



AVON RECREATION & PARKS



FALL PROGRAMS
2017

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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-Parks-Department/340561826133921>

STAFF

Director

Ruth Checko - rchecko@avonct.gov

Administrative Coordinator

Sharon Henry - shenry@avonct.gov

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Recreation Consultant - Programs

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Avon Senior Center/Community Room

635 West Avon Road, Avon, CT 06001

(860) 675-4355

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

[facebook.com/pages/Avon-Senior-Center/214325558664784](https://www.facebook.com/pages/Avon-Senior-Center/214325558664784)

Avon Senior Center Office Hours:

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

Senior Center Coordinator

Jennifer Bennett - jbennett@avonct.gov

Senior Center Administrative Secretary:

Elizabeth Shaffer - eshaffer@avonct.gov

Brochure Design by:

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Recreation Mission Statement

The Avon Recreation and Parks Department is committed to providing opportunities to participate in recreational programs and have

access to parks so that people of all ages and abilities can stay active and enjoy the benefits of a healthier life.

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DEPARTMENT POLICIES

GENERAL REGISTRATION INFORMATION:

- ✳ The grade listed for programs indicates the grade your child is currently in (2017/2018 school year).
- ✳ Please sign up early to avoid classes being cancelled due to low enrollment or filled prior to the registration end date. All programs, classes, leagues etc. are filled on a first come, first served basis.
- ✳ Your receipt is your proof of program registration. For households with valid email addresses, receipts will be sent from Avon Recreation. You may also obtain a receipt via our online registration system.
- ✳ No unregistered person may attend classes/programs at any time.
- ✳ In the event we cancel a program, you will receive a full refund.
- ✳ Program fees will not be pro-rated for any reason!

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).

Emails regarding program cancellations or changes will only be sent to adults who have "opted in" to receive our "cancellation" emails. Likewise, emails regarding program registration announcements or other recreation news will only be sent to adults who have "opted in" to receive our "general announcement" emails.

FINANCIAL ASSISTANCE:

Confidential program subsidy is available for those Avon residents with financial needs through the Social Services Department by calling 860-409-4358.

DISCOUNTS:

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

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

ADMINISTRATIVE FEES:

If the registration deadline has passed for a program and there is still availability to participate, you will be assessed a \$25.00 administrative fee on top of the program fee.

NEW!!

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.

ARRIVAL & PICK-UP TIMES:

Participants should not arrive earlier than 5 minutes prior to the scheduled start of class and should depart promptly at the scheduled conclusion of the class. Do not leave a child unless the instructor/coach is present.

WAIVER OF PARTICIPATION BY PARENT OR SELF:

When registering for a program, you hereby agree to release, discharge and hold harmless the Town of Avon, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability or damage that may occur during either your participation or the participation of your minor child in the recreational activities. You understand that participation in any recreational or sport activity involves risk, and you grant permission to the Town of Avon to utilize any medical emergency services it deems necessary to treat any injuries that you or your minor child may incur. You further understand that the Town of Avon does not provide insurance for recreational program participants.

PHOTO RELEASE:

You understand that for promotional purposes the Town may video and/or take photographs of participants enrolled in recreation activities, classes or programs. Upon registering, you hereby release and permit the Town of Avon to utilize for said promotional purposes any photographs and/or videos of you or your minor child engaged in the recreational activities.

SPECIAL ACCOMMODATIONS:

The Avon Recreation and Parks Department welcomes persons with 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.



general information

LIGHTS AT AMS TENNIS COURTS:

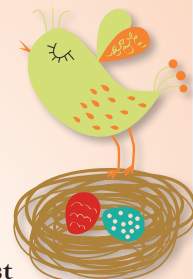
Players can turn on lights at the court in 1-hour intervals up to 10:00 p.m., March through November.

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!!**

REQUEST FOR WINTER/ SPRING PROPOSALS



The Town of Avon is seeking written responses to a Request for Proposals (RFP) to purchase services necessary to offer a variety of Winter/Spring Recreational Programs.

Instructors interested in running programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **4:30 p.m. on Wednesday, November 1, 2017**. Proposal forms are available by accessing the Town's web page at www.avonct.gov under "Opportunities" 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 Winter/Spring
Brochure will not be mailed
to Avon residents,
but registration will be
available online beginning
December 25, 2017.**

www.AvonRec.com

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2017 FALL PROGRAMS

Thank You!



Allstate

You're in good hands.

The Avon Recreation and Parks Department would like to thank Jennifer Johnson and Allstate Insurance Company for sponsoring Family Movie Night at Sycamore Hills Park this summer.



special interest

Discounted Tickets: CT Science Center

Discounted CT Science Center tickets will be available at the Avon Recreation and Parks Department during regular business hours. Buy your tickets from us at a discounted rate and avoid long lines at the gate. Tickets are valid any day during 2017.



- Fee:** One time enrollment fee of \$5 per family/group per season
- Tickets:** \$15.50 (general admission: adults \$23.95, children \$16.95, 2 & under free)



Vacation Camps

Fit Kids Fun Camp

Don't let the kids get bored over December 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 drink, snack and a non-refrigerated lunch each day. Wear comfortable clothes, sneakers and bring outdoor clothing for outside fun, weather permitting. **Min: 10/Max: 35**

- Dates:** 12/27/17 – 12/29/17
- Time:** 9:00 a.m. – 3:00 p.m.
- Days:** Wednesday – Friday for 2 or 3 days
- Location:** Roaring Brook School – Gym
- Instructor:** David Avezzie and Staff
- Grades:** K – 5
- Fee:** 2 days – \$96.00
3 days – \$136.00

Winter Vacation Art Camp

For those who love art, join us for different projects each day – anything from glass painting, macramé, beading, clay, painting, decoupage, paper mâché, and other fun projects! Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. **Min: 7/Max: 12**

- Dates:** 12/26/17 – 12/28/17
- Time:** 9:00 a.m. – 3:00 p.m.
- Days:** Tuesday – Thursday
- Location:** Countryside Park
- Instructor:** Boni Rothmann
- Grades:** 4 – 8
- Fee:** \$141.00

Celebrate
AVON
2017

Formerly Avon Day

Saturday, September 23rd
the fun starts at 11 a.m.
(raindate, Sunday, September 24)

THOMPSON BROOK SCHOOL

The Celebrate Avon Committee has an exciting day planned! You won't want to miss it!

To find out more information, please visit our web page at www.avonct.gov and click on the tab About Avon! Hope to see you there!!

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drop in activities



Pay at the Door

Men's Over 35 Basketball

Dates: 10/16/17 – 4/2/18
(No games on 12/25, 1/1, 1/15 or 2/19)
Time: 8:00 p.m. – 9:45 p.m.
Day: Monday
Location: Avon Middle School – Large Gym
Supervisor: Bryan Block
Fee: \$80.00 for the season
(BIG Season Discount)
and registration is online at
www.avonrec.com
or \$8.00 at the door per session

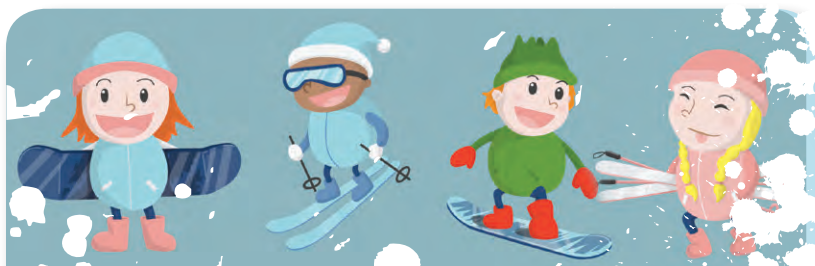
Men's Open Basketball

(age 18 and out of high school)

Dates: 10/18/17 – 4/4/18
(No games on 11/27 or 12/27)
Time: 8:00 p.m. – 9:45 p.m.
Day: Wednesday
Location: Avon Middle School
– Large Gym
Supervisor: Bryan Block
Fee: \$80.00 for the season
(BIG Season Discount)
and registration is online
at www.avonrec.com
or \$8.00 at the door
per session



after school ski program



Ski Sundown

SKI * RIDE * LESSONS * RENTALS

Registration for this program is October 2, 2017 – November 3, 2017. When registering online you will be prompted to print out and complete a Ski Sundown 2017-2018 Group Participant Information & Program Agreement (waiver) form. This form will need to be returned to the Recreation and Parks Dept. within 2 weeks of your online registration date or Nov. 6, whichever comes first in order for your registration to be fully confirmed. Registration ends Nov. 3 or when all available spots are taken.

Completed Ski Sundown 2017-2018 Group Participant Information & Program Agreement (waiver) forms can be mailed to: Avon Recreation and Parks Department, Ski Program, 60 West Main Street, Avon, CT 06001, faxed to (860) 409-4334, scanned and emailed to avonrec@avonct.gov or returned in person to the Recreation and Parks Office, Monday – Friday, 8:30 a.m. – 4:30 p.m.

Ski Safety Meeting

All 5th graders and any new participants to our program **MUST** attend a Ski Safety Meeting along with their parents. The Ski Safety meeting will be held on Wednesday, November 29, 2017 at 6:30 p.m. at Thompson Brook School.

SKI BUS – Avon High School/Avon Middle School

Dates: 1/2/18 – 1/30/18*
Time: 2:45 p.m. – 7:30 p.m.
(Bus pick up from AHS & AMS and drop off at AMS)
Day: Tuesday
Grades: 7 – 12 (AMS/AHS)

SKI BUS – Thompson Brook School

Dates: 1/4/18 – 2/1/18*
Time: 3:20 p.m. – 7:45 p.m.
(Bus pick up from TBS and drop off at TBS)
Day: Thursday
Grades: 5 – 6 (TBS)

*Dates subject to change depending on weather/snow conditions.
Pricing will be available online beginning September 29, 2017.

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youth classes & activities

GIRLS IN STRIDE RUNNING

Imagine the thrill your daughter will feel as she crosses the finish line in her first race! This non-competitive training program is designed for all levels of runners. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. As part of the program, the girls will be exposed to goal setting, journaling of training, nutrition, and mental preparation. This dynamite training program will prepare your daughter for Jamie's Run in Old Wethersfield on Sunday, November 5, 2017. The program fee includes a t-shirt and training journal. In case of inclement weather, the program will be held inside at the school gym. Race registration is not included in the program fee. For more information, please visit the Girls in Stride website: www.girlsinstride.com. Please wear running shoes/sneakers and bring a water bottle. **Min: 15/Max: 40**

Dates: 9/14/17 – 11/2/17
(Road Race is on Sunday, 11/5/17)
Time: 5:00 p.m. – 6:00 p.m.
Day: Thursday
Location: Roaring Brook School Field
Instructor: Lisa Pillow
Grades: 1 – 8
Fee: \$86.00

NEW!!

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 Jamie's Run in Old Wethersfield on November 5th. MPower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, MPower's training program is designed for all levels of runners: from very beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games and core strength exercises. For more information, please visit: www.MPowerYouthSports.com. The program fee includes a t-shirt. Race registration is not included in the program fee. Please wear running shoes/sneakers and bring a water bottle. **Min: 10/Max: 40**

Dates: 9/13/17 – 11/1/17
(Road Race is on Sunday, 11/5/17)
Time: 5:00 p.m. – 6:15 p.m.
Day: Wednesday
Location: Roaring Brook School Field
Instructor: Krissy Mok
Grades: 1 – 8
Fee: \$86.00

www.AvonRec.com (860) 409-4332

Babysitting Safety 101

This course is intended to provide youth who plan to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Students will receive a Babysitter's Training Certificate upon completion of course. Certification will be through the American Red Cross. Please wear casual clothing and bring a lunch and a water bottle. **Min: 6/Max: 20**

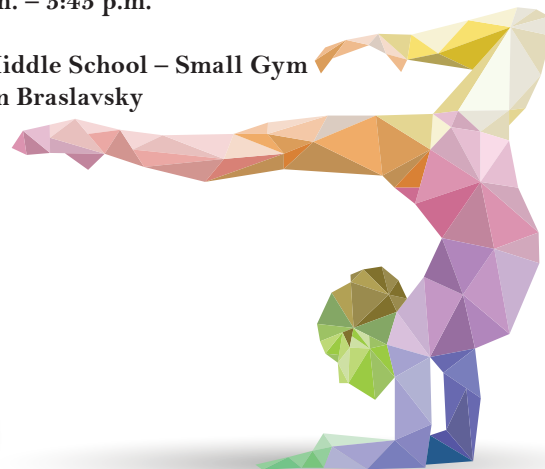
Date: 11/4/17
Time: 9:30 a.m. – 1:00 p.m.
Day: Saturday
Location: Avon Town Hall – Avon Room
Instructor: Health & Safety Training of Connecticut, LLC
Grades: 6 – 10
Fee: \$91.00



RHYTHMIC GYMNASTICS – GIRLS

In this class, girls can expect to have fun learning elements of dance, increase flexibility and strength, play games and dance to music. In addition, we will use hoops, ropes, balls and ribbons to learn essential elements of rhythmic gymnastics, a graceful Olympic sport. For more information, visit our website: www.ctrgclub.com. Please wear leotards, leggings, shorts and sneakers and bring a water bottle. **Min: 6/Max: 10**

Dates: 10/13/17 – 12/8/17
(No class on 11/24)
Time: 5:00 p.m. – 5:45 p.m.
Day: Friday
Location: Avon Middle School – Small Gym
Instructor: Kathryn Braslavsky
Grades: 2 – 6
Fee: \$86.00



SOCCER SHOTS Classic

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, agility and fun are guaranteed in this dynamic development program. Our goal is to leave a positive and lasting impact on each child while building Stronger Youth Beyond the Game! Each child will receive a Soccer Shots shirt. Visit www.soccershots.org for more information and come join us on soccer island! Please wear sneakers and bring a water bottle. **Min: 10/Max: 24**

Dates: 9/16/17 – 11/4/17
Time: 9:00 a.m. – 9:45 a.m.
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Ages: 3 – 4
Fee: \$115.00

Dates: 9/16/17 – 11/4/17
Time: 10:00 a.m. – 10:45 a.m.
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Ages: 4 ½ – Kindergarten
Fee: \$115.00

NEW!!

SOCCER SHOTS Premier

Soccer Shots sessions are professionally designed by Soccer Shots and led by Director Shannon Perry, certified youth coach and former professional player. This program is for children who are new to soccer or want to build on what they have learned in Soccer Shots Classic. We will focus on individual skills and sportsmanship, while introducing tactical elements of the game in a fun and creative environment. Each child will receive a Soccer Shots shirt. Visit www.soccershots.org for more information and come join us on soccer island! Please wear sneakers and shin guards and bring a water bottle. **Min: 10/Max: 24**

Dates: 9/16/17 – 11/4/17
Time: 11:00 a.m. – 11:45 a.m.
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Ages: 5 – 6 ½ (returning students)
Fee: \$115.00

swim lessons

Swim lessons are a life skill that every child and adult should learn, we have qualified instructors who can help develop swimming skills. Research shows that children and adults who learn to swim gain confidence that helps them throughout life. Swimming is fun, as well as a great exercise, however it is important that safety be our most important goal. By mixing fun and expertise children and adults learn to be safe without even knowing that it is happening. Please wear bathing suit and bring a towel. For children who are not toilet trained, swim diapers must be worn. **Min: 3/Max: 5**

See below for a description of the different levels:

Parent/Child LEVEL 1:

Instructor works with parents and swimmers through songs and activities to get swimmers acclimated in the water. Parents are in the water.

Parent/Child LEVEL 2:

Instructor works with parents and swimmers to prepare them for group lessons. Bubbles will be used in this class. Parents may be asked to be in the water or on the pool deck.

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.

LEVEL 2:

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

Parent/Child LEVEL 1:

Dates: 9/10/17 – 10/15/17
Time: 10:00 a.m. – 10:30 a.m.
Day: Sunday
Location: Farmington Farms – Pool
Instructor: Farmington Farms Staff
Ages: 6 months to 3 years
Fee: \$100.00

Parent/Child LEVEL 2:

Dates: 9/10/17 – 10/15/17
Time: 10:30 a.m. – 11:00 a.m.
Day: Sunday
Location: Farmington Farms – Pool
Instructor: Farmington Farms Staff
Ages: 6 months to 3 years
Fee: \$100.00

LEVEL 1:

Dates: 9/10/17 – 10/15/17
Time: 11:00 a.m. – 11:30 a.m.
Day: Sunday
Location: Farmington Farms – Pool
Instructor: Farmington Farms Staff
Ages: 4 and up
Fee: \$100.00

LEVEL 2:

Dates: 9/10/17 – 10/15/17
Time: 11:30 a.m. – 12:00 p.m.
Day: Sunday
Location: Farmington Farms – Pool
Instructor: Farmington Farms Staff
Ages: 4 and up
Fee: \$100.00



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youth classes & activities continued

TENNIS – JUNIORS

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; bring a water bottle. Racquets may be available upon request, but bring your own racquet if you have one. **Min: 6/Max: 8**

Dates: 10/22/17 – 12/3/17 (No class on 11/26)

Time: 11:30 a.m. – 12:00 p.m.

Day: Sunday

Location: Farmington Farms – Tennis Courts

Instructor: Farmington Farms Staff

Grades: K – 1

Fee: \$51.00

Dates: 10/22/17 – 12/3/17

(No class on 11/26)

Time: 12:00 p.m. – 1:00 p.m.

Day: Sunday

Location: Farmington Farms – Tennis Courts

Instructor: Farmington Farms Staff

Grades: 2 – 3

Fee: \$91.00

8

Dates: 10/22/17 – 12/3/17 (No class on 11/26)

Time: 1:00 p.m. – 2:00 p.m.

Day: Sunday

Location: Farmington Farms – Tennis Courts

Instructor: Farmington Farms Staff

Grades: 4 – 6

Fee: \$91.00

TENNIS FUNDAMENTALS – YOUTH

Girls and boys will learn or improve upon their ground strokes, volleys, serves, footwork and overhead smashes. Drills, games and activities will vary each week. This class is designed to introduce and advance skill development. Please wear sneakers and bring a water bottle and racquet if you have one. **Min: 8/Max: 15**

Dates: 9/13/17 – 10/4/17

Time: 4:00 p.m. – 5:00 p.m.

Day: Wednesday

Location: Avon Middle School – Tennis Courts

Instructor: Kim Moretti, Varsity Coach, Avon High School and Staff

Grades: 2 – 5

Fee: \$60.00

Dates: 9/13/17 – 10/4/17

Time: 5:00 p.m. – 6:00 p.m.

Day: Wednesday

Location: Avon Middle School – Tennis Courts

Instructor: Kim Moretti, Varsity Coach, Avon High School and Staff

Grades: 6 – 8

Fee: \$60.00

www.AvonRec.com (860) 409-4332



Tumble Bunnies

Tumble Bunnies is a pre-school gymnastics program for children. Jump, stretch, roll, slide, balance, run, walk, swing, climb and more. Learn gymnastic skills and have fun! Some activities will use balls, hoops and parachutes. Please wear comfortable gym clothing and sneakers. **Min: 5/Max: 15**

Dates: 9/27/17 – 11/1/17

Time: 5:00 p.m. – 5:40 p.m.

Day: Wednesday

Location: Roaring Brook School – Gym

Instructor: David Avezzie and Tumble Bunny Staff

Ages: 2 – 3

Fee: \$92.00

Dates: 9/27/17 – 11/1/17

Time: 5:45 p.m. – 6:25 p.m.

Day: Wednesday

Location: Roaring Brook School – Gym

Instructor: David Avezzie and Tumble Bunny Staff

Ages: 3 ½ – 6 ½

Fee: \$92.00



YOUTH SPORT LEAGUES

RECREATION YOUTH BASKETBALL

Registration is August 28 – September 29, 2017. Please register online at www.avonrec.com. There will be a \$15 discount for the 3rd and 4th child enrolled in any of our basketball programs. Please call the office to receive your discount.

Registration deadline is 4:30 p.m. on Friday, September 29, 2017. Late registrations subject to a \$25 late fee may be accepted beginning September 30th, if space allows. Call 860-409-4332. **No registrations will be accepted after November 6, 2017!**

Grades K-1 Fee: \$65.00
Grades 2-3 Fee: \$85.00
Grades 4-8 Fee: \$130.00

Refunds:

August 28 – October 27 100%
 October 30 – November 10..... 80%
 After November 13 No Refunds

GRADES K – 1

This is an instructional, co-ed program that teaches the fundamentals of basketball to young players using a variety of fun drills and activities designed to improve skills. Boys and girls will play at Roaring Brook School. Only register for one session. **Min: 12/Max: 20**

Dates: 12/5/17 – 1/30/18
 (No program on 12/26)
Session 1: 4:45 p.m. – 5:30 p.m.
Session 2: 5:40 p.m. – 6:25 p.m.
Day: Tuesday
Location: Roaring Brook School Gym
Coach: Brian Leblanc and Staff
Fee: \$65.00

Dates: 12/7/17 – 2/1/18
 (No program on 12/28)
Session 3: 4:45 p.m. – 5:30 p.m.
Day: Thursday
Location: Roaring Brook School Gym
Coach: Brian Leblanc and Staff
Fee: \$65.00

GRADES 2 – 3

This program is a combination of instructional drills and games. **Volunteer coaches and assistant coaches are needed!** Boys and girls will play at Pine Grove School on a **rotating schedule** between 4:30 p.m., 5:30 p.m. & 6:30 p.m. *Players should be available for all time slots as the schedule will rotate week to week.*

Boys Grade 2 Wednesdays 12/6/17 – 2/14/18
 (No game on 12/27).
Boys Grade 3 Tuesdays 12/5/17 – 2/13/18
 (No game on 12/26).
Girls Grade 2-3 Thursdays 12/7/17 – 2/15/18
 (No game on 12/28).

youth sport leagues

Players will be evaluated in a non-competitive, short session in order to form balanced teams. We will do our best to accommodate carpooling requests up until October 6, 2017, but there is **no guarantee**. Once the number of teams have been determined, the Game schedule will be posted online at www.avonrec.com, and updated as needed with make-up dates.

MANDATORY RATING SESSIONS – Pine Grove School:

Girls Grade 3 Monday, October 16, 2017
All Girls: 6:15 p.m. – 7:15 p.m.

Boys Grade 3 Monday, October 23, 2017
A-L: 6:15 p.m. – 7:15 p.m.

M-Z: 7:15 p.m. – 8:15 p.m.

Players should wear sneakers ~ basketballs will be provided.

GRADES 4 – 8

This is a recreational basketball program for boys and girls. Rules are designed for participation and clinical skill development for all involved. Games will be competitive to the extent that scores will be kept – standings will not.

Youth Basketball Coaches Needed! Please indicate if you are interested in a Head Coach or Assistant Coach role. All coaches must be signed up by September 29, 2017, agree to a background check, concussion training and attend a coaches meeting on Monday, November 13, 2017 from 6:00 p.m. – 8:00 p.m. at the Avon Middle School.

We are willing to hold a training session for new coaches. Please contact the Recreation Department to reserve your spot. The meeting will be held in conjunction with the Coaches Meeting if there is enough interest.

The **Coaches Meeting & Draft** will be on **Monday, November 13, 2017** at the Avon Middle School from **6:00 p.m. – 8:00 p.m.** No coaches or players will be paired. Assistants must be obtained from the parents/guardians of the players drafted.

This is not a practice league. Players in grades 4-8 MUST be able to commit to a one-hour practice one night/week plus a game on Saturday. Night, time and location of practice will be at coach's discretion to be determined after the coaches meeting. **Weeknight practices begin November 27, 2017.**

Saturday games begin December 9, 2017. 12/9/17 – 3/10/18 (No games on 12/23, 12/30, 1/13 or 2/17). 10 games for the season. Once the number of teams have been determined, the Game schedule will be posted online at www.avonrec.com, and updated as needed with make-up dates.

continued

youth sport leagues continued

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Official League Play – Game schedules, once set, will not be altered for any reason other than inclement weather. Make-up dates: Saturday, March 17, 2018 and Saturday, March 24, 2018.

Players will be evaluated in a non-competitive, short session in order to form balanced teams. Players should wear sneakers ~ basketballs will be provided.

MANDATORY RATING SESSIONS – Thompson Brook School:

Boys Grades 4–8 Saturday, October 28

- Grade 4: 8:30 a.m. – 9:15 a.m.
- Grade 5: 9:30 a.m. – 10:15 a.m.
- Grade 6: 10:30 a.m. – 11:15 a.m.
- Grade 7: 11:30 a.m. – 12:15 p.m.
- Grade 8: 12:30 p.m. – 1:30 p.m.

Girls Grades 4–8 Wednesday, November 1

- Grade 4–5: 6:00 p.m. – 7:00 p.m.
- Grade 6–8: 7:15 p.m. – 8:15 p.m.

PLEASE NOTE: This season, Avon Recreation and Parks is partnering with neighboring Farmington Valley towns for the **Girls Grades 4–8 league** to expand the size, competition, and network of our league.



VOLLEYBALL FALL LEAGUE:

Girls – Grades 7 & 8

This program is designed for Grade 7 & 8 girls interested in learning and competing in a competitive, recreation volleyball league. It is the Recreation and Parks Department's intention to teach both volunteer/parent coaches and the players the skills and strategies of competitive volleyball at the Middle School level. This league will mimic the philosophy of recreation basketball in that the skill development will be the greatest emphasis. Gym sneakers, shorts, tee shirts, and knee-pads are required. Uniform T-shirts will be provided once the teams are chosen and games begin. All other equipment will be supplied.

A mandatory introductory/rating session will be held on Thursday, September 14, 2017. Coaches ONLY Meeting/Player Draft to follow ratings.

Grade 7 rating: 6:00 p.m. – 7:00 p.m.

Grade 8 rating: 7:00 p.m. – 8:00 p.m.

Practices and games will be between 5:00 p.m. and 7:00 p.m. based upon an alternating schedule, number of teams, etc. An 8 to 10 game schedule will be determined by the number of players/ teams. **Min: 32/Max: 40**

Dates: 9/12/17 – 11/16/17
(No games on 9/21, 10/31 or 11/7;
Make-up date is 11/21)

Time: 5:00 p.m. – 7:00 p.m.
Days: Tuesday and Thursday
Location: Avon Middle School – Gym
Coach: Glenn Lazinsk and Staff
Grades: 7 – 8
Fee: \$120.00

Registration ends on September 8, 2017.



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

This course will prepare you to recognize and care for a variety of First Aid, breathing and cardiac emergencies involving adult and pediatric victims. Training for emergencies such as burns, cuts, sudden illness, head/neck/back injuries, heat and cold related and breathing and cardiac emergencies to help victims of any age. Successful completion of course requirements will certify participants in the American Red Cross – Adult and Pediatric First Aid/CPR/AED valid for 2 years. Please wear comfortable clothing and bring a water bottle. **Min: 6/Max: 12**

Dates: 10/24/17 – 10/25/17
Time: 6:00 p.m. – 8:30 p.m.
Days: Tuesday – Wednesday
Location: Avon Town Hall – Avon Room
Instructor: Health and Safety Training of CT, LLC
Fee: \$123.00 **Senior Fee:** \$110.70

INDOOR ROWING

Group indoor rowing classes are like spinning classes, except every major muscle group is involved. No experience is required and each class will improve your cardio, strength and overall fitness while enjoying music and having fun. Each rower will work at their own intensity and experience a variety of workouts. Instructors will provide individual attention to each rower as needed. Please wear exercise clothes and sneakers and bring a water bottle. **Min: 4/Max: 8**

Dates: 9/27/17 – 11/1/17
Time: 6:30 p.m. – 7:30 p.m.
Day: Wednesday
Location: Power 10 Indoor Rowing Center
 (395 West Avon Road, Avon)
Instructor: Power 10 Staff
Fee: \$86.00
Senior Fee: \$77.40

NEW!!

KNITTING

Bring your project and just knit or come for help on your project. If you have never knitted before, bring yarn and knitting needles and we will get you started. **Min: 5/Max: 10**

Dates: 9/20/17 – 12/27/17
 (Every other Wednesday)
Time: 6:45 p.m. – 8:15 p.m.
Day: Wednesday
Location: Avon Senior Center – Lounge
Instructor: Donna Zyjeski
Fee: \$40.00 **Senior Fee:** \$36.00

active adult classes

CO-ED PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. This game was invented in the mid-1960s as a children's backyard pastime but quickly became popular among adults as a fun game for players of all skill levels.

Min: 9/Max: 16

Dates: 9/5/17 – 10/24/17
Time: 5:30 p.m. – 7:30 p.m.
Day: Tuesday
Location: Sycamore Hills Recreation Area –
 Tennis Courts 1 & 2
Supervisor: Joe Bowman
Fee: \$40 for the season

Registration is online at www.avonrec.com

TAZ'S FITNESS CHALLENGE

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

Dates: 9/25/17 – 12/22/17
 (No class on 10/9 or 11/24)
Time: 8:15 a.m. – 9:15 a.m.
Days: Monday, Wednesday & Friday
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$138.00 **Senior Fee:** \$124.20

Punch Cards are available for \$50.00 for 10 classes for those participants who will be out of town for part of the session. These Punch Cards will be valid 9/1/17 – 8/31/18.

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! Please wear sneakers and bring your own mat, hand held weights and water bottle. **Min: 20/Max: 30**

Dates: 9/25/17 – 12/22/17
 (No class on 10/9 or 11/24)
Time: 9:20 a.m. – 10:20 a.m.
Days: Monday, Wednesday & Friday
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$138.00 **Senior Fee:** \$124.20

Punch Cards are available for \$50.00 for 10 classes for those participants who will be out of town for part of the session. These Punch Cards will be valid 9/1/17 – 8/31/18.

TENNIS – ADULT CO-ED

This is an instructional clinic for intermediate tennis players. The goal is to develop a total tennis player. Players 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 and water bottle.
 Sunday Lessons: **Min: 6/Max: 8**; Tuesday Lessons: **Min: 3/Max: 4**

Dates: 10/22/17 – 12/3/17
 (No class on 11/26)
Time: 2:00 p.m. – 3:00 p.m.
Day: Sunday
Location: Farmington Farms – Tennis Courts
Instructor: Farmington Farms Staff
Level: Intermediates
Fee: \$91.00 **Senior Fee:** \$81.90

Dates: 11/7/17 – 12/12/17
Time: 6:00 p.m. – 7:00 p.m.
Day: Tuesday
Location: Farmington Farms – Tennis Courts
Instructor: Farmington Farms Staff
Level: Beginners
Fee: \$92.00 **Senior Fee:** \$82.80

Dates: 11/7/17 – 12/12/17
Time: 7:00 p.m. – 8:00 p.m.
Day: Tuesday
Location: Farmington Farms – Tennis Courts
Instructor: Farmington Farms Staff
Level: Intermediates
Fee: \$92.00 **Senior Fee:** \$82.80



TENNIS – WOMEN

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. **Min: 3/Max: 4**

Dates: 11/6/17 – 12/11/17
Time: 9:30 a.m. – 10:30 a.m.
Day: Monday
Location: Farmington Farms – Tennis Courts
Instructor: Farmington Farms Staff
Who: Women
Fee: \$92.00 **Senior Fee:** \$82.80



TENNIS FUNDAMENTALS

Adults will learn or improve upon their ground strokes, volleys, serves, footwork and overhead smashes. Instructors include the Avon High School Girls Varsity tennis coach. Please wear sneakers and bring a water bottle and racquet if you have one. **Min: 8/Max: 12**

Dates: 9/13/17 – 10/4/17
Time: 7:00 p.m. – 8:00 p.m.
Day: Wednesday
Location: Avon Middle School – Tennis Courts
Instructor: Kim Moretti, Varsity Coach, Avon High School
Fee: \$60.00 **Senior Fee:** \$54.00





WAVE I (Women Against Violence Everywhere)

The WAVE I 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 and bring a water bottle. **Min: 10/Max: 40**

Date: 12/12/17
Time: 6:30 p.m. – 8:30 p.m.
Day: Tuesday
Location: Community Room at Avon Senior Center
Instructor: Master Dominick Violante and Avon Kempo/Aikido Academy
Who: Girls in Grade 10 – Adults
Fee: \$42.00 **Senior Fee:** \$37.80

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 and bring a water bottle. **Min: 10/Max: 30**



Date: 1/3/18
Time: 7:00 p.m. – 9:00 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Master Dominick Violante and Avon Kempo/Aikido Academy
Who: Girls in Grade 10 – Adults
Fee: \$42.00 **Senior Fee:** \$37.80

active adult classes continued

YOGA

This class is designed to increase flexibility and strength and reshape muscles and joints. Yoga improves posture, range of motion and balance. It relieves tension and stress and increases body awareness. It improves your overall health and mental wellbeing. You will feel energized and more alert. Yoga also works all of your internal organs and helps prevent injury, as well as aiding in any type of healing process. Please wear loose, comfortable clothing and bring a mat and a water bottle. **Min: 10/Max: 25**

SESSION 1:

Dates: 9/13/17 – 11/1/17
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

SESSION 2:

Dates: 11/15/17 – 1/10/18
(No class on 12/27)
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 wellbeing. You will feel energized and more alert. Yoga also works all of your internal organs and helps prevent injury, as well as aiding in any type of healing process. Please wear loose, comfortable clothing and bring a mat and a water bottle. **Min: 10/Max: 20**

Dates: 9/13/17 – 11/1/17
Time: 9:30 a.m. – 10:30 a.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Nancy Brooks
Fee: \$66.00 **Senior Fee:** \$59.40

ZUMBA CARDIO PARTY

Zumba Fitness is a fusion of Latin and international music combined with a cardio workout. The class combines cardio, muscle conditioning, balance-core and flexibility. Take the "work" out of workout, have FUN and ENJOY THE PARTY! Instructor will distribute a waiver form at first class. Please wear workout clothing and non-grip sneakers and bring a water bottle. **Min: 5/Max: 20**

Dates: 10/10/17 – 11/30/17
(No class on 10/24, 10/31 or 11/23)
Time: 6:15 p.m. – 7:15 p.m.
Days: Tuesday and Thursday
Location: Community Room at Avon Senior Center
Instructor: Laura Mensi
Fee: \$80.00 **Senior Fee:** \$72.00

ACTIVITIES SPONSORED BY THE AVON SENIOR CENTER

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

DATE: 9/12/17

Trip: Newport Playhouse & Cabaret

DATE: 9/20/17

Trip: Big E – CT Day

DATE: 9/22/17

**Trip: Cape Cod Scallop Festival &
Mystery Tour**

DATE: 10/12/17

Trip: Vermont Fall Foliage Tour

DATE: 11/9/17

Trip: Annie Get Your Gun

DATE: 11/17/17

**Trip: Radio City Christmas
Spectacular**

DATE: 12/14/17

**Trip: Holiday Train Show at
New York Botanical Gardens**

DATE: 12/19/17

**Trip: Polynesian Christmas with
Bright Nights**

DATE: 3/1/18 – 3/7/18

**Trip: Iceland's Magical
Northern Lights**

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For details, please contact the Senior Center at (860) 675-4355 or visit their website: <http://www.avonct.gov/senior-center/pages/trips>

NEW!!

CHAIR YOGA

Chair yoga is a unique form of exercise for people who cannot get down to the floor due to age or inflexibility. This program will improve muscle tone, flexibility and cardiovascular endurance. This gentle form of exercise is beneficial for seniors and those struggling with hip, knee or other types of joint pain. Please wear comfortable clothing and footwear and bring a water bottle. **Min: 6/Max: 15**

Dates: 9/28/17 – 12/21/17
(No class on 11/23 or 12/14)

Time: 3:00 p.m. – 4:00 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Diane Rho-Caputo

Fee: \$102.00 **Senior Fee:** \$91.80

GLASS PAINTING

We will be painting a wine glass to take home. There will be finished products to view and a step-by-step demo to follow, or feel free to design your own creation as well! Please bring a smock or old shirt to protect your clothing. **Min: 4/Max: 12**

SESSION 1:

Date: 12/5/17

Time: 6:00 p.m. – 8:00 p.m.

Day: Tuesday

Location: Avon Senior Center – Craft Room

Instructor: Boni Rothmann

Fee: \$45.00 **Senior Fee:** \$40.50

SESSION 2:

Date: 12/7/17

Time: 1:00 p.m. – 3:00 p.m.

Day: Thursday

Location: Avon Senior Center – Craft Room

Instructor: Boni Rothmann

Fee: \$45.00 **Senior Fee:** \$40.50

PAINTING PARTY

An example of a painting will be displayed and the instructor will provide step-by-step instructions of how to create your own masterpiece. Go home with your own beautiful painting! Please bring a smock or old shirt to protect your clothing. **Min: 4/Max: 12**

Date: 10/19/17

Time: 6:00 p.m. – 8:00 p.m.

Day: Thursday

Location: Avon Senior Center – Craft Room

Instructor: Boni Rothmann

Fee: \$45.00 **Senior Fee:** \$40.50

NEW!!

TAI CHI FOR SENIORS

Tai Chi has been proven through scientific study to improve joint health, strengthen muscle, increase flexibility and reduce stress-based illnesses. Australia's Doctor Paul Lam, a practicing M.D. and Tai Chi expert himself, and a team of Tai Chi and medical experts have created a simple, safe and effective program to prevent bone loss and improve balance. Many people have enjoyed learning the program and have gained significant health benefits from a program that is especially suited to seniors and people suffering from arthritis and osteoporosis. Come see what Tai Chi can do for you! Please wear comfortable clothes and footwear and bring a water bottle. **Min: 10/Max: 20**

Dates: 9/27/17 – 12/20/17
(No class on 11/22 or 12/13)
Time: 3:30 p.m. – 4:30 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Ken Zaborowski
Fee: \$66.00 **Senior Fee:** \$59.40

**WREATH MAKING**

We will be making a holiday wreath for your front door, or for inside your home with greens, decorations and wired ribbons. Step-by-step instructions will be given including making a professional bow. Please bring work/garden gloves to protect your hands. **Min: 4/Max: 12**

SESSION 1:

Date: 11/14/17
Time: 6:00 p.m. – 8:00 p.m.
Day: Tuesday
Location: Avon Senior Center – Craft Room
Instructor: Boni Rothmann
Fee: \$45.00 **Senior Fee:** \$40.50

SESSION 2:

Date: 11/16/17
Time: 1:00 p.m. – 3:00 p.m.
Day: Thursday
Location: Avon Senior Center – Craft Room
Instructor: Boni Rothmann
Fee: \$45.00 **Senior Fee:** \$40.50

ZUMBA GOLD

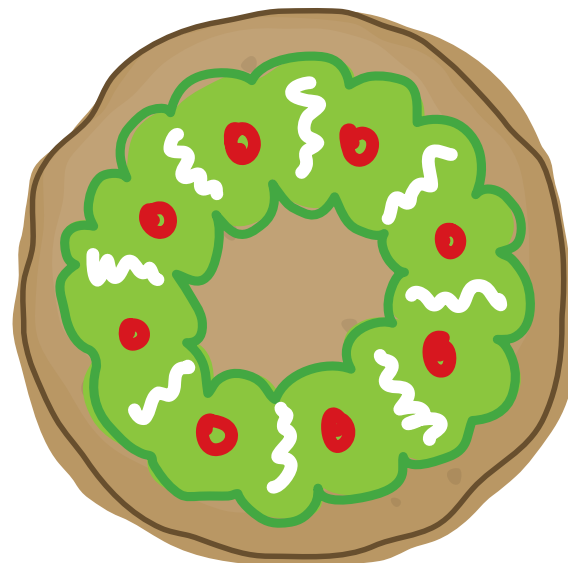
Come join the party and enjoy the health benefits of this feel good, low impact aerobic workout. Zumba Gold is an energetic, total body workout set to Latin and International rhythms. Dance for an hour and log at least 6,000 steps on your fitness tracker. Zumba Gold uses the same music and choreography as Zumba Basic; I just modify the movements to be gentler on the knees. No experience necessary, just a willingness to dance and have fun. Please wear comfortable clothing and smooth-soled sneakers and bring a water bottle and towel. **Min: 8/Max: 12**

MONDAYS

Dates: 9/25/17 – 12/11/17
(No class on 10/9)
Time: 6:00 p.m. – 7:00p.m.
Day: Monday
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$71.00 **Senior Fee:** \$63.90

WEDNESDAYS

Dates: 9/27/17 – 12/20/17
(No class on 11/22 or 12/13)
Time: 6:00 p.m. – 7:00 p.m.
Day: Wednesday
Location: Countryside Park
Instructor: Denise Lipka
Fee: \$71.00 **Senior Fee:** \$63.90



IMPORTANT Dates to Remember

2017 FALL PROGRAMS



VOLLEYBALL FALL LEAGUE – GIRLS GRADES 7 & 8

Registration:

- ☞ Ends September 8, 2017

Program Dates:

- ☞ September 12, 2017 – November 16, 2017
(Tuesdays and Thursdays)
(No program on September 21st, October 31st or
November 7th; Make-up date is November 21st)

Introductory/Rating Session –

- ☞ Thursday, September 14, 2017:
Grade 7 Rating: 6:00 p.m. – 7:00 p.m.
Grade 8 Rating: 7:00 p.m. – 8:00 p.m.

RECREATION YOUTH BASKETBALL

Registration:

- ☞ August 28, 2017 – September 29, 2017
Registrations beginning September 30, 2017
will be subject to a \$25 late fee.
NO registrations will be accepted after
November 6, 2017!

Program Dates:

- ☞ Grades K – 1
December 5, 2017 – January 30, 2018 (Tuesdays)
OR December 7, 2017 – February 1, 2018 (Thursdays)
- ☞ Boys Grade 2
December 6, 2017 – February 14, 2018 (Wednesdays)
- ☞ Boys Grade 3
December 5, 2017 – February 13, 2018 (Tuesdays)

Mandatory Rating Session:

- ☞ Boys Grade 3 – Monday, October 23, 2017
A–L: 6:15 p.m. – 7:15 p.m.
M–Z: 7:15 p.m. – 8:15 p.m.
- ☞ Girls Grades 2 – 3
December 7, 2017 – February 15, 2018 (Thursdays)

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Mandatory Rating Session:

- ☞ Girls Grade 3 – Monday, October 16, 2017
- ☞ All Girls: 6:15 p.m. – 7:15 p.m.
- ☞ Boys and Girls Grades 4 – 8
December 9, 2017 – March 10, 2018
(Saturday Games)

Mandatory Rating Session:

- ☞ Boys Grades 4–8 – Saturday, October 28, 2017
Grade 4: 8:30 a.m. – 9:15 a.m.
Grade 5: 9:30 a.m. – 10:15 a.m.
Grade 6: 10:30 a.m. – 11:15 a.m.
Grade 7: 11:30 a.m. – 12:15 p.m.
Grade 8: 12:30 p.m. – 1:30 p.m.
- ☞ Girls Grades 4–8 – Wednesday, November 1, 2017
Grade 4–5: 6:00 p.m. – 7:00 p.m.
Grade 6–8: 7:15 p.m. – 8:15 p.m.

AFTER SCHOOL SKI PROGRAM AT SKI SUNDOWN

Registration:

October 2, 2017 – November 3, 2017
(Or when all available spots are taken)

Program Dates:

- ☞ Avon Middle School and Avon High School
January 2, 2018 – January 30, 2018 (Tuesdays)
- ☞ Thompson Brook School
January 4, 2018 – February 1, 2018 (Thursdays)
- ☞ Ski Safety Meeting:
Required Attendance by all 5th Graders and any
new participants to our program along with their
parents
Wednesday, November 29, 2017 at 6:30 p.m.
at Thompson Brook School

