block

Fee: \$75.00/full season or \$45.00/½ season
(No senior discount available)

Punch Cards are available for \$45.00 for 10 dates of your choice.



11

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. Please wear sneakers and bring a water bottle and a pickleball racquet if you have one. **Min: 10/Max: 16**

Dates: 9/23/21 – 12/9/21 (10 classes)
(No class on 11/4 or 11/25)

Time: 6:00 p.m. – 8:00 p.m.

Day: Thursday

Location: Avon Middle School – Large Gym

Supervisor: Joe Bowman

Fee: \$71.00 **Senior Fee:** \$63.90





PILATES

Come work your core along with stretching, toning, balance and flexibility. Pilates essential mat exercises are a safe and highly effective way to streamline your body without building bulk or stressing your joints. This class will leave you looking toned, feeling revitalized and moving with ease! Wear comfortable clothing and bring a yoga mat and water bottle. **Min: 8/Max: 25**

Dates: 9/15/21 – 10/20/21 (6 classes)

Time: 5:30 p.m. – 6:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Nancy Pandolfo

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

NEW!!

YOGA – MIXED LEVEL VINYASA FLOW

Join Yoga instructor Julie for a fun and light-hearted yoga class that links breath (pranayama) with postures (asanas), flowing through a series of poses to increase strength, flexibility & balance, as well as to reduce stress. This practice will incorporate vinyasa flow and some longer held poses, and will end with relaxation. Allow yourself to gain inner awareness, shift mind/body habits & cultivate peace through your practice. All levels are welcome – no experience is necessary. Please bring a yoga mat, blanket and a water bottle. **Min: 8/Max: 15**

Dates: 9/20/21 – 10/25/21 (5 classes)
(No class on 10/11)

Time: 6:00 p.m. – 7:00 p.m.

Day: Monday

Location: Community Room at Avon Senior Center

Instructor: Julie Erasmus

Fee: \$51.00 **Senior Fee:** \$45.90

NEW!!

STEP AEROBICS

Blast from the past Step Aerobics Class! Join fitness instructor Nancy in this high intensity/low impact group work out! Step Aerobics burns fat and calories without jumping or high impact moves that can put stress on your joints. This class will include a warm-up, workout, and a cool down stretch. Participants will need to bring their own step platform (steps can be purchased online or from local stores for under \$30). Wear comfortable clothing and bring a yoga mat and water bottle. **Min: 8/Max: 12**

Dates: 9/20/21 – 10/7/21 (6 classes)

Time: 9:00 a.m. – 10:00 a.m.

Days: Monday and Thursday

Location: Countryside Park

Instructor: Nancy Pandolfo

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

12

AGING MASTERY PROGRAM

The Aging Mastery Program 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. AMP incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools to achieve measurable improvements for aging well. **Min: 10/Max: 20**

Dates: 10/5/21 – 12/7/21 (10 classes)
Time: 10:00 a.m. – 11:30 a.m.
Day: Tuesday
Location: Community Room at Avon Senior Center
Instructor: Jennifer Bennett
Fee: None



Aging Mastery Program

National Council on Aging

NEW!!

BADMINTON (Drop in)

Come and play Badminton at Avon Senior Center. This is a drop-in activity, no commitment necessary. All levels of play are welcome. Instruction will be provided to beginners. Age 40+. Mask requirements will follow the latest Town of Avon and CDC requirements. Please wear comfortable shoes and clothing and bring a water bottle. **Min: 4/Max: 10**

Dates: 9/23/21 – 12/16/21 (12 classes)
(No class on 11/25)
Time: 6:30 p.m. – 8:30 p.m.
Day: Thursday
Location: Community Room at Avon Senior Center
Instructor: TBD
Fee: \$5.00/class
(No senior discount available)

CHAIR YOGA

Chair yoga is a gentle 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**

Dates: 9/24/21 – 11/12/21 (8 classes)
Time: 1:30 p.m. – 2:30 p.m.
Day: Friday
Location: Community Room at Avon Senior Center
Instructor: Diane Rho-Caputo
Fee: \$77.00 **Senior Fee:** \$69.30



NEW!!

SENIOR FITNESS

Our senior fitness class is designed for the active older adult focusing on functional strength, increasing flexibility and joint mobility along with balance and coordination. Class will include dynamic warm up, low impact aerobic conditioning and strengthening exercises. Please wear comfortable clothes and footwear and bring a water bottle, hand weights (5 lb or lighter) and an exercise mat. **Min: 10/Max: 16**

Session 1: 9/20/21 – 10/29/21 (16 classes)
(No class on 10/11 or 10/22)
Session 2: 11/8/21 – 12/17/21 (16 classes)
(No class on 11/19 or 11/26)
Time: 8:30 a.m. – 9:30 a.m.
Days: Monday, Wednesday and Friday
Location: Community Room at Avon Senior Center
Instructor: Select Physical Therapy
Fee: \$101.00 **Senior Fee:** \$90.90

NEW!!

TABLE TENNIS (Drop In)

Come and play Table Tennis at Avon Senior Center. This is a drop-in activity, no commitment necessary. All levels of play are welcome. Instruction will be provided to beginners. Age 40+. Mask requirements will follow the latest Town of Avon and CDC requirements. Please wear comfortable shoes and clothing and bring a water bottle. **Min: 4/Max: 10**

Dates: 9/21/21 – 12/21/21 (14 classes)
Time: 6:30 p.m. – 8:30 p.m.
Day: Tuesday
Location: Community Room at Avon Senior Center
Instructor: TBD
Fee: \$5.00/class
(No senior discount available)

13

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: 10/6/21 – 12/15/21 (10 classes)
(No class on 11/24)

Time: 4:00 p.m. – 5:00 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

Fee: \$61.00 **Senior Fee:** \$54.90



14



VIRTUAL ZUMBA GOLD LOW IMPACT *(through Zoom)*

Love to dance? Enjoy the health benefits of this energetic, feel good, total body workout set to Latin and International rhythms. This is a medium intensity, low impact class, designed to be gentler on your knees. The class is perfect for anyone that is looking for a fun way to exercise and still log in at least 5,000 steps per class. No experience necessary, just a willingness to have fun. If you love to dance, this class is for you. Please wear comfortable clothing and smooth-soled sneakers and have a water bottle and towel. This is a virtual program. Participants will receive a Zoom link by email before the start of class. **Min: 8/Max: 15**

MONDAYS

Dates: 10/4/21 – 12/13/21 (10 classes)
(No class on 10/11)

Time: 5:45 p.m. – 6:45 p.m.

Day: Monday

Location: Virtual

Instructor: Denise Lipka

Fee: \$74.00 **Senior Fee:** \$66.60

Wednesdays

Dates: 9/29/21 – 12/15/21 (11 classes)
(No class on 11/24)

Time: 5:45 p.m. – 6:45 p.m.

Day: Wednesday

Location: Virtual

Instructor: Denise Lipka

Fee: \$80.00 **Senior Fee:** \$72.00

IMPORTANT DATES TO REMEMBER

2021 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 5, 2021
- ☑ Fee: \$130.00

PROGRAM DATES:

- ☑ September 15, 2021 – November 15, 2021
(Mondays and Wednesdays)
(No session on 10/11)

INTRODUCTORY/RATING SESSION AT AVON MIDDLE SCHOOL – GYMNASIUM:

- ☑ Wednesday, September 15, 2021:
Grades 5 – 6 rating: 6:00 p.m. – 7:00 p.m.
Grades 7 – 8 rating: 7:00 p.m. – 8:00 p.m.



Recreation Youth Basketball League Boys and Girls Grades 2 - 8

REGISTRATION:

- ☑ August 20, 2021 – September 24, 2021
- ☑ Fee: \$130.00
- ☑ Registrations beginning September 25, 2021 will be subject to a \$25 late fee.
- ☑ NO registrations will be accepted after October 12, 2021!

PROGRAM DATES:

- ☑ Weeknight Practices begin November 29, 2021
- ☑ Tentative Game Schedule – May change slightly
December 11, 2021 – March 5, 2022
(Saturday Games)
(No games on December 25, January 1 or February 19)

MANDATORY RATING SESSIONS AT PINE GROVE SCHOOL – GYMNASIUM:

- ☑ Boys and Girls grade 3 – Tuesday, October 19, 2021
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 AVON MIDDLE SCHOOL – GYMNASIUM:

- ☑ Boys Grades 4 – 8 – Saturday, October 23, 2021
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 – Tuesday, October 26, 2021
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.



2021 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!

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

REGISTRATION:

- ☞ September 27, 2021 – October 29, 2021
(Or when all available spots are filled)

PROGRAM DATES:

- ☞ Avon Middle School
January 11, 2022 – February 8, 2022 (Tuesdays)
- ☞ Thompson Brook School
January 13, 2022 – February 10, 2022 (Thursdays)

SKI SAFETY MEETING

at Thompson Brook School – Cafeteria:

- ☞ MANDATORY attendance by all participants to our program, along with their parents.
- ☞ Wednesday, December 1, 2021 – The time is yet to be determined (Snow date: December 8).

