

2017-18
WINTER/SPRING
PROGRAMS



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OFFICE

60 West Main Street
Avon, CT 06001

Phone: (860) 409-4332

Fax: (860) 409-4334

Cancellation Line: (860) 409-4365

Web Address: www.avonct.gov

Email: avonrec@avonct.gov

Facebook Page:

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



OFFICE HOURS:

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

Director

Ruth Checko - rchecko@avonct.gov

Administrative Coordinator

Sharon Henry - shenry@avonct.gov

Administrative Secretary:

Usha Srivel - usrivel@avonct.gov

Recreation Consultant - Programs

Bonnie Daly - recdaly@comcast.net

AVON SENIOR CENTER/ COMMUNITY ROOM

635 West Avon Road, Avon, CT 06001

Phone: (860) 675-4355

Facebook Page:

<https://www.facebook.com/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:

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 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.

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.

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!!**

general information

PARKS – DUMPSTERS:

All Parks in Avon are **TRASH-FREE PARKS**. Trash cans are not provided. *Please carry out what you carry in.*



If you are bringing your pet with you to enjoy the parks, please remember that all dogs must be on leash. All pet waste must be picked up and pet waste bags must be taken with you when you leave the park.

LIGHTS AT AMS TENNIS COURTS:

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

ATHLETIC FIELDS

ADVERTISING PROGRAM:

The Avon Recreation and Parks Department will accept applications for the purchase of advertising signs to be placed in available locations at athletic fields in Town parks. Information about the program can be found on our website.



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Thank You!

*The Avon Recreation and Parks Department
would like to thank:*

**Avon Soccer Club and Farmington Valley
Soccer Club for their generous donations
in 2017.**

**The flag football volunteer Coordinator
and Coaches for their efforts this fall. Your
dedication and hard work made for another
very successful season.**

**All the participants who attended our
Warm Blanket Making Event. Together
we made 23 fleece blankets which we
donated to the Avon Food Pantry.**



2017-18 WINTER/SPRING PROGRAMS



REQUEST FOR SUMMER PROPOSALS

The Town of Avon is seeking written responses to a Request for Proposal (RFP) to purchase services necessary to offer a variety of Summer Recreational Programs.

Instructors interested in running programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **4:30 p.m. on Thursday, March 1, 2018**. Proposal forms are available by accessing the Town's web page at www.avonct.gov under "Quick Links" Public Bids and RFP's or at the Avon Recreation and Parks Office. Proposals must be submitted in a sealed envelope marked "Proposal for Recreation Programs".



Our Summer Brochure will be inserted in the Valley Press for delivery to Avon residents, and be available online for registration starting in late April 2018. Tentative Camp start date June 25, 2018.

**COMMUNITY GARDEN PLOTS -
ALSOP MEADOWS** Available by
calling the office in March.

Plots are 35' x 35'.

Limit of 2 per family.

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



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SUMMER HELP WANTED

The Recreation and Parks Department will start accepting applications beginning January 1 for the following summer positions:

CAMP POSITIONS:

- ❖ Summer Program Director, Special Needs Coordinator, Special Needs Para Professional, Head Leaders, and Recreation Leaders.

POOL POSITIONS:

- ❖ Aquatics/Facility Director, Assistant Aquatic/Facility Director, Head Lifeguards, Lifeguards, Water Safety Instructors, Water Aerobics Instructor, Certified Lifeguard Trainer, Swim Team Coaches, Assistant Swim Team Coaches and Gate Attendants.

Salary ranges are dependent on position applied for.

Please call (860) 409-4332 for more information. Application deadline for the above positions is April 13, 2018 at 4:30 p.m.

Applications can be downloaded at www.avonct.gov then click on the Recreation Department, then the Summer Employment 2018 link. Applications can be mailed or dropped off to the Avon Recreation Department, 60 West Main Street, Avon, CT 06001. EOE/ADA/M/F

special interest

Discounted Tickets: CT Science Center

The CT Science Center is open YEAR ROUND! With more than 165 thrilling interactive exhibits, stunning 3D movies, and NEW programs, and stage shows, visitors can build, design, touch, learn, and much more. Plus, rotating traveling exhibits mean there's always something **NEW** to discover. Discounted CT Science Center tickets will be available at the Avon Recreation and Parks Department during regular business hours beginning on **January 2, 2018**. Buy your tickets from us at a discounted rate and avoid lines at the gate. Tickets are valid any day during the 2018 season.



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

FAMILY EVENTS

Community Outreach Program

Avon Recreation and Parks will be hosting monthly Community Outreach events for families to participate in (February – May). Dates, times and more details will be posted on our website and emailed to everyone who has "opted in" to receive our "general announcement" emails. Join us and make a difference in our community, and beyond!

NEW!!



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: 5/15/18
Time: 6:00 p.m. – 8:00 p.m.
Day: Tuesday
Location: Thompson Brook School Cafeteria
Instructor: DEEP Conn. Aquatic Resources
 Education staff
Grades: Kindergarten – 8
 (K – 5 SHOULD BE ACCOMPANIED by a parent)
Fee: \$5.00 (per adult, no fee for children – everyone must register)



FIELD DAY:

Dates: 5/19/18
Time: 9:00 a.m. – 12:00 p.m.
Day: Saturday
Location: TBD
Instructor: DEEP Conn. Aquatic Resources
 Education staff
Grades: Kindergarten – 8
 (K – 5 SHOULD BE ACCOMPANIED by a parent)

vacation camps

February Break Art Camp

We will have various themes each day, incorporating clay, 3D, painting and unique craft projects. Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing.

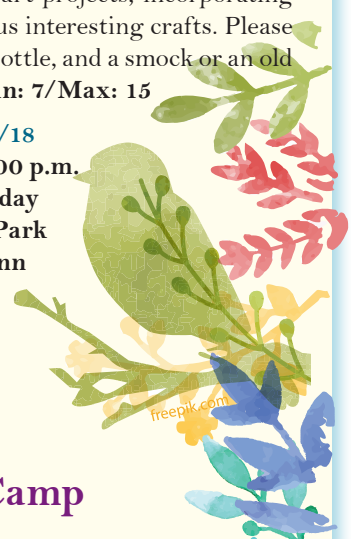
Min: 6/Max: 10

Dates: 2/19/18 – 2/20/18
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Tuesday
Location: Countryside Park
Instructor: Boni Rothmann
Grades: 3 – 6
Fee: \$96.00

Artarama Spring Art Camp

We will create a variety of art projects, incorporating clay, 3D, painting and various interesting crafts. Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. **Min: 7/Max: 15**

Dates: 4/9/18 – 4/13/18
Time: 8:30 a.m. – 3:00 p.m.
Days: Monday – Friday
Location: Countryside Park
Instructor: Boni Rothmann
Grades: 3 – 6
Fee: \$210.00



Tumble Bunny April Vacation Camp

Don't let the kids get bored over April vacation! Join us for this fun and exciting program! Children will enjoy arts and crafts, games, sports, physical fitness activities, obstacle courses and more! Please bring a snack, drink and a non-refrigerated lunch each day. Wear sneakers and bring outdoor clothing, weather permitting. **Min: 10/Max: 35 per day**

Dates: 4/9/18 – 4/13/18
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Friday for 2, 3, 4 or 5 days
Location: Roaring Brook School – Gym
Instructor: Tumble Bunny Staff
Grades: K – 5
Fees: 2 days – \$111.00
 3 days – \$155.00
 4 days – \$199.00
 5 days – \$249.00

MEN'S OPEN SOFTBALL

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

Dates: 4/22/18 – 11/4/18
(Program on 5/20 and 5/27 will be at Avon Middle School)

Time: 9:30 a.m. – 11:30 a.m.

Day: Sunday

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

Supervisor: Dwayne Connelly

Fee: \$55.00 for the season and registration is online at www.avonrec.com



drop in activities

Pay at the Door

MEN'S OVER 35 BASKETBALL

Dates: 1/22/18 – 4/2/18
(No basketball on 2/19)

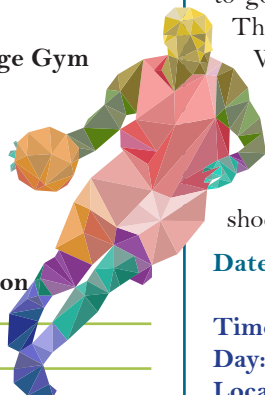
Time: 8:00 p.m. – 9:45 p.m.

Day: Monday

Location: Avon Middle School – Large Gym

Supervisor: Bryan Block

Fee: \$40.00 for the season and registration is online at www.avonrec.com or \$8.00 at the door per session



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MEN'S OPEN BASKETBALL

(age 18 and out of high school)

Dates: 1/24/18 – 4/4/18

Time: 8:00 p.m. – 9:45 p.m.

Day: Wednesday

Location: Avon Middle School – Large Gym

Supervisor: Bryan Block

Fee: \$40.00 for the season and registration is online at www.avonrec.com or \$8.00 at the door per session

youth classes & activities

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, snack and a water bottle. **Min: 6/Max: 20**

Date: 3/3/18

Time: 9:30 a.m. – 1:30 p.m.

Day: Saturday

Location: Thompson Brook School Cafeteria

Instructor: Health & Safety Training of Connecticut, LLC

Grades: 6 – 10

Fee: \$91.00

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 Celebrate! West Hartford Road Race on Sunday, June 10, 2018. 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: 30**

Dates: 4/17/18 – 6/5/18
(Road Race is on Sunday, 6/10/18)

Time: 5:00 p.m. – 6:00 p.m.

Day: Tuesday

Location: Roaring Brook School Field

Instructor: Lisa Pillow

Grades: 1 – 8

Fee: \$86.00



MPOWER BOYS RUNNING

Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your son will feel when he crosses the finish line of the Celebrate! West Hartford 5K on June 10th. 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: 30**

Dates: 4/18/18 – 6/6/18
(Road Race is on Sunday, 6/10/18)
Time: 6:00 p.m. – 7:15 p.m.
Day: Wednesday
Location: Roaring Brook School Field
Instructor: Krissy Mok
Grades: 1 – 8
Fee: \$86.00

**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. Participants will learn how to handle hoops, ropes, balls, and ribbons, learning the essential elements of rhythmic gymnastics, a graceful Olympic sport. For more information, visit our website: www.ctrgclub.com. Please wear leotards, leggings, shorts, put hair up and bring a water bottle. **Min: 6/Max: 10**

Dates: 2/2/18 – 3/23/18
(No class on 2/9)
Time: 5:00 p.m. – 5:45 p.m.
Day: Friday
Location: Avon Middle School – Small Gym
Instructor: Kathryn Bratslavsky
Grades: 2 – 6
Fee: \$84.00

**SOCCER SHOTS CLASSIC**

Soccer Shots sessions are professionally designed by Soccer Shots and led by Director Shannon Perry, certified youth coach and former professional player. 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! **Parents of 3-4 year olds must remain on site during program.** Please wear sneakers and bring a water bottle. **Min: 10/Max: 24**

Dates: 4/21/18 – 6/16/18
(No class on 5/26)
Time: 9:00 a.m. – 9:45 a.m. (3 – 4 year olds)
10:00 a.m. – 10:45 a.m. (4½ – Kindergarten)
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Fee: \$115.00

SOCCER SHOTS MINI

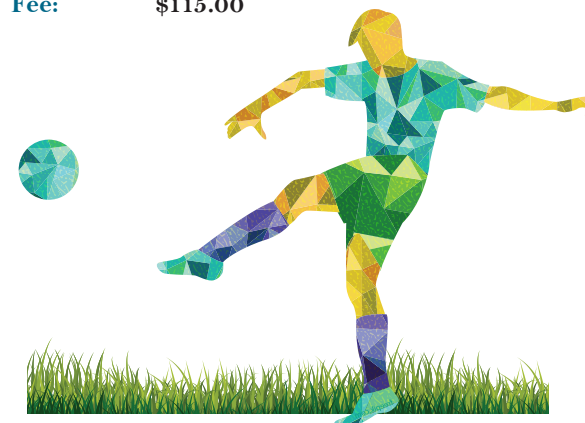
Soccer Shots sessions are professionally designed by Soccer Shots and early childhood professionals. Each 35 minute session creatively introduces your child to the sport of soccer. Soccer Shots Mini is a high energy program introducing children to fundamental principles such as using your feet, dribbling, and basic rules. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. Visit www.soccershots.org for more information. **Parents must remain on site during program.** Please wear sneakers and bring a water bottle. **Min: 8/Max: 10**

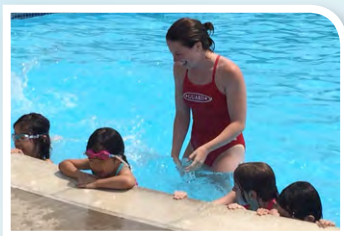
Dates: 4/21/18 – 6/16/18
(No class on 5/26)
Time: 11:55 a.m. – 12:30 p.m.
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Ages: 2 (Must be 2 by first day of class)
Fee: \$101.00

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: 4/21/18 – 6/16/18
(No class on 5/26)
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: 2/Max: 6**

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 are in the water.**

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: 1/7/18 – 2/11/18
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:

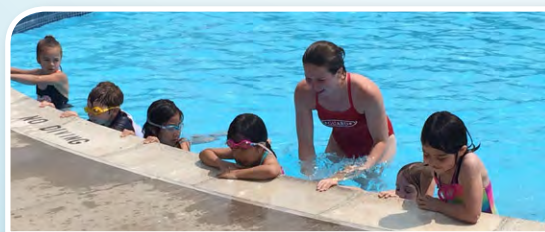
Dates: 1/7/18 – 2/11/18
Time: 10:30 a.m. – 11:00 a.m.
Day: Sunday
Location: Farmington Farms – Pool
Instructor: Farmington Farms Staff
Ages: 6 months to 3 years
Fee: \$100.00

LEVEL 1:

Dates: 1/7/18 – 2/11/18
Time: 11:00 a.m. – 11:30 a.m.
Day: Sunday
Location: Farmington Farms – Pool
Instructor: Farmington Farms Staff
Ages: 3 and up
Fee: \$100.00

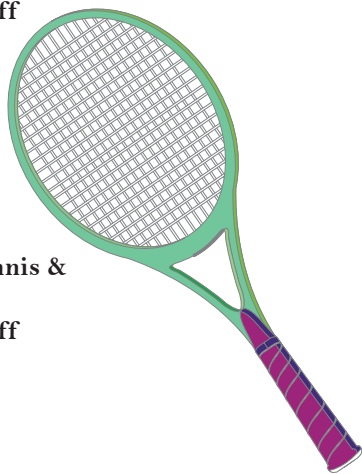
LEVEL 2:

Dates: 1/7/18 – 2/11/18
Time: 11:30 a.m. – 12:00 p.m.
Day: Sunday
Location: Farmington Farms – Pool
Instructor: Farmington Farms Staff
Ages: 3 and up
Fee: \$100.00



JUNIOR TENNIS

Fun is the goal! This class is designed for new players and those with some experience. Footwork and hand, eye coordination drills are introduced to develop general athletic ability. Children will also be taught court positioning, score keeping, and etiquette. The program will cover all shots and basic skills needed for rapid improvement. USTA approved, low compression, age appropriate balls will be used to promote ease of play and faster success. Students must wear sneakers and a warm-up suit; bring a water bottle. Racquets may be available upon request, but bring your own racquet if you have one. **Min: 6/Max: 8**

KINDERGARTEN – 1**Dates:** 1/21/18 – 3/4/18*(No class on 2/18)***Time:** 11:30 a.m. – 12:00 p.m.**Day:** Sunday**Location:** Farmington Farms Tennis & Athletic Club**Instructor:** Farmington Farms Staff**Fee:** \$50.00**GRADES 2 – 3****Dates:** 1/21/18 – 3/4/18*(No class on 2/18)***Time:** 12:00 p.m. – 1:00 p.m.**Day:** Sunday**Location:** Farmington Farms Tennis & Athletic Club**Instructor:** Farmington Farms Staff**Fee:** \$91.00**GRADES 4 – 6****Dates:** 1/21/18 – 3/4/18*(No class on 2/18)***Time:** 1:00 p.m. – 2:00 p.m.**Day:** Sunday**Location:** Farmington Farms Tennis & Athletic Club**Fee:** \$91.00

Tumble Bunnies – Preschool Movement and Gymnastics

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: 6/Max: 15**

Dates: 3/28/18 – 5/9/18*(No Class on 4/11)***Time:** 5:00 – 5:40 p.m.*(2 – 3 year olds)*

5:45 – 6:25 p.m.

*(4 – 6 year olds)***Day:** Wednesday**Location:** Roaring Brook School – Gym**Instructor:** David Avezzie and
Tumble Bunny Staff**Fee:** \$92.00

active adult classes

POWER 10 INDOOR ROWING CENTER

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 comfortable workout clothes and sneakers and bring a water bottle.

Min: 2/Max: 6

SESSION 1:

Dates: 2/7/18 – 3/14/18

Time: 9:30 a.m. – 10:30 a.m. (Program 1) or
6:30 p.m. – 7:30 p.m. (Program 2)

Day: Wednesday

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

Instructor: Power 10 Staff

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

SESSION 2:

Dates: 3/21/18 – 4/25/18

Time: 9:30 a.m. – 10:30 a.m. (Program 1) or
6:30 p.m. – 7:30 p.m. (Program 2)

Day: Wednesday

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

Instructor: Power 10 Staff

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

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. This game was invented in the mid-1960s as a children's backyard pastime but quickly became popular among adults as a fun game for players of all skill levels. **Min: 15/Max: 20**

Dates: 1/3/18 – 4/4/18
(No class on 3/21)

Time: 7:30 p.m. – 9:00 p.m.

Day: Wednesday

Location: Thompson Brook School – Gymnasium

Supervisor: Joe Bowman

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



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**

SESSION 1:

Dates: 1/6/18 – 2/10/18

Time: 9:15 a.m. – 10:45 a.m.

Day: Saturday

Location: Avon Senior Center – Lounge

Instructor: Donna Zyjeski

Fee: \$37.00 **Senior Fee:** \$33.30

SESSION 2:

Dates: 3/28/18 – 5/9/18

(No class on 4/11)

Time: 6:45 p.m. – 8:15 p.m.

Day: Wednesday

Location: Avon Senior Center – Lounge

Instructor: Donna Zyjeski

Fee: \$37.00 **Senior Fee:** \$33.30



TAZ 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**

SESSION 1:

Dates: 1/8/18 – 3/28/18
(No class on 1/15 or 2/19)
Time: 8:15 a.m. – 9:15 a.m.
Day: Monday, Wednesday & Friday
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$129.00 **Senior Fee:** \$116.10

SESSION 2:

Dates: 4/16/18 – 6/22/18
(No class on 5/28)
Time: 8:15 a.m. – 9:15 a.m.
Day: Monday, Wednesday & Friday
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$115.00 **Senior Fee:** \$103.50

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 for the session that they are purchased in.

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**

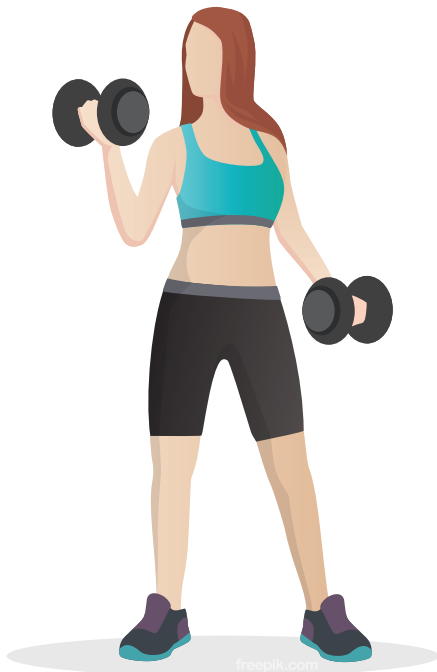
SESSION 1:

Dates: 1/8/18 – 3/28/18
(No class on 1/15 or 2/19)
Time: 9:25 a.m. – 10:25 a.m.
Day: Monday, Wednesday & Friday
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$129.00 **Senior Fee:** \$116.10

SESSION 2:

Dates: 4/16/18 – 6/22/18
(No class on 5/28)
Time: 9:25 a.m. – 10:25 a.m.
Day: Monday, Wednesday & Friday
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$115.00 **Senior Fee:** \$103.50

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 for the session that they are purchased in.



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: 1/21/18 – 3/4/18

(No class on 2/18)

Time: 2:00 p.m. – 3:00 p.m.

Day: Sunday

Location: Farmington Farms – Tennis Courts

Instructor: Farmington Farms Staff

Level: Beginners/Low Intermediates

Fee: \$91.00 **Senior Fee:** \$81.90

WHO: BEGINNERS

Session 1: 1/9/18 – 2/13/18

Session 2: 2/27/18 – 4/3/18

Time: 6:30 p.m. – 7:30 p.m.

Day: Tuesday

Location: Farmington Farms – Tennis Courts

Instructor: Farmington Farms Staff

Fee: \$91.00 **Senior Fee:** \$81.90

WHO: INTERMEDIATES

Session 1: 1/9/18 – 2/13/18

Session 2: 2/27/18 – 4/3/18

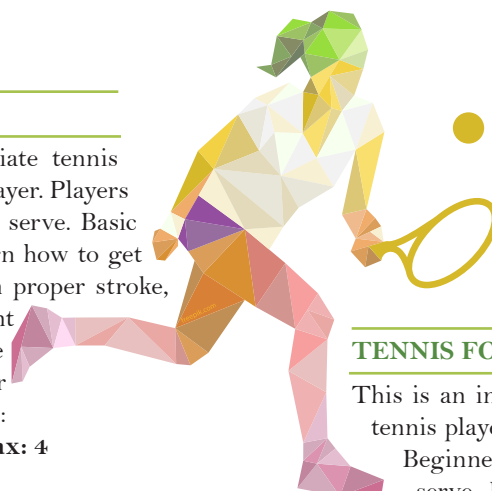
Time: 7:30 p.m. – 8:30 p.m.

Day: Tuesday

Location: Farmington Farms – Tennis Courts

Instructor: Farmington Farms Staff

Fee: \$91.00 **Senior Fee:** \$81.90



TENNIS FOR WOMEN – MORNING SESSION

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

WHO: WOMEN

Session 1: 1/8/18 – 2/12/18

Session 2: 2/26/18 – 4/2/18

Time: 9:30 a.m. – 10:30 a.m.

Day: Monday

Location: Farmington Farms – Tennis Courts

Instructor: Farmington Farms Staff

Fee: \$91.00 **Senior Fee:** \$81.90

WALLEYBALL – ADULT CO-ED

Walleyball is a version of volleyball played against a wall! Come and join a fun, safe and energetic atmosphere for all! Please wear sneakers and comfortable clothing and bring a water bottle. **Min: 8/Max: 20**

Dates: 1/18/18 – 3/22/18

Time: 7:30 p.m. – 9:00 p.m.

Day: Thursday

Location: Avon Middle School – Small Gym

Instructor: Kim Moretti

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





WAVE (Women Against Violence Everywhere)

The WAVE women's self-defense program is a comprehensive program that deals with real life scenarios and situations. The program teaches participants the proper way to deal with threatening and dangerous situations that may arise. Please wear comfortable clothing – no open toed shoes or skirts.
Min: 10/Max: 40

WHO: WOMEN IN GRADE 10 – ADULTS
Date: 3/20/18
Time: 6:30 p.m. – 8:30 p.m.
Day: Tuesday
Location: Community Room at Avon Senior Center
Instructor: Master Dominick Violante
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 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: 1/24/18 – 3/28/18

Session 2: 4/18/18 – 6/20/18

(Classes on 5/16, 6/6 and 6/20 will be held at an alternate location TBD)

Time: 6:30 p.m. – 7:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Nancy Brooks

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

active adult classes continued

ACTIVITIES SPONSORED BY THE AVON SENIOR CENTER

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

DATE: 1/27/18

Trip: UCONN Women's Basketball Game

DATE: 3/4/18

Trip: 2018 American Athletic Conference Women's Basketball Tournament

DATE: 4/28/18

Trip: New York: The Intrepid Sea, Air & Space Museum with Space Shuttle Enterprise

DATE: 5/15/18 – 5/17/18

Trip: 'Jesus' in Lancaster

DATE: 6/7/18

Trip: Deep Sea Fishing from Plymouth, MA

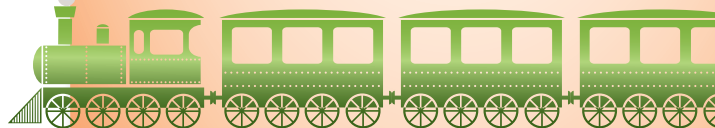
DATE: 6/24/18

Trip: Newport Flower Show at Rosecliff

DATE: 7/25/18

Trip: Essex Dinner Train & Riverboat Ride

For details and more information, please visit:
<http://www.avonct.gov/senior-center/pages/trips>



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active adult classes at avon senior center

WREATH MAKING

We will be making a spring 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: 3/22/18
Time: 6:00 p.m. – 8:00 p.m.
Day: Thursday
Location: Avon Senior Center – Craft Room
Instructor: Boni Rothmann
Fee: \$43.00 **Senior Fee:** \$38.70

SESSION 2:

Date: 3/27/18
Time: 2:00 p.m. – 4:00 p.m.
Day: Tuesday
Location: Avon Senior Center – Craft Room
Instructor: Boni Rothmann
Fee: \$43.00 **Senior Fee:** \$38.70



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! This could make a unique Mother's Day gift! Please bring a smock or old shirt to protect your clothing. **Min: 4/Max: 12**

Date: 5/3/18
Time: 6:00 p.m. – 8:00 p.m.
Day: Thursday
Location: Avon Senior Center/Craft Room
Instructor: Boni Rothmann
Fee: \$38.00 **Senior Fee:** \$34.20

PAINTING WITH ACRYLICS

This class is a basic instructional introduction to acrylics or a refresher for the more experienced painter. We will use acrylics in different ways and explore the flexibility of the medium. Concepts addressed will be color mixing, shading, value and composition. Subject matter will vary from still life, landscape and figurative. This class consists of six two-hour sessions. If you are looking for a creative outlet and are interested in trying painting, this class is for you! Please bring a smock or old shirt to protect your clothing. A material list will be provide. **Min: 4/Max: 12**

Date: 4/3/18 – 5/8/18
Time: 6:00 p.m. – 8:00 p.m.
Day: Tuesday
Location: Avon Senior Center – Craft Room
Instructor: Boni Rothmann
Fee: \$142.00 **Senior Fee:** \$127.80

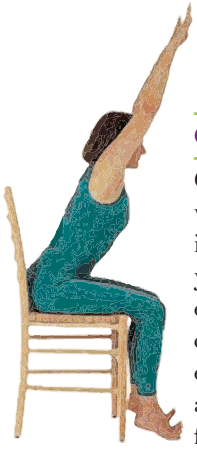
AGELESS GRACE

Ageless Grace is a seated exercise program that is designed to target neuroplasticity (development of new connections within the brain) and holistic attention of body and brain function. It is evidence-based looking to address the 5 key functions of the brain (Somatosensory & kinesthetic learning, memory, analytical thinking, and cognitive processing) through the use of music and 21 individual tools targeted to address these areas in a thorough manner. Please wear comfortable clothing. **Min: 8/Max: 20**

Session 1: 1/22/18 – 3/19/18
(No class on 2/19)

Session 2: 4/9/18 – 6/11/18
(No class on 5/7 or 5/28)

Time: 3:00 p.m. – 4:00 p.m.
Day: Monday
Location: Community Room at Avon Senior Center
Instructor: Tom Atwood
Fee: 80.00 **Senior Fee:** \$72.00



CHAIR YOGA

Chair yoga is a unique form of exercise for people who cannot get down to the floor due to age or inflexibility. It is an alternative to conventional yoga with all the same benefits. Through guided exercise you will improve muscle tone, balance, coordination, flexibility and cardiovascular endurance. Each posture that you will learn is adapted to varying levels of flexibility. 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: 8/Max: 15

Session 1: 1/18/18 – 3/8/18

Session 2: 3/22/18 – 5/10/18

Time: 3:00 p.m. – 4:00 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Diane Rho-Caputo

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

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**

SESSION 1:

Dates: 1/17/18 – 3/21/18

Time: 3:30 p.m. – 4:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

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

SESSION 2:

Dates: 4/11/18 – 6/27/18

(No class on 5/16, 6/6 or 6/20)

Time: 3:30 p.m. – 4:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

Fee: \$56.00 **Senior Fee:** \$50.40



ZUMBA GOLD

Come join the party and enjoy the health benefits of this feel good, low-impact aerobic workout. Zumba Gold is an energetic, total-body workout set to Latin and International rhythms. Dance for an hour and log at least 5,000 steps on your fitness tracker. Zumba Gold uses the same music and choreography as Zumba Basic; 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

Session 1: 1/22/18 – 3/26/18

(No class on 2/19)

Session 2: 4/9/18 – 6/11/18

(No class on 5/28)

Time: 6:00 p.m. – 7:00 p.m.

Day: Monday

Location: Countryside Park

Instructor: Denise Lipka

Fee: \$60.00 **Senior Fee:** \$54.00

WEDNESDAYS

Session 1: 1/17/18 – 3/14/18

Session 2: 3/28/18 – 5/23/18

Time: 6:00 p.m. – 7:00 p.m.

Day: Wednesday

Location: Countryside Park

Instructor: Denise Lipka

Fee: \$60.00 **Senior Fee:** \$54.00





AVON RECREATION AND PARKS IS EXPANDING OUR
2018 SUMMER CAMPS WITH A NEW IMAGE!!

New Programs, New Adventures!!

Open to Avon Residents **ONLY**
Limited Enrollment – Sign up Early

In addition to all of our other offerings, we will have 8 sessions of summer camps from 9:00 a.m. – 3:00 p.m. Extended day programs are available from 8-9 a.m., 3-4 p.m., and 4- 5 p.m.

We will have offsite activities most days, weather permitting.



SUMMER FUN CAMP

Entering grades 1-3
(grade entering in Fall 2018)



- ✿ We will have one field trip or special event per week.
- ✿ Trips will include A Day at the Zoo, Miniature Golf, Visits to State Parks and many more exciting adventures! (Trip details will be available in May)
- ✿ There will be a field day at Sycamore Hills Recreation Area with lunch at the pavilion plus a special treat each week.
- ✿ Swimming 2-3 days per week, weather permitting.
- ✿ Camp Fee: \$175 per week



AVON RECREATION & PARKS

CAMP DISCOVERY – WE ARE ON THE ROAD

Entering Grades 4-7 (grade entering in Fall 2018)

- ✿ Every day we are off site!
- ✿ We will have two field trips per week.
- ✿ Trips will include A Day at the Beach, Quassy Amusement Park, Adventure Park, Baseball Games, Lake Compounce and many more exciting adventures! (Trip details will be available in May)
- ✿ There will be a field day at Sycamore Hills Recreation area with lunch at the pavilion plus a special treat each week.
- ✿ Swimming 3 days per week, weather permitting.
- ✿ Camp Fee: \$220 per week.



AQUATICS PROGRAMS

Swim Lessons
Swim Team

Adult Swim
Water Aerobics

Life Guard
Certification



*Don't forget to order your swim badges early.
They go on sale April 30th.*