



AVON RECREATION & PARKS

Winter Spring
2019/20

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**REGISTRATION FOR
WINTER/SPRING PROGRAMS WILL
BEGIN ON MONDAY, DECEMBER 23RD**

OFFICE

60 West Main Street
Avon, CT 06001

Phone: (860) 409-4332

Fax: (860) 409-4334

Cancellation Line: (860) 409-4365

Web Address: <https://www.avonct.gov/recreation-and-parks-department>

Email: avonrec@avonct.gov

Facebook Page:

<https://www.facebook.com/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

Special Needs Consultant:

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/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



DEPARTMENT POLICIES

General Registration Information:

- ✳ The grade listed for programs indicates the grade your child is currently in (2019/2020 school year).
- ✳ Our program registrations close **one week** before the start of a program unless otherwise noted. 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.
- ✳ 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.**
- ✳ Waitlisted participants will **ONLY** be notified if there is an opening in the program.
- ✳ 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!

FINANCIAL ASSISTANCE:

Confidential program subsidy **may be** 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).

REFUNDS:

- ✳ Refunds of 100% can be requested up to one business day after the first class (except for those programs 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

OUR MISSION

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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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. Then add all other members of your family who reside in your household. **If you receive a message that your email or phone number is already in use, please do not set up a new account. Contact our office to reset your password or request a password reset online.**
- 3) Once your account is set up, you will be able to 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.

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 sports 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 medical conditions and/or disabilities in all programs and services. If you or your child require reasonable accommodations to a recreation program to participate, please indicate this when you register online under the "Medical Information" section of your account and call the Recreation and Parks Department at least 3 weeks prior to the start of the program at 860-409-4332. We will do our best to accommodate your needs. If you need to complete a Medical Plan, the form will be available on www.avonrec.com under General Info → Department Info → Forms → Medication Authorization. Please be aware that if you fail to or choose not to notify us of any issues that require accommodations, it may delay or inhibit you or your child from participating in the program.

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.

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.

Thank You!

**THE AVON RECREATION AND PARKS DEPARTMENT
WOULD LIKE TO THANK:**

BONNIE DALY for her contributions over the years as Program Coordinator. Her care to provide programs and activities for everyone including youth and adults is clearly evidenced by our registration numbers and feedback that we receive. Although she will be continuing on as our Special Needs Coordinator, we do wish her well as she retires from the Program Coordinator position.

EVERYONE who contributed to the successful completion of the Synthetic Turf Field Project.

ROY WALTON for taking over the coordination of the Farmington Valley NFL Flag Football League this past year. We thank him for all of his time and hard work.

ALL OF THE FLAG FOOTBALL COACHES for their efforts this fall. Their dedication made for another very successful season.

ANTHONY SCHUBERT for donating a bench dedicated to himself and Henri Kobylinski Alessandri.





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 Sunday, March 1, 2020**. Proposal forms are available at the Avon Recreation and Parks Office or by accessing the Town's web page at www.avonct.gov under Town Manager → Public Bids & RFPs → Bid → All Bids → 2020 → RFP 2020 Summer Programs. Proposals must be submitted in sealed envelopes marked "Proposal for Recreation Programs."

SUMMER HELP WANTED

The Recreation and Parks Department will start accepting applications beginning January 2, 2020, for the following summer positions:

CAMP POSITIONS:

- ❖ Summer Program Director, Assistant Director/Special Needs Coordinator, Special Needs Para Professional, Recreation Leaders and Special Needs Counselor.

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.

MISCELLANEOUS POSITIONS:

- ❖ Facility 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 24, 2020 at 4:30 p.m.

Applications can be downloaded at www.avonct.gov under Recreation Department → Summer Employment 2020. 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

Community Garden Plots - Alsop Meadows

Available by emailing the office at avonrec@avonct.gov in April. 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.



CT Inclusive Arts

CT INCLUSIVE ARTS was founded in 2018 with a mission to profoundly influence youth of all abilities and the Greater Hartford community through an innovative and inclusive performing and visual arts education program that culminates in a major public performance entitled **BELIEVE** featuring professional guest artists. CTIA's production host for **BELIEVE** is Central Connecticut State University, where students will perform in their 1,800 seat Welte Auditorium on 3/21/20 alongside featured guest artists including CT band, Atlas Gray and singer/songwriter Carrie Johnson. Additional featured guest artists will be announced this fall. Stay tuned! The program is open to all Avon students. Please visit www.ctinclusivearts.com for further information.

Our **SUMMER BROCHURE** will be inserted in the Valley Press for delivery to Avon residents, and be available online for registration beginning **Monday, April 27, 2020**.

Tentative Camp start date Monday, June 29, 2020.



DISCOUNTED CONNECTICUT SCIENCE CENTER TICKETS



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 are available at the Avon Recreation and Parks Department during regular business hours beginning **now through August 21, 2020**. Buy your tickets from us at a discounted rate and avoid lines at the gate. Tickets are valid any day through 12/31/20.

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

Discounted Ticket Price:

\$15.50 (general admission: adult \$23.95, child \$16.95, 2&U free)

STAY TUNED for information on discounted Six Flags and Lake Compounce tickets. They will be available for purchase beginning June 2020.



3RD ANNUAL Dodgeball FUNdraiser TOURNAMENT

to benefit Adenoid Cystic Carcinoma Research Foundation (ACCRF)*

Date: Saturday, March 28, 2020

Time: 10:00 a.m. – 7:00 p.m.

Location: Avon High School Gyms

Fee: \$160 per team

Leagues: Grades 5-6, Grade 7, Grade 8, High School and Adult
(Adult teams must have a minimum of 2 female players)

- ♥ 8 players per team (including two alternates). Maximum 8 teams per age group.
- ♥ Team Registration Form and Waiver Forms can be downloaded at www.avonrec.com.
- ♥ Checks (payable to ACCRF), team registration forms and waivers need to be received by the Avon Recreation and Parks Department by Wednesday, March 18th to secure your team's place.
- ♥ To volunteer, contact Shawn George at segeorge12@gmail.com.
- ♥ Snow date is Saturday, April 4, 2020 from 10:00 a.m. – 7:00 p.m.

*Sponsored by the Avon Recreation and Parks Department





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

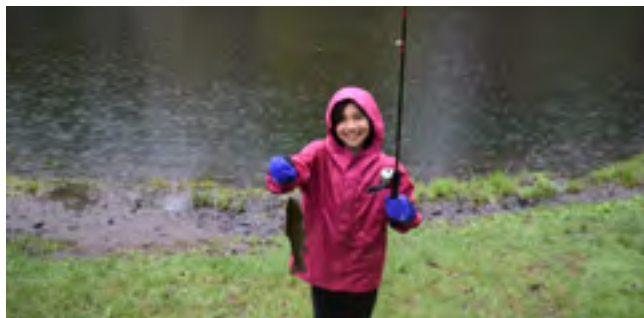
CLASSROOM INSTRUCTION:

Date: 5/6/20
Time: 6:30 p.m. – 8:30 p.m.
Day: Wednesday
Location: Thompson Brook School Cafeteria
Instructor: DEEP Connecticut Aquatic Resources Education (CARE) staff
Grades: Kindergarten – 8
(K-5 should be accompanied by a parent)
Fee: \$10.00 (per family, additional adults and children are free, but everyone must register to attend)



FIELD DAY:

Date: 5/9/20
Time: 9:00 a.m. – 12:00 p.m.
Day: Saturday
Location: Chatfield Hollow State Park
 (381 Route 80, Killingworth, CT)
Instructor: DEEP Connecticut Aquatic Resources Education (CARE) staff
Grades: Kindergarten – 8
(K-5 should be accompanied by a parent)



February Winter Break Art Camp

Have a fun time creating art with friends! We will be using clay to make various pots, beads, animals and more! Other projects include tie dye, slime, and puppets for a puppet show. These will be just some of the exciting crafts we will make! Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. **Min: 6/Max: 12**

Dates: 2/17/20 – 2/18/20 (2 day program)
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Tuesday
Location: Countryside Park
Instructor: Boni Rothmann
Grades: 3 – 6
Fee: \$111.00



April Vacation Art – Craft Adventure

Camper crafts galore! Come have fun creating art with natural objects, clay, papier-mâché piñatas, tie dye art, macramé and more! This will be a super fun week with lots of amazing projects you'll love! Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. **Min: 6/Max: 12**

Dates: 4/13/20 – 4/17/20 (5 day program)
Time: 9:00 a.m. – 1:30 p.m.
Days: Monday – Friday
Location: Countryside Park
Instructor: Boni Rothmann
Grades: 3 – 6
Fee: \$170.00



Fit Kids April Vacation Camp

Join us for a fun and exciting program! Children will enjoy games, sports, physical fitness activities, obstacle courses, arts, crafts and more! Please bring a drink, snack and a non-refrigerated lunch each day. Wear sneakers and comfortable clothing. Please bring outdoor clothing as we may go outside, weather permitting. **Min: 10/Max: 30 (per day)**

Dates: 4/13/20 – 4/17/20 (2, 3, 4 or 5 day program – your choice)
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Friday
Location: Roaring Brook School – Gym
Instructor: Tumble Bunny Staff
Grades: K – 5
Fees:
 2 days – \$105.00
 3 days – \$149.00
 4 days – \$192.00
 5 days – \$242.00



Vacation Camps

youth classes & activities

CT Soccer Network Spring Soccer Camp

Soccer camp for players in grades 1 – 6. 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. Also, those campers that will be participating in the all day camp (Option 2) should bring a lunch as well. If the sun is shining 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: 30

OPTION 1:

Dates: 4/13/20 – 4/17/20 (5 day program)
Time: 9:00 a.m. – 11:45 a.m.
Days: Monday – Friday
Location: Pine Grove School (Gym/Fields)
Instructor: CT Soccer Network Staff
Grades: 1 – 6
Fee: \$160.00

OPTION 2:

Dates: 4/13/20 – 4/17/20 (5 day program)
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Friday
Location: Pine Grove School (Gym/Fields)
Instructor: CT Soccer Network Staff
Grades: 1 – 6
Fee: \$270.00



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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. The 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, nutrition, and mental preparation. This training program will prepare your daughter for Celebrate! West Hartford Road Race on Sunday, June 7, 2020. Race registration fees are not included in the program fee. In case of inclement weather, the program will be held inside at the RBS school gym. 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: 25

Dates: 4/21/20 – 6/2/20 (7 classes)
(Road Race is on Sunday, 6/7/20)

Time: 5:00 p.m. – 6:00 p.m.

Day: Tuesday

Location: Roaring Brook School Field

Instructor: Lisa Pillow and
Girls in Stride Running Staff

Grades: 1 – 8

Fee: \$81.00



GROUP GUITAR LESSONS (GRADES 3-6)

An introduction to the guitar. Children will learn to play melodies using tablature, a notational system that allows everyone to immediately begin to play songs. Children will learn a few first position chords to accompany singing. Students will need an appropriately sized guitar. Rental available for \$15.00 through Instructor. **Min: 4/Max: 10**

Dates: 2/24/20 – 3/16/20 (4 classes)
Time: 4:30 p.m. – 5:30 p.m.
Day: Monday
Location: Avon Senior Center – Craft Room
Instructor: Kevin Dolan, The Village Music School
Grades: 3 – 6
Fee: \$105.00



GROUP GUITAR LESSONS (GRADES 7-12)

An introduction to the guitar. Children will learn to play melodies using tablature, a notational system that allows everyone to immediately begin to play songs. Children will learn a few first position chords to accompany singing, as well as an introduction to the blues and improvisation. Students will need an appropriately sized guitar. Rental available for \$20.00 through Instructor. **Min: 4/Max: 10**

Dates: 2/24/20 – 3/16/20 (4 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Monday
Location: Avon Senior Center – Craft Room
Instructor: Kevin Dolan, The Village Music School
Grades: 7 – 12
Fee: \$105.00



JUMPBUNCH

JumpBunch classes are 45 minutes of structured fun. Each class includes warm-ups, floor exercises, the sport activity of the week, stretching and then cool down. A different sport introduced EACH week. We strive to have little or no “sit and wait” time. Children will have the chance to touch and experience each sport with their own piece of equipment in each class. Classes also include the use of creatively scripted songs that include ribbon wands, stretch bands, rhythm sticks, maracas, and scarves. Sports may include lacrosse, paddle sports, field hockey, T-ball, basketball, soccer, football, etc. Please wear comfortable clothing and bring a water bottle. **Min: 8/Max: 12**

Dates: 2/3/20 – 3/16/20 (6 classes)
 (No class on 2/17)
Time: 9:30 a.m. – 10:15 a.m.
Day: Monday
Location: Countryside Park
Instructor: JumpBunch Staff
Ages: 18 months – 6 years
Fee: \$93.00

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 7th. MPower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, the MPower 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. In case of inclement weather, the program will be held inside at the Pine Grove School gym. Parents will be notified if this occurs. Please wear running shoes/sneakers and bring a water bottle. **Min: 10/Max: 40**

Dates: 4/22/20 – 6/3/20 (7 classes)
 (Road Race is on Sunday, 6/7/20)
Time: 6:00 p.m. – 7:15 p.m.
Day: Wednesday
Location: Roaring Brook School Field
Instructor: Krissy Mok and
 MPower Running Staff
Grades: 1 – 8
Fee: \$81.00



RHYTHMIC GYMNASTICS (GIRLS)

Learn elements of dance, increase flexibility and strength, play games and learn choreography. We will use hoops, ribbons, ropes, and balls learning the basic elements of rhythmic gymnastics, a graceful Olympic sport. For more information, visit our website: www.ctrclub.com. Please wear athletic attire: leotards, shorts, leggings. Hair must be away from the face. Please bring a water bottle. **Min: 7/Max: 10**

Dates: 3/20/20 – 6/12/20 (10 classes)
(No class on 4/10, 4/17 or 5/22)

Time: 5:00 p.m. – 5:45 p.m.

Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Kathryn Bratslavsky

Grades: 2 – 6

Fee: \$111.00

**RHYTHMIC GYMNASTICS II (ADVANCED) – GIRLS**

Pre-requisite: Girls must have completed Rhythmic Gymnastics Intro class or have a background in dance or gymnastics. This class will focus on developing equipment handling (rope, ribbon, hoop, ball) and learning higher level skills (jumps, turns, balances, and dance steps). Other components include building strength, increasing flexibility and learning and memorizing routines with music. For more information, visit our website: www.ctrclub.com. Hair must be away from the face. Please wear athletic attire: leotards, leggings, shorts, and sneakers and bring a water bottle. **Min: 6/Max: 10**

Dates: 3/20/20 – 6/12/20 (10 classes)
(No class on 4/10, 4/17 or 5/22)

Time: 5:50 p.m. – 6:45 p.m.

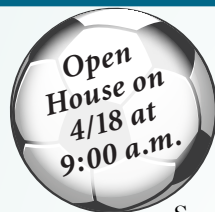
Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Kathryn Bratslavsky

Grades: 2 – 6

Fee: \$136.00

**SOCCER SHOTS CLASSIC**

Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry, youth coach and former professional player. All staff is trained by Soccer Shots. Each 40-45 minute session creatively introduces your child to soccer in a fun and imaginative way. Character development, physical skills, agility, teamwork and fun are guaranteed in this program. Our goal is to leave a lasting and positive impact on each child while building stronger youth beyond the game. Each week we will emphasize a word of the day such as respect, confidence or teamwork and incorporate that as part of the session. On our adventures on soccer island, we will celebrate the joy of learning and the beautiful game. Each child will receive a Soccer Shots shirt. Visit www.soccershots.org for more information and come join us on soccer island each week. **Parents of 3-4 year olds must remain on site during the program.** Please wear sneakers and bring a water bottle. Shin guards/cleats are not necessary. **Min: 10/Max: 20**

Dates: 4/25/20 – 6/6/20 (7 classes)
(Open House on 4/18 at 9:00 a.m.)

Time: 9:40 a.m. – 10:25 a.m. (3 – 4 year olds)
10:30 a.m. – 11:15 a.m. (4½ – Kindergarten)

Day: Saturday

Location: Roaring Brook School Field

Instructor: Shannon Perry and Soccer Shots Staff

Fee: \$118.00

**SOCCER SHOTS MINI**

Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry, youth coach and former professional player. Each 30 minute session will creatively introduce your child to soccer in a fun and imaginative way. Soccer Shots Mini is a high-energy program that will introduce soccer principles such as using your feet, dribbling and basic rules of the game. Through fun games and 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 the program.** Please wear sneakers and bring a water bottle. **Min: 5/Max: 16**

Dates: 4/25/20 – 6/6/20 (7 classes)
(Open House on 4/18 at 9:00 a.m.)

Time: 9:00 a.m. – 9:30 a.m.

Day: Saturday

Location: Roaring Brook School – Field

Instructor: Shannon Perry and Soccer Shots Staff

Age: 2 (Must be 2 by the first day of class)

Fee: \$106.00

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QUICK START TENNIS (GRADES K-1)

Quick Start Tennis is a program designed to introduce children to the game of tennis in a fun and rewarding way. The program uses scaled down racquets, smaller courts and special low compression balls to ensure younger players learn quickly and have fun!

Min: 3/Max: 6

Dates: 3/1/20 – 3/22/20 (4 classes)

Time: 12:00 p.m. – 12:30 p.m.

Day: Sunday

Location: Farmington Valley Racquet Club
(241 Hopmeadow Street, Simsbury)

Instructor: Farmington Valley Racquet Club Staff

Grades: K – 1

Fee: \$59.00



QUICK START TENNIS (GRADES 2 – 3)

Each fun-filled class features action-packed drills and games. Quick Start incorporates scaled down racquets and low compression balls to create early success which encourages children to continue to play and improve. Please wear sneakers and bring your own racquet, if available. **Min: 3/Max: 6**

Dates: 3/1/20 – 3/22/20 (4 classes)

Time: 12:30 p.m. – 1:30 p.m.

Day: Sunday

Location: Farmington Valley Racquet Club
(241 Hopmeadow Street, Simsbury)

Instructor: Farmington Valley Racquet Club Staff

Grades: 2 – 3

Fee: \$111.00

HOT SHOT TENNIS (GRADES 4 – 6)

Hot Shot Tennis is a fun-filled introduction to the sport of tennis. This program features lots of exciting, action-packed drills and games that make learning fun. Please wear sneakers and bring your own racquet, if available.

Min: 3/Max: 6

Dates: 3/1/20 – 3/22/20 (4 classes)

Time: 2:00 p.m. – 3:00 p.m.

Day: Sunday

Location: Farmington Valley Racquet Club
(241 Hopmeadow Street, Simsbury)

Instructor: Farmington Valley Racquet Club Staff

Grades: 4 – 6

Fee: \$111.00



Tumble Bunnies

Tumble Bunnies is a pre-school gymnastics program for children. Jump, stretch, roll, slide, balance, run, walk, swing, climb and more. Learn gymnastic skills and have fun! Some of the activities include under-over concepts, hoops and parachutes. Please wear tee shirts, shorts, and sneakers.

Min: 6/Max: 15

Dates: 3/25/20 – 5/6/20 (6 classes)

(No class on 4/15)

Time: 5:00 – 5:40 p.m. (2 – 3 year olds)

5:45 – 6:25 p.m. (3 ½ – 6 ½ year olds)

Day: Wednesday

Location: Roaring Brook School – Gym

Instructor: David Avezzie and Tumble Bunny Staff

Fee: \$92.00



active adult classes



FIRST AID – CPR – AED

This class will teach basic First Aid, CPR and AED procedures. You will learn how you can help both children and adults in a medical emergency. Certification will be through the American Red Cross. **Min: 5/Max: 10**

Dates: 3/7/20 – 3/14/20 (2 classes)

Time: 8:30 a.m. – 12:30 p.m.

Day: Saturday

Location: Community Room at Avon Senior Center

Instructor: Nancy Pandolfo

Ages: 16 and up

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



EARLY BIRD FITNESS WITH NANCY

Men and women are welcome! This is a high energy aerobics class. In the hour we will do cardio, strength training and core with balance. Please bring a yoga mat, water, and free weights to class. Instructor will bring Pilates rings. **Min: 10/Max: 15**

Session 1:

Dates: 1/13/20 – 3/13/20 (25 classes)
(No class on 1/20 or 2/17)

Time: 8:15 a.m. – 9:15 a.m.

Days: Monday, Wednesday and Friday

Location: Valley Community Baptist Church

Instructor: Nancy Pandolfo

Fee: \$108.00 **Senior Fee:** \$97.20

Session 2:

Dates: 3/23/20 – 5/20/20 (25 classes)
(No class on 4/10)

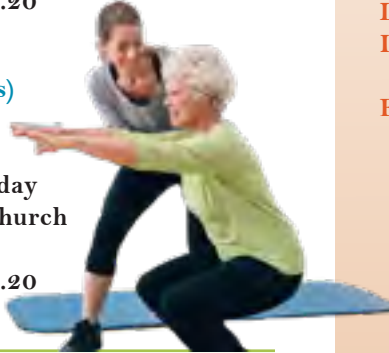
Time: 8:15 a.m. – 9:15 a.m.

Days: Monday, Wednesday and Friday

Location: Valley Community Baptist Church

Instructor: Nancy Pandolfo

Fee: \$108.00 **Senior Fee:** \$97.20

**EVENING AEROBICS WITH NANCY**

This high energy aerobics class will incorporate cardio, strength training and core with balance. Please bring a yoga mat, water, and free weights to class. **Min: 10/Max: 15**

Dates: 2/4/20 – 4/14/20 (20 classes)
(No class on 4/7)

Time: 6:30 p.m. – 7:30 p.m.

Days: Tuesday and Thursday

Location: Community Room at Avon Senior Center

Instructor: Nancy Pandolfo

Fee: \$99.00 **Senior Fee:** \$89.10

MORNING LOW IMPACT AEROBICS WITH NANCY

Men and women are welcome! This is a low impact class (no jumping) that incorporates cardio, strength training and balance. Please bring a yoga mat, water, and free weights to class. Instructor will bring Pilates rings.

Min: 10/Max: 15

Session 1:

Dates: 1/13/20 – 3/13/20 (25 classes)
(No class on 1/20 or 2/17)

Time: 9:20 a.m. – 10:20 a.m.

Days: Monday, Wednesday and Friday

Location: Valley Community Baptist Church

Instructor: Nancy Pandolfo

Fee: \$108.00 **Senior Fee:** \$97.20

Session 2:

Dates: 3/23/20 – 5/20/20 (25 classes)
(No class on 4/10)

Time: 9:20 a.m. – 10:20 a.m.

Days: Monday, Wednesday and Friday

Location: Valley Community Baptist Church

Instructor: Nancy Pandolfo

Fee: \$108.00 **Senior Fee:** \$97.20

GROUP GUITAR LESSONS (ADULT)

An introduction to the guitar. Adults will learn to play melodies using tablature, a notational system that allows everyone to immediately begin to play songs. Adults will learn few first position chords to accompany singing, as well as an introduction to the blues and improvisation. Students will need an appropriately sized guitar. Rental available for \$20.00 through Instructor. **Min: 4/Max: 10**

Dates: 2/24/20 – 3/16/20 (4 classes)

Time: 7:00 p.m. – 8:00 p.m.

Day: Monday

Location: Avon Senior Center – Craft Room

Instructor: Kevin Dolan,
The Village Music School

Fee: \$105.00 **Senior Fee:** \$94.50

**KNITTING**

Learn to knit, purl, cable and read a pattern. Bring your project and just knit or come for help on your project and enjoy the night with fellow knitters. Please bring knitting needles and yarn. **Min: 5/Max: 10**

Dates: 2/19/20 – 4/29/20 (10 classes)
(No class on 4/15)

Time: 6:45 p.m. – 8:15 p.m.

Day: Wednesday

Location: Avon Senior Center – Craft Room

Instructor: Donna Zyjeski

Fee: \$65.00 **Senior Fee:** \$58.50



active adult classes continued



CO-ED PICKLEBALL

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

Dates: 1/22/20 – 4/8/20 (12 classes)
Time: 7:45 p.m. – 9:15 p.m.
Day: Wednesday
Location: Avon Middle School – Large Gymnasium
Supervisor: Joe Bowman
Fee: \$80.00 **Senior Fee:** \$72.00



QUILTING WORKSHOP

Learn to quilt. Students will learn how to make a table runner or a small sampler quilt. Basic sewing skills are a prerequisite. The instructor will provide a list of materials you will need for class. Please bring your own sewing machine and lunch. **Min: 4/Max: 6**

Date: 2/1/20 (1 class)
(Snow date – 2/8)
Time: 9:00 a.m. – 2:00 p.m.
Day: Saturday
Location: Avon Senior Center – Craft Room
Instructor: Donna Zyjeski
Fee: \$75.00 **Senior Fee:** \$67.50



TENNIS – ACTION LIVE BALL

Action Live Ball is the tennis work out that has it all...Fitness, Fun, Action, and Camaraderie. Everyone shows up ready for 90 minutes of fast paced singles and doubles point play. Please wear sneakers and bring your own racquet. **Min: 3/Max: 6**

Dates: 3/1/20 – 3/22/20 (4 classes)
Time: 1:30 p.m. – 3:00 pm.
Day: Sunday
Location: Farmington Valley Racquet Club
(241 Hopmeadow Street, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Level: Intermediate/Advanced
Fee: \$120.00 **Senior Fee:** \$108.00

TENNIS – APPRENTICE I

Tennis Apprentice is a new adult tennis program designed to convert new tennis players into "real tennis players" in 4 weeks. The program features a fun-filled weekly group lesson as well as a free weekend practice session. Please wear sneakers and bring your own racquet, if available. **Min: 3/Max: 6**

Dates: 3/7/20 – 3/28/20 (4 classes)
Time: 8:00 a.m. – 9:00 a.m.
Day: Saturday
Location: Farmington Valley Racquet Club
(241 Hopmeadow Street, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Level: Beginner
Fee: \$101.00 **Senior Fee:** \$90.90

Dates: 3/1/20 – 3/22/20 (4 classes)
Time: 1:00 p.m. – 2:00 p.m.
Day: Sunday
Location: Farmington Valley Racquet Club
(241 Hopmeadow Street, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Level: Beginner
Fee: \$101.00 **Senior Fee:** \$90.90





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 on 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

Session 1: 1/22/20 – 3/11/20 (8 classes)

Session 2: 3/25/20 – 5/13/20 (8 classes)

Time: 6:30 p.m. – 7:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center
 (Location of 5/13 class – TBD)

Instructor: Nancy Brooks

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

MIND

BODY

SOUL

ACTIVITIES SPONSORED BY THE AVON SENIOR CENTER

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

DATE: WEDNESDAY, APRIL 8

Trip: MGM Springfield

Price: \$43.00 / per person

DATE: SUNDAY, APRIL 26

Trip: Intrepid & Enterprise (New York City)

Price: \$135.00 / per person

DATE: SATURDAY, MAY 9

Trip: Bronx Zoo

Price: \$101.00 / per person

DATE: FRIDAY, JULY 10

Trip: Coins & Claws –
Lobster Lunch at Abbott's
and Foxwoods Casino

Price: \$85.00 / per person

DATE: SUNDAY, NOVEMBER 8 – TUESDAY, NOVEMBER 17

Trip: Classical Greece

Price: \$3,279.00 / per person, double occupancy
– (Includes 10 days, 15 meals, airfare
and transfers)

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



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 clothing and footwear and bring a water bottle. **Min: 10/Max: 20**

Session 1:

Dates: 1/22/20 – 3/18/20 (9 classes)

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

Session 2:

Dates: 4/8/20 – 6/10/20 (10 classes)

Time: 3:30 p.m. – 4:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center
(Location of 5/13 class - Countryside Park)

Instructor: Ken Zaborowski

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



CHAIR YOGA

Chair yoga is a unique form of exercise for people who cannot get down to the floor due to age or inflexibility. This program will help you improve muscle tone, increase strength and flexibility, and improve balance. You will learn breathing and relaxation techniques along with yoga asanas (postures) and yoga flows on and off the chair. Please wear comfortable clothing and footwear and bring a water bottle. **Min: 6/Max: 15**

Session 1: 1/17/20 – 3/6/20 (8 classes)

Session 2: 3/27/20 – 5/22/20 (8 classes)
(No class on 4/10)

Time: 10:00 a.m. – 11:00 a.m.

Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Diane Rho-Caputo

Fee: \$77.00 **Senior Fee:** \$69.30

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: 1/13/20 – 3/23/20 (9 classes)
(No class on 1/20 or 2/17)

Session 2: 4/13/20 – 6/15/20 (9 classes)
(No class on 5/25)

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: 1/15/20 – 3/18/20 (10 classes)

Session 2: 4/8/20 – 6/10/20 (10 classes)

Time: 6:00 p.m. – 7:00 p.m.

Day: Wednesday

Location: Countryside Park

Instructor: Denise Lipka

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



Summer Camps 2020

AVON RECREATION AND PARKS IS EXPANDING OUR
2020 SUMMER CAMPS WITH NEW ACTIVITIES!!

New Programs, New Adventures!!

Limited Enrollment – Sign up Early

In addition to all of our other offerings, we will have 7 sessions of Summer Fun Camp for Grades K – 4 and 6 sessions of Adventure Camp for Grades 5 – 9.

Both Summer Fun Camp and Adventure Camp are open to Avon Residents ONLY



SUMMER FUN CAMP

*For students entering grades
K – 4 (in Fall of 2020)*

- ✿ We will have one ½ day field trip and one special entertainment visit at camp each week.
- ✿ Swimming 2-3 days per week, weather permitting.
- ✿ Camp hours: 9:00 a.m. – 3:00 p.m.
Extended day programs are available from 8:00 a.m. – 9:00 a.m., 3:00 p.m. – 4:00 p.m., and 4:00 p.m. – 5:00 p.m.
- ✿ Camp Fee: \$180.00 per week;
Extended care: \$25.00 per block/per week
- ✿ Max: 50 campers per session
- ✿ Session 1: June 29 – July 2 (No camp on July 3);
Session 2: July 6 – 10; Session 3: July 13 – 17;
Session 4: July 20 – 24; Session 5: July 27 – July 31;
Session 6: August 3 – 7; Session 7: August 10 – 14



Swimming

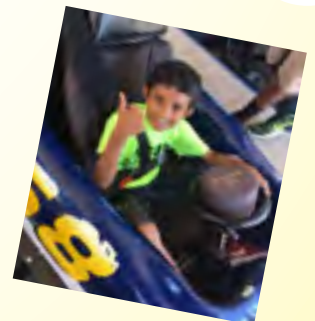


Entertainment
& Field Trips

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Fun Activities!



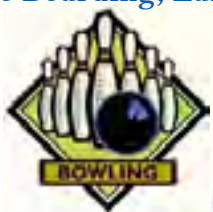


Awesome!

ADVENTURE CAMP

For students entering grades 5 – 9 (in Fall of 2020)

- * We will have 5 trips per week – campers are sure to have a different adventure each day!!!
- * Day trips will include the beach, Six Flags, Tubing, Paddle Boarding, Lake Compounce, Bowling, Miniature Golf, and much more!!!
- * Lunch will be provided 2 days per week and much more!!
- * Swimming when schedule allows
- * Camp hours: 9:00 a.m. – 4:00 p.m.
- * Camp Fee: \$320 per week
- * Max: 30 campers per session – *Sign up Early to avoid missing out on the fun!*
- * Session 1: July 6 – 10; Session 2: July 13 – 17; Session 3: July 20 – 24;
Session 4: July 27 – July 31; Session 5: August 3 – 7; Session 6: August 10 – 14



SIGN UP BONUS!
FREE Season Pass
to Six Flags!



- * **SIGN UP BONUS** – Enroll your child for 3 sessions at once, and he/she will receive a **FREE SEASON PASS TO SIX FLAGS!!!** The Six Flags season pass will allow him/her unlimited visits to the park for all of 2020 and access to all the rides, shows and attractions AND admission to BOTH Fright Fest and Holiday in the Park.
(Sign up bonus is per child, not per family and you must register for all 3 sessions in one registration transaction).

Online Registration begins on April 27th.



AQUATICS PROGRAMS

Swim Lessons
Swim Team

Adult Swim
Diving



*Don't forget to order your swim badges early.
They go on sale April 27th.*