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Winter Spring 2022

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.



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

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

Facebook Page:

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

Director

Ruth Checko - rchecko@avonct.gov

Program Specialist

Sara Roccapriore - sroccapriore@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

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

Facebook Page:

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

Senior Center Coordinator

Jennifer Bennett - jbennett@avonct.gov

Senior Center Administrative Secretary:

Elizabeth Shaffer - eshaffer@avonct.gov

DEPARTMENT POLICIES

General Registration Information:

- ✳ Registration for all Winter/Spring programs in this brochure begins on Friday, December 24th (unless otherwise noted).
- ✳ The grade listed for programs indicates the grade your child is currently in (2021/2022 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.
- ✳ Once registered, an email confirmation will be sent to the "billing email address" including a receipt and program dates, times, and locations.
- ✳ In the event we cancel a program, you will receive a full refund.
- ✳ Program fees will not be pro-rated for any reason.
- ✳ **Certain programs are open to Avon residents only. Those programs that are open to non-residents will have a fee listed that is 10% more than the resident fee.**

REFUNDS:

- ✳ **Refunds of 100% can be requested up to three business days prior to 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; NBC CT Storm Tracker; WTIC AM Radio
 - 📧 Email blasts to myrec.com account holders

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.

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:

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

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

Design by:

Cheryl Gioielli -

www.Gioielli-Design.com

Online Registrations:

- 1) Go to <https://avonct.myrec.com/info/> 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.*

Please make sure you "OPT-IN" to email notifications. If you do not select "Opt-in", **YOU WILL NOT RECEIVE IMPORTANT EMAILS** including program cancellations, program changes, and registration announcements. Additionally, please make sure "the primary parent" email address is valid and current.

- 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.

CURRENT ACCOUNT HOLDERS:

Please be sure to frequently verify and update account information for all household members including home address, email addresses (for all adults), home phones, cell phones, medical information, primary parent, emergency contact and grades.

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 <https://avonct.myrec.com/info/> under General Info → Department Info → Forms → Medical Plan / 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.

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 no more than 6 feet in length. **All pet waste must be picked up and pet waste bags must be taken with you when you leave the park.**



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.



Our summer brochure and all future brochures will no longer be mailed to Avon residents. Please be sure to check your inbox instead of your mailbox for our seasonal brochures! Summer registration will be available online beginning April 22, 2022.



REQUEST FOR SUMMER PROPOSALS

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

Instructors interested in running summer programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by 4:30 p.m. on **Tuesday, March 1, 2022**. Proposal forms are available at the Avon Recreation and Parks Office or on our website - <https://avonct.myrec.com/info/>. Scroll down until you see Request for Proposals. Click on the writing below the picture and all of the details and forms can be found there. Proposals can be emailed to sroccapiore@avonct.gov, mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.

Thank You!

The Avon Recreation and Parks Department would like to thank:

- ⑥ **Girl Scout Troop #66837** for planting flower beds at Countryside Park during spring 2021. The flowers were a beautiful addition to the sign area.



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- ⑥ **Roy Walton** for coordinating the Farmington Valley NFL Flag Football League this past year. We thank him for all of his time and hard work. We would also like to thank all of the Coaches for their efforts this fall. Their dedication made for another very successful season.
- ⑥ **Orafal Americas Inc.** for donating reflective Halloween stickers and bags for our Halloween Party program. We truly appreciate your generosity.

Community Garden Plots ALSOP MEADOWS

Rent a garden plot at Alsop Meadows for the entire growing season, from April to mid-November. These plots are great for those with little or no space for a garden at home. Plots are available by emailing the office at avonrec@avonct.gov in April. Plots are 35' x 35'. Limit of 2 per family. **FEE:** \$40.00/plot plus a \$25.00/deposit which is refundable at the end of the season.



Stay tuned for information on discounted Adventure Park at Storrs, CT Science Center, Lake Compounce and Six Flag tickets. They will be available for purchase beginning June 2022.



special events

NEW!!

KID'S BIKE RODEO

TENTATIVE DATE: MAY 14TH

The kid's bike rodeo is the perfect way to introduce bike safety to your kids. Through fun instructional obstacle courses, kids will develop their riding skills, learn important bike safety techniques, and practice the "rules of the road".



Additional stations will include helmet fitting, bike maintenance checks, and a free-play zone. Stay tuned for more details. You won't want to miss this event!

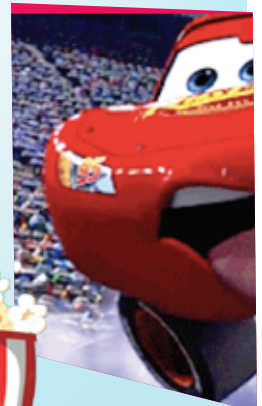
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NEW!!

Kid's Night Out: "Drive-in Movie Night"

It's the kid's night out! Join us for a "drive-in movie" themed night full of crafts, games, and a movie on the big screen! A pizza dinner and treats for the movie will be provided. Each kid will decorate their own "car" to watch the movie in. The night will be facilitated and supervised by our energetic and friendly Recreation Leaders! The movie will be Disney/Pixar "Cars". Bring two pillows and a blanket to make your car comfy!
Min: 10/Max: 25

Date: 2/4/22
Time: 4:30 p.m. – 8:00 p.m.
Day: Friday
Location: Community Room at Avon Senior Center
Instructor: Recreation Staff
Grades: 1 – 4
Resident Fee: \$42.00 (residents only)



WAVE

Women Against Violence Everywhere

Do you walk on the rails to trails alone? Do you hike alone? Do you shop at the mall alone? Are you ever home alone? If you answered yes, to any of the above questions, then this class is for you! Grab a few friends or bring your daughter and come learn how to defend yourself.

The WAVE women's self-defense program is a comprehensive program that deals with real-life scenarios and situations. The program teaches participants the proper way to deal with threatening and dangerous situations that may arise at any given time of day or night, both inside and outside the home or work. It is a no-frills class that teaches practical techniques that have been proven effective. A portion of the class will allow participants to practice in a controlled but realistic setting that allows the student to use full contact force and will help them realize and feel their full potential of power they possess. This in turn gives them an amazing sense of empowerment and confidence, two of the most important tools a woman needs to be able to defend herself successfully. Please wear sneakers and loose comfortable clothing. No skirts or open-toe shoes/winter boots. **Min: 10/Max: 46**

Date: 3/15/22 (1 class)
Time: 6:00 p.m. – 8:00 p.m.
Day: Tuesday
Location: Avon Kempo & Aikido Academy
 (205 Old Farms Road, Avon)
Instructor: Dominick Violante
Ages: 14 and up
Resident Fee: \$46.00 **Senior Fee:** \$41.40
NR Fee: \$50.60



family programs

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NEW!!

Roaring Pines: LEGO CREATORS!

Roaring Pines is a family playgroup designed to give parents/guardians and their kids an opportunity to bond and have fun with other families in town in a structured setting away from screens. This winter, join Roaring Pines for a fun four weeks of Lego creativity! Each week families will enjoy working together to make different Lego structures. At least one parent or guardian should register with their kids. Each family should bring their Legos from home to use at the program. If you do not own Legos, please contact the Recreation Department so we can arrange to provide them for your family at the program.

Min: 3 families/Max: 30 families

Dates: 2/26/22 – 3/19/22 (4 day program)
Time: 5:00 p.m. – 6:00 p.m.
Day: Saturday
Location: Community Room at Avon Senior Center
Instructor: Erin Barthel
Grades: K – 4, plus a parent/guardian
Resident Fee: \$20.00 (family)





February Break and Create!

Come join in the fun for February Break and Create! Among the crafts we will create are decorated planters, tie-dye, canvas painting, decoupage, and painted spring birdhouses! Please bring a snack, water and/or drink, and a smock or an old shirt to protect clothing.

Min: 5/Max: 15

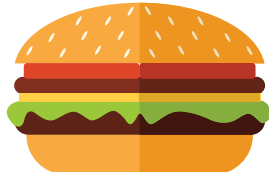
Dates: 2/21/22 – 2/22/22 (2 day program)
Time: 9:00 a.m. – 11:30 a.m. (Grades 1 – 4)
 12:00 p.m. – 3:00 p.m. (Grades 5 – 8)
Days: Monday – Tuesday
Location: Countryside Park
Instructor: Boni Rothmann
Grades: 1 – 8
Resident Fee: \$111.00
NR Fee: \$122.10

Food Explorers: Fast Food Remakes!

Join Food Explorers for Fast Food Remakes! You'll make a healthy twist on classic fast food recipes like Crunch Wraps and Burgers, while learning all about food and nutrition. Each child will make their own portion. All recipes are nut and meat-free but may contain dairy.

Min: 4/Max: 10

Date: 3/18/22 (1 day program)
Time: 9:00 a.m. – 12:00 p.m.
Day: Friday
Location: Countryside Park
Instructor: Katie Shepherd
Grades: 2 – 5
Resident Fee: \$55.00
NR Fee: \$60.50



April Vacation: CRAFT ADVENTURE CAMP!

Have a fun-filled vacation week creating unique art! Bring friends or meet new ones. Grades 1 – 4 will enjoy making clay creations, decoupage, tie-dye, canvas painting, magnet art, slime, collages, and much more! Grades 5 – 8 will enjoy making clay creations, canvas painting, tie-dye, recyclable art projects, slime, piñatas, mural painting, nature printing, and much more! All supplies included. Please bring a snack, water and/or drink, and a smock or an old shirt to protect clothing. **Min: 5/Max: 15**

Dates: 4/11/22 – 4/15/22 (5 day program)
Time: 9:00 a.m. – 11:30 p.m. (Grades 1 – 4);
 12:00 p.m. – 3:00 p.m. (Grades 5 – 8)
Days: Monday – Friday
Location: Countryside Park
Instructor: Boni Rothmann
Grades: 1 – 8
Resident Fee: \$211.00
NR Fee: \$232.10





Spring Vacation SOCCER CAMP



CT Soccer Network provides young players of all abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts, right in the heart of their own community. CT Soccer Network is synonymous with high-quality soccer education & boasts one of the most highly qualified & experienced staff in the state of Connecticut. The CSN staff will teach each player to fulfill their true soccer potential in a fun-filled environment. 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! Campers should have shin guards and athletic shoes as well as cleats – if they have any. Campers should also bring plenty of water, a snack each day and lunch if they are full-day campers. If the sun is shining, we recommend that campers should arrive at camp with sunscreen already applied, as well as some additional sunscreen to apply as needed. A rain jacket would also be recommended as well.

Min: 12/ Max: 15 (Half-Day Camp);

Min: 12/Max: 45 (Full-Day Camp)

Half-Day Camp:

Dates: 4/11/22 – 4/14/22 (4 day program)

Time: 9:00 a.m. – 11:45 a.m. (Option 1); or
12:15 p.m. – 3:00 p.m. (Option 2)

Days: Monday – Thursday

Location: Pine Grove School (Fields/Gym)

Instructor: CT Soccer Network Staff

Grades: K – 8

Resident Fee: \$167.00

NR Fee: \$183.70

Full-Day Camp:

Dates: 4/11/22 – 4/14/22 (4 day program)

Time: 9:00 a.m. – 3:00 p.m.

Days: Monday – Thursday

Location: Pine Grove School (Fields/Gym)

Instructor: CT Soccer Network Staff

Grades: K – 8

Resident Fee: \$286.00

NR Fee: \$314.60





JUMP BUNCH "BIG JUMPERS"

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 or fitness activity is 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 for each class. Classes also include use of creatively scripted songs to open and close class that includes ribbon wands, rhythm sticks, stretch bands, maracas, and scarves. Sports may include lacrosse, paddle sports, field hockey, t-ball, basketball, soccer, football, etc. Please wear athletic clothes, sneakers and a mask and bring a water bottle.
Min: 8/Max: 16

Dates: 1/24/22 – 3/21/22 (8 classes)

(No class on 2/21)

Time: 4:15 p.m. – 5:00 p.m.

Day: Monday

Location: Community Room at Avon Senior Center

Instructor: Heather Brian and Staff

Ages: 3 – 5 years

Resident Fee: \$151.00

NR Fee: \$166.10



SKYHAWKS MULTI-SPORTS FOR TOTS

This program will introduce your little superstar to sports in one of Skyhawks most popular programs. Classes use age-appropriate games and activities to explore balance, hand/eye coordination, fitness, and sports skills. Parental participation is required for 2-3 year olds. Please wear gym clothes, sneakers and a mask and bring a water bottle.

Min: 4/Max: 8 (2-3 year old program);

Min: 6/Max: 10 (4-5 year old program)

Dates: 1/29/22 – 3/5/22 (5 classes)
(No class on 2/19)

Time: 9:00 a.m. – 9:45 a.m. (2-3 year olds);
10:00 a.m. – 10:45 a.m. (4-5 year olds)

Day: Saturday

Location: Community Room at Avon Senior Center

Instructor: Skyhawks Sports Academy Staff

Ages: 2 – 5 years

Resident Fee: \$99.00

NR Fee: \$108.90



SOCCER SHOTS MINI

Soccer Shots sessions are professionally designed 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, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. 1:10 coach to player ratio. Visit www.soccershots.com/ct/ for more information. **Parents must remain on site during program.** Please wear sneakers (cleats are not necessary) and bring a water bottle. **Min: 8/Max: 20**

Dates: 4/23/22 – 6/11/22 (7 classes)
(Open House on 4/22 at 4:30 p.m.;
No class on 5/28)

Time: 8:15 a.m. – 8:45 a.m.

Day: Saturday

Location: Roaring Brook School – Field

Instructor: Shannon Perry and Staff

Ages: 2 (Must be 2 by first day of class)

Resident Fee: \$121.00

NR Fee: \$133.10



SOCCER SHOTS CLASSIC

Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry, certified youth coach and former professional player. All staff are trained by Soccer Shots. Each creative session introduces your child to soccer in a fun, imaginative, and creative way. Character development, physical skills, agility, team work, 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 session will emphasize a word of the day such as respect, confidence, teamwork, and incorporate it into the session. On our Soccer Island adventures we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. Visit www.soccershots.com/ct/ for more information. Please wear sneakers (cleats are not necessary) and bring a water bottle. **Min: 8/Max: 20**

Dates: 4/23/22 – 6/11/22 (7 classes)
(Open House on 4/22 at 4:30 p.m.;
No class on 5/28)

Time: 9:00 a.m. – 9:45 a.m. (3 – 4 year olds);
10:00 a.m. – 10:45 a.m. (4 – 5 year olds)

Day: Saturday

Location: Roaring Brook School – Field

Instructor: Shannon Perry and Staff

Ages: 3 – 5 years

Resident Fee: \$121.00

NR Fee: \$133.10



NEW!!**ANIME ART FOR GRADES 5-12**

Calling all anime and manga enthusiasts! Whether you are looking to advance your drawing skills or are a beginner looking to learn how to draw anime-style caricatures, this program is for you! Art instructor Sofia will walk you through step-by-step how to design/draw original anime characters. The last session will include a pizza party to reward students for their hard work and a mini art showcase to show off their final designs! Please bring Faber Castell wooden pencils or Staedtler Mars pencils, a fine line eraser and a mixed media sketchbook. Optional: inking pens (gel, ballpoint, etc.). **Min: 6/Max: 15**

Dates: 1/18/22 – 3/15/22 (8 classes)
(No class on 2/22)
Time: 4:15 p.m. – 5:45 p.m.
Day: Tuesday
Location: Community Room at Avon Senior Center
Instructor: Sofia Oyola Morales
Grades: 5 – 12
Resident Fee: \$102.00
NR Fee: \$112.20

**NEW!!****THE ART OF IPHONE PHOTOGRAPHY FOR TWEENS/TEENS**

Learn how to use your iPhone camera to take high-quality photos and how to edit them with some of the best photo apps into stunning works of art! The instructor will teach you how to control your exposure by learning about shutter speed, aperture, and ISO settings. You will also discover fun filters, textures, and free apps that will help bring out your creativity. Students will be working with their iPhone and/or iPad if they have one. Mini iPads are available for use for students who do not have their own iPhone or iPad. Please bring your iPhone 7 or later model and/or an iPad, batteries charged and remember your Apple ID/passwords for downloading free apps. **Min: 4/Max: 6**

Dates: 3/7/22 – 3/28/22 (4 classes)
Time: 4:30 p.m. – 6:30 p.m.
Day: Monday
Location: Farmington Valley Arts Center
(25 Arts Center Lane –
Studio 1B, 2nd Floor, Avon)
Instructor: Andy Mars
Grades: 5 – 9
Resident Fee: \$124.00
NR Fee: \$136.40

**NEW!!****THE BASICS OF DIGITAL PHOTOGRAPHY**

Is your camera (DSLR, Point & Shoot and/or Mirrorless) still in the box or have you tried using it a few times and it ended up in the closet? Well, it's time to blow off the dust! You will learn tips on photo composition and what the buttons do on your camera. You will get better-quality images by learning about shutter speed, aperture, and ISO settings. Discover simple editing techniques for the best exposure and how to pick out the most successful photos in your collection. Please bring your digital camera (DSLR, Point & Shoot and/or Mirrorless). **Min: 4/Max: 6**

Dates: 3/10/22 – 3/31/22 (4 classes)
Time: 6:00 p.m. – 8:00 p.m.
Day: Thursday
Location: Farmington Valley Arts Center
(25 Arts Center Lane –
Studio 1B, 2nd Floor, Avon)
Instructor: Andy Mars
Ages: 16 and up
Resident Fee: \$124.00
NR Fee: \$136.40



BADMINTON

Join us to learn and play the unique game of badminton! Students will have fun while learning to play a racket sport different from tennis. This class will provide an introduction to the fundamental skills, rules, and strategies of badminton. Students will be taught proper grip, forehand, backhand, stroke and serve. Please wear sneakers and bring a water bottle. Racquets will be provided. **Min: 8/Max: 12**

Dates: 3/25/22 – 5/6/22 (6 classes)
(No class on 4/15)
Time: 4:30 p.m. – 5:30 p.m. (Grades 4 – 6)
5:45 p.m. – 6:45 p.m. (Grades 7 – 9)
Day: Friday
Location: Avon Middle School – Large Gym
Instructor: Joe Bowman
Grades: 4 – 9
Resident Fee: \$56.00
NR Fee: \$61.60



FOOD EXPLORERS: DINNER CLUB!

Join Food Explorers for our weekly dinner club! Each week you'll make a brand new recipe for dinner with a Registered Dietician, and learn all about food through fun games and activities. You'll be making: Ricotta Gnocchi, Mediterranean Pita Pockets, Burrito Bowls, and Southwest Tacos. All recipes are meat and nut-free. Each child will make their own portion. **Min: 4/Max: 10**

Dates: 3/1/22 – 3/22/22 (4 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Tuesday
Location: Countryside Park
Instructor: Katie Shepherd
Grades: 2 – 5
Resident Fee: \$80.00
NR Fee: \$88.00



NEW!!

FOOD EXPLORERS: SNACKS GALORE!

Join Food Explorers for snacks galore! Each week you'll learn how to make or bake some delicious after-school treats that are perfect for springtime. You'll be making Banana Bread Cake Pops, Cheesy Broccoli Bites, Three Cheese Pizza Balls, and No-Bake Chocolate Cheesecake Cups. Each recipe is nut-free but may contain dairy and/or eggs. **Min: 4/Max: 10**

Dates: 4/19/22 – 5/10/22 (4 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Tuesday
Location: Countryside Park
Instructor: Katie Shepherd
Grades: 2 – 5
Resident Fee: \$80.00
NR Fee: \$88.00



GIRLS IN STRIDE RUNNING

Imagine the thrill your daughter will feel as she crosses the finish line at 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. As part of the program, girls will be exposed to goal setting, nutrition, and mental preparation. This training program will prepare your daughter for the Celebrate! West Hartford Road Race on Sunday, June 12, 2022. **Race registration fees are not included in the program fee.** Please visit the Girls in Stride website for further information: www.girlsinstride.com. In case of inclement weather, the program will be held inside at the RBS school gym. Please wear running shoes/sneakers and bring a water bottle. **Min: 15/Max: 25**

Dates: 4/26/22 – 6/7/22 (7 classes)
(Celebrate! West Hartford Road Race is on Sunday, 6/12/22)

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
Resident Fee: \$86.00
NR Fee: \$94.60



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

Dates: 4/21/22 – 6/2/22 (7 classes)
Time: 6:00 p.m. – 7:00 p.m.
Day: Thursday
Location: Roaring Brook School Field
Instructor: Krissy Mok and MPower Running Staff
Grades: 1 – 8
Resident Fee: \$86.00
NR Fee: \$94.60

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RHYTHMIC GYMNASTICS

Rhythmic gymnastics classes are for girls grades K – 4. We will show children how to handle various apparatus such as hoops, ropes, ribbons and balls. This program is a basic introduction to the wonderful sport of rhythmic gymnastics, which teaches grace and rhythm while strengthening muscles. Please wear leggings and a t-shirt and bring a water bottle. **Min: 7/Max: 10**

Dates: 1/21/22 – 3/11/22 (8 classes)
Time: 5:00 p.m. – 5:45 p.m.
Day: Friday
Location: Thompson Brook School – Gymnasium
Instructor: Mila Villion and Staff
Grades: K – 4
Resident Fee: \$101.00
NR Fee: \$111.10



SKYHAWKS MINI HAWKS

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. Please wear sneakers and gym clothes and bring a water bottle. **Min: 6/Max: 10**

Dates: 1/29/22 – 3/5/22 (5 classes)
 (No class on 2/19)

Time: 12:15 p.m. – 1:15 p.m.

Day: Saturday

Location: Community Room at Avon Senior Center

Instructor: Skyhawks Sports Academy Staff

Grades: 1 – 2

Resident Fee: \$99.00

NR Fee: \$108.90

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SKYHAWKS SPRING TENNIS CLINIC

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. **Min: 6/Max: 12**

Dates: 4/19/22 – 5/17/22 (5 classes)
Time: 5:00 p.m. – 6:00 p.m. (Grades 4 – 6);
 6:15 p.m. – 7:15 p.m. (Grades 7 – 9)
Day: Tuesday
Location: Sycamore Tennis Courts
Instructor: Skyhawks Sports Academy Staff
Grades: 4 – 9
Resident Fee: \$119.00
NR Fee: \$130.90



NEW!!

THE BASICS OF DIGITAL PHOTOGRAPHY

Is your camera (DSLR, Point & Shoot and/or Mirrorless) still in the box or have you tried using it a few times and it ended up in the closet? Well, it's time to blow off the dust! You will learn tips on photo composition and what the buttons do on your camera. You will get better-quality images by learning about shutter speed, aperture, and ISO settings. Discover simple editing techniques for the best exposure and how to pick out the most successful photos in your collection. Please bring your digital camera (DSLR, Point & Shoot and/or Mirrorless). **Min: 4/Max: 6**

Dates: 3/10/22 – 3/31/22 (4 classes)
Time: 6:00 p.m. – 8:00 p.m.
Day: Thursday
Location: Farmington Valley Arts Center
 (25 Arts Center Lane –
 Studio 1B, 2nd Floor, Avon)
Instructor: Andy Mars
Ages: 16 and up
Resident Fee: \$124.00 **Senior Fee:** \$111.60
NR Fee: \$136.40



NEW!!

BEGINNER IPHONE PHOTOGRAPHY: MAKE IT WORK FOR YOU

Discover how to edit your photos so they look phenomenal, learn tips on photo composition, and explore how to use creative photo apps – all on your iPhone! This class will benefit any endeavor, whether you're an aspiring photographer, a parent in need of better family-photography skills, or a business owner looking to enhance your media. This class will teach you how to turn your photos into works of art that can be used in your social media posts, blog, or website. An iPhone 7 or later and/or an iPad with the option to purchase photo apps is required to take this class. Please bring your iPhone 7 or later model and/or an iPad, batteries charged and remember your Apple ID/passwords for downloading apps. Please download the free app Snapseed on your devices before the first class. **Min: 4/Max: 6**

Dates: 4/19/22 – 5/10/22 (4 classes)
Time: 6:00 p.m. – 8:00 p.m.
Day: Tuesday
Location: Farmington Valley Arts Center
 (25 Arts Center Lane –
 Studio 1B, 2nd Floor, Avon)
Instructor: Andy Mars
Resident Fee: \$124.00 **Senior Fee:** \$111.60
NR Fee: \$136.40



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. Please wear sneakers and bring a water bottle and a pickleball racquet if you have one. **Min: 10/Max: 16**

Dates: 1/20/22 – 3/24/22 (10 classes)
Time: 6:00 p.m. – 8:00 p.m.
Day: Thursday
Location: Avon Middle School – Large Gym
Supervisor: Joe Bowman
Resident Fee: \$71.00 **Senior Fee:** \$63.90
NR Fee: \$78.10



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Pilates

Come work your core along with stretching, toning, balance and flexibility. Pilates essential mat exercises are a safe and highly effective way to streamline your body without building bulk or stressing your joints. This class will leave you looking toned, feeling revitalized and moving with ease! Wear comfortable clothing and bring a yoga mat and water bottle. **Please wear a mask when coming into and leaving the building. Fully vaccinated adults may remove their masks once at their mats. Min: 5/Max: 15**

Session 1: 2/10/22 – 3/17/22 (6 classes)
Session 2: 4/21/22 – 5/26/22 (6 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Thursday
Location: Community Room at Avon Senior Center
Instructor: Nancy Pandolfo
Resident Fee: \$71.00 **Senior Fee:** \$63.90
NR Fee: \$78.10

Spring Hiking Series

Discover Avon's hiking trails by joining hike leaders Tom and Norm for a new, fun, stress-free group hike every month! If it is your goal to spend more time outdoors – this program is for you! This hiking group is the perfect opportunity to explore/learn about Avon's parks & hiking trails, advance your hiking skills, and hike with great company. All levels welcomed. Hike leaders Tom and Norm will teach the basics to all new hikers. Hikes will be led at a social pace, 2-3 hours, 3-4 miles, on moderate trails. Wear hiking boots and bring hiking poles and water. **Registration is required. Register online at avonrec.com to receive emails on hike details and updates.** Min: 3/Max: 20

Dates: 4/2/22, 5/7/22, 6/4/22
(3 dates to choose from)

Time: 9:00 a.m. – 12:00 p.m.

Day: Saturday

Location: Details available online

Instructors: Thomas Iezzi and Norm Sondheimer

Fee: Free



Yoga – Mixed Level Vinyasa Flow

This is a fun & light-hearted yoga class that links breath (pranayama) with postures (asanas), flowing through a series of poses to increase strength, flexibility & balance, as well as to reduce stress. This practice will incorporate vinyasa flow and some longer held poses, & will end with relaxation. Allow yourself to gain inner awareness, shift mind/body habits & cultivate peace through your practice. All levels are welcome – no experience is necessary. Please bring a yoga mat, blanket and a water bottle. **Please wear a mask when coming into and leaving the building. Fully vaccinated adults may remove their masks once at their mats.** Min: 6/Max: 15

Session 1: 1/3/22 – 3/7/22 (8 classes)
(No class on 1/17 or 2/21)

Session 2: 3/21/22 – 5/16/22 (8 classes)
(No class on 4/11)

Time: 6:00 p.m. – 7:00 p.m.

Day: Monday

Location: Community Room at Avon Senior Center
(4/4 and 5/2 classes at AMS Library)

Instructor: Julie Erasmus

Resident Fee: \$95.00 **Senior Fee:** \$85.50

NR Fee: \$104.50

BADMINTON

Come and play badminton at Avon Senior Center. All levels of play are welcome. Instruction will be provided to beginners. There are two sessions available: Tuesday and Thursday. You can sign up for one or both sessions. Mask requirements will follow the latest Town of Avon guidelines. Please wear comfortable shoes and clothing and bring a water bottle. **Min: 8/Max: 16**

TUESDAYS:

Session 1: 1/11/22 – 3/1/22 (8 classes)
Session 2: 3/15/22 – 5/3/22 (8 classes)
Time: 6:30 p.m. – 8:30 p.m.
Day: Tuesday
Location: Community Room at Avon Senior Center
Instructor: Senior Center Staff
Resident Fee: \$54.00 **Senior Fee:** \$48.60
NR Fee: \$59.40

THURSDAYS:

Session 1: 1/13/22 – 3/3/22 (8 classes)
Session 2: 3/17/22 – 5/5/22 (8 classes)
Time: 7:00 p.m. – 8:30 p.m.
Day: Thursday
Location: Community Room at Avon Senior Center
Instructor: Senior Center Staff
Resident Fee: \$54.00 **Senior Fee:** \$48.60
NR Fee: \$59.40

CHAIR YOGA

Chair yoga is a gentle 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 clothes and shoes and bring a water bottle. **Min: 6/Max: 15**

Session 1: 1/14/22 – 3/4/22 (8 classes)
Session 2: 3/25/22 – 5/20/22 (8 classes)
 (No class on 4/15)
Time: 1:30 pm. – 2:30 p.m.
Day: Friday
Location: Community Room at Avon Senior Center
Instructor: Diane Rho-Caputo
Resident Fee: \$77.00 **Senior Fee:** \$69.30
NR Fee: \$84.70



Cane Fu Self Defense

Cane Fu is a form of self-defense specifically designed for senior citizens. Older adults who are looking for self-defense strategies should consider Cane Fu. Seniors often do not have the physical strength to subdue an attacker, but with the right training and skills, a simple, discreet walking cane can become an effective weapon. General self-defense tips will also be covered. Please wear comfortable clothes and shoes. **Min: 6/Max: 20**

Dates: 4/20/22 – 5/11/22 (4 classes)
Time: 11:00 a.m. – 12:00 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Ken Zaborowski
Resident Fee: \$45.00 **Senior Fee:** \$40.50
NR Fee: \$49.50



MEDITATION

Learn the fundamentals of meditation and the different types of meditation practices. Learn how to improve breathing techniques to relax the mind and body. Please wear comfortable clothes and bring a water bottle. **Min: 6/Max: 15**

Session 1: 1/20/22 – 3/10/22 (8 classes)
Session 2: 3/31/22 – 5/26/22 (8 classes)
 (No class on 4/14)
Time: 2:00 p.m. – 3:00 p.m.
Day: Thursday
Location: Community Room at Avon Senior Center
Instructor: Diane Rho-Caputo
Resident Fee: \$77.00 **Senior Fee:** \$69.30
NR Fee: \$84.70

TAI CHI

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

Session 1: 1/5/22 – 3/16/22 (11 classes)
Session 2: 3/30/22 – 6/8/22 (11 classes)
Time: 4:00 p.m. – 5:00 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Ken Zaborowski
Resident Fee: \$66.00 **Senior Fee:** \$59.40
NR Fee: \$72.60



VIRTUAL ZUMBA GOLD (through Zoom)

Love to dance? Enjoy the health benefits of this energetic, feel good, total body workout set to Latin and International rhythms. This is a medium intensity, low impact class, designed to be gentler on your knees. The class is perfect for anyone that is looking for a fun, aerobic exercise routine. If you love to dance, this class is for you. Please wear comfortable clothes and smooth-soled shoes and bring a water bottle and towel. **Min: 8/Max: 15**

MONDAYS:

Session 1: 1/3/22 – 3/21/22 (10 classes)
 (No class on 1/17 or 2/21)
Session 2: 4/4/22 – 6/13/22 (10 classes)
 (No class on 5/30)
Time: 5:45 p.m. – 6:45 p.m.
Day: Monday
Location: Virtual
Instructor: Denise Lipka
Resident Fee: \$74.00 **Senior Fee:** \$66.60
NR Fee: \$81.40

WEDNESDAYS:

Session 1: 1/5/22 – 3/16/22 (11 classes)
Session 2: 3/30/22 – 6/8/22 (11 classes)
Time: 5:45 p.m. – 6:45 p.m.
Day: Wednesday
Location: Virtual
Instructor: Denise Lipka
Resident Fee: \$80.00 **Senior Fee:** \$72.00
NR Fee: \$88.00



Swimming



**Fun
Activities!**



Registration Opens April 22nd
Limited Enrollment – Sign up Early
Both Summer Fun Camp and Adventure Camp
are open to Avon Residents ONLY

Summer Fun Camp

For students entering grades 1 – 4 (in Fall of 2022)

- ☀ Special entertainer/special event at camp each week!
- ☀ Swimming 2-3 days per week
- ☀ Camp hours: 9:00 a.m. – 3:00 p.m.
- ☀ Extended care available from 3:00 p.m. – 4:00 p.m.

Session 1: June 27 – July 1

Session 2: July 5 – 8 (No camp July 4)

Session 3: July 11 – 15

Session 4: July 18 – 22

Session 5: July 25 – 29

Session 6: August 1 – 5

Session 7: August 8 – 12



**Special
Entertainment**





Adventure Camp

For students entering grades 5 – 9 (in Fall of 2022)

**Great
Counselors!**

- ✿ A different field trip every day!
- ✿ Lunch will be provided 1 day per week
- ✿ Camp hours: 8:45 a.m. – 4:00 p.m.
- ✿ Sign up Early to avoid missing out on the fun!

Session 1: June 27 – July 1

Session 2: July 5 – 8 (No camp July 4)

Session 3: July 11 – 15

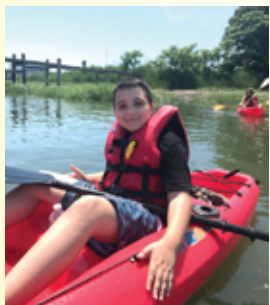
Session 4: July 18 – 22

Session 5: July 25 – 29

Session 6: August 1 – 5

Session 7: August 8 – 12

Explore!



Friendship

