

AVON RECREATION & PARKS

2017 SUMMER PROGRAMS

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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.avonct.gov

Email: avonrec@avonct.gov

Facebook Page:

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



STAFF

Director

Ruth Checko - rchecko@avonct.gov

Administrative Coordinator

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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



Brochure Design by:
Cheryl Gioielli, Gioielli-Design.com

Recreation Mission Statement

The Avon Recreation and Parks Department is committed to providing opportunities to participate in recreational programs and have access to parks so that people of all ages and abilities can stay active and enjoy the benefits of a healthier life.

DEPARTMENT POLICIES

GENERAL REGISTRATION INFORMATION:

- ✳ The grade listed for programs indicates the grade your child will be in (2017/2018 school year).
- ✳ Please sign up early to avoid classes being cancelled due to low enrollment.
- ✳ Full refunds will be automatic if a session is cancelled.
- ✳ Program fees will not be pro-rated for any reason!

ONLINE REGISTRATIONS:

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

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

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).

REFUNDS:

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

CANCELLATIONS:

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

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 disabilities in all programs and services. If you require reasonable accommodations to a recreation program in order to participate, please indicate this when you register online under the "medical conditions" section of your account and call the Recreation and Parks Department at least 2 weeks prior to the start of the program at 860-409-4332.

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.

DROP BOX:

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

WE DO NOT ACCEPT PHONE REGISTRATIONS!!

FALL LEAGUES

Registrations for the following FALL Leagues begins April 24.

Please go to our website for detailed information and fees.

FARMINGTON VALLEY FIELD HOCKEY LEAGUE FOR GRADES 5-8 GIRLS



This is a recreation travel league, so there are no tryouts, cuts, etc. The goal is to get everyone involved. Games will be played on Sundays and practices will be on Wednesdays.

AVON VOLLEYBALL LEAGUE FOR GRADE 7&8 GIRLS



This program is designed for Grade 7 & 8 girls who are interested in learning and competing in a competitive, recreation volleyball league. It is the Recreation 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.

FARMINGTON VALLEY NFL FLAG FOOTBALL LEAGUE FOR GRADES 1-12 BOYS AND GIRLS

This is a NON-CONTACT NFL Flag Football Program and backed by USA Football. This is a recreation league. Fundamental skills of football will be taught while incorporating values of teamwork, responsibility, and sportsmanship. Every participant will be given the chance to learn the fundamental skills of every position and be able to apply those skills in games.



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SYCAMORE HILLS POOL opens Saturday, June 10, 2017

Sycamore Hills Recreation Area

635 West Avon Rd., Avon, CT 06001

Pool Phone: (860) 673-5696

SWIM MEMBERSHIPS

Household Fee: \$160.00

Individual Fee: \$ 80.00

Avon Resident Senior Fee (60+): \$ 25.00

DAILY FEES FOR NON-MEMBERS (ALL AGES)

Residents: \$6.00/person

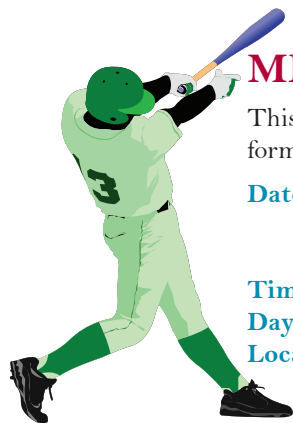
Non-residents: \$8.00/person

You may purchase your swim memberships online. In order to get the discount on swim lessons, purchase your swim membership first. Please pick up your pool badges at the Pool Office starting June 10th.

WESTWOODS GOLF CLUB

SEASON TICKET INFORMATION

In a reciprocal agreement with the Town of Farmington, the Avon Recreation and Parks Department will offer a limited number of season passes to the West Woods Golf Course. The passes will be offered at the Farmington resident rates. Junior memberships are available. **Enroll at the Westwood's Golf Club in the club house, Westwood's Drive, Farmington.** For more information please call 860-675-2548.



MEN'S OPEN SOFTBALL

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

Date: 4/23/17 - 11/5/17
(Program on 5/21 and 5/28 will be at AMS)

Time: 9:30 a.m. - 11:30 a.m.

Day: Sunday

Location: Fisher Meadows Softball/
Baseball Field #3
(Location changes after August.
Alternate sites include AMS & TBS)

Fee: \$55 for the season and
registration is online at
www.avonrec.com.



www.AvonRec.com (860) 409-4332

DISCOUNTED Six Flags, Lake Compounce & CT Science Center TICKETS



Discounted Six Flags, Lake Compounce and CT Science Center tickets will be available at the Avon Recreation and Parks Department during regular business hours beginning on **June 1, 2017**. Buy your tickets from us at a discounted rate and avoid long lines at the gate. Tickets are valid any day during the 2017 season.

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

Six Flags: \$38.00 (gate price \$63.99)

Lake Compounce: \$29.00 (gate price \$48.39)

CT Science Center: \$15.50 (general admission:
adults \$23.95, children \$16.95,
2 & under free)

Request for Fall Proposals

The Town of Avon is seeking written responses to a Request for Proposal (RFP) to purchase services necessary to offer a variety of Fall 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 Saturday, July 1, 2017**. Proposal forms are available at the Avon Recreation and Parks Office or by accessing the Town's web page at www.avonct.gov under Public Bids & RFP's. Proposals must be submitted in sealed envelopes marked "Proposal for Recreation Programs".

COMMUNITY GARDEN PLOTS

Available by calling the Department. Plots are 35' x 35' and are located at Alsop Meadows. Limit of 2 per family.

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



COUNSELOR IN TRAINING (C.I.T.) PROGRAM

Teens Entering Grades 9 & 10

The Counselor in Training (C.I.T.) Program is a unique experience for teens entering Grades 9 & 10. The program provides teens with the opportunity to earn a Babysitting Certificate as part of the program. Participants will develop leadership skills, work with children while working alongside the camp staff. C.I.T.'s will be interviewed the same as seasonal employees and their participation will be based upon the interview outcome and spaces available. **Application deadline for the C.I.T. Program is Monday, May 8, 2017.** Interviews will be held on May 16th - May 17th.

MANDATORY COUNSELOR IN TRAINING DATE

Date:	6/26/17	Instructor:	Training by staff
Time:	10:00 a.m. - 3:00 p.m.	Fee:	\$135.00 (Payable upon acceptance)
Day:	Monday		
Location:	Avon Room at Avon Town Hall		

The C.I.T. program will consist of four (4) 2-week sessions to choose from and we will try to give everyone their first or second choice. Program dates are 6/26/17-7/7/17, 7/10/17-7/21/17, 7/24/17-8/4/17 and 8/7/17-8/18/17. **Maximum C.I.T.'s for the summer will be eight (8).**

C.I.T. application available at www.avonrec.com!

special interest

SAVE THE DATE FOR

Celebrate
AVON
2017

Formerly Avon Day

Celebrate Avon is scheduled for

Saturday,
September 23rd

with a rain date of
Sunday, September 24th.

For details please visit
www.avonct.gov and click
on Celebrate Avon.

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The Avon Library's farmers market returns for its fourth summer! Join us on Mondays from July 3 - August 28, 2017, from 4:00 p.m. - 7:00 p.m. in the library's parking lot, 281 Country Club Rd., Avon. Bring your friends and browse the great selection of Connecticut grown fruits and vegetables!

Thank You!

BASKETBALL COACHES AND ASSISTANT COACHES

The Avon Recreation and Parks Department would like to thank all of the volunteer Basketball Coaches and Assistant Coaches for their efforts during the winter season. Your time and effort made this program possible!

SKI CHAPERONES

The Avon Recreation and Parks Department would like to thank all of the Ski Chaperones who donated their time to make this program possible!



2017 SUMMER PROGRAMS

aquatics

Swim Lessons

All swim lessons are taught at Sycamore Hills Pool by American Red Cross certified Water Safety Instructors. Levels and ages are approximate and there to guide you in determining the appropriate level for your child. You can view your child's past swim lesson levels by logging into your online account and going to the link "2016 Swim Lesson Pass/Fail List".

Lessons are canceled for heavy rain, lightning or thunder. If the weather is not suitable for lessons to take place in the water, the class will meet for a safety day on land.

In order to get the member discount for swim lessons, swim memberships must be purchased prior to registering for swim lessons. If you register online, the member discount will automatically be applied upon checkout.



YOU MAY ONLY REGISTER FOR ONE SESSION OF SWIM LESSONS AT A TIME!

	Session 1	Session 2	Session 3	Saturday Lessons
CLASS	9 lessons* – 30 mins. (June 26 – July 7 *no lesson July 4)	10 lessons – 30 mins. (July 10 – 21)	10 lessons – 30 mins. (July 24 – August 4)	8 lessons – 30 mins. (June 17 – August 5)
Parent/Child		11:50	11:50	10:40, 11:15
Level 1	10:40, 11:15	10:40, 11:15	10:40, 11:15	11:15
Level 2	10:05, 10:40, 11:15	10:05, 10:40, 11:15	10:05, 10:40, 11:15	
Level 3	9:30, 10:05, 10:40, 11:15	9:30, 10:05, 10:40, 11:15	9:30, 10:05, 10:40 11:15	
Level 4	9:30, 10:05	9:30, 10:05	9:30, 10:05	
Level 5/6	9:30	10:05	9:30	
Personal Water Safety			10:40	
Diving 101		3:30*		

Saturday Lessons - Fee: \$33 Members; \$44 Non-members

Monday-Friday Lessons - Fee: \$38 Members; \$52 Non-members

***Diving Lesson - 5 Lessons – 30 mins. (July 10 – July 14)**

- Fee: \$19 Members; \$26 Non-members

For Swim Level Guides go to: https://www.avonrec.com/documents/2016_swim_description.pdf

Parents are allowed on the pool deck during the last day of each session only. (*Policies available at registration*)

Swim diapers are available for purchase at Sycamore Hills Pool.

DIVING 101 LESSONS

This is a 1 week course offered to students who have at least taken Level 3 and need to improve their diving skills. It's also a great refresher course for those students going into Levels 4, 5 and 6. This class teaches components of basic diving: stationary starting position, take off, flight, entry and how to maintain concentration and focus for safe diving techniques. The focus of the course will be on body positioning and form, minimizing splash, as well as getting students comfortable with diving off the springboard.

Swim Team

This program is a great introduction to competitive swimming. You must be able to swim a minimum of four lengths of the pool (100 yards). Swim team will improve both your conditioning and form.

Swim practices will be either Monday – Thursday mornings 8:30 a.m. – 9:30 a.m. or Monday – Thursday evenings 7:30 p.m. – 8:30 p.m. There will be no Friday practices this year. Swim meets will be scheduled with other public and private pool clubs in the area. The swim meet schedule will be announced at a later date. **Min: 90/Max: 125**

PRACTICE SCHEDULE – SYCAMORE HILLS POOL

June 19 – June 22 6:30 p.m. – 7:30 p.m. (Monday - Thursday)

June 26 – July 27 8:30 a.m. – 9:30 a.m. (Monday - Thursday) or

7:30 p.m. – 8:30 p.m. (Monday - Thursday)

\$135.00



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.

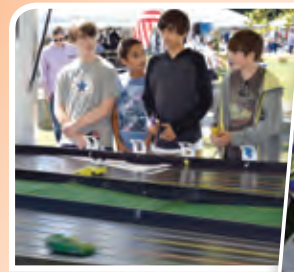
You should also bring a cooler with ice if you plan on keeping the fish. Parents also need to bring bait and rods & reels if you have them or you can borrow from the instructor. **Min: 15/Max: 30**

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



FAMILY FUN NIGHT

at Sycamore Hills Pool

Friday, July 21, 2017

5:00 p.m. – 8:00 p.m.

Join us for a night of family fun and entertainment! On this special night, there will be free admission to the pool for all Avon residents.

We will have a DJ, pool games and lots of great fun!

FAMILY MOVIE NIGHTS

at Sycamore Hills Pool

Back this summer, free outdoor movies.
See back cover for schedule!



active adult classes



ADULT AND PEDIATRIC FIRST AID/CPR/ AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

Be prepared for the unexpected with first aid, CPR and Automated External Defibrillator (AED) training. With our training and simple to use techniques and information you'll learn how to respond to first aid, breathing and cardiac emergencies and provide care when it's needed most. Successful students will receive a certificate of Adult First Aid/CPR/AED valid for two years. **Min: 6/Max: 8**

Date: 6/3/17
Time: 10:30 a.m. – 3:30 p.m.
Day: Saturday
Location: Avon Free Public Library – Board Room
Instructor: Health and Safety Training of CT, LLC
Fee: \$110.00

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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: 15/Max: 30**

Dates: 7/11/17 – 9/14/17
(No class on 8/24)
Time: 8:15 a.m. – 9:15 a.m.
Days: Tuesdays & Thursdays
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$103.00 **Senior Fee:** \$92.70

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



AWAKENING YOUR SENSES THROUGH MINDFULNESS – DEEPENING OUR JOY, CREATIVITY AND ALIVENESS

Step away from your busy life to join us for an afternoon of nourishing your senses through a variety of mindfulness practices. Research shows that mindfulness practice decreases anxiety, depression and stress and bolsters positive states of mind. This workshop will include sitting and walking meditations, mindful eating and creative experiential activities to highlight mindfulness and its benefits. **Min: 12; Max: 20**

Date: 6/24/17
Time: 1:00 p.m. – 4:00 p.m.
Day: Saturday
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: 15/Max: 30**

Dates: 7/11/17 – 9/14/17
(No class on 8/24)
Time: 9:25 a.m. – 10:25 a.m.
Days: Tuesdays & Thursdays
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$103.00 **Senior Fee:** \$92.70

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



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 and sneakers – no open toed shoes or skirts; bring a water bottle. **Min: 10/Max: 42**

Who: Girls in Grade 9 – Adults
Date: 5/15/17
Time: 6:30 p.m. – 8:30 p.m.
Day: Monday
Location: Community Room at Avon Senior Center
Instructor: Master Dominick Violante and Avon Kempo/Aikido Academy
Fee: \$36.00 **Senior Fee:** \$32.40

**WAVE II – ADVANCE – ADULT**

The WAVE II (Women Against Violence Everywhere) self-defense class is a continuation of the WAVE program. The WAVE II program will teach new techniques as an expansion of the WAVE program, and will touch on different scenarios that may occur in today's world, that at times may present some new dangers towards our well-being and safety. Please note, that only those who have participated in the WAVE class are eligible for our WAVE II class. This class will also have a short review of the techniques from the WAVE class, before moving towards the newer material of WAVE II. Please wear comfortable clothing and sneakers – no open toed shoes or skirts; bring a water bottle. **Min: 10/Max: 30**

Who: Girls in Grade 9 – Adults
Date: 5/22/17
Time: 7:00 p.m. – 9:00 p.m.
Day: Monday
Location: Community Room at Avon Senior Center
Instructor: Master Dominick Violante and Avon Kempo/Aikido Academy
Fee: \$42.00 **Senior Fee:** \$37.80

**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. Wear loose, comfortable clothing; bring a yoga mat and a water bottle. **Min: 10/Max: 25**

Dates: 6/28/17 – 8/30/17
Time: 6:30 p.m. – 7:30 p.m.
Days: Wednesdays
Location: Community Room at Avon Senior Center
Instructor: Nancy Brooks
Fee: \$80.00 **Senior Fee:** \$72.00

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. Wear loose, comfortable clothing; bring a yoga mat and a water bottle. **Min: 8/Max: 12**

Session 1: 5/10/17 – 6/28/17
(Class on 6/21 will be at AFPL)
Session 2: 7/12/17 – 8/30/17
Time: 9:30 a.m. – 10:30 a.m.
Days: Wednesdays
Location: Community Room at Avon Senior Center
Instructor: Nancy Brooks
Fees: \$80.00 **Senior Fee:** \$72.00

active adult classes at avon senior center

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

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: 8/3/17

Trip: Saratoga

DATE: 10/17/17 – 10/26/17

Trip: Sunny Portugal

DATE: 3/1/18 – 3/7/18

Trip: Iceland's Magical Northern Lights

For details and more information on these and other trips, please visit:
[http:// www.avonct.gov/senior-center/pages/ trips](http://www.avonct.gov/senior-center/pages/trips)

DECOUPAGE

Decoupage is the art of decorating an object by gluing colored paper cutouts onto it in combination with special paint effects, gold leaf and other decorative elements. An object is covered by cutouts from magazines or from purpose-manufactured papers. As a craft, decoupage is all about upcycling something you already own and personalizing it in the way you want. You will go home with a finished product to display, show off or give as a gift. A supply list will be provided. Please bring a smock to protect your clothing. **Min: 4/Max: 10**

Date: 9/7/17

Time: 6:00 p.m. – 8:00 p.m.

Day: Thursday

Location: Avon Senior Center/Craft Room

Instructor: Boni Rothman

Fee: \$35.00 **Senior Fee:** \$31.50



PAINTED FLOWER POTS FOR ADULTS

This class will inspire your creativity and artistic abilities. Come and learn how to paint flower pots. There will be finished projects to view, and a step by step demo to follow, or feel free to design and develop your own creations as well! You will go home with a finished painted flower pot to plant flowers or herbs in, put on display, give as a gift and show off! A supply list will be provided. Please bring a smock to protect your clothing. **Min: 4/Max: 10**

Date: 6/8/17

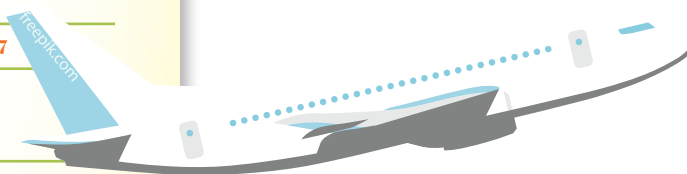
Time: 6:00 p.m. – 8:00 p.m.

Day: Thursday

Location: Avon Senior Center/Craft Room

Instructor: Boni Rothman

Fee: \$35.00 **Senior Fee:** \$31.50



PAINTED TOTE BAG DECORATING FOR ADULTS

This class will inspire your creativity and artistic abilities. Come and learn how to paint and decorate a tote bag. There will be finished projects to view, and a step by step demo to follow, or feel free to design and develop your own creations as well! You will go home with a finished painted tote bag to use, give as a gift and show off! A supply list will be provided. Please bring a smock to protect your clothing. **Min: 4/Max: 10**

Date: 7/20/17

Time: 6:00 p.m. – 8:00 p.m.

Day: Thursday

Location: Avon Senior Center/Craft Room

Instructor: Boni Rothman

Fee: \$35.00 **Senior Fee:** \$31.50

Activities Sponsored by the AVON Senior Center



LOW IMPACT 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 & international rhythms. Dance for an hour and log at least 6,000 steps on your fitness tracker! Zumba Gold uses the same music & choreography as Zumba Basic; I just modify the jumping to be gentler on your knees. No experience necessary, just a willingness to dance and have fun! Wear smooth soled shoes and comfortable clothing; bring a water bottle and a towel. **Min: 8/Max: 12**

Dates: 7/10/17 – 9/18/17
(No class on 9/4)
Time: 6:00 p.m. – 7:00 p.m.
Days: Mondays
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$59.00 **Senior Fee:** \$53.10

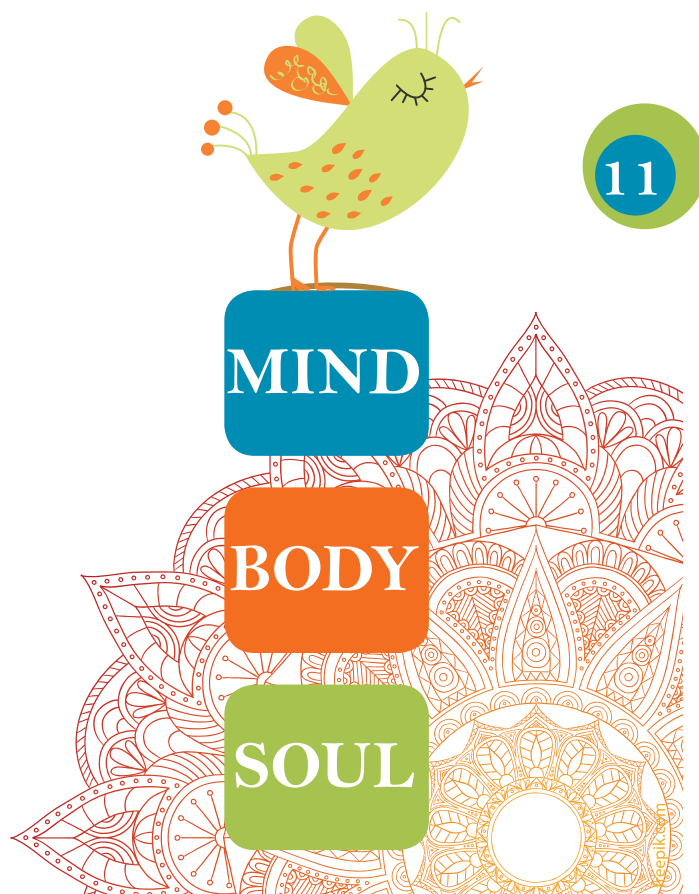
Dates: 7/12/17 – 9/13/17
Time: 6:00 p.m. – 7:00 p.m.
Days: Wednesdays
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$59.00 **Senior Fee:** \$53.10

TAI CHI FOR LONG LIFE

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!

Min: 10/Max: 20

Dates: 7/11/17 – 9/12/17
Time: 2:30 p.m. – 3:30 p.m.
Days: Tuesdays
Location: Community Room at
Avon Senior Center
Instructor: Ken Zaborowski
Fee: \$61.00 **Senior Fee:** \$54.90



Babysitting Safety 101

This is an entry level course intended to teach age appropriate skills necessary to care for children. The course focuses on safety with emphasis on prevention. Students will receive a Babysitter Safety Certificate upon completion of course. Certification will be through the American Red Cross. Please bring a drink and a snack. **Min: 8/Max: 10**

Date: 6/28/17

Time: 10:30 a.m. – 2:30 p.m.

Day: Wednesday

Location: Avon Free Public Library – Board Room

Instructor: Health & Safety Training of Connecticut, LLC

Grades: 6 – 12

Fee: \$76.00

INTRO TO KAYAK

Enjoy nature up close on the beautiful Farmington River. This course is for those who want to learn the basic skills for a great start in the fun sport of kayaking. The strokes and maneuvers that are covered are: paddling forward, backward, turning, bracing to prevent capsize and what to do in the event of capsize. Please wear quick dry clothing and bring a change of clothing. **Min: 3/Max: 6**

Date: 6/3/17

Time: 10:00 a.m. – 12:00 p.m.

Day: Saturday

Location: Collinsville Canoe & Kayak (41 Bridge Street, Collinsville)

Instructor: Collinsville Canoe & Kayak Staff

Grades: Grade 7 and up

Fee: \$67.00

PADDLING FOR KIDS

Our kids' programs are geared towards children ages 7 – 15 who are at home in the water and are good swimmers. Our programs are designed for fun and learning on the water with an emphasis on safety. Our beginner to advanced levels give your child the opportunity to learn and progress in an environment appropriate for them. Our instructors enhance the learning process with games, team-building exercises, and environmental awareness. Please wear quick dry clothing and bring a change of clothing. **Min: 3/Max: 6**

Session 1: 6/26/17 – 6/30/17

Time: 1:30 p.m. – 5:00 p.m.

Session 2: 7/31/17 – 8/4/17

Time: 9:00 a.m. – 12:30 p.m.

Days: Monday – Friday

Location: Collinsville Canoe & Kayak (41 Bridge Street, Collinsville)

Instructor: Collinsville Canoe & Kayak Staff

Grades: 3 – 9

Fee: \$242.00

STAND UP PADDLE BOARD BASICS

Paddle boarding is a new perspective on exploring our waterways. It's also a great way to get a full body workout. Our 1.5 hour basics session will take place on the Farmington River behind our shop. We'll cover all the basics; getting familiar with equipment, water entry and balance, proper stance and positioning on the board, efficient paddling technique, safety and etiquette. Please wear quick dry clothing and bring a change of clothing. **Min: 2/Max: 6**

Session 1: 6/10/17

Time: 1:00 p.m. – 2:30 p.m.

Session 2: 7/8/17

Time: 11:00 a.m. – 12:30 p.m.

Day: Saturday

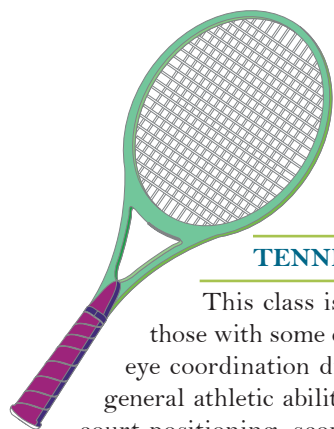
Location: Collinsville Canoe & Kayak (41 Bridge Street, Collinsville)

Instructor: Collinsville Canoe & Kayak Staff

Grades: Grade 7 and up

Fee: \$60.00





TENNIS FOR KIDS

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; bring a water bottle. Racquets may be available upon request, but bring your own racquet if you have one. Please indicate if you are a first time player. **Min: 6/Max: 12**

Session 1: 7/10/17 – 7/13/17

Session 2: 7/31/17 – 8/3/17

Time: 9:00 a.m. – 10:00 a.m.

Days: Monday – Thursday
(makeups if needed will be on Friday of each session)

Location: Sycamore Hills Recreation Area – Tennis Courts

Instructor: Farmington Farms Tennis & Athletic Club Staff

Grades: 3 – 8

Fee: \$49.00



YOUNG ARTISTS AT WORK

Local artist will instruct students on a different art project each day. Projects will include bird feeders, bird houses, nature crafts, block printing, greeting cards, masks and other fun things. Please bring a snack, water bottle, and a smock or an old shirt to protect clothing. **Min: 7/Max: 10**

Dates: 7/31/17 – 8/4/17

Time: 9:00 a.m. – 11:30 a.m.

Days: Monday – Friday

Location: Countryside Park

Instructor: Boni Rothman

Grades: 2 – 4

Fee: \$100.00

NEW!!



Young Ladies WAVE Class (Self-Defense Course)

The Young Ladies self-defense course will teach participants how to defend themselves against a wide variety of grabbing/holding attacks. The escapes taught are very practical and proven effective, most techniques will only have 2-3 moves, which in turn will make them simple to perform and easy to retain. The class will also consist of proper training on how to remain vigilant and to be aware of ones surroundings at all times, and avoid placing oneself in dangerous situations. Instructors will teach and remind all participants to trust their gut feeling, and how to notify the proper authorities or persons when something may not seem/feel right. Training and preparation are key elements for keeping ourselves safe; this class will help prepare our young ladies for the possible dangers they may face in life. Please wear comfortable clothing and sneakers – no open toed shoes or skirts. **Min: 10/Max: 30**

Date: 6/26/17

Time: 6:00 p.m. – 8:00 p.m.

Day: Monday

Location: Community Room at Avon Senior Center

Instructor: Master Dominick Violante and Avon Kempo/Aikido Academy

Grades: 6 – 8

Fee: \$42.00

youth camps and clinics

AMS WORLD OF ADVENTURE SUMMER ROPES COURSE

Which one do you want: Virtual friends...or genuine relationships? Get off the couch and take an adventure this summer. Take some hikes and appreciate nature while developing a respect for the land and others! Perform and observe how to be a contributing team member. Develop better listening skills while understanding the importance of being assertive. Learn and use supportive strategies within a diverse group. This camp focuses on individual skills and team growth through creative problem solving and trust activities within a supportive environment. Participants will also engage in non-traditional cooperative games, nature hiking with some orienteering, low and high ("by choice") challenge ropes course elements. Knot tying and belay techniques may be introduced.

Please wear comfortable clothes, sturdy hiking shoes/sneakers and bring a raincoat, sunscreen, bug spray, water and a lunch.

Min: 8/Max: 20

Dates: 6/26/17 – 6/30/17
Time: 8:45 a.m. – 2:30 p.m.
Days: Monday – Friday
Location: Avon Middle School Gym and Outdoor Adventure Ropes Course
Instructors: Tim Feshler and John Snyder
Grades: 5 – 9
Fee: \$225.00

14

Basketball

NEW!!

SUMMER LITTLE FOLKS BASKETBALL (Co-ed)

Children will be introduced to the game of basketball – teaching and developing further skills to progress in the game. The program will offer drills, activities, games to further develop physical and social skills on the court and off. Each player will be given a basketball to keep! Students should wear t-shirts, shorts and sneakers. Please bring a water bottle and a mid-morning snack each day.

Min: 18/Max: 24
Dates: 6/21/17 – 6/23/17
Time: 9:00 a.m. – 11:30 a.m.
Days: Wednesday – Friday
Location: Roaring Brook School Gym
Instructor: Bryan LeBlanc and Staff
Grades: 1 – 2
Fee: \$46.00

COED AVON FALCONS BASKETBALL CAMP

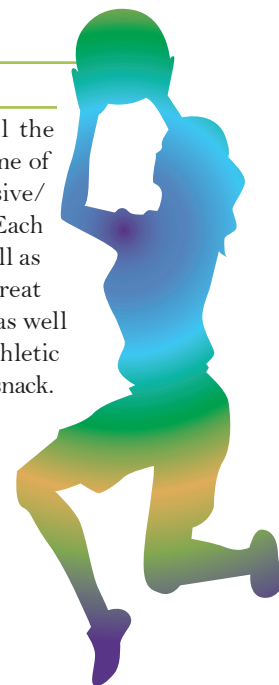
Boys and girls entering grades 2-4 – Our young student athletes will enjoy a full week of individual skill building, exciting game play, guest speakers, and be given awards and prizes. Please wear basketball gear and sneakers and bring a water bottle and snack. **Min: 20/Max: 45**

Dates: 7/10/17 – 7/14/17
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Roaring Brook School Gym
Instructors: Kris Pedra and Don Marconi
Grades: Boys and Girls entering Grades 2 – 4
Fee: \$111.00

AVON FALCONS GIRLS BASKETBALL CAMP

Girls entering grades 4-9 – Campers will learn all the basic skills that will make you successful in the game of basketball. Individual skill development and offensive/defensive concepts will be delivered on a daily basis. Each camper will be given personal instruction daily as well as a skill evaluation at the end of camp. Come have a great week of basketball with Coach Filon and Coach Lee as well as former Avon High School players. Please wear athletic clothing, basketball shoes and bring a water bottle and snack. **Min: 15/Max: 50**

Dates: 7/10/17 – 7/14/17
Time: 8:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon High School – New Gym
Instructors: Tim Filon and Jamaal Lee
Grades: Girls entering Grades 4 – 9
Fee: \$130.00



AVON FALCONS BOYS BASKETBALL CAMP

Boys entering grades 5-8 – Our young student athletes will enjoy a full week of individual skill building, exciting game play, guest speakers, and be given awards and prizes. Please wear basketball gear and sneakers and bring a water bottle and snack.

Min: 20/Max: 45

Dates: 7/17/17 – 7/21/17
Time: 8:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon High School Gym
Instructors: Kris Pedra and Don Marconi
Grades: Boys entering Grades 5 – 8
Fee: \$130.00



ARTARAMA ART CAMP

For the serious artist – different themes and projects each day. Projects may include chalk painting, glass painting, weaving, paper mâché, making custom clocks, tie dye, puppets, and many more special projects. Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. A supply list of things from the recycle bin will be provided after registration. **Min: 10/Max: 12**

Dates: 6/21/17 – 6/23/17
Time: 9:00 a.m. – 3:00 p.m.
Days: Wednesday – Friday
Location: Countryside Park
Instructor: Boni Rothman
Grades: 5 – 8
Fee: \$105.00



Coollest Camp Ever!

SESSION 1:

Start your summer off with some days of adventure! Campers should bring swimwear, wet shoes or old sneakers. **Min: 20/Max: 30**

1. Climb and soar through the trees at **Nomad's Adventure Quest** in South Windsor followed by a tubing run on the Farmington River;
2. Enjoy the many thrills at **Six Flags New England** in Agawam, MA;
3. Splash, jump and swing at **Brownstone Exploration & Discovery Park** in Portland, CT.

Dates: 6/21/17 – 6/23/17
Time: 9:00 a.m. – 5:00 p.m.
Days: Wednesday – Friday
Location: Drop off & pick up at Sycamore Pavilion
Directors: Kim and Les Moretti
Grades: 5 – 10
Fee: \$325.00



SESSION 2:

Finish out your summer with an adventurous, fun-filled week! Campers should bring swimwear, wet shoes or old sneakers. **Min: 20/Max: 30**

1. Splash, jump and swing at **Brownstone Exploration & Discovery Park** in Portland, CT;
2. Climb and zipline on the high ropes course at the **Adventure Park** in Bridgeport, CT followed by an afternoon at the **beach**;
3. Catch the waves surfing and boogie boarding at **Peter Pan Surfing and SUP Academy** in Narragansett, RI;
4. Horseback ride at **Valley View Riding** along the Quinebaug River in Dayville, CT;
5. Experience an exhilarating and amazing **whale watch** out of **Boston Harbor**.

Dates: 8/21/17 – 8/25/17
Time: 9:00 a.m. – 5:00 p.m.
Days: Monday – Friday
Location: Drop off & pick up at Sycamore Pavilion
Directors: Kim and Les Moretti
Grades: 5 – 10
Fee: \$585.00

FIELD HOCKEY AND FITNESS CAMP FOR GIRLS



This camp is for those interested in either learning or fine tuning the basic skills of field hockey. Passing, receiving, dribbling, game concepts, basic offense and defense will be covered. Scrimmage time will also be incorporated daily. In addition, various fitness activities will be included too. This fun camp is

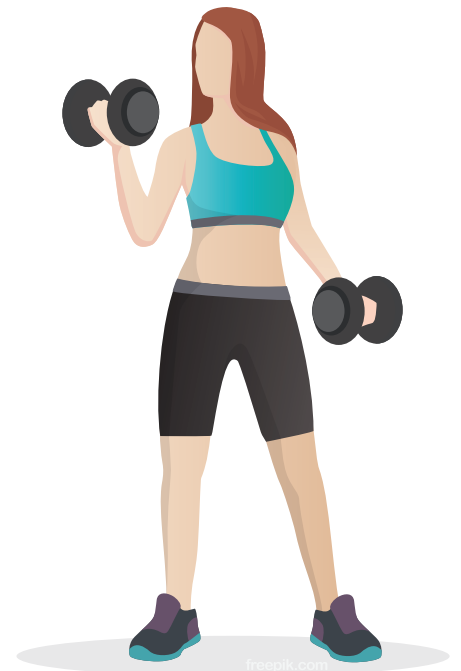
for grades 5-8 and all skill levels are welcome. This camp will be co-directed by Avon Varsity Coach Terri Ziemnicki and Hannah Deppe (2 time All State/All League and Future National Select player) who will be playing Division 1 field hockey at Brown University this fall. Each camper will receive a t-shirt. The participants will need to bring a field hockey stick, shin and mouth guards, goggles, running shoes, cleats, snacks and a water bottle.
Min: 15/Max: 30

Dates: 7/10/17 – 7/13/17
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Thursday
Location: Thompson Brook School
Outdoor Basketball Courts 1&2/Fields
Instructors: Terri Ziemnicki and Hannah Deppe
Grades: Girls entering Grades 5 – 8
Fee: \$124.00

BOYS YOUTH LACROSSE CLINIC

A lacrosse clinic for boys currently in grades 5 through 9 that's goal is to enhance and develop the skills, athletic ability and I.Q. within the game, for all of its athletes. This clinic will prove to be planned to cater to all ability levels, and is also a great opportunity to work with Coach Kossbiel and staff prior to getting to the High School.

Dates: 7/31/17 – 8/3/17
Time: 5:30 p.m. – 8:00 p.m.
Days: Monday – Thursday
Location: Avon Middle School –
Lacrosse/Field Hockey Field
Instructors: Scott Kossbiel and Staff
Grades: 5 – 9
Fee: \$79.00



PRE-SEASON CONDITIONING CAMP FOR GIRLS

This 5 day camp is for 7th-12th graders looking to better prepare for the start of the fall sports season. This non sport specific camp will aid in helping the participants improve their fitness conditioning by incorporating a variety of fitness activities. A wide range of cardio strength and core training, balance and stretching will be done daily. Taught by Nationally Certified Group Fitness Instructors and Personal Trainers. Participants will need to bring an exercise mat, 5 lb. hand weights, sneakers, cleats, water and a light snack. On the last day we offer a complimentary mother-daughter workout!! Min: 15/Max: 40

Dates: 8/17/17 – 8/23/17
Time: 4:30 p.m. – 7:30 p.m.
Days: Thurs. – Fri. – Mon. – Tues. – Wed.
Location: Avon High School – Small Gym
Instructor: Terri Ziemnicki
Grades: Girls entering Grades 7 – 12
Fee: \$149.00



CHALLENGER SPORTS BRITISH SOCCER CAMP

Challenger Sports British Soccer Camps are the most popular soccer camps in the country based upon one of the most innovative approaches to coaching youth soccer in the US. Our experienced international staff study the game at all levels and will help players improve their core techniques and become more confident on the ball. With programs for each age group (and the option to finish the day with swimming), the curriculum includes a variety of foot skills, technical drills, freestyle and small sided games. Camp includes a free t-shirt and soccer ball. Students should wear cleats/sneakers, shin guards and sunscreen. Please bring water, snack and lunch each day. **Min: 10/Max: 80**

Dates: 6/26/17 – 6/30/17
Time: 9:00 a.m. – 2:30 p.m.
Days: Monday – Friday
Location: Fisher Meadows Recreation Area Multipurpose Fields 2/4
Grades: 3 – 9
Fee: \$175.00



BRITISH SOCCER CAMP *Plus Swimming*

This program includes an extended swim option. Campers will be transported to the pool at 2:30 p.m. Pick up will be at Sycamore Hills Pavilion. In addition to the items above, students should bring their swimwear and towel.

Dates: 6/26/17 – 6/30/17
Time: 9:00 a.m. – 4:30 p.m.
Days: Monday – Friday
Location: Starts at Fisher Meadows Recreation Area Multipurpose Fields 2/4 and ends at Sycamore Hills Pool
Grades: 3 – 9
Fee: \$230.00

AVON YOUTH VOLLEYBALL CLINIC FOR GIRLS

The camp is designed to introduce and teach fundamental skills and strategies of volleyball to girls who are entering grades 5-9. Camp is directed by Avon High School Head Volleyball Coach, Curt Burns. All participants are given demonstration and instruction by high school volleyball players and/or coaches. Competition match play is followed by an awards ceremony on the final day of camp. Beginners are most welcome and encouraged to attend this camp! Please wear comfortable gym attire: shorts, t-shirt and court shoes. **Min: 18/Max: 32**

Dates: 8/21/17 – 8/23/17
Time: 6:00 p.m. – 9:00 p.m.
Days: Monday – Wednesday
Location: Avon High School – Large Gym
Instructor: Curt Burns
Grades: 5 – 9
Fee: \$105.00

Tumble Bunnies

PRESCHOOL MOVEMENT AND GYMNASTICS

LITTLE PEOPLE'S CAMP

Entering Pre-K - Kindergarten

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, sneakers and sunscreen. Please bring a snack and water bottle each day. Children must be age 3 as of 12/31/16 and must be able to use the bathroom independently. **Min: 7/Max: 20**

Dates: 6/21/17 – 6/23/17
Time: 9:00 a.m. – 12:00 p.m.
Days: Wednesday – Friday
Location: Thompson Brook School Gym
Instructor: Tumble Bunny Inc. Staff
Grades: Age 3 ½ – Entering Kindergarten
Fee: \$94.00



Summer Fun Camp and Camp Discovery are open **ONLY** to Avon Residents.



The registration deadline for all summer day camp programs is the **Thursday** prior to the start of the session. Anyone registering after the Thursday deadline, will be charged the full amount and your child cannot report to camp until the **Tuesday** of the session. For the week of July 4th, your child would not be able to attend until the Wednesday of that session, since that session starts on July 3rd.

The Avon Recreation Department reserves the right to change or reschedule trips due to unforeseen circumstances.

SUMMER FUN CAMP – Entering Grades 1-3

Summer Fun Camp consists of eight one-week sessions. Each day offers a wide variety of sports, arts & crafts, afternoon swim up to two days a week, group games and free play. Each week there will be a special theme and a planned field trip. Swimming is fully supervised by our ARC Certified Lifeguards. Participants can sign up for one week at a time or for all eight sessions. Campers should bring a lunch, snacks, drinks, water bottle, sunblock, swimsuit and towel. Everything should be labeled with the camper's name. A backpack is recommended. *No electronic devices are permitted – leave them at home.* Min: 25/Max: 35

Extended Care will be available in 1-hour blocks for \$20.00/1-hour block: 8:00–9:00 a.m., 3:00–4:00 p.m. and 4:00–5:00 p.m.

Days: Monday – Friday
Time: 9:00 a.m. – 3:00 p.m.
Location: Thompson Brook School

18

Session 1: June 26 – June 30 BE CREATIVE

The trip for this session is to **Avery's Beverages** in New Britain. Campers will tour the soda factory and invent their own unique soda flavors. Campers will take home 3 bottles of their handmade soda and an official sodamaker's apron!

Fee: \$170.00 **Extended Care:** \$20.00/block

Session 2: July 3 – July 7 (no camp July 4) PREHISTORIC WEEK

The trip for this session is to **Dinosaur State Park** in Rocky Hill. Campers will explore dinosaurs, sharks and other sea monsters at the museum, tour the nature trails and mine for gems and fossils.

Fee: \$136.00 **Extended Care:** \$16.00/block



Session 3: July 10 – July 14

JOURNEY BACK IN TIME

The trip for this session is to the **Connecticut Trolley Museum and Connecticut Fire Museum** in East Windsor. Campers will tour the museums, ride on antique trolley cars and participate in a scavenger hunt.

Fee: \$170.00 **Extended Care:** \$20.00/block

Session 4: July 17 – July 21

FARM WEEK

The trip for this session is to the **4-H Education Center at Auerfarm** in Bloomfield. Campers will learn how to make hand cranked, old fashioned ice cream, explore the farm/gardens on a hayride and visit the animals.

Fee: \$170.00 **Extended Care:** \$20.00/block

Session 5: July 24 – July 28

THE ZOO

The trip for this session is to the **Zoo in Forest Park** in Springfield, MA. Campers will explore the various exotic and indigenous animals at the zoo and go on a train ride.

Fee: \$170.00 **Extended Care:** \$20.00/block

Session 6: July 31 – August 4

FLYING HIGH

The trip for this session is to the **New England Air Museum** in Windsor Locks, CT. Campers will have a guided tour of the museum which houses an outstanding collection of aircrafts and participate in a scavenger hunt.

Fee: \$170.00 **Extended Care:** \$20.00/block

Session 7: August 7 – August 11

EXPLORE THE OUTDOORS

The trip for this session is to **Stratton Brook State Park** in Simsbury, CT. Campers will enjoy a fun summer day of hiking, swimming, scavenger hunt, water balloon games, sand castle contest, and more!

Fee: \$170.00 **Extended Care:** \$20.00/block

Session 8: August 14 – August 18

END OF SUMMER FUN – BACK TO SCHOOL SOON

The trip for this session is to **Farmington Miniature Golf** in Farmington. Campers will play a round of miniature golf followed by ice cream at the Ice Cream Parlor. Also this week is a field day of activities at Sycamore Hills Recreation Area including a cookout and a bounce house.

Fee: \$170.00 **Extended Care:** \$20.00/block





CAMP DISCOVERY – Entering Grades 4-7

We have a new look – every day we are off site! Each week there will be 2 planned field trips to somewhere different leaving at 9:00 a.m. and returning some days at 4:00 p.m. 3 afternoons a week (on non-field trip days) will be spent swimming at Sycamore Hills Pool. On pool days, campers should bring a swimsuit, towel and sunscreen. While at camp, we'll have a wide variety of activities for you to choose from: participation in community based projects to support others, sports, arts and crafts, and group games. Campers should bring a lunch, snacks, drinks, and water bottle each day. Everything should be labeled with the camper's name. A backpack is recommended. *No electronic devices are permitted – leave them at home.* Min: 25/Max: 35

Extended Care will be available in 1-hour blocks for \$20.00/1-hour block: 8:00–9:00 a.m., 3:00–4:00 p.m. and 4:00–5:00 p.m.

Days: Monday-Friday
Time: 9:00 a.m. – 3:00 p.m.
Location: Thompson Brook School

Session 1: June 26 – June 30

The first trip for this session is to **Hammonasset Beach State Park** in Madison to enjoy a day of swimming and fun and games on the beach. The second trip is to **Matt's Outback Paintball** in Coventry for a day of low impact paintball.

Fee: \$215.00 **Extended Care:** \$20.00/block

Session 2: July 3 – July 7 (no camp July 4)

The first trip for this session is to **Quassy Amusement Park** in Middlebury where campers will enjoy rides and attractions, including water rides at Splash Away Bay. The second trip is to **Farmington River Tubing** in New Hartford for a fun day of tubing on the Farmington River.

Fee: \$180.00 **Extended Care:** \$16.00/block

Session 3: July 10 – July 14

The first trip for this session is to **Look Park** in Northampton, MA where campers can choose from a variety of activities including pedal boats, miniature golfing and a water spray park. The second trip is to **Sonny's Place** in Somers for another day of action-packed fun including go kart rides, rock wall, batting cages and more!

Fee: \$215.00 **Extended Care:** \$20.00/block



avon summer camps continued

Session 4: July 17 – July 21

The first trip for this session is to the **Adventure Park** in Storrs for fun in the great outdoors! This aerial forest park features zip lines, bridges and climbing. The second trip is to **Woodbury Ski Area** for summer tubing.

Fee: \$215.00 **Extended Care:** \$20.00/block

Session 5: July 24 – July 28

The first trip for this session is to **New Britain Stadium** for a New Britain Bees baseball game. The second trip is to **Lake Compounce** in Bristol for thrill rides, roller coasters and water rides – more fun than anyone can experience in just one day!

Fee: \$215.00 **Extended Care:** \$20.00/block

Session 6: July 31 – August 4

The first trip for this session is to **Black Hall Outfitters** in Old Lyme for an unforgettable day of paddling and exploring on the water! The second trip is to **Soarin' Indoors** in Manchester. This indoor adventure course is made up of a low and a high course that consist of challenge elements for campers to negotiate across.

Fee: \$215.00 **Extended Care:** \$20.00/block

Session 7: August 7 – August 11

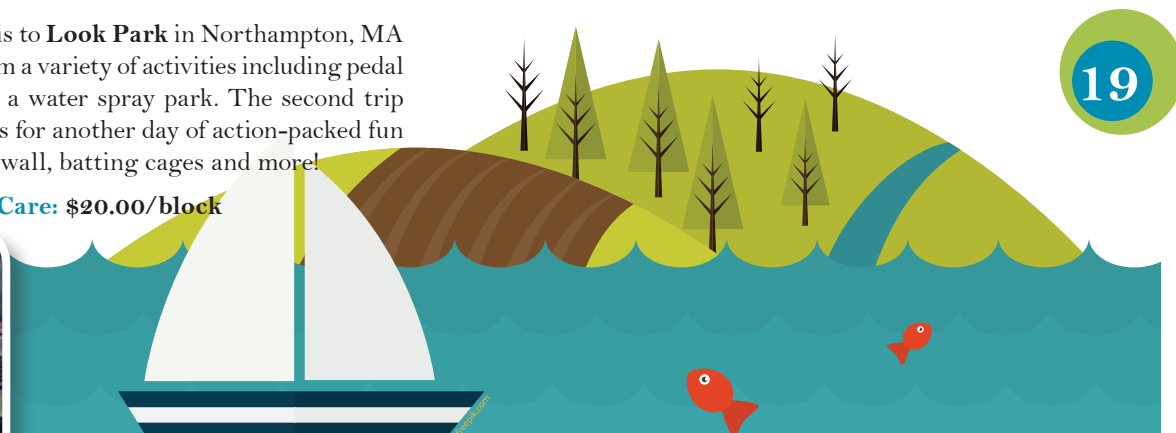
The first trip for this session is to **New Britain Stadium** for a New Britain Bees baseball game. The second trip is to **Nomads Adventure Quest** in South Windsor. Campers can participate in laser tag, bumper cars, rock climbing and more!

Fee: \$215.00 **Extended Care:** \$20.00/block

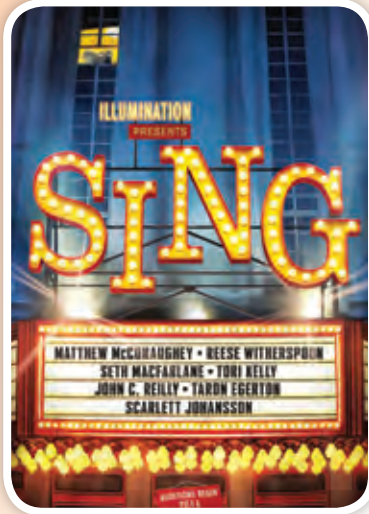
Session 8: August 14 – August 18

The first trip for this session is to **Quassy Amusement Park** in Middlebury where campers will enjoy rides and attractions, including water rides at Splash Away Bay. The second event is a **field day of activities** at Sycamore Hills Recreation Area including a cookout and a bounce house.

Fee: \$215.00 **Extended Care:** \$20.00/block



FREE Family Movie Nights this Summer at Sycamore Hills Recreation Area



July 7, 2017



July 14, 2017



July 28, 2017

Movies licensed by Swank Motion Pictures, Inc.



Sponsored By:

Jennifer M. Johnson
56 East Main Street
Avon, CT 06001

Call: (860) 676-8222
Text: (860) 676-8555
Fax: (860) 676-8555
Email: JenniferJohnson@allstate.com



Allstate
You're in good hands.

Bring Your Own Chairs & Snacks!



FAMILY FUN NIGHT

at Sycamore Hills Pool

Friday, July 21, 2017
5:00 p.m. - 8:00 p.m.

Join us for a night of family fun and entertainment! On this special night, there will be free admission to the pool for all Avon residents. We will have a DJ, pool games and lots of great fun!

