

Summer 2020



AVON RECREATION & PARKS

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Please note that this brochure was prepared with dates that were known to our department in mid-March. At that time, due to the uncertainty surrounding the Covid-19 outbreak, we scheduled programs as best we could anticipating the last day of school. Dates, times and locations for our programs may change depending on the duration of this situation and Governor Ned Lamont's Executive Orders.

Thank you in advance for your understanding.

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.

SUMMER OFFICE HOURS: (6/22/20 – 8/28/20):

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

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

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.



DEPARTMENT POLICIES

General Registration Information:

- ✿ The grade listed for programs indicates the grade your child will be in (2020/2021 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 to the billing email address listed on the account. Please refer back to your receipt for program dates, times and location information. You may also obtain this information and a copy of your receipt via the online registration system (www.avonrec.com).
- ✿ 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 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

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.

WI-FI AT SYCAMORE HILLS POOL:

Free Wi-Fi is available at the Pool.
The Wi-Fi policy is posted at the pool.



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

**OUR VOLUNTEER BASKETBALL
COACHES AND ASSISTANT COACHES**
for your time and efforts during the winter
season. Your contributions are essential to
the success of this program!

**THE SKI CHAPERONES
AND PARENT/STUDENT
VOLUNTEERS**

who gave their time to provide the students
with a safe and enjoyable experience this
winter at Ski Sundown.

ORAFOL AMERICAS INC.
for donating reflective tags
for our ski program.

We truly appreciate your generosity.

Summer 2020



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 Wednesday, July 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".

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 2020.

SYCAMORE HILLS POOL OPENS Saturday, June 13, 2020



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

*Daily Fees are payable by cash or check only. No credit cards.

Please pick up your pool badges at the Pool Office starting June 13th, at noon when the pool opens.

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

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www.AvonRec.com (860) 409-4332

special interest

WESTWOODS GOLF COURSE

SEASON GOLF PASS

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. **Enroll at the Westwoods Golf Course in the club house, Westwoods Drive, Farmington.** For more information please call **860-675-2548**.



SIMSBURY FARMS GOLF COURSE



SEASON GOLF PASS

Through this promotion with the Town of Simsbury, Avon residents are able to purchase season passes to the Simsbury Farms Golf Course at the Simsbury resident rates. **Enrollment is online at www.avonrec.com**. Customers will need to bring a printed copy of their receipt to the Simsbury Farms Pro Shop on their first 2020 visit to Simsbury Farms.

GOLF CLINICS FOR JUNIORS AND ADULTS

Information, schedule and registration can be found online at <https://www.simsburyfarms.com>.



DISCOUNTED SIX FLAGS, LAKE COMPOUNCE AND 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, 2020 until August 28, 2020 (CT Science Center Tickets are available 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 2020 season

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

Six Flags: \$41.00 (Gate Price: \$72.99; under 54": \$61.99)

Lake Compounce: \$29.50 (Gate Price: \$53.89; under 52": \$42.89)

CT Science Center: \$15.50 (Gate Price: Adults \$24.95, Children \$16.95, 2 & under 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 who possess a genuine interest in working with younger campers, and are willing to commit the required energy and enthusiasm in all portions of the program. Participants will develop leadership skills as they work with children while working alongside the camp staff. Participation in the C.I.T. program is by selection. Those interested in the program must complete an application which can be found online at www.avonrec.com. Applicants 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 Friday, May 22, 2020. Interviews will be held on Tuesday, June 2nd (3:00 p.m. - 8:00 p.m.). C.I.T. applicants will be notified by June 10th.

Please note that there is a MANDATORY training date for this program program (i.e., if you're not available to attend the entire day of training, please do not apply)

Date: July 1, 2020
Time: 9:30 a.m. - 12:00 p.m.
Day: Wednesday
Instructor: Recreation Staff
Location: Avon Room at the Avon Town Hall
Fee: \$100.00

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 7/6/20 - 7/17/20, 7/20/20 - 7/31/20 or 8/3/20 - 8/14/20. Maximum C.I.T.'s for the summer will be nine (9).

special interest

Community Garden Plots

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



**af
p1 FARMERS
MARKET**
grown by farmers. run by librarians.
www.avonctlibrary.info

THE AVON LIBRARY'S FARMERS MARKET

Visit the Avon Library's Farmers Market on Mondays in July and August, 3:00 p.m. - 6:00 p.m. The market is held rain or shine, right in the library's parking lot. For a full listing of vendors, visit <https://www.avonctlibrary.info/farmers-market/>.

aquatics

Swim Lessons

All swim lessons are taught at Sycamore Hills Pool by American Red Cross certified Water Safety Instructors. Levels and ages are approximate and there to guide you in determining the appropriate level for your child. You can view your child's past swim lesson levels by logging into your online account and going to the link "2019 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, you must register for your 2020 swim memberships **first** so your swim lesson registration can recognize that you have a swim membership for your child. The discount will be shown on the payment screen when you checkout.



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

Summer Session 1

Monday, July 6 – Friday, July 17

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
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Summer Session 2

Monday, July 20 – Friday, July 31

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
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Summer Session 3

Monday, August 3 – Friday, August 14

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
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Saturday Lessons

Saturday, June 20 – Saturday, August 15

(No Lesson July 4)

10:40 a.m. – 11:10 a.m. Parent/Child	11:15 a.m. – 11:45 a.m. Parent/Child, Level 1
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Fees: (Deadline to register for swim lessons is the Thursday prior to the start of the lesson)

Monday – Friday Lessons: \$42 Members; \$56 Non-members

Saturday Lessons: \$36 Members; \$46 Non-members

Diving 101 Lessons: \$25 Members; \$32 Non-members

(*5 lessons Monday, July 20 – Friday, July 24)

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

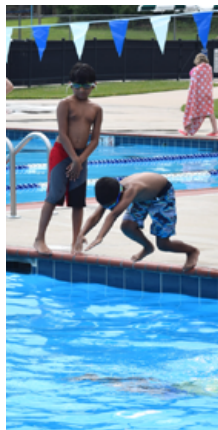
Level 5/6: Has your child mastered freestyle, backstroke, and breaststroke and is able to perform them for more than 25 feet? Can they tread water for three minutes and perform a standing dive?

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.



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.

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**

Dates: 7/20/20 – 7/31/20 (10 classes)

Time: 7:00 p.m. – 7:30 p.m.

Days: Monday – Friday

Location: Sycamore Hills Pool

Instructor: Sycamore Hills Pool Staff

Fee: \$42.00 Members; \$56.00 Non-members

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**

Dates: 8/3/20 – 8/14/20 (10 classes)

Time: 7:00 p.m. – 7:30 p.m.

Days: Monday – Friday

Location: Sycamore Hills Pool

Instructor: Sycamore Hills Pool Staff

Fee: \$42.00 Members; \$56.00 Non-members

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**

Prerequisites: Passage of Level 3 Swim Lesson.

Dates: 7/20/20 – 7/24/20 (5 classes)

Time: 3:30 p.m. – 4:00 p.m.

Days: Monday – Friday

Location: Sycamore Hills Pool

Instructor: Sycamore Hills Pool Staff

Fee: \$25.00 Members; \$32.00 Non-members

Swim Team

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

Swim team has 6 practice options each week (See below). Coaches recommend swimmers try to attend at least three practices a week. 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.

PRACTICE SCHEDULE–SYCAMORE HILLS POOL

June 29 – July 23 8:30 a.m. – 9:30 a.m.
(Monday, Wednesday, Thursday)

or 7:30 p.m. – 8:30 p.m.
(Monday, Tuesday, Thursday)

Fee: \$161.00



FAMILY FUN NIGHT

at Sycamore Hills Pool

Friday, July 24, 2020

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!



FREE Friday Family Movie Nights at Sycamore Hills Pool

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

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TENNIS – APPRENTICE I (Beginners)

Tennis Apprentice I 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 a racquet. **Min: 3/Max: 6**

Dates: 7/9/20 – 7/30/20 (4 classes)
Time: 9:00 a.m. – 10:00 a.m.
Day: Thursday
Location: Simsbury Farms – Tennis Courts
 (100 Old Farms Road, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Level: Beginner
Fee: \$96.00 **Senior Fee:** \$86.40

TENNIS – APPRENTICE II (Low Intermediate/ Returning Player)

Tennis Apprentice II features “refresher” drills and games that review basics while providing a good 1 ½ hour workout. This program is the perfect spot for players “returning” to tennis after some time away. Please wear sneakers and bring a racquet. **Min: 3/Max: 6**

Dates: 7/9/20 – 7/30/20 (4 classes)
Time: 10:00 a.m. – 11:30 a.m.
Day: Thursday
Location: Simsbury Farms – Tennis Courts
 (100 Old Farms Road, Simsbury)
Instructor: Farmington Valley Racquet Club Staff
Level: Low Intermediate/Returning Player
Fee: \$120.00 **Senior Fee:** \$108.00



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 wear comfortable clothes and bring a yoga mat and water bottle.

Min: 10/Max: 25

SESSION 1:

Dates: 5/27/20 – 7/15/20 (8 classes)
Time: 6:30 p.m. – 7:30 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
(Location of 6/3 class is AMS – Library Media Center; Location of 6/17 class is TBD)

Instructor: Nancy Brooks
Fee: \$66.00 **Senior Fee:** \$59.40

SESSION 2:

Dates: 7/29/20 – 9/30/20 (10 classes)
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.

DATE: FRIDAY, JULY 10

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

Fee: \$85.00 / per person

DATE: SUNDAY, AUGUST 2 – MONDAY, AUGUST 3

Trip: Saratoga Racing and Gaming

Fee: \$316.00 / per person, double occupancy;
\$409.00 / per person, single;
\$296.00 / per person, triple

DATE: THURSDAY, SEPTEMBER 3

Trip: 9/11 Memorial and Museum
with lunch at Carmine's

Fee: \$128.00 / per person

DATE: THURSDAY, SEPTEMBER 10

Trip: MGM Springfield

Fee: \$43.00 / per person

DATE: SUNDAY, OCTOBER 18

Trip: Bronx Zoo

Fee: \$101.00 / per adult;
\$89.00 / per child (Ages 3-12)

DATE: SUNDAY, NOVEMBER 8 – TUESDAY, NOVEMBER 17

Trip: Classical Greece

Fee: \$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>



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. **Min: 6/Max: 15**

Dates: 6/26/20 – 8/21/20 (8 classes)
(No class on 7/3)

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



SILVER SNEAKERS CHAIR AEROBICS

Silver sneakers is a great chair aerobics class for those just starting an exercise regimen or continuing a fitness routine. Benefits include maintaining muscle strength, flexibility, balance and cardiovascular endurance. Come work out, socialize and make some new friends! This class is open to both men and women age 65 and over residing in Avon and surrounding towns. If you meet the criteria and are eligible, your insurance pays for the program with no cost to you. If you're not sure you have Silver Sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the program. If you do not have the program, you may still participate by paying \$3.00 per class at the door. To register, please call Avon Senior Center at 860-675-4355. Please wear comfortable clothes and sneakers. **Min: None/Max: 25**

Dates: Ongoing

Time: 3:00 p.m. – 4:00 p.m. (Monday);
10:30 a.m. – 11:30 a.m. (Thursday);
and/or 3:00 p.m. – 4:00 pm. (Thursday)

Days: Monday and Thursday

Location: Community Room at Avon Senior Center

Instructor: Nancy Pandolfo

Fee: None (if Silver Sneakers Coverage)
or \$3.00 per class at the door
(if no Silver Sneakers Coverage)

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SILVER SNEAKERS WATER AEROBICS

Silver Sneakers Water Aerobics is a fun, shallow-water exercise class to increase movement. Suitable for all skill levels. The pool provides many benefits when used for aerobic exercise and resistance training. Please wear appropriate bathing suit attire. Come work out, socialize and make some new friends! This class is open to both men and women. If you meet the criteria and are eligible, your insurance pays for the program with no cost to you. If you're not sure you have Silver Sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the program. If you do not have the program, you may still participate by paying \$3.00 per class at the door. To register, please call Avon Senior Center at 860-675-4355. Please wear a bathing suit and bring a towel. **Min: None/Max: 20**

Dates: 6/30/20 – 8/14/20 (13 classes)
(No class on 7/3)

Time: 8:30 a.m. – 9:30 a.m.

Days: Tuesday and Friday

Location: Sycamore Hills Pool

Instructor: Nancy Pandolfo

Fee: None
(if Silver Sneakers Coverage)
or \$3.00 per class at the door
(if no Silver Sneakers Coverage)



TAI CHI FOR SENIORS

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

Dates: 6/24/20 – 8/26/20 (10 classes)

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



ZUMBA GOLD – LOW IMPACT

Come join the party and enjoy the health benefits of this feel good, low impact aerobic workout. Zumba Gold is an energetic, total body workout set to Latin & International rhythms. Dance for an hour and log at least 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. Wear smooth soled sneakers and comfortable clothing; bring a water bottle and a towel. **Min: 8/Max: 12**

Dates: 6/29/20 – 8/31/20 (10 classes)

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: 6/24/20 – 8/26/20
(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

NEW!!

FITNESS FOR TEENS

This program is an introduction to strength training, incorporating high intensity workouts and learning the fundamental elements of weight lifting. This program is great for off season athletes looking to get bigger, faster and stronger. This is also great for newcomers and those looking for an introduction into a fun, productive workout. Mondays and Wednesdays will be strength workouts and Tuesdays and Thursdays will be cardio-based. Please wear workout clothes and bring a water bottle.
Min: 1/Max: 15

Dates: 7/6/20 – 8/13/20 (24 classes)

Time: 3:30 p.m. – 4:30 p.m.

Days: Monday – Thursday

Location: Amped Fitness
(55 Mill Street, Unionville)

Instructor: Jacob Moore of Amped Fitness

Ages: 14 – 18

Fee: \$135.00

**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 each class. Classes also include use of creatively scripted songs that include ribbon wands, rhythm sticks, maracas and scarves. Sports may include lacrosse, paddle sports, field hockey, t-ball, basketball, soccer, football, etc. Please wear sneakers and loose fitting clothing. **Min: 8/Max: 16**

Dates: 7/6/20 – 8/10/20 (6 classes)

Time: 9:30 a.m. – 10:15 a.m.

Day: Monday

Location: Pine Grove School – Multipurpose Field

Instructor: JumpBunch of Central Connecticut

Ages: 18 months – 6 years

Fee: \$108.00

**QUICK START TENNIS**

Each fun-filled class features action packed drills and games. Quick Start incorporates smaller racquets and low compression balls to create early success which encourages children to continue to play and improve. Please wear comfortable clothing, sneakers and bring a racquet if available. **Min: 4/Max: 8**

Session 1: 7/20/20 – 7/23/20* (4 classes)

Session 2: 8/3/20 – 8/6/20* (4 classes)

Time: 1:00 p.m. – 1:55 p.m.

Days: Monday – Thursday

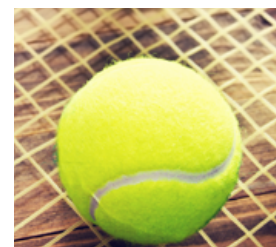
(*Rain date: Friday, 7/24/20 – Session 1;
Friday, 8/7/20 – Session 2)

Location: Sycamore Hills – Tennis Courts

Instructor: Farmington Valley Racquet Club Staff

Grades: 1 – 4

Fee: \$55.00

**RISING STARS TENNIS**

Rising Stars features action packed drills and game based instruction. Players work on basics including groundstrokes, volleys, overheads as well as proper footwork. Please wear comfortable clothing, sneakers and bring a racquet if available. **Min: 4/Max: 8**

Session 1: 7/20/20 – 7/23/20* (4 classes)

Session 2: 8/3/20 – 8/6/20* (4 classes)

Time: 2:00 p.m. – 2:55 p.m.

Days: Monday – Thursday

(*Rain date: Friday, 7/24/20 – Session 1;
Friday, 8/7/20 – Session 2)

Location: Sycamore Hills – Tennis Courts

Instructor: Farmington Valley Racquet Club Staff

Grades: 5 – 9

Fee: \$55.00

FALL LEAGUES

REGISTRATIONS FOR THE FOLLOWING FALL LEAGUES BEGINS APRIL 17.

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



FARMINGTON VALLEY FIELD HOCKEY LEAGUE for Grades 5-6 Girls

- This is a recreation travel league, so there are no tryouts, cuts, etc. The goal is to get everyone involved.
- Practices will be on Wednesdays, September 9 – October 21 from 5:15 p.m. – 6:30 p.m. and games will be played on Sundays, September 13 – October 25 (No game: October 11) from 2:30 p.m. – 5:30 p.m.
- Each player must bring a field hockey stick, cleats, mouth guard, shin guards, proper eye protection, and a water bottle (plastic only). A reversible game jersey will be provided.
- Ratings will be Wednesday, August 26 at 5:30 p.m. – Location TBD.
- Volunteer Head and Assistant Coaches are needed!!! There will be a mandatory coaches meeting - September 9, from 5:30 p.m. – 6:15 p.m. at Avon High School.

Registration ends on August 26, 2020

Fee: \$95.00

Min: 12/Max: 16



AVON VOLLEYBALL LEAGUE for Grade 5-8 Girls

- This program is designed for Grade 5-8 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.
- Practices and Games will run between 6:00 p.m. – 8:00 p.m. at Avon Middle School - Gym based upon an alternating schedule, number of teams, etc. An 8 to 10 game schedule will be determined by the number of players/teams.
- Program will run Tuesdays and Thursdays, September 8 – November 10 (No session: November 3).
- During the first two nights of the program, the teams will be formed and girls will be sized for t-shirts.

Registration ends September 1, 2020

Fee: \$121.00

Min: 32 / Max: 48



FARMINGTON VALLEY NFL FLAG FOOTBALL LEAGUE for Grades 1-12 (Co-ed)

- 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.
- Towns involved: Avon, Burlington, Canton, Farmington, Granby, Simsbury, and surrounding towns.
- Divisions: Grades 1-2, Grades 3-4, Grades 5-6, Grades 7-8, Grades 9-10, and Grades 11-12.
- New player ratings: Saturday, August 15 at Avon Middle School
- Practices will be held one night per week at the coaches' discretion.
- Games are 44-minute 5 v 5 and will be held on Sundays, September 13 – November 8 (regular game schedule).

Registration ends August 14, 2020 (FIRM – as jerseys and equipment need to be ordered in time for first game)

Fee: \$131.00



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youth camps and clinics



CREATIVE ADVENTURES – Knitting, Cooking and Crafting

This unique camp is for kids who want to be creative this summer. They will learn to knit, become a budding chef and an artist in 5 fun filled days. Campers will work on a beginner knitting project, create some tasty treats to sample and take home and craft some cool works of art using clay, nature, collage, tie dye and a variety of other mediums. Please bring a snack, lunch, water bottle, and a smock or an old shirt to protect clothing. A supply list for knitting will be provided before the camp starts. **Min: 6/Max: 12**

Dates: 6/22/20 – 6/26/20 (5 classes)
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Friday
Location: Countryside Park
Instructor: Boni Rothmann and Donna Zyjeski
Grades: 3 – 6
Fee: \$205.00

LITTLE CHAMPIONS Summer Basketball Camp (Co-ed)

Boys and girls entering grades K-1 – Children will be introduced to the game of basketball. 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: 13/Max: 24**

Dates: 8/12/20 – 8/14/20 (3 classes)
Time: 9:00 a.m. – 11:30 a.m.
Days: Wednesday – Friday
Location: Roaring Brook School – Gym
Instructor: Jim Keller
Grades: Boys and Girls entering Grades K – 1
Fee: \$63.00

SUMMER HOOPS Basketball Camp (Co-ed)

Boys and girls entering grades 2-3 – Get ready for Avon Recreation's basketball season. Work on fundamental skills and learn the rules for your league. The camp will cover basics such as dribbling, passing, layups, pivoting, shooting, defensive slides, and short-sided games with competitive fun while learning. Please wear athletic clothing and sneakers and bring a water bottle. **Min: 8/Max: 25**

Dates: 8/3/20 – 8/7/20 (5 classes)
Time: 9:00 a.m. – 11:30 a.m.
Days: Monday – Friday
Location: Roaring Brook School – Gym
Instructor: Jim Keller
Grades: Boys and Girls entering Grades 2 – 3
Fee: \$75.00

www.AvonRec.com (860) 409-4332

AVON FALCONS Boys Basketball Camp

Boys entering grades 4-8 – Our young student athletes will enjoy a full week of basketball. The focus in the morning will be on individual skill improvement and the focus throughout the late morning will be on team strategy and game play. There will be a playoff bracket later in the week. Please wear athletic gear and sneakers and bring a basketball, water bottle and snack. Game t-shirts will be provided for each player. Go Falcons! **Min: 15/Max: 50**

Dates: 7/20/20 – 7/24/20 (5 classes)
Time: 8:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon High School – Gyms
Instructors: Kris Pedra and Staff
Grades: Boys entering Grades 4 – 8
Fee: \$131.00



NEW!!

INTRO TO HIGH SCHOOL Basketball Camp

Boys entering grades 8-9 – Players will get a firsthand experience of a varsity basketball practice at the high school level. This introduction will set them up for success when they begin competing as freshman for the high school basketball team. Individual skill training, intro to varsity basketball strategies and skills needed for the competitive varsity basketball landscape will be covered. We will also give them a small introduction to weight training and how that can help develop their game and athleticism on the basketball court. Please wear athletic gear and sneakers and bring a basketball, water bottle and snack. **Min: 10/Max: 25**

Dates: 7/27/20 – 7/31/20 (5 classes)
Time: 8:00 a.m. – 10:00 a.m.
Days: Monday – Friday
Location: Avon High School – Gym
Instructors: Kris Pedra and Staff
Grades: Boys entering Grades 8 – 9
Fee: \$105.00



AVON FALCONS Girls Basketball Camp

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

Dates: 7/6/20 – 7/10/20 (5 classes)
Time: 8:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon High School – Gyms
Instructors: Tim Filon and Staff
Grades: Girls entering Grades 4 – 9
Fee: \$131.00

NEW!!

CO-ED PICKLEBALL CLINIC FOR KIDS

Pickleball is a paddle sport appropriate for all ages and athletic abilities that borrows elements from tennis, badminton and ping-pong. In this clinic, we'll cover the pickleball rules, equipment requirements, game strategy, scoring, basic skills-grips, ready position, serve, fore and back hands as well as volley. Pickleball can be played by teams of one (singles) or two (doubles) and was invented back in 1965 but is gaining popularity in school physical education classes due to its ease of play. Please wear sneakers and bring a water bottle and pickleball racquet if you have one.

Min: 4/Max: 20

Dates: 6/29/20 – 7/2/20* (4 classes)

Time: 9:00 a.m. – 11:00 a.m.

Days: Monday – Thursday
(* Rain date: Friday, 7/3/20)

Location: Sycamore Hills Tennis Courts

Instructor: Joe Bowman

Grades: 6 – 8

Fee: \$60.00



NEW!!

FUN UNLIMITED PING PONG CAMP

The all NEW Fun Unlimited Ping Pong Camp is a half day, morning program filled with top quality table tennis instruction, special drills to develop skills, as well as fun-filled games and competition. The program takes place at Farmington Valley Racquet Club that features 20 world class ping pong tables for loads of FUN. The program is under the direction of Ernest Virgo, a two time Jamaican National Champion and USTTA National Level Coach. Please wear comfortable clothing and sneakers, and bring a water bottle.

Min: 10/Max: 50

Dates: 7/13/20 – 7/16/20 (4 classes)

Time: 9:00 a.m. – 12:00 p.m.

Days: Monday – Thursday

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

Instructor: Fun Unlimited Staff

Ages: 7 – 16

Fee: \$160.00



CT SOCCER NETWORK SUMMER SOCCER CAMP

NEW!!

Boys and girls ages 4-5 – CT Soccer Network sessions will involve a story from the 'Child's World' where we will transform the field into a 'magical universe' and use the soccer ball to develop on passing, dribbling and shooting techniques. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, FUN! Students should wear cleats/sneakers, shin guards and sunscreen. Please bring water and snack each day.

Min: 10/Max: 50

Dates: 7/6/20 – 7/10/20 (5 classes)

Time: 9:00 a.m. – 11:45 a.m.

Days: Monday – Friday

Location: Fisher Meadows Recreation Area –
Softball Fields 2/4

Instructor: CT Soccer Network Staff

Ages: 4 – 5

Fee: \$110.00

NEW!!

CT SOCCER NETWORK SUMMER SOCCER CAMP

Boys and girls ages 6-14 – CT Soccer Network provides young players of all abilities with the rare opportunity to receive high-level soccer coaching on a weekly basis from a team of international experts right in the heart of their own community. CT Soccer Network is synonymous with high quality soccer education and the CSN staff will teach each player to fulfill their true soccer potential in a fun filled environment. We will challenge the players on a variety of levels and expose them 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! Students should wear cleats, shin guards and sunscreen. Please bring water and snack each day, and a lunch if full day.

Min: 10/Max: 50

OPTION 1 (HALF DAY):

Dates: 7/6/20 – 7/10/20 (5 classes)

Time: 9:00 a.m. – 11:45 a.m.

Days: Monday – Friday

Location: Fisher Meadows Recreation Area –
Softball Fields 2/4

Instructor: CT Soccer Network Staff

Ages: 6 – 14

Fee: \$165.00

OPTION 2 (FULL DAY):

Dates: 7/6/20 – 7/10/20 (5 classes)

Time: 9:00 a.m. – 3:00 p.m.

Days: Monday – Friday

Location: Fisher Meadows Recreation Area –
Softball Fields 2/4

Instructor: CT Soccer Network Staff

Ages: 6 – 14

Fee: \$275.00



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SIMSBURY FARMS TENNIS AND GOLF CAMP

The Simsbury Farms Tennis and Golf Camp offers a combination of tennis, golf and swimming in a fun-filled environment that includes quality instruction, activities and low-key competition. Tennis instruction is provided by Fun Unlimited and the golf instruction is provided

by PGA golf staff at Simsbury Farms. Please wear sneakers and bring a racquet, swimsuit, towel, lunch and water bottle.

Min: 4/Max: 25

Dates: 6/29/20 – 7/2/20 (4 classes)

Time: 9:00 a.m. – 2:00 p.m.

Days: Monday – Thursday

Location: Simsbury Farms
(100 Old Farms Road, Simsbury)

Instructors: Fun Unlimited and Simsbury Farms Golf Staff

Grades: 2 – 9

Fee: \$235.00

NEW!!

TENNIS / VOLLEYBALL / SWIM CAMP

Beginners, experts, boys and girls come and join us for a fun day filled with tennis, volleyball drills and match play, followed by swimming at Sycamore Hill's beautiful pool. Kids will be coached by the AHS Varsity and JV tennis coach and the AMS Volleyball coach. Please wear sneakers and sunscreen and bring a snack, lunch, water bottle, swimsuit and towel.

Min: 12/Max: 40

Dates: 6/22/20 – 6/25/20* (4 classes)

Time: 9:00 a.m. – 3:00 p.m.

Days: Monday – Thursday
(* Rain date: Friday, 6/26/20)

Location: Starts at Sycamore Hills Tennis Courts and ends at Sycamore Hills Pool

Instructors: Kim Moretti, Les Moretti and Glenn Lazinsk

Grades: 5 – 9

Fee: \$261.00



TUMBLE BUNNY CAMP

In this high energy camp, children will enjoy numerous activities including games, physical fitness activities, modified sports, activity centers, arts, crafts, gymnastic instruction, contest, rewards and more. Please wear shorts, t-shirt, socks and sneakers. **Min: 10/Max: 20 (per day)**

Dates: 7/13/20 – 7/17/20

(2, 3, 4 or 5 day program – your choice)

Time: 9:00 a.m. – 12:00 p.m.

Days: Monday – Friday

Location: Roaring Brook School – Gymnasium

Instructor: David Avezzie

Ages: 3 – 6 ½

Fee: 2 days – \$66.00

3 days – \$94.00

4 days – \$121.00

5 days – \$149.00



AVON YOUTH VOLLEYBALL CLINIC FOR GIRLS

The clinic is designed to introduce and teach fundamental volleyball skills and strategies to girls that are entering grades 5-9 in fall 2020. 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 the clinic. Beginners are most welcome and encouraged to attend this clinic! Please wear comfortable gym attire: shorts, t-shirt and court shoes. **Min: 16/Max: 32**

Dates: 8/18/20 – 8/20/20 (3 classes)

Time: 6:00 p.m. – 9:00 p.m.

Days: Tuesday – Thursday

Location: Avon High School – Large Gym

Instructor: Curt Burns

Grades: 5 – 9

Fee: \$105.00



Summer Camps 2020



Summer Fun Camp is open to Avon Residents, and will be held at Pine Grove School this year.

Summer Fun Camp runs for seven, one-week sessions, beginning the last week of June.

The registration deadline for Summer Fun Camp 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 late fee. Please note, that many times, the registration will fill up prior to Thursday. If this happens, you will need to complete the registration to place your child on the waiting list. There is no payment for this. Waiting lists will be evaluated by the end of the week to see if they can be moved into the camp. You will be notified only if there is room and payment will be required at that time.

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

A link to our Summer Fun Camp 2020 Parent Handbook will be available when you register your campers at www.avonrec.com. Parents will also receive an email with the Camp Newsletter the Friday prior to the Camp start date. Please read this newsletter as it will provide the schedule for the week and any important information such as waivers that need to be completed.



SUMMER FUN CAMP – Entering Grades K-4

Our number one priority is the safety of your children. We have a fun lineup of activities planned, but please note that we may need to make some last minute program changes. Should that happen, we will notify you of those changes so you may plan accordingly.

Come join us for exciting nature themed adventures this summer. Go to camp with your Avon friends! Each session of camp there will be:

- Small group activities with your age group. *When it's really hot we have the benefit of air conditioning for fun indoor activities.*
- A field trip to a local spot with no long bus rides,
- A special entertainment visit to camp,
- And, swimming 2-3 days per week at Sycamore Hills Pool. Swimming is fully supervised by our ARC certified lifeguards.

Participants can sign up for one week at a time or for all seven sessions. 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: 35/Max: 50

Time: 9:00 a.m. – 3:00 p.m.

Days: Monday – Friday

Location: Pine Grove School

EXTENDED CARE will be available in 1-hour blocks for \$25.00/1-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**

Those who may need a payment plan for Summer Fun Camp should contact the Avon Recreation and Parks Office to set one up. (Please note that all camp payments need to be made before the start of camp.)

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Continued from pg 17



SESSION 1: JUNE 29 – JULY 2 (NO CAMP JULY 3)

ANIMAL ADVENTURES

This week campers will explore birds, bugs, reptiles, dinosaurs, and more! The trip for this session is to Harry C Barnes Memorial Nature Center in Bristol. Campers will see some habitats, hike the trail and visit with some animals.

Fee: \$144.00 **Extended Care:** \$20.00/block

SESSION 2: JULY 6 – JULY 10

ROCKS AND MINERALS

This week campers will explore fossils, volcanos, minerals, magnets, clay and more! The trip for this session is to Dinosaur State Park in Rocky Hill. Campers will tour the park, participate in scheduled programs and mine for gems/fossils.

Fee: \$180.00 **Extended Care:** \$25.00/block

SESSION 3: JULY 13 – JULY 17

FASCINATING FORESTS

This week campers will explore habitats, composting, harvesting, trails, needles vs leaves, and more! The trip for this session is to the Roaring Brook Nature Center in Canton. Campers will have a guided tour including an animal demo and will explore the outdoors on a guided hike.

Fee: \$180.00 **Extended Care:** \$25.00/block

SESSION 4: JULY 20 – JULY 24

KIDS OUTDOORS

This week campers will explore camping, ropes, directions, animal tracks, the sky and more! The trip for this session is to the Talcott Mountain Science Center in Avon. Campers will attend a Planetarium Show.

Fee: \$180.00 **Extended Care:** \$25.00/block

SESSION 5: JULY 27 – JULY 31

FROM THE FARM

This week campers will explore leaves, herbs, farms, flowers, roots and more! The trip for this session is to Sub Edge Farm in Avon. Campers will see this working organic farm, including the vegetables, animals and a butterfly garden. They will also do a hands on activity and go on a hayride.

Fee: \$180.00 **Extended Care:** \$25.00/block

SESSION 6: AUGUST 3 – AUGUST 7

GARDEN SECRETS

This week campers will explore soil, garden bugs, green houses, garden art, seeds, pollinators and more! The trip for this session is to The Children's Museum in West Hartford. Campers will explore the museum and see the animals and dinosaur exhibits.

Fee: \$180.00 **Extended Care:** \$25.00/block

SESSION 7: AUGUST 10 – AUGUST 14

WONDERS OF WATER

This week campers will explore experiments, getting wet, oceans, rivers and rain forests. The trip for this session is to Stratton Brook State Park in Simsbury. Campers will enjoy a fun summer day of hiking, swimming, scavenger hunt, water balloon games, sand castle contest, and more! Also this week is an end of summer party at Sycamore Hills Recreation Area including a cookout, inflatables and a bubble machine.

Fee: \$180.00 **Extended Care:** \$25.00/block





Adventure Camp is open to Avon Residents.

Adventure Camp will run for six, one-week sessions, beginning July 6.

Sign up Bonus – Enroll your child for 3 sessions of Adventure Camp 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. **We will notify you when the free pass will be available for pick up in the office.** (Sign up bonus is per child, not per family and you must register for all 3 sessions in one registration transaction. Cancellations of individual sessions will result in refunds minus the season pass fee).



The registration deadline for Adventure Camp is the **Wednesday** prior to the start of the session. Please note, that many times, the registration will fill up prior to Wednesday. If this happens, you will need to complete the registration to place your child on the waiting list. There is no payment for this. Waiting lists will be evaluated by the end of the week to see if they can be moved into the camp. You will be notified only if there is room and payment will be required at that time.

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

A link to our Adventure Camp 2020 Parent and Participant Handbook will be available when you register your campers at www.avonrec.com. Parents will also receive an email with a Cover Letter, an Itinerary and Packing List the Friday prior to the Camp start date. Please read this information very carefully as it will provide important information on waivers that need to be completed and everything your child will need for each day of camp.



ADVENTURE CAMP – Entering Grades 5-9



Campers will have a different adventure every day. Pick up and drop off will be at Sycamore Hills Pool. Campers should bring a lunch, snacks, drinks, and water bottle each day, unless otherwise stated, as lunch will be provided 2 days each week. Everything should be labeled with the camper's name. A backpack is recommended. *Electronic devices are permitted for emergency use only.* Min: 10/Max: 30

Time: 9:00 a.m. – 4:00 p.m.

Days: Monday – Friday

AM Drop off/PM Pickup: Sycamore Hills Pool

SESSION 1: JULY 6 – JULY 10

The field trips for this session are to: Connecticut's Beardsley Zoo, Lake Compounce, USS Nautilus Submarine Force Library & Museum, R&B Sports World and Six Flags New England.

Fee: \$320.00

SESSION 2: JULY 13 – JULY 17

The field trips for this session are to: Mystic Aquarium, Nomads Adventure Quest, Hammonasset Beach, Quassy Amusement Park, and Six Flags New England.

Fee: \$320.00

SESSION 3: JULY 20 – JULY 24

The field trips for this session are to: The Adventure Park at Storrs, Hartford Yard Goats, Sports Center of Connecticut, Collinsville Canoe & Kayak, and Six Flags New England.

Fee: \$320.00

SESSION 4: JULY 27 – JULY 31

The field trips for this session are to: Brownstone Exploration & Discovery Park, Hammonasset Beach, Roller Magic, Sky Zone and Six Flags New England.

Fee: \$320.00

SESSION 5: AUGUST 3 – AUGUST 7

The field trips for this session are to: Rocky Neck State Park, Lake Compounce, Thames River Charter Boat Tour/Fort Trumbull State Park, Farmington Mini Golf and Six Flags New England.

Fee: \$320.00

SESSION 6: AUGUST 10 – AUGUST 14

The field trips for this session are to: Club Getaway, Brownstone Exploration & Discovery Park, Collinsville Canoe & Kayak, Blue Fox, and Six Flags New England.

Fee: \$320.00

FREE FRIDAY FAMILY MOVIE NIGHTS

this Summer at Sycamore Hills Recreation Area

Movies will begin at dusk. However, in the event of inclement weather, they will be held indoors at the Avon Senior Center and will begin at 7:00 PM



June 26, 2020



August 21, 2020

Movies licensed by Swank Motion Pictures, Inc.



Movie Projector, Screen and Giveaways provided by:

Jennifer M. Johnson

56 East Main Street
Avon, CT 06001

Call: (860) 676-8222;

Text: (860) 676-8555;

Fax: (860) 676-8555

Email: JenniferJohnson@allstate.com



Allstate
You're in good hands.



**Bring Your Own
Chairs, Blankets,
Bug Spray & Snacks!**



Family Fun Night

Friday, July 24, 2020

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

See page **8** for more!

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