



SUMMER 2018

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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.

SUMMER HOURS: (6/25/18 – 8/31/18):

Monday – Thursday: 8:00 a.m. – 4:45 p.m.,

Friday: 8:00 a.m. – 12:30 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, www.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.

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www.AvonRec.com (860) 409-4332



DEPARTMENT POLICIES

GENERAL REGISTRATION INFORMATION:

- ✿ The grade listed for programs indicates the grade your child will be in (2018/2019 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 or your child require reasonable accommodations to a recreation program in order to participate, please indicate this when you register online under the "Medical Information" section on your account and call the Recreation and Parks Department at least 3 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.



WI-FI AT SYCAMORE HILLS POOL:

Free Wi-Fi is now available at the Pool.



The Wi-Fi policy is posted at the pool.

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:*

**THE FARMINGTON VALLEY
TRAILS COUNCIL**

For their generous donation in 2017.

**THE VOLUNTEER
BASKETBALL COACHES
AND ASSISTANT COACHES**

**For their efforts during the winter season.
Your time and effort made this program
possible!**

THE SKI CHAPERONES
**Who gave their time to make this
program possible!**

**ALL THE CHILDREN AND ADULTS
Who participated in the Dodgeball
FUNdraiser Tournament. We raised over
\$10,000 for the Adenoid Cystic Carcinoma
Research Foundation!**

2018 SUMMER PROGRAMS

Fall Programs



REQUEST FOR FALL PROPOSALS

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

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

OUR FALL BROCHURE WILL BE INSERTED IN THE VALLEY PRESS FOR DELIVERY TO AVON RESIDENTS, AND BE AVAILABLE ONLINE FOR REGISTRATION STARTING IN LATE AUGUST 2018.

FALL LEAGUES

REGISTRATIONS FOR THE FOLLOWING FALL LEAGUES BEGINS APRIL 30.

Please go to our website (www.avonrec.com) for detailed information and fees.



FARMINGTON VALLEY FIELD HOCKEY LEAGUE - FOR GRADE 5-6 GIRLS

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

AVON VOLLEYBALL LEAGUE - FOR GRADE 6-8 GIRLS

This program is designed for Grade 6-8 girls who are interested in learning and competing in a competitive, recreation volleyball league. It is the Recreation Department's intention to teach both volunteer/parent coaches and the players the skills and strategies



of competitive volleyball at the Middle School level. This League will mimic the philosophy of recreation basketball in that the skill development will be the greatest emphasis.

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

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



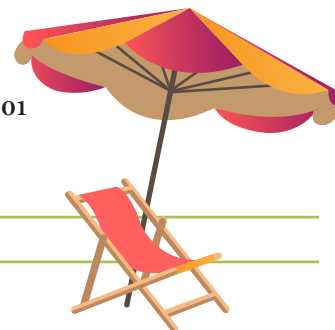
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SYCAMORE HILLS POOL opens Saturday, June 9, 2018

Sycamore Hills Recreation Area

635 West Avon Rd., Avon, CT 06001

Pool Phone: (860) 673-5696



SWIM MEMBERSHIPS

Household Fee: \$160.00

Individual Fee: \$ 80.00

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

DAILY FEES FOR NON-MEMBERS (ALL AGES)

Residents: \$6.00/person

Non-residents: \$8.00/person

You may purchase your swim memberships online. In order to get the discount on swim lessons, purchase your swim membership first. Please pick up your pool badges at the Pool Office starting June 9th, at noon when the pool opens.

For Daily Pool Schedule, please visit www.avonct.gov/recreation-and-parks-department.

WESTWOODS GOLF CLUB

SEASON TICKET INFORMATION

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



COMMUNITY GARDEN PLOTS

Available by calling the Department. Plots are 35' x 35' and are located at Alsop Meadows. Fee: \$40/plot plus a \$25/deposit which is returnable at the end of the season.





SAVE THE DATE FOR

Celebrate **AVON** 2018

Celebrate Avon is scheduled for

*Saturday,
September 29th*

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



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THE AVON LIBRARY'S FARMERS MARKET

returns for its fifth summer! Join us on Mondays from 4:00 p.m. – 7:00 p.m. in July and August. The market is rain or shine and hosted in the library's parking lot (281 Country Club Rd., Avon), making it handicap accessible. Bring your friends and browse the great selection of Connecticut grown fruits and vegetables!

special interest



COED DROP IN PICKLEBALL FOR ADULTS

Looking for something fun to do? Join your neighbors and friends for Pickleball on our outdoor Pickleball courts. Pickleball is a racquet sport combining elements of tennis, table tennis and badminton. You hit a ball over a low net just like tennis. However, the ball used is made of light plastic that makes it fly far slower than a tennis ball. This makes it a perfect sport for all ages. All levels are welcome. No RSVP required. Please bring your own paddle and balls.

Dates: 6/7/18 – 8/30/18
Time: 6:30 p.m. – 8:30 p.m.
Day: Thursday
Location: Sycamore Recreation Area
 – Tennis Courts #1 and #2
Fee: Free

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



www.AvonRec.com (860) 409-4332



DISCOUNTED Six Flags, Lake Compounce & CT Science Center TICKETS

Discounted Six Flags, Lake Compounce and CT Science Center tickets will be available at the Avon Recreation and Parks Department during regular business hours **beginning on June 1, 2018 until August 28, 2018 (CT Science Center Tickets are year round)**. Buy your tickets from us at a discounted rate and avoid long 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
Six Flags: \$39.00 (gate price: \$67.99; under 54": \$57.99)
Lake Compounce: \$29.25 (gate price: \$50.59; under 52": \$39.59)
CT Science Center: \$15.50 (gate price: adults \$23.95, children \$16.95, 2&U free)

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

Teens Entering Grades 9 & 10

The Counselor in Training (C.I.T.) Program is a unique experience for teens entering Grades 9 & 10. The program provides teens with the opportunity to earn a First Aid/CPR/AED Certification. Participants will develop leadership skills, work with children while working alongside the camp staff. C.I.T.'s will be interviewed the same as seasonal employees and their participation will be based upon the interview outcome and spaces available. **Application deadline for the C.I.T. Program is Wednesday, May 2, 2018. Interviews will be held on May 8th – May 9th (after school hours). C.I.T. applicants will be notified by May 14th.**

Please note that there is a MANDATORY training date for this program:

Date: June 20, 2018
Time: 9:00 a.m. – 3:00 p.m.
Day: Wednesday
Certification: First Aid/CPR/AED
Instructor: Health and Safety Training of CT
Location: Avon Room at the Avon Town Hall
Bring: A bag lunch
Cost: \$150.00

The C.I.T. program will consist of three (3) 2-week sessions to choose from and we will try to give everyone their first or second choice. Program dates are 7/9/18 – 7/20/18, 7/23/18 – 8/3/18 or 8/6/18 – 8/17/18. **Maximum C.I.T.'s for the summer will be ten (10).**

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

Swim Lessons

aquatics



All swim lessons are taught at Sycamore Hills Pool by American Red Cross certified Water Safety Instructors. Levels and ages are approximate and there to guide you in determining the appropriate level for your child. You can view your child's past swim lesson levels by logging into your online account and going to the link "2017 Swim Lesson Pass/Fail List".

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

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

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

Summer Session 1

Monday, June 25 – Friday, July 6

(No lesson July 4)

9:30 a.m. – 10:00 a.m.

Level 3, 4, 5/6

10:05 a.m. – 10:35 a.m.

Level 2, 3, 4

10:40 a.m. – 11:10 a.m.

Level 1, 2, 3

11:15 a.m. – 11:45 a.m.

Level 1, 2, 3

Summer Session 2

Monday, July 9 – Friday, July 20

9:30 a.m. –
10:00 a.m.

Level 3, 4, 5/6

10:05 a.m. –
10:35 a.m.

Level 2, 3, 4

10:40 a.m. –
11:10 a.m.

Level 1, 2, 3

11:15 a.m. –
11:45 a.m.

Level 1, 2, 3

11:50 a.m. –
12:20 p.m.

Parent/Child

3:30 p.m. –
4:00 p.m.

Diving 101*

7:00 p.m. –
7:30 p.m.

Adult Level 1

Summer Session 3

Monday, July 23 – Friday, August 3

9:30 a.m. –
10:00 a.m.

Level 3, 4, 5/6

10:05 a.m. –
10:35 a.m.

Level 2, 3, 4

10:40 a.m. –
11:10 a.m.

Level 1, 2, 3,
Personal Water
Safety

11:15 a.m. –
11:45 a.m.

Level 1, 2, 3

11:50 a.m. –
12:20 p.m.

Parent/Child

7:00 p.m. –
7:30 p.m.

Adult Level 2

Saturday Lessons

Saturday, June 16 – Saturday, August 4

10:40 a.m. – 11:10 a.m.

Parent/Child

11:15 a.m. – 11:45 a.m.

Parent/Child, Level 1



Fees: (Deadline to register for swim lessons is the Thursday prior to the start of the lesson)

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

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

Diving 101 Lessons: \$19 Members; \$26 Non-members

(*5 lessons Monday, July 9 – Friday, July 13)

For Swim Level Guides go to: https://www.avonrec.com/documents/2017_swim_description.pdf



Swimming Lessons Quiz

Parent/Child: Can your child maintain an upright position in the water with minimal effort?

Yes (continue)

No – Stay in Parent/Child

Level 1: Can your child swim at least ten feet in the water with any assistance?

Yes (continue)

No – Stay in Level 1

Level 2: Can your child swim 15 feet in the water, perform a front or back float for at least 15 seconds and swim basic freestyle with a flutter kick?

Yes (continue)

No – Stay in Level 2

Level 3: Can your child perform a kneeling dive, swim a proficient freestyle stroke as well as swim both elementary and regular backstroke?

Yes (continue)

No – Stay in Level 3

Level 4: Has your child mastered freestyle and backstroke as well as being able to perform basic breaststroke and dolphin kick: Can they tread water for at least 1 minute?

Yes (continue)

No – Stay in Level 4

Level 5/6: Has your child mastered freestyle, backstroke, and breaststroke and is able to perform them for more than 25 feet? Can they tread water for three minutes and perform a standing dive?

Yes (continue)

No – Stay in Level 5/6

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

Swim diapers are available for purchase at Sycamore Hills Pool.

NEW!!

ADULT SWIM LESSONS

Developed for older teens and adults, our program gives adult swimmers at every level the opportunity to improve their skills in a safe environment – and under the guidance of a trained instructor. The Learn –To-Swim program allows swimmers to progress at their own pace, mastering one set of skills before moving on to the next. Swim lessons for adults are available in two levels, developed to meet the needs of adult learners.

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Adult Level 1 – Learning the Basics: Learn the basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water. **Min: 5/Max: 8**

Adult Level 2 – Improving Skills and Swimming Strokes: Participants will gain proficiency in basic aquatic skills and the six basic swimming strokes. **Min: 5/Max: 8**

Level 1 - Learning the Basics:

July 9 – 20 (Monday – Friday)

Level 2 - Improving Skills & Swimming Strokes:

July 23 – August 3 (Monday – Friday)

Time: 7:00 – 7:30 p.m.

Fees: \$38 Members, \$52 Non-Members
Min. 5; Max. 8

www.AvonRec.com (860) 409-4332

swim lessons continued

DIVING 101 LESSONS

This is a 1 week course offered to students who have at least taken Level 3 and need to improve their diving skills. It's also a great refresher course for those students going into Levels 4, 5 and 6. This class teaches components of basic diving; stationary starting position, take off, flight, entry and how to maintain concentration and focus for safe diving techniques. The focus of the course will be on body positioning and form, minimizing splash, as well as getting students comfortable with diving off the springboard. **Min: 7/Max: 10**

LIFEGUARD CERTIFICATION COURSE

Provide entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. **Min: 5/Max: 10**

Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7-10 feet to retrieve a 10 pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Dates: August 6 – 17 (Monday – Friday)

Time: 5:30 p.m. – 7:30 p.m.

Fee: \$225.00

LIFEGUARD RECERTIFICATION COURSE

Possession of an expiring certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in this course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years. This is an 8 hour course. **Min: 5/Max: 10**

Session I: July 14 & 28 (Saturdays)

Session II: August 4 & 11 (Saturdays)

Time: 9:00 a.m. – 1:00 p.m.

Fee: \$125.00

Swim Team

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

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

PRACTICE SCHEDULE – SYCAMORE HILLS POOL

June 18 – June 21* 6:30 p.m. – 7:30 p.m. (Monday – Thursday)
(*Tentative depending on the last day of school)

June 25 – July 26 8:30 a.m. – 9:30 a.m. (Monday – Thursday) or
7:30 p.m. – 8:30 p.m. (Monday – Thursday)

Fee: \$135.00 (Fee is for registration for the swim team only.)

Team competition swim suits and caps can be ordered for an additional fee.)



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*)

family events



FAMILY FUN NIGHT

at Sycamore Hills Pool

Friday, July 20, 2018

5:00 p.m. – 8:00 p.m.

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

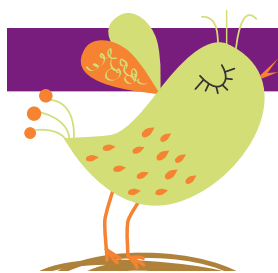
We will have music, entertainment, pool games and lots of great fun!

FAMILY MOVIE NIGHTS

at Sycamore Hills Pool

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





active adult classes

NEW!!

Early Bird Fitness

Especially for older adults wishing to improve strength, cardiovascular fitness, balance and flexibility. This class combines weight-bearing exercises to increase bone density, low-impact cardio to strengthen the heart, stretching to improve mobility, resistance exercises to strengthen muscles, and balance work to keep us on our toes. Designed to make your daily activities easier and your crazy adventures more fun! Please wear good sneakers and movable, breathable clothing. Bring a mat, light weights and water bottle. **Min: 8/Max: 15**

Dates: 6/25/18 – 8/27/18
Time: 8:15 a.m. – 9:15 a.m.
Day: Monday
Location: Community Room at Avon Senior Center
Instructor: Jane Latus
Fee: \$65.00 **Senior Fee:** \$58.50

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: 7/10/18 – 9/18/18 (20 classes)
(No class on 8/23)
Time: 8:15 a.m. – 9:15 a.m.
Days: Tuesdays & Thursdays
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$83.00 **Senior Fee:** \$74.70

Punch Cards are available for \$50.00 for 10 classes for those participants who cannot attend a full session. These Punch Cards will be valid for the session that they are purchased in.

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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: 7/10/18 – 9/18/18 (20 classes)
(No class on 8/23)
Time: 9:25 a.m. – 10:25 a.m.
Day: Tuesdays & Thursdays
Location: Valley Community Baptist Church
Instructor: Terri Ziemnicki
Fee: \$83.00 **Senior Fee:** \$74.70

Punch Cards are available for \$50.00 for 10 classes for those participants who cannot attend a full session. These Punch Cards will be valid for the session that they are purchased in.

www.AvonRec.com (860) 409-4332

TENNIS – ADULT CO-ED

This is a 4-day instructional clinic for beginner and 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.

Min: 4/Max: 8

BEGINNERS:

Dates: 6/25/18 – 6/28/18
Time: 6:00 p.m. – 7:00 p.m.
Days: Monday – Thursday
Location: Farmington Farms – Tennis Courts
Instructor: Farmington Farms Staff
Who: High School – Adult
Fee: \$87.00 **Senior Fee:** \$78.30

INTERMEDIATES:

Dates: 6/25/18 – 6/28/18
Time: 7:00 p.m. – 8:00 p.m.
Days: Monday – Thursday
Location: Farmington Farms – Tennis Courts
Instructor: Farmington Farms Staff
Who: High School – Adult
Fee: \$87.00 **Senior Fee:** \$78.30

YOGA

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

Dates: 7/25/18 – 10/3/18
(No class on 9/19)
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



ACTIVITIES SPONSORED BY THE AVON SENIOR CENTER

TRIPS offered through the
Avon Senior Center are open to
seniors and non-seniors.

Thursday, June 7

Trip: Deep Sea Fishing from Plymouth, MA
Fee: \$129/per person

Sunday, June 24

Trip: Newport Flower Show at Rosecliff
Fee: \$103/per person

Sunday, June 24

Trip: Boston Pops at Tanglewood
Fee: \$144.00/per person

Wednesday, July 25

Trip: Essex Dinner Train & Riverboat Ride
Fee: \$99.00/per person

Saturday, August 18

Trip: Boston Duck Tours & Fenway Park
Fee: \$131.00/per person

Sunday, September 16

Trip: Rhode Island Lighthouse Cruise
Fee: \$131.00/per person

Tuesday, October 30 – Tuesday, November 6

Trip: Ireland
Fee: \$2,499/per person, double occupancy

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

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! **Min: 10/Max: 20**

Dates: 7/11/18 – 9/12/18

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

LOW IMPACT ZUMBA GOLD

Join the party and enjoy the health benefits of this energetic, feel good, low impact aerobic workout. The class is a total body workout set to Latin & international rhythms. We use the same music and choreography as Zumba Basic; the routines are just modified to be gentler on your knees. No experience necessary, just a willingness to dance and have fun while logging at least 5,000 steps on your fitness tracker! Wear smooth soled sneakers and comfortable clothing; bring a water bottle and a towel. **Min: 8/Max: 12**

Dates: 6/18/18 – 8/20/18

Time: 6:00 p.m. – 7:00 p.m.

Day: Monday

Location: Countryside Park

Instructor: Denise Lipka

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

Dates: 6/20/18 – 8/22/18

(No class on 7/4)

Time: 6:00 p.m. – 7:00 p.m.

Day: Wednesday

Location: Countryside Park

Instructor: Denise Lipka

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

youth classes & activities

Babysitters Training

This is an entry level course 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 Safety Certificate upon completion of course. Certification will be through the American Red Cross. Please bring a water bottle and a snack. **Min: 6/Max: 20**

Date: 8/11/18

Time: 10:30 a.m. – 2:30 p.m.

Day: Saturday

Location: Avon Town Hall – Avon Room

Instructor: Health & Safety Training of Connecticut, LLC

Grades: 6 – 10

Fee: \$91.00



NEW!!

SPORTS OFFICIATING REFEREE CLINIC

This course will expose the student to the World of A Sports Official. Various sports such as baseball, basketball, volleyball and lacrosse. You will learn rules, learn how to blow a whistle, use verbal skills and manage people in various situations. The vocation of sports officiating teaches life skills such as leadership, responsibility as well as critical thinking. This class may peak your interest to pursue further information into officiating sports in the future. There will be many fun activities planned as well as actually officiating a game if time permits.

Min: 8/Max: 12

Date: 7/10/18 and 7/12/18

Time: 6:30 p.m. – 8:30 p.m.

Day: Tuesday and Thursday

Location: Community Room at Avon Senior Center

Instructor: Paul Marioni

Grades: 8 – 12

Fee: \$35.00



TENNIS FUNDAMENTALS – YOUTH

Students will learn or improve upon their ground strokes, volleys, serves, footwork and overhead smashes. Drills, games and activities will vary each day. This program is designed to introduce and advance skill development. Students must wear sneakers; bring a water bottle. Bring your own racquet if you have one. **Min: 8/Max: 15**

GRADES 2 – 4

Dates: 8/13/18 – 8/16/18*
Time: 9:00 a.m. – 10:15 a.m.
Days: Monday – Thursday
 (*Rain date: Friday, 8/17/18)

Location: Sycamore Hills – Tennis Courts

Instructor: Kim Moretti,
 Avon HS Girls Varsity
 Tennis Coach

Fee: \$55.00

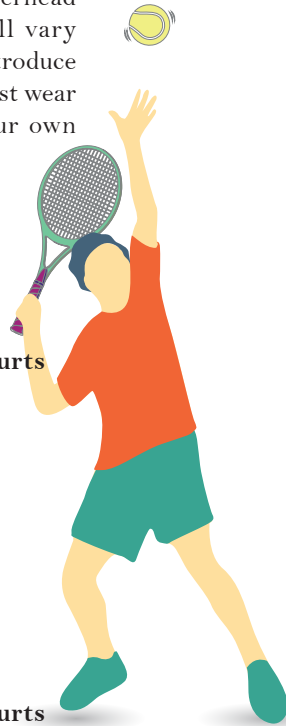
GRADES 5 – 9

Dates: 8/13/18 – 8/16/18*
Time: 10:30 a.m. – 11:45 a.m.
Days: Monday – Thursday
 (*Rain date: Friday, 8/17/18)

Location: Sycamore Hills – Tennis Courts

Instructor: Kim Moretti,
 Avon HS Girls Varsity
 Tennis Coach

Fee: \$55.00

**NEW!!****When I'm in Charge**

This course is for boys and girls in grades 3–6 who may need to be home alone. This course will cover all the safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers they could face when left home alone, how to avoid them and stay safe. Please bring a water bottle and a snack. **Min: 8/Max: 15**

Date: 7/10/18
Time: 9:00 a.m. – 12:00 p.m.
Day: Tuesday
Location: Pine Grove School
Instructor: Health & Safety Training of Connecticut, LLC

Grades: 3 – 6
Fee: \$71.00

YOUNG ARTISTS AT WORK

Local artist will instruct students on a different art project each day. Projects will include making wrapping paper, bird feeders, recycled item/nature collages, masks, tie dye and other fun things. Please bring a snack, water bottle, and a smock or an old shirt to protect clothing. **Min: 5/Max: 10**

Dates: 7/23/18 – 7/27/18
Time: 9:00 a.m. – 11:30 a.m.
Days: Monday – Friday
Location: Countryside Park
Instructor: Boni Rothmann
Grades: 1 – 3
Fee: \$136.00

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youth camps and clinics

ART – COOKING ADVENTURE

NEW!!

Become an artist and a gourmet chef in 5 wonderful days. Every day we'll begin with a different art project – including clay, 3D art, piñata making, self-portraits, painting or sketching. Then after a lunch break, we'll move into the Chopped! Kitchen where the kids will learn essential cooking skills like chopping, grilling, and sautéing. Each day campers will start with recipes for breakfast, lunch and dinner items, but just when they get comfortable with the plan for the day, the secret ingredients will come into play, and they will have to adapt or get Chopped! Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. **Min: 10/Max: 20**

Dates: 6/25/18 – 6/29/18

Time: 9:00 a.m. – 3:30 p.m.

Days: Monday – Friday

Location: Countryside Park

Instructor: Boni Rothmann and Tiny Chefs

Grades: 3 – 7

Fee: \$300.00

AVON SUMMER ADVENTURE ROPES COURSE

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

Please wear comfortable clothes, sturdy hiking shoes/sneakers and bring a raincoat, sunscreen, bug spray, water and a lunch. **Min: 8/Max: 24**

Dates: 6/25/18 – 6/29/18

Time: 8:30 a.m. – 2:30 p.m.

Days: Monday – Friday

Location: Avon Middle School Gym and
Outdoor Adventure Ropes Course

Instructors: Tim Feshler and John Snyder

Grades: 5 – 9

Fee: \$225.00



SUMMER LITTLE FOLKS BASKETBALL (CO-ED)

Children will be introduced to the game of basketball – teaching and developing further skills to progress in the game. The program will offer drills, activities, games to further develop physical and social skills on the court and off. Each player will be given a basketball to keep! Students should wear t-shirts, shorts and sneakers. Please bring a water bottle and a mid-morning snack each day. **Min: 12/Max: 18**

Dates: 8/13/18 – 8/15/18

Time: 9:00 a.m. – 11:30 a.m.

Days: Monday – Wednesday

Location: Roaring Brook School Gym

Instructor: Brian Leblanc and Staff

Grades: Boys and Girls entering Grades 1 – 2

Fee: \$60.00

JUNIOR FALCONS BASKETBALL CAMP (CO-ED)

Boys and girls entering grades 3-4 – Our young student athletes will enjoy a full week of learning basketball fundamentals. The focus will be on fun and individual skill building through game play and drills. Former and current Avon High School players will be there to assist. Please wear athletic clothing and sneakers and bring a water bottle and snack. **Min: 24/Max: 40**

Dates: 6/25/18 – 6/29/18

Time: 9:00 a.m. – 12:00 p.m.

Days: Monday – Friday

Location: Roaring Brook School – Gym

Instructors: Tim Filon and Staff

Grades: Boys and Girls entering Grades 3 – 4

Fee: \$100.00

AVON FALCONS BOYS BASKETBALL CAMP

Boys entering grades 5-9—Our young student athletes will enjoy a full week of individual skill building, exciting game play, guest speakers, and be given awards and prizes. Please wear basketball gear and sneakers and bring a water bottle and snack. Game t-shirts will be provided for each player. Go Falcons!

Min: 30/Max: 70

Dates: 7/16/18 – 7/20/18

Time: 8:00 a.m. – 12:00 p.m.

Days: Monday – Friday

Location: Avon High School – New Gym

Instructors: Kris Pedra and Staff

Grades: Boys entering Grades 5 – 9

Fee: \$125.00

AVON FALCONS GIRLS BASKETBALL CAMP

Girls entering grades 5-9 - Campers will learn all the basic skills that will make you successful in the game of basketball. Individual skill development and offensive/defensive concepts will be delivered on a daily basis. Each camper will be given personal instruction daily as well as a skill evaluation at the end of camp. Come have a great week of basketball with Coach Filon and Coach Lee as well as former and current Avon High School players. Please wear athletic clothing, basketball shoes and bring a water bottle and snack. **Min: 15/Max: 50**

Dates: 7/9/18 – 7/13/18

Time: 8:00 a.m. – 12:00 p.m.

Days: Monday – Friday

Location: Avon High School – New Gym

Instructors: Tim Filon and Jamaal Lee

Grades: Girls entering Grades 5 – 9

Fee: \$125.00

**Coollest Camp Ever**

Start your summer off with an adventure filled week! Campers should bring swimwear, water shoes or old sneakers and an adventurous spirit.

Min: 15/Max: 30

1. Jump in a tube and ride the rapids on the Farmington River and stand up paddleboard in Collinsville;
2. Try water skiing on Candlewood Lake in Danbury with Lakeside Water Sports;
3. Enjoy a memorable outdoor experience as you scramble up massive rock formations of the Labyrinth and make your way through the Lemon Squeeze crevice to the Sky Top Tower to enjoy beautiful vistas in Mohonk, NY;
4. Surf and boogie board in Naragansett, RI;
5. Finish the week ziplining and cliff jumping at Brownstone Quarry in Portland!

Dates: 6/25/18 – 6/29/18

Time: 9:00 a.m. – 4:00 p.m.

Days: Monday – Friday

Location: Drop off & pick up at Sycamore Pavilion

Directors: Kim Moretti

Grades: 5 – 10

Fee: \$561.00





SOCCER – CHALLENGER SPORTS BRITISH SOCCER CAMP

Over the past 25 years Challenger Sports' vast army of International coaches have helped hundreds of thousands of boys and girls learn, improve, master, and fall in love with the sport of soccer. The British Soccer Camp program will contain Challenger's own brand of innovative practice, coached games, camp world cup, cultural education, character building, and Fun! Your professionally coached sessions typically include: Individual Foot Skills, Fakes, Moves and Turns, Freestyle Soccer, Technical and Tactical Instruction, Small-sided Games, Daily World Cup Style Tournament, and Fantastic Cultural Experiences. Students should wear cleats/sneakers, shin guards and sunscreen. Please bring water, snack and lunch each day.

Min: 12/Max: 60

Dates: 6/25/18 – 6/29/18

Time: 9:00 a.m. – 2:30 p.m.

Days: Monday – Friday

Location: Starts and Ends at Fisher Meadows Recreation Area Multipurpose Fields 2/4

Instructor: Challenger Sports Staff

Grades: 3 – 9

Fee: \$180.00

BRITISH SOCCER CAMP PLUS SWIMMING

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

Min: 10/Max: 40

Dates: 6/25/18 – 6/29/18

Time: 9:00 a.m. – 4:30 p.m.

Days: Monday – Friday

Location: Starts at Fisher Meadows Recreation Area Multipurpose Fields 2/4 and ends at Sycamore Hills Pool

Instructor: Challenger Sports Staff

Grades: 3 – 9

Fee: \$235.00



NEW!

SOCCER – CT SOCCER NETWORK EVENING CAMP

CT Soccer Network provides young players of all abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community. CT Soccer Network is synonymous with high quality soccer education & boasts one of the most highly qualified & experienced staff in the state of Connecticut. The CSN staff will teach each player to fulfill their true soccer potential in a fun filled environment. Whether you are a beginner in soccer or an advanced player with aspirations to develop further, the Soccer Network has a place for you. Campers will be exposed to individual foot skills, technical drills, tactical practices, small-sided games and scrimmages. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, FUN! All campers should have shin guards, and athletic shoes or soccer cleats. Campers should also bring plenty of water and a snack each day. We recommend that campers should arrive at camp with sunscreen already applied, as well as with additional sunscreen to apply as needed. **Min: 10/ Max: 100**

Dates: 7/23/18 – 7/26/18*

Time: 4:00 p.m. – 7:00 p.m.

Days: Monday – Thursday (*Rain date: Friday, 7/27/18)

Location: Fisher Meadows Recreation Area Multipurpose Fields 2/4

Instructor: CT Soccer Network Staff

Grades: 2 – 9

Fee: \$116.00





AVON YOUTH VOLLEYBALL CLINIC FOR GIRLS

The camp is designed to introduce and teach fundamental skills and strategies of volleyball to girls who are entering grades 5-9. The camp is directed by the Avon High School Head Volleyball Coach. All participants are given demonstration and instruction by high school volleyball players and/or coaches. Competition match play is followed by an awards ceremony on the final day of camp. Beginners are most welcome and encouraged to attend this camp! Please wear comfortable gym attire: shorts, t-shirt and court shoes. **Min: 16/Max: 32**

Dates: 8/20/18 – 8/22/18
Time: 6:00 p.m. – 9:00 p.m.
Days: Monday – Wednesday
Location: Avon High School – Large Gym
Instructor: Curt Burns
Grades: 5 – 9
Fee: \$105.00



avon summer camps

Tumble Bunnies

LITTLE PEOPLE'S CAMP

Entering Pre-K - Kindergarten

In this high energy camp, children will enjoy numerous activities including fitness activities, gymnastic instruction, arts and crafts, games, contests, rewards and more. Children should wear comfortable clothing, socks, sneakers and sunscreen. Please bring a snack and water bottle each day. Children must be age 3 as of 12/31/17 and must be able to use the bathroom independently.

Min: 10/Max: 20

Dates: 6/25/18 – 6/29/18
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Pine Grove School - Gym
Instructor: Tumble Bunny Inc. Staff
Grades: Age 3 ½ – Entering Kindergarten
Fee: \$146.00



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avon summer camps continued

Summer Fun Camp and Camp Discovery are open **ONLY** to Avon Residents, and will be held at Pine Grove School this year.

This year due to the many snow days that the Avon Public Schools experienced, our Summer Fun Camp and Camp Discovery will only run for seven one-week sessions, beginning the first week of July. There will be other offerings for the last week of June.

The registration deadline for all summer day camp programs is the **THURSDAY** prior to the start of the session. Anyone registering after the Thursday deadline, will be charged the full amount plus a \$25.00 late fee, and your child cannot report to camp until the **TUESDAY** of the session.

The Avon Recreation Department reserves the right to change or reschedule trips due to unforeseen circumstances and to change the maximums on programs as necessary.

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



SUMMER FUN CAMP – ENTERING GRADES 1-3

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

Extended Care will be available in 1-hour blocks for \$20.00/1-hour block: 8:00–9:00 a.m., 3:00–4:00 p.m. and 4:00–5:00 p.m. Min: 6/Max: 15

Days: Monday – Friday
Time: 9:00 a.m. – 3:00 p.m.
Location: Pine Grove School

www.AvonRec.com (860) 409-4332



Session 1: July 2 – July 6

(no camp July 4)

CELEBRATION

The trip for this session is to **Bounce Town** in Canton. Campers will jump, climb and slide their way on the inflatables.

Fee: \$140.00 **Extended Care:** \$16.00/block

Session 2: July 9 – July 13

HELP YOUR NEIGHBOR

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

Fee: \$175.00 **Extended Care:** \$20.00/block

Session 3: July 16 – July 20

MAGIC WEEK

The trip for this session is to see a high energy and interactive **Magic Show** in Canton. Robert Clarke will entertain and mystify with his magic and juggling skills.

Fee: \$175.00 **Extended Care:** \$20.00/block

Session 4: July 23 – July 27

COOKING UP A STORM

The event for this session is a 2-day cooking experience with **Tiny Chefs**. Campers will learn how to measure, pour, mix and stir while being free to use their creativity. It's a great introduction to the joy of cooking.

Fee: \$175.00 **Extended Care:** \$20.00/block

Session 5: July 30 – August 3

FARM WEEK

The trip for this session is to **Southwind Farms** in Watertown. Campers will have a tour of the farm and visit with the alpacas.

Fee: \$175.00 **Extended Care:** \$20.00/block

Session 6: August 6 – August 10

ADVENTURE WEEK

The trip for this session is to **Action Wildlife** in Goshen. Campers will enjoy a fun summer day of visiting the animals and strolling through the petting zoo.

Fee: \$175.00 **Extended Care:** \$20.00/block

Session 7: August 13 – August 17

END OF SUMMER FUN – BACK TO SCHOOL SOON

The trip for this session is to **Stratton Brook State Park** in Simsbury, CT. Campers will enjoy a fun summer day of hiking, swimming, scavenger hunt, water balloon games, sand castle contest, and more! Also this week is a field day of activities at **Sycamore Hills Recreation Area** including a cookout and a bounce house.

Fee: \$175.00 **Extended Care:** \$20.00/block



avon summer camps continued

CAMP DISCOVERY – ENTERING GRADES 4-7

Camp Discovery consists of seven one-week sessions. Each week there will be 2 planned field trips to somewhere different leaving at adjusted time when needed and a field day of activities at Sycamore Hills Recreation Area. 3 afternoons a week (on non-field trip days) will be spent swimming at Sycamore Hills Pool. On pool days, campers should bring a swimsuit, towel and sunscreen. While at camp, we'll have a wide variety of activities for you to choose from: participation in community based projects to support others, sports, arts and crafts, and group games. New this year, one tee shirt will be issued per child for the summer to be worn on field trip days. Campers should bring a lunch, snacks, drinks, and water bottle each day. Everything should be labeled with the camper's name. A backpack is recommended. *No electronic devices are permitted – leave them at home.* **Min: 25/Max: 35**

Extended Care will be available in 1-hour blocks for \$20.00/1-hour block: 8:00–9:00 a.m., 3:00–4:00 p.m. and 4:00–5:00 p.m. Min: 6/Max: 15

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

SESSION 1: JULY 2 – JULY 6 (NO CAMP JULY 4)

The first trip for this session is to **R & B Sports World** in Winsted where campers will have fun playing mini golf, have a turn in the batting cages and a ride a go cart. The second trip is to **Nomads Adventure Quest** in South Windsor. Campers can participate in laser tag, bumper cars, climbing wall, bounce house and more!

Fee: \$176.00 Extended Care: \$16.00/block

SESSION 2: JULY 9 – JULY 13

The first trip for this session is to **Hammonasset Beach State Park** in Madison to enjoy a day of swimming and fun and games on the beach. The second trip is to **Sonny's Place** in Somers for another day of action-packed fun including go kart rides, rock wall, batting cages and more!

Fee: \$220.00 Extended Care: \$20.00/block

SESSION 3: JULY 16 – JULY 20

The first trip for this session is to **Dunkin' Donuts Park** in Hartford for a Hartford Yard Goats baseball game. The second trip is to **Quassy Amusement Park** in Middlebury where campers will enjoy rides and attractions, including water rides at Splash Away Bay.

Fee: \$220.00 Extended Care: \$20.00/block

SESSION 4: JULY 23 – JULY 27

The first trip for this session is to **Soarin' Indoors** in Manchester. This indoor adventure course is made up of a low and a high course that consist of challenge elements for campers to negotiate across. The second trip is to **Lake Compounce** in Bristol for thrill rides, roller coasters and water rides – more fun than anyone can experience in just one day!

Fee: \$220.00 Extended Care: \$20.00/block

SESSION 5: JULY 30 – AUGUST 3

The first trip for this session is to **New Britain Stadium** for a New Britain Bees baseball game. The second trip is to **Essex Steam Train & Riverboat** in Essex for a Pirate adventure!

Fee: \$220.00 Extended Care: \$20.00/block

SESSION 6: AUGUST 6 – AUGUST 10

The first trip for this session is to **Brownstone Exploration & Discovery Park** in Portland. Campers will splash, jump and swing their way through the park. The second trip is to **Launch Trampoline Park** in Hartford for a bouncing adventure.

Fee: \$220.00 Extended Care: \$20.00/block

SESSION 7: AUGUST 13 – AUGUST 17

The first trip for this session is to **Connecticut's Beardsley Zoo** in Bridgeport where campers will see more than 300 animals including many endangered and threatened species. The second event is a field day of activities at **Sycamore Hills Recreation Area** including a cookout and a bounce house.

Fee: \$220.00 Extended Care: \$20.00/block



FREE Family Movie Nights this Summer at Sycamore Hills Recreation Area



July 6, 2018



July 13, 2018



July 27, 2018

Movies licensed by Swank Motion Pictures, Inc.



Allstate

You're in good hands.

Sponsored By:

Jennifer M. Johnson

56 East Main Street
Avon, CT 06001

Call: (860) 676-8222; Text: (860) 676-8555;

Fax: (860) 676-8555

Email: JenniferJohnson@allstate.com

Bring Your Own Chairs & Snacks!



AVON RECREATION & PARKS

Family Fun Night

July 20, 2018

5:00 p.m. - 8:00 p.m.

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

