



**AVON**  
**RECREATION**  
**& PARKS**

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*2016-17*  
**WINTER/SPRING**  
PROGRAMS

## OFFICE

60 West Main Street  
Avon, CT 06001

## CONTACT

**Phone:** (860) 409-4332  
**Fax:** (860) 409-4334  
**Cancellation Line:** (860) 409-4365  
**Web Address:** [www.avonrec.com](http://www.avonrec.com)  
**Town Web Address:** [www.avonct.gov](http://www.avonct.gov)  
**Email:** [avonrec@avonct.gov](mailto:avonrec@avonct.gov)  
**Facebook Page:**  
<https://www.facebook.com/pages/Avon-Recreation-and-Park-Department/340561826133921>

## STAFF

### Director

**Ruth Checko** - [rchecko@avonct.gov](mailto:rchecko@avonct.gov)

### Administrative Coordinator

**Sharon Brummert** - [sbrummert@avonct.gov](mailto:sbrummert@avonct.gov)

### Administrative Secretary:

**Usha Srivel** - [usrivel@avonct.gov](mailto:usrivel@avonct.gov)

### Recreation Consultant - Programs

**Bonnie Daly** - [recdaly@comcast.net](mailto:recdaly@comcast.net)

### Avon Senior Center/Community Room

635 West Avon Road  
Avon, CT 06001  
(860) 675-4353

**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](mailto:jbennett@avonct.gov)

### Senior Center Administrative Secretary

**Keisha Freckleton** –  
[kfreckleton@avonct.gov](mailto:kfreckleton@avonct.gov)

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Brochure Design by:  
Cheryl Gioielli, [Gioielli-Design.com](http://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.

[www.AvonRec.com](http://www.AvonRec.com) (860) 409-4332



## DEPARTMENT POLICIES

### 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.

### CANCELLATION INFORMATION

**Cancellations due to inclement weather will not be made up unless otherwise noted. Cancellations due to circumstances beyond our control will not be made up or refunded. To learn of cancellations:**

- Recreation Cancellation Line after 8:30 a.m. (860) 409-4365
- WFSB Early Warning Network
- Email Blasts to [myrec.com](http://myrec.com) account holders

Remember, if the Avon Public Schools have an early dismissal or closing, all recreation activities will be cancelled.

### 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 videotape and/or take photographs of participants enrolled in recreation activities, classes or programs. You hereby release and permit the Town of Avon to utilize for said promotional purposes any photographs and/or videotapes of you or your minor child engaged in the recreational activities.

### SPECIAL ACCOMMODATIONS

The Avon Recreation and Parks Department welcomes persons with disabilities in all programs and services. If you require reasonable accommodations to a recreation program in order to participate, please indicate this on your registration form and call the Recreation and Parks Department at least 2 weeks prior to the start of the program at 860-409-4332.

### FINANCIAL ASSISTANCE

Confidential program subsidy is available for those 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).

## PARKS

### DUMPSTERS

Avon Parks 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

## REGISTRATION DATES & PROCEDURES

### ONLINE REGISTRATIONS

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

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

### 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 Wednesday, March 1, 2017. Proposal forms are available by accessing the Town's web page at [www.avonct.gov](http://www.avonct.gov) under "Quick Links" Public Bids and RFP's or at the Avon Recreation and Parks Office. Proposals must be submitted in a sealed envelope marked "Proposal for Recreation Programs".

*Our Summer Brochure will be mailed to Avon residents, and be available online for registration starting in late April, 2017.*

## registration

### GENERAL REGISTRATION INFORMATION

The grade listed for programs indicates the grade your child is currently in (2016/2017 school year).

PLEASE register early and on time! Many classes are very popular and people know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. All of our classes are self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about 1 week before the program is due to start) that a program must be canceled if there aren't enough people registered. Very often people look to register after the program has been canceled, and if the registrations were done earlier, in many cases, the program would have run. So, if you know you want to take a class, please register early. Minimum and maximum enrollments are listed for each activity and must be enforced to ensure the quality of the program.

PLEASE NOTE: If the minimums for a program are not met one week prior to the start of the program, the program will be cancelled and you will be refunded 100%.

**Program fees will not be pro-rated for any reason!**

**The Recreation and Parks Department reserves the right to cancel any program due to low enrollment.**

### DROP BOX

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

**WE DO NOT ACCEPT PHONE REGISTRATIONS!!**

### CAMP DISCOVERY FOR STUDENTS ENTERING GRADES 4-7, WILL HAVE A NEW FACE

*2 field trips per session and swimming/activities*

*at Sycamore the other 3 days per session.*



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**Tentative Camp start date June 26, 2017.**

*Summer Fun and Camp Discovery will be open only to Avon Residents.*

## MEN'S OPEN SOFTBALL

This is a men's open softball program and teams are formed each week.

**Dates:** 4/23/17 – 11/5/17  
(Program on 5/21 and 5/28 will be at Avon Middle School)

**Time:** 9:30 a.m. – 11:30 a.m.

**Day:** Sunday

**Location:** Fisher Meadows Softball/Baseball Field #3 (Location changes after August to Thompson Brook School)

**Fee:** \$55.00 for the season and registration is online at [www.avonrec.com](http://www.avonrec.com)



### drop in activities

## Pay at the Door



### MEN'S OVER 35 BASKETBALL

**Dates:** 1/9/17 – 3/27/17  
(No basketball on 1/16 or 2/20)

**Time:** 8:00 p.m. – 9:45 p.m.

**Day:** Monday

**Location:** Avon Middle School – Gym

**Fee:** \$5.00 at the door

### MEN'S OPEN BASKETBALL

(age 18 and out of high school)

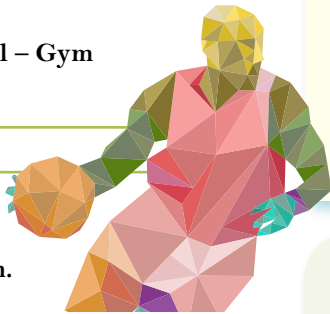
**Dates:** 1/4/17 – 3/29/17

**Time:** 8:00 p.m. – 9:45 p.m.

**Day:** Wednesday

**Location:** Avon Middle School – Gym

**Fee:** \$5.00 at the door



### PICKLEBALL

**Dates:** 1/23/17 – 4/24/17  
(No pickleball on 2/20 or 4/10)

**Time:** 7:30 p.m. – 9:00 p.m.

**Day:** Monday

**Location:** Roaring Brook School – Gym

**Fee:** \$5.00 at the door



## special interest

### April Vacation Mini Camp – Artist at Work

Local artist will instruct students on different art projects each day. Main projects will be Piñata Making, polymer clay/jewelry and Tie Dye. Please bring a snack, lunch, water bottle, a smock or an old shirt to protect clothing and outdoor clothing. **Min: 6/Max: 12**

**Dates:** 4/11/17 – 4/13/17

**Time:** 8:30 a.m. – 3:00 p.m.

**Days:** Tuesday – Thursday

**Location:** Countryside Park

**Instructor:** Boni Rothman

**Grades:** 3 – 6

**Fee:** \$150.00

### Fit Kids Vacation Fun 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: 30 per day**

**Dates:** 4/10/17 – 4/13/17

**Time:** 9:00 a.m. – 3:00 p.m.

**Days:** Monday – Thursday for 2, 3, or 4 days

**Location:** Roaring Brook School – Gym

**Instructor:** Fit Kids Fun Camp Staff

**Grades:** K – 5

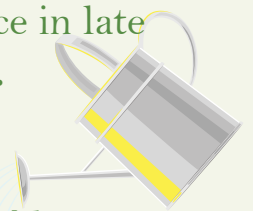
**Fees:** 2 days – \$99.00  
3 days – \$141.00  
4 days – \$181.00

## COMMUNITY GARDEN PLOTS – ALSOP MEADOWS

Available by calling the office in late March. **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.





# Thank You!

## Help your Neighbor Fair

Thank you for making Neighbors Helping Neighbors so successful. We collected over 616 books for Read to Grow.

## Flag Football League

The Avon Recreation and Parks Department would like to thank the flag football volunteer Coordinator and Coaches for their efforts this fall. Your dedication and hard work made for a very successful season.

## YOUTH CLASSES & ACTIVITIES

### Babysitter Safety 101

This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. Other topics include hand washing, diapering, bottle feeding, personal safety, interview skills and many more. Booklet, handouts and Babysitter Safety Certificate of completion included. **Min: 8/Max: 15**

- Date:** 3/4/17
- Time:** 9:00 a.m. – 1:00 p.m.
- Day:** Saturday
- Grades:** 5-12
- Location:** Thompson Brook School – Cafeteria
- Instructor:** Carmelle Migliore
- Fee:** \$61.00

### Advanced Babysitter Safety 102

This course is for youth with a *sincere interest* in advanced concepts and skills of First Aid including CPR certification. Building on the entry level skills from Babysitter 101, objectives for this scenario based, expanded course includes additional First Aid concept, Adult/Child and Infant CPR. Requires written and skills testing to receive 2 year certification. Student receives book and handouts. Prerequisite: Babysitter Safety 101 within the last 365 days. **Min: 8/Max: 15**

- Date:** 3/11/17
- Time:** 10:00 a.m. – 1:00 p.m.
- Day:** Saturday
- Ages:** 12 – 16+
- Location:** Thompson Brook School – Cafeteria
- Instructor:** Carmelle Migliore
- Fee:** \$61.00



## special events



### 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:** 5/8/17
- Time:** 6:00 p.m. – 8:00 p.m.
- Day:** Monday
- Grades:** Kindergarten – 8  
(K – 5 should be accompanied by a parent)
- Location:** Community Room at Avon Senior Center
- Instructor:** DEEP Conn. Aquatic Resources Education staff
- Fee:** \$10.00 (per adult, no fee for children – everyone must register)



#### FIELD DAY:

- Dates:** 5/13/17
- Time:** 9:00 a.m. – 12:00 p.m.
- Day:** Saturday
- Grades:** Kindergarten – 8  
(K – 5 should be accompanied by a parent)
- Location:** Spring Lake in Fisher Meadows
- Instructor:** DEEP Conn. Aquatic Resources Education staff

## youth classes & activities



### 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 Road Race on June 11<sup>th</sup>. 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](http://www.MPowerYouthSports.com). The program fee includes a t-shirt. Race registration is not included in the program fee. **Min: 8/Max: 40**

**Dates:** 4/19/17 – 6/7/17  
(Road Race is on Sunday, 6/11/17)  
**Time:** 6:00 p.m. – 7:00 p.m.  
**Day:** Wednesday  
**Grades:** 1 – 8  
**Location:** Roaring Brook School Field  
**Instructor:** Krissy Mok  
**Fee:** \$86.00



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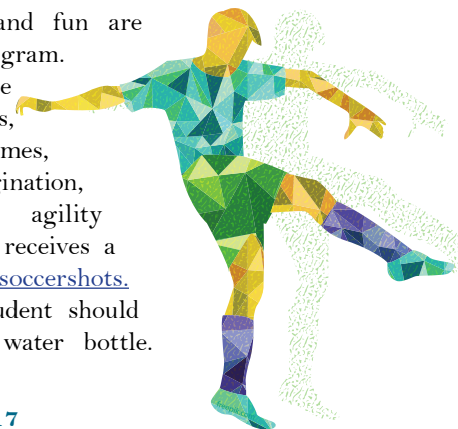
### GIRLS RHYTHMIC GYMNASTICS

Our club teaches skills such as flexibility, strength, coordination and proper posture alignment. In the sport, we combine dance and grace with elements like ball, hoop, ribbon and ropes to perform routines with music. Rhythmic gymnastics does not necessarily use tumble moves, but flexibility moves like splits, rolls, cartwheels, etc. Please wear sneakers and running clothes and have hair up. **Min: 8/Max: 12**

**Dates:** 2/3/17 – 3/31/17  
(No class on 2/17)  
**Time:** 5:00 p.m. – 5:45 p.m.  
**Day:** Friday  
**Grades:** K – 6  
**Location:** Avon Middle School – Small Gym  
**Instructor:** Nicole Berman and Rhythmic Gymnastics Staff  
**Fee:** \$86.00

### SOCCER SHOTS – Introducing Your Child to the World's Greatest Game

Soccer Shots sessions are professionally designed 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 and fun are guaranteed in this exciting program. Each session incorporates the following: basic soccer skills, exclusive Soccer Shots games, word of the day, use of imagination, coordination, balance and agility development. Each participant receives a Soccer Shots shirt. Visit [www.soccershots.org](http://www.soccershots.org) for more information. Student should wear sneakers and bring a water bottle. **Min: 8/Max: 20**



**Dates:** 4/22/17 – 6/17/17  
(No class on 5/27)  
**Time:** 9:00 a.m. – 9:45 a.m.  
**Day:** Saturday  
**Ages:** 3 – 4  
**Location:** Roaring Brook School – Field  
**Instructor:** Shannon Perry  
**Fee:** \$113.00

**Dates:** 4/22/17 – 6/17/17  
(No class on 5/27)  
**Time:** 10:00 a.m. – 10:45 a.m.  
**Day:** Saturday  
**Ages:** 4 ½ – Kindergarten  
**Location:** Roaring Brook School – Field  
**Instructor:** Shannon Perry  
**Fee:** \$113.00

## Swim Lessons

Group swimming lessons will be taught by trained Water Safety Instructors.

**Min: 4/Max: 8**

See below for a description of the different levels:

### LEVEL 1

Instructor works with swimmers to get them comfortable in the water and to gain basic aquatic skills. *Bubbles will be used in this class.*

**Date:** 2/26/17 – 4/2/17

**Time:** 9:00 a.m. – 9:30 a.m. or  
10:00 a.m. – 10:30 a.m.

**Day:** Sunday

**Location:** Farmington Farms – Pool

**Instructor:** Farmington Farms Staff

**Ages:** 4 and up

**Fee:** \$100.00

### LEVEL 2

Swimmers improve basic front and back crawl, along with submerging their faces in the water. *Bubbles will be used in this class.*

**Dates:** 2/26/17 – 4/2/17

**Time:** 9:30 a.m. – 10:00 a.m.

**Day:** Sunday

**Location:** Farmington Farms – Pool

**Instructor:** Farmington Farms Staff

**Ages:** 4 and up

**Fee:** \$100.00

### LEVEL 3

Swimmers learn freestyle with rotary breathing and elementary backstroke, along with the kicks for upper level strokes. *Bubbles (flotation devices) may be used in this class.*

**Dates:** 2/26/17 – 4/2/17

**Time:** 10:30 a.m. – 11:00 a.m.

**Day:** Sunday

**Location:** Farmington Farms – Pool

**Instructor:** Farmington Farms Staff

**Ages:** 4 and up

**Fee:** \$100.00



## Junior Tennis

Fun is the goal! This class is designed for new players and those with some experience. Footwork and hand, eye coordination drills are introduced to develop general athletic ability. Children will also be taught court positioning, score keeping, and etiquette. The program will cover all shots and basic skills needed for rapid improvement. USTA approved, low compression, age appropriate balls will be used to promote ease of play and faster success. Students must wear sneakers and a warm-up suit. Racquets may be available upon request, but bring your own racquet if you have one. **Min: 5/Max: 8**

### KINDERGARTEN – 1

**Dates:** 1/22/17 – 3/5/17  
(No class on 2/19)

**Time:** 11:30 a.m. – 12:00 p.m.

**Day:** Sunday

**Location:** Farmington Farms Tennis & Athletic Club

**Instructor:** Farmington Farms Staff

**Fee:** \$59.00

### GRADES 2 – 3

**Dates:** 1/22/17 – 3/5/17  
(No class on 2/19)

**Time:** 12:00 p.m. – 1:00 p.m.

**Day:** Sunday

**Location:** Farmington Farms Tennis & Athletic Club

**Instructor:** Farmington Farms Staff

**Fee:** \$106.00

### GRADES 4 – 6

**Dates:** 1/22/17 – 3/5/17  
(No class on 2/19)

**Time:** 1:00 p.m. – 2:00 p.m.

**Day:** Sunday

**Location:** Farmington Farms Tennis & Athletic Club

**Fee:** \$106.00

## Tumble Bunnies

### PRESCHOOL MOVEMENT AND GYMNASTICS

Tumble Bunnies is a pre-school movement and 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. Children should wear comfortable clothing and sneakers. **Min: 5/Max: 15**

**Dates:** 3/29/17 – 5/10/17  
(No Class on 4/12)

**Time:** 5:00 – 5:40 p.m. (2 – 3 year olds)  
5:45 – 6:25 p.m. (4 – 6 year olds)

**Day:** Wednesday

**Location:** Roaring Brook School – Gym

**Instructor:** David Avezzie and Tumble Bunny Staff

**Fee:** \$92.00



## adult, boomer & senior programs

### ACTIVE ADULT CLASSES

#### CHALK PAINT – REVIVING AN OLD PIECE OF FURNITURE

Learn some decorative painting techniques to dazzle your friends/family! Do you have an old picture frame, stool, small table or small piece of furniture hanging around? Revive it with the magic of chalk painting. Please wear old clothing. A supply list will be provided. **Min: 4/Max: 8**

**Dates:** 1/19/17 and 1/26/17

**Time:** 6:30 p.m. – 8:30 p.m.

**Day:** Thursday

**Location:** Avon Senior Center/Craft Room

**Instructor:** Boni Rothman

**Fee:** \$55.00 **Senior Fee:** \$49.50



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#### INDOOR ROWING

Group indoor rowing classes are similar to spinning classes, except that every major muscle group is involved. It's a nonimpact workout where you can go at your own pace to build cardio, strength, bone integrity and respiratory systems. You can enjoy your favorite music and watch interesting viewing on our screens that make it fun for all. No prior experience is needed but a desire for a healthy workout. Please wear exercise clothes and bring a water bottle. **Min: 4/Max: 8**

**Session 1:** 1/14/17 – 2/18/17

**Session 2:** 3/4/17 – 4/8/17

**Time:** 8:00 a.m. – 9:00 a.m.

**Day:** Saturday

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

**Instructor:** Power 10 Staff

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

#### INTRODUCTION TO PICKLEBALL – CO-ED

Learn the hottest new racquet sport of 2016. The class covers specialized shot making required to play, scoring, positioning and strategy. Wear comfortable clothing and sneakers and bring a water bottle. **Min: 6/Max: 12**

**Dates:** 2/2/17 – 3/9/17

**Time:** 1:00 p.m. – 2:00 p.m.

**Day:** Thursday

**Location:** Farmington Farms

**Instructor:** Farmington Farms Staff

**Fee:** \$90.00 **Senior Fee:** \$81.00



**SELF-COMPASSION  
PRACTICE IN ACTION –  
LOVING YOURSELF WELL**

Join Angela Mazur, LCSW, LLC and Theresa Nygren, LCSW for a rich experiential afternoon of mindful, self-compassion practices. Learn how to be less critical of yourself, handle difficult emotions with ease and overall be more kind to yourself. Research shows that mindful self-compassion practices can improve overall well-being. **Min: 12/Max: 20**

**Date:** 2/12/17  
**Time:** 1:00 p.m. – 4:00 p.m.  
**Day:** Sunday  
**Location:** Countryside Park  
**Instructor:** Angela Mazur, LCSW, LLC and Theresa Nygren, LCSW  
**Fee:** \$55.00 **Senior Fee:** \$49.50



**TAZ LOW IMPACT AEROBICS**

This easy to follow low impact workout includes cardiovascular and strength training and is great for the senior population. Balance and stretching are incorporated into this popular workout designed for various fitness levels. The music is fun and motivating! **Min: 20/Max: 30**

**SESSION 1:**

**Dates:** 1/9/17 – 3/31/17  
(No class on 1/16 or 2/20)  
**Time:** 9:25 a.m. – 10:25 a.m.  
**Day:** Monday, Wednesday & Friday  
**Location:** Valley Community Baptist Church  
**Instructor:** Terri Ziemnicki  
**Fee:** \$133.00 **Senior Fee:** \$119.70

**SESSION 2:**

**Dates:** 4/17/17 – 6/16/17  
(No class on 5/29)  
**Time:** 9:25 a.m. – 10:25 a.m.  
**Day:** Monday, Wednesday & Friday  
**Location:** Valley Community Baptist Church  
**Instructor:** Terri Ziemnicki  
**Fee:** \$124.00 **Senior Fee:** \$111.60

*Punch Cards are available for \$50.00 for 10 classes for those participants who will be out of town for part of the session.*



**TAZ'S FITNESS CHALLENGE**

This high intensity, low impact class varies with cardiovascular, interval & strength training. Enjoy an athletic workout incorporating hi-lo aerobics with a resistance training challenge using weights, body bars and bands. Class includes balance and floor work. Bring your own mat, water bottle, hand held weights, body bar and wear sneakers. **Min: 20/Max: 30**

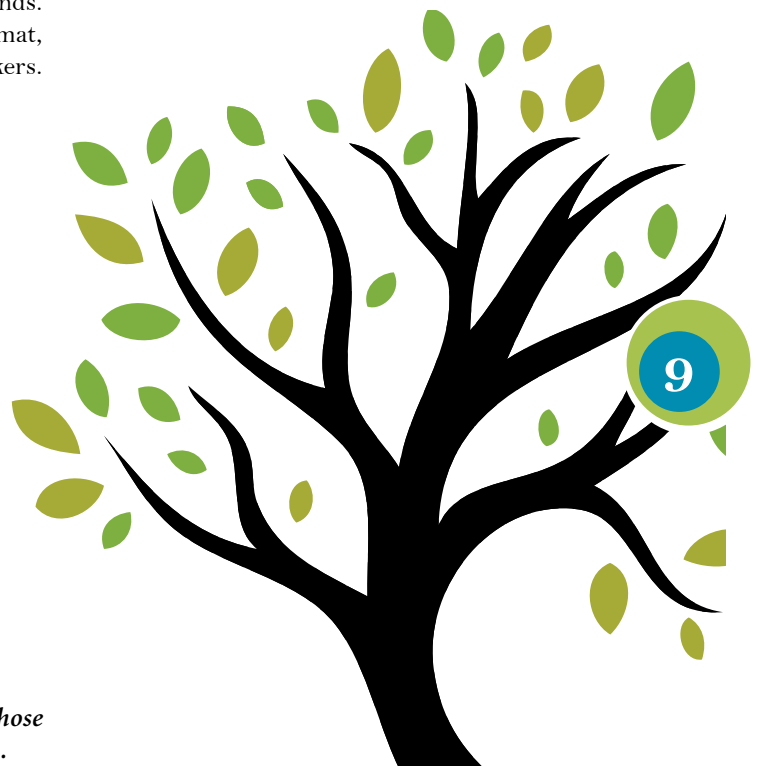
**SESSION 1:**

**Dates:** 1/9/17 – 3/31/17  
(No class on 1/16 or 2/20)  
**Time:** 8:15 a.m. – 9:15 a.m.  
**Day:** Monday, Wednesday & Friday  
**Location:** Valley Community Baptist Church  
**Instructor:** Terri Ziemnicki  
**Fee:** \$133.00 **Senior Fee:** \$119.70

**SESSION 2:**

**Dates:** 4/17/17 – 6/16/17  
(No class on 5/29)  
**Time:** 8:15 a.m. – 9:15 a.m.  
**Day:** Monday, Wednesday & Friday  
**Location:** Valley Community Baptist Church  
**Instructor:** Terri Ziemnicki  
**Fee:** \$124.00 **Senior Fee:** \$111.60

*Punch Cards are available for \$50.00 for 10 classes for those participants who will be out of town for part of the session.*





**TENNIS – ADULT CO-ED**

This is an instructional clinic for beginner or intermediate tennis players. The goal is to develop a total tennis player. Beginners will learn the forehand, backhand, volley and serve. Basic strategies and scoring will be discussed. Learn how to get a rally started properly. Emphasis will be on proper stroke, production, basic positioning. Each student will leave with a better understanding of the game. Please wear sneakers and bring your own racquet.

Sunday Lessons: **Min: 5/Max: 8;**  
Monday and Tuesday Lessons: **Min: 3/Max: 4**

**Dates:** 1/22/17 – 3/5/17  
(No class on 2/19)  
**Time:** 2:00 p.m. – 3:00 p.m.  
**Day:** Sunday  
**Location:** Farmington Farms – Tennis Courts  
**Instructor:** Farmington Farms Staff  
**Level:** Beginners/Low Intermediates  
**Fee:** \$106.00 **Senior Fee:** \$95.40

**Who:** BEGINNERS  
**Session 1:** 1/10/17 – 2/14/17  
**Session 2:** 2/28/17 – 4/4/17  
**Session 3:** 4/18/17 – 5/23/17  
**Time:** 6:00 p.m. – 7:00 p.m.  
**Day:** Tuesday  
**Location:** Farmington Farms – Tennis Courts  
**Instructor:** Farmington Farms Staff  
**Fee:** \$77.00 **Senior Fee:** \$69.30

**Who:** INTERMEDIATES  
**Session 1:** 1/10/17 – 2/14/17  
**Session 2:** 2/28/17 – 4/4/17  
**Session 3:** 4/18/17 – 5/23/17  
**Time:** 7:00 p.m. – 8:00 p.m.  
**Day:** Tuesday  
**Location:** Farmington Farms – Tennis Courts  
**Instructor:** Farmington Farms Staff  
**Fee:** \$77.00 **Senior Fee:** \$69.30



**WALLEYBALL – ADULT CO-ED**

Walleyball is a version of volleyball played against a wall! Come and join a fun, safe and energetic atmosphere for all! Please wear sneakers and comfortable clothing and bring a water bottle. **Min: N/A Max: 28**

**Dates:** 1/18/17 – 3/8/17  
**Time:** 7:30 p.m. – 9:00 p.m.  
**Day:** Wednesday  
**Location:** Avon Middle School – Small Gym  
**Instructor:** Kim Moretti, Varsity Coach, Avon High School  
**Fee:** \$61.00 **Senior Fee:** \$54.90

**WAVE**

**(Women Against Violence Everywhere)**

The WAVE women's self-defense program is a comprehensive program that deals with real life scenarios and situations. The program teaches participants the proper way to deal with threatening and dangerous situations that may arise. Please wear comfortable clothing – no open toed shoes or skirts. **Min: 10/Max: 42**

**Who:** Women in Grade 9 – Adults  
**Date:** 3/27/17  
**Time:** 6:30 p.m. – 8:30 p.m.  
**Day:** Monday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Master Dominick Violante  
**Fee:** \$36.00 **Senior Fee:** \$32.40



**TENNIS FOR WOMEN – MORNING GROUP**

**Who:** WOMEN  
**Session 1:** 1/9/17 – 2/13/17  
**Session 2:** 2/27/17 – 4/3/17  
**Session 3:** 4/17/17 – 5/22/17  
**Time:** 9:30 a.m. – 10:30 a.m.  
**Day:** Monday  
**Location:** Farmington Farms – Tennis Courts  
**Instructor:** Farmington Farms Staff  
**Fee:** \$77.00 **Senior Fee:** \$69.30

**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. Each class will consist of warm-up poses, postures for all levels and ages, breathing and a relaxation at the end. This class is for all levels and ages. Wear loose, comfortable clothing, bring a mat and a water bottle. **Min: 10/Max: 25**

**Session 1:** 2/15/17 – 4/5/17

**Session 2:** 4/19/17 – 6/7/17

*(Classes on 5/10 and 5/31 will be held at the Avon Free Public Library)*

**Time:** 6:30 p.m. – 7:30 p.m.

**Day:** Wednesday

**Location:** Community Room at Avon Senior Center

**Instructor:** Nancy Brooks

**Fee:** \$66.00      **Senior Fee:** \$59.40



**YOGA (EARLY BIRDS)**

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. Each class will consist of warm-up poses, postures for all levels and ages, breathing and a relaxation at the end. This class is for all levels and ages. Wear loose, comfortable clothing, bring a mat and a water bottle. **Min: 8/Max: 12**

**Dates:** 1/25/17 – 3/1/17

**Time:** 9:30 a.m. – 10:30 a.m.

**Day:** Wednesday

**Location:** Community Room at Avon Senior Center

**Instructor:** Nancy Brooks

**Fee:** \$62.00      **Senior Fee:** \$55.80

**ZUMBA CARDIO PARTY**

Zumba Fitness is a fusion of Latin and International music combined with a cardio workout. The class combines all elements of fitness: cardio, muscle conditioning, balance-core and flexibility. Take the “work” out of workout, have fun and enjoy the Party! Wear workout clothing and non-grip sneakers and bring a water bottle. **Min: 5/Max: 20**

**Dates:** 1/10/17 – 4/6/17

*(No class on 2/14)*

**Time:** 6:15 p.m. – 7:15 p.m.

**Day:** Tuesdays and Thursdays

**Location:** Community Room at Avon Senior Center

**Instructor:** Laura Mensi

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



## Activities Sponsored by the AVON Senior Center

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

Date: 3/25/17

Trip: Boston "On Your Own!"

Date: 4/22/17

Trip: 9/11 Museum, 9/11 Memorial & One World Observatory

Date: 5/6/17

Trip: Bronx Zoo with Total Experience Ticket

Date: 6/15/17

Trip: Casino & a Show – Twin River Casino & Four by Four Show

Date: 7/1/17 – 7/3/17

Trip: 154th Anniversary of the Civil War, Gettysburg & Philadelphia

Date: 7/18/17 – 7/21/17

Trip: Quebec City – Tall Ships Regatta

Date: 7/25/17

Trip: Block Island – Beaches, Bluffs & Bays

Date: 8/3/17

Trip: Saratoga

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Date: 8/29/17

Trip: Lobster Feast & The Don who? Variety Show at the Log Cabin

Date: 9/12/17

Trip: Newport Playhouse & Cabaret Restaurant

Date: 9/20/17

Trip: Big E – CT Day

Date: 9/22/17

Trip: Cape Cod Scallop Festival & Mystery Stop Tour

For details, please visit:

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



### BASIC BALLET

This class begins with a full body stretch, review (or introduction for new students) of basic ballet terminology, basic exercises and center work. We finish with a stretch, leaving you relaxed and energized! Please wear comfortable clothes and ballet shoes. **Min: 6/Max: 12**

Dates: 1/25/17 – 3/29/17

Time: 10:30 a.m. – 11:15 a.m.

Day: Wednesday

Location: Spotlight Dance Center  
(45 South Main Street, Unionville)

Instructor: Amy Perales

Fee: \$84.00 Senior Fee: \$75.60



### INDOOR ROWING FOR SENIORS

Group indoor rowing classes are similar to spinning classes, except that every major muscle group is involved. It's a nonimpact workout where you can go at your own pace to build cardio, strength, bone integrity and respiratory systems. You can enjoy your favorite music and watch interesting viewing on our screens that make it fun for all. No prior experience is needed but a desire for a healthy workout. Please wear exercise clothes and bring a water bottle.

**Min: 4/Max: 8**

Session 1: 1/18/17 – 2/22/17

Session 2: 3/1/17 – 4/5/17

Time: 11:00 a.m. – 12:00 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



### CRAFTS FOR ADULTS

We will be doing a different theme each week. Painted picture frames, glass painting, decoupage, wreath making, switch plate covers and painted tote bags. A supply list will be provided. **Min: 4/Max: 10**

**Dates:** 2/2/17 – 3/9/17  
**Time:** 6:00 p.m. – 8:00 p.m.  
**Day:** Thursday  
**Location:** Avon Senior Center/Craft Room  
**Instructor:** Boni Rothman  
**Fee:** 152.00      **Senior Fee:** \$136.80

### DRAWING

Whether you are interested in a refresher course, or drawing for the first time. Drawing is the prerequisite for all art work including all forms of painting, sculpture and mixed media. **Min: 4/Max: 10**

**Dates:** 4/6/17 – 5/11/17  
**Time:** 6:00 p.m. – 7:30 p.m.  
**Day:** Thursday  
**Location:** Avon Senior Center/Craft Room  
**Instructor:** Boni Rothman  
**Fee:** 152.00      **Senior Fee:** \$136.80

### GLASS PAINTING

Sample wine glasses and bottle candles will be provided to paint, or you may bring your own item from home. You can watch the instructor demo step-by-step and follow along, or be free to delve into your creativity and design your own! **Min: 4/Max: 10**

**Date:** 3/14/17  
**Time:** 6:00 p.m. – 8:00 p.m.  
**Day:** Tuesday  
**Location:** Avon Senior Center/Craft Room  
**Instructor:** Boni Rothman  
**Fee:** \$35.00      **Senior Fee:** \$31.50

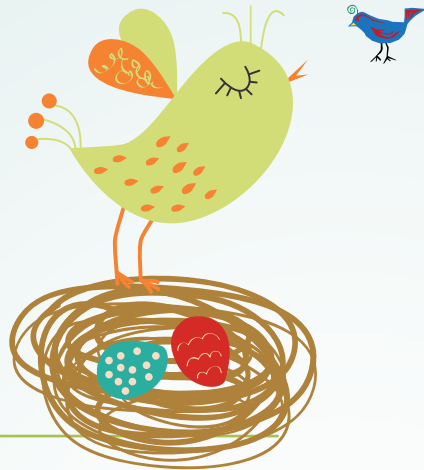


## It's All About You – Personal Strategic Planning Tips for Happiness and Success

Join Happiness and Success GPS's Chip Janiszewski for an interactive personal development workshop which will cover the development and maintenance of a Positive Mindset and then provide the tools and techniques to help guide you down the road to happiness and success in the various areas of your life and career. **Min: 5/Max: 30**

**Date:** 4/24/17  
**Time:** 6:00 p.m. – 8:00 p.m.  
**Day:** Monday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Chip Janiszewski  
**Fee:** \$49.00      **Senior Fee:** \$44.10





### SIMPLE STRETCH

Join us for a soft, simple stretch for the mind and body. Loosen yourself in the music as you stretch from head to toe. A wonderful class for the less mobile, inflexible person, yet suitable for anyone. Please wear comfortable clothes and bring a yoga mat if you like, a blanket for the closing song and socks. **Min: 6/Max: 12**

**Dates:** 1/27/17 – 3/31/17  
**Time:** 10:45 a.m. – 11:30 a.m.  
**Day:** Friday  
**Location:** Spotlight Dance Center  
 (45 South Main Street, Unionville)  
**Instructor:** Amy Perales  
**Fee:** \$84.00     **Senior Fee:** \$75.60

### TAI CHI

Tai Chi has been proven through scientific study to improve joint health, strengthen muscle, increase flexibility and reduce stress-based illnesses. This program is especially suited for seniors and people suffering from arthritis and osteoporosis. **Min: 10/Max: 20**

**Session 1:** 1/11/17 – 3/15/17  
**Session 2:** 3/29/17 – 6/14/17  
 (No class on 5/10 or 5/31)  
**Time:** 2:30 p.m. – 3:30 p.m.  
**Day:** Wednesday  
**Location:** Community Room at  
 Avon Senior Center  
**Instructor:** Ken Zaborowski  
**Fee:** \$61.00     **Senior Fee:** \$54.90



### TAP DANCE

This class offers a wonderful opportunity to get your exercise in a unique and fun way. During each class we start with a gentle stretch, learn or review a tap step, work on our technique, and finish up with a short combination. This class is suitable for an absolute beginner, yet a nice workout for an intermediate level tapper. Please wear comfortable clothes and tap shoes. **Min: 6/Max: 12**

**Dates:** 1/26/17 – 3/30/17  
**Time:** 3:30 p.m. – 4:15 p.m.  
**Day:** Thursday  
**Location:** Spotlight Dance Center  
 (45 South Main Street, Unionville)  
**Instructor:** Amy Perales  
**Fee:** \$84.00     **Senior Fee:** \$75.60

### 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 6,000 steps on your fitness tracker! Zumba Gold uses the same music and choreography as Zumba Basic; the jumping is modified to be gentle on your knees. No experience necessary, just a willingness to dance and have fun! Wear smooth-soled shoes and comfortable clothing. Bring water and a towel. **Min: 8/Max: 12**

### MONDAYS

**Session 1:** 1/9/17 – 3/27/17  
 (No class on 1/16 or 2/20)  
**Session 2:** 4/3/17 – 6/19/17  
 (No class on 4/10 or 5/29)  
**Time:** 6:00 p.m. – 7:00 p.m.  
**Day:** Monday  
**Location:** Countryside Park  
**Instructor:** Denise Lipka  
**Fee:** \$59.00     **Senior Fee:** \$53.10

### WEDNESDAYS

**Session 1:** 1/11/17 – 3/29/17  
**Session 2:** 4/5/17 – 6/28/17  
 (No class on 5/17)  
**Time:** 6:00 p.m. – 7:00 p.m.  
**Day:** Wednesday  
**Location:** Countryside Park  
**Instructor:** Denise Lipka  
**Fee:** \$59.00     **Senior Fee:** \$53.10