



# Summer, 22

## contents

general information  
2 - 3

fall proposals,  
pool & golf info,  
special interest/events  
4 - 7

aquatics,  
swimming lessons  
8 - 9

avon summer camps  
10 - 13

toddler programs  
14

youth programs  
15 - 19

fall leagues  
20

adult programs  
21 - 22

senior programs  
23

free family  
movie nights  
24





# 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](mailto:avonrec@avonct.gov)

## OFFICE HOURS:

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

## SUMMER OFFICE HOURS:

(6/20/22 – 8/26/22):

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

Friday: 8:00 a.m. – 12:30 p.m.

## Facebook Page:

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

## Director

Ruth Checko - [rchecko@avonct.gov](mailto:rchecko@avonct.gov)

## Program Specialist

Sara Roccapiore - [sroccapiore@avonct.gov](mailto:sroccapiore@avonct.gov)

## Administrative Coordinator

Sharon Henry - [shenry@avonct.gov](mailto:shenry@avonct.gov)

## Administrative Secretary:

Usha Srivel - [usrivel@avonct.gov](mailto:usrivel@avonct.gov)

## AVON SENIOR CENTER/ COMMUNITY ROOM

635 West Avon Road, Avon, CT 06001

Phone: (860) 675-4355

## OFFICE HOURS:

Monday – Friday: 9:00 a.m. – 4:00 p.m.

## 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](mailto:jbennett@avonct.gov)

## Senior Center Administrative Secretary:

Elizabeth Shaffer - [eshaffer@avonct.gov](mailto:eshaffer@avonct.gov)



## DEPARTMENT POLICIES

### General Registration Information:

- ☀ Registration for all Summer programs in this brochure begins on Friday, April 22nd (unless otherwise noted).
- ☀ The grade listed for programs indicates the grade your child will be in (2022/2023 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](mailto: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.

## 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 receive email notifications by selecting the check boxes next to each of these under Email Notification on your account:

- ☒ Receive Email Notification for Cancellations
- ☒ Receive Email Notification for Registrations / General
- ☒ Confirm Email Address
- ☒ Email Address Active

Our office and our instructors mainly communicate through email. If you do not "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/Non-Medical Plan Policies and Procedures. 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.

## 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.**



## 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. *Courts are not available while school is in session during the day.*

## 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 & Parks Department would like to thank:

### ORAFOL AMERICAS INC.

for donating reflective Halloween stickers and bags for our Halloween Party program.  
We truly appreciate your generosity.

### THE PICKIN' PATCH

for donating pumpkins and cornstalks for our Halloween Party program.  
We truly appreciate your generosity.

**EVERYONE INVOLVED IN OUR RECREATION BASKETBALL PROGRAM, including 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!**

### CUB SCOUT PACK 122

for Avon Clean Up Day at Fisher Meadows.  
Your efforts are much appreciated.





## 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 fall programs must submit proposals to the Avon Recreation and Parks Department by **4:30 p.m. on Wednesday, June 1, 2022**. Proposal forms are available at the Avon Recreation and Parks Office or by visiting <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 [sroccapriore@avonct.gov](mailto:sroccapriore@avonct.gov), mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.



## SYCAMORE HILLS POOL OPENS

**Saturday, June 11, 2022**

*The pool will operate with a regular schedule.*



4

## Sycamore Hills Recreation Area

635 West Avon Rd., Avon, CT 06001

Pool Phone: (860) 673-5696

### SWIM MEMBERSHIPS

Household Fee:	\$168.00
Individual Fee:	\$ 88.00
Avon Resident Senior Fee (60+):	\$ 30.00

### DAILY FEES FOR NON-MEMBERS (all ages)\*

Residents:	\$7.00/person
Non-residents:	\$10.00/person

\*Daily Fees are payable by cash or check, or credit cards.

Please pick up your pool badges at the Pool Office starting June 11th, at noon when the pool opens.

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

[www.AvonRec.com](http://www.AvonRec.com) (860) 409-4332

Limited # of Memberships will be available for purchase by Farmington residents.

## WESTWOODS GOLF COURSE

### SEASON GOLF PASS

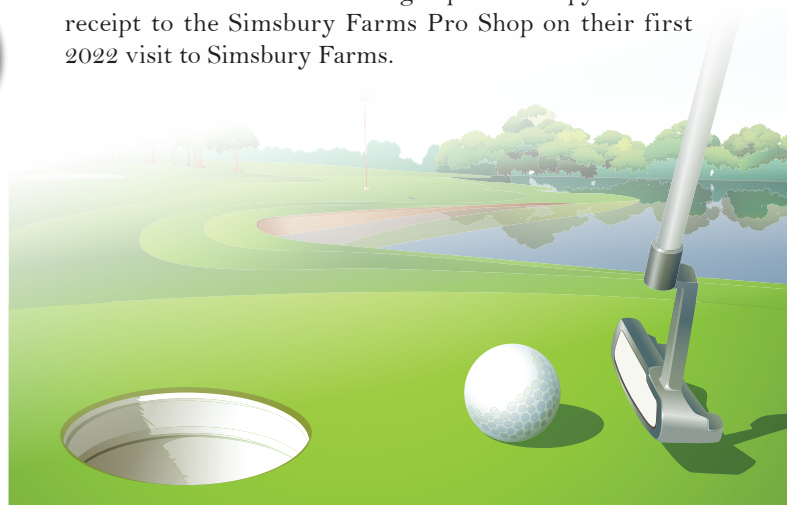
The Town of Farmington will be offering Avon Residents a limited number of season passes to the Westwoods Golf Course. The passes will be offered at the Farmington resident rates. **Enrollment is at the Westwoods Golf Course in the club house, 14 Westwoods Drive, Farmington.** For more information please 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](http://www.avonrec.com).** Customers will need to bring a printed copy of their receipt to the Simsbury Farms Pro Shop on their first 2022 visit to Simsbury Farms.







**Digital Codes  
instead of  
physical  
tickets**



## DISCOUNTED TICKETS

Discounted Adventure Park at Storrs, CT Science Center, Lake Compounce and Six Flags tickets will be available for purchase from the Avon Recreation and Parks Department **beginning on June 1, 2022 until August 28, 2022**. Tickets for CT Science Center, Lake Compounce, and Six Flags will be available for pickup in our office during regular business hours. Likewise, digital codes for Adventure Park at Storrs will be emailed to you during our office's regular business hours. Purchases made outside of our normal business hours will not be available for pickup or emailed until our office is open. Buy your tickets from us at a discounted rate and schedule your visit! Tickets are valid any day during the 2022 season.

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

**The Adventure Park at Storrs:** \$32.00  
(Gate Price: Juniors: \$38.00; Ages 14+: \$46.00)

**CT Science Center:** \$15.50 (Gate Price: Adults \$24.95, Children \$16.95, 2 & under free)

**Lake Compounce:** \$32.50 (Gate Price: Adults \$59.99; Youth: \$49.99)

**Six Flags:** TBD (Gate Price Varies by Date but includes a \$9.99 transaction fee per order.)



## 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. C.I.T.'s will train along the camp staff learning the ins and outs of what it takes to be a Recreation Leader. Throughout the program, C.I.T.'s will practice leadership, responsibility, and initiative. In addition to work experience, C.I.T.'s will have fun interacting with campers and participating in camp activities. Those interested in the program must complete an application which can be found online at [www.avonrec.com](http://www.avonrec.com). C.I.T.'s will be interviewed the same as seasonal employees and their participation will be based upon the interview outcome and spaces available. Applicants must be available for a minimum of two weeks.

**Application deadline:** Thursday, May 5, 2022

**Interviews will be held on:** Thursday, May 12, 2022

**Mandatory training date:** Friday, June 24, 2022

5

## Community Garden PLOTS

Available by emailing the office at [avonrec@avonct.gov](mailto: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.



# Family Movie Nights at Sycamore Hills Pool

June 24th, July 22nd and August 19th

Free outdoor movies this summer.

*See back cover for schedule!*



6





# SAFE @Home



**NEW!!**

Safe@Home is a program designed for students in grades 4-6 to prepare them to be safe when they are home alone. Safe@Home is a 90-minute program that teaches students how to practice safe habits, how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter First Aid chart and learn a system to help them assess and respond to injuries and illnesses. The cost includes a Safe@Home booklet. The booklet includes a First Aid Chart and what to do/who to call. Participants should wear comfortable clothes.

**Min: 6/Max: 20**

**Date:** 6/10/22 (1 class)  
**Time:** 4:30 p.m. – 6:00 p.m.  
**Day:** Friday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** CPR Training Professionals, LLC  
**Grades:** 4 – 6  
**Resident Fee:** \$55.00  
**NR Fee:** \$60.50

**NEW!!**

## Safe Sitter Babysitter Course

Safe Sitter is a program for 11-14 year olds where you will learn life-saving skills so you can be safe if you're home alone or watching younger children. You will play fun games and do some role-playing exercises – you even get to use manikins to practice choking rescue! Your parents will feel better knowing you're prepared to handle whatever situation comes up! The cost includes a cinch sack with a Student Handbook and Completion Card, LED Flashlight, Bandage Dispenser, and Important Information Note Pad for Babysitting Jobs for each student. Participants should wear comfortable clothes and bring a bag lunch that does not need to be refrigerated. **Min: 6/Max: 20**

**Date:** 6/11/22 (1 class)  
**Time:** 9:00 a.m. – 3:00 p.m.  
**Day:** Saturday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** CPR Training Professionals, LLC  
**Ages:** 11 – 14  
**Resident Fee:** \$130.00  
**NR Fee:** \$143.00

## Swim Lessons

Swim lessons are supervised 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 "2021 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 2022 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!**

### SESSION 1

Monday, June 27 – Friday, July 8 {No lesson on Monday, July 4}

9:30 a.m. – 10:00 a.m.

Level 3, 4, 5/6

10:05 a.m. – 10:35 a.m.

Level 2, 3, 4

10:40 a.m. – 11:10 a.m.

Level 1, 2, 3

11:15 a.m. – 11:45 a.m.

Level 1, 2, Parent/Child

### SESSION 2

Monday, July 11 – Friday, July 22

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,  
Parent/Child

3:30 p.m. –  
4:00 p.m.

Diving 101\*

7:00 p.m. –  
7:30 p.m.

Adult Level 1

### SESSION 3

Monday, July 25 – Friday, August 5

9:30 a.m. –  
10:00 a.m.

Level 3, 4, 5/6

10:05 a.m. –  
10:35 a.m.

Level 1, 2, 3

10:40 a.m. –  
11:10 a.m.

Level 2, 3, 4,

11:15 a.m. –  
11:45 a.m.

Level 1, 3  
Parent/Child

7:00 p.m. –  
7:30 p.m.

Adult Level 2

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

**Monday – Friday Lessons:** \$46 Members; \$60 Non-members  
**Diving 101 Lessons:** \$26 Members; \$33 Non-members  
**(\*5 lessons Monday, July 11 – Friday, July 15)**





## 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 without 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.*

## Swim Team Ages 7-18

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.

This season we will rejoin the Farmington Valley Swim League. Swim team has 6 practice options each week (See below). Coaches recommend swimmers try to attend at least three practices a week. Two swim meets will be scheduled for the season.

*Participants must purchase their own swim suits and caps.* Trophies and ribbons will be provided. **Min: 50/Max: 125**

### PRACTICE SCHEDULE – SYCAMORE HILLS POOL

**June 27 – July 27** 8:30 a.m. – 9:30 a.m.  
(Monday, Wednesday, Thursday)  
or  
7:30 p.m. – 8:30 p.m.  
(Monday, Tuesday, Thursday)

**Fee:** \$137.00\*

*\*There is a \$15 discount off of the 3rd and 4th child registered in the same family.*



## 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:** 7/11/22 – 7/22/22 (10 classes)

**Time:** 7:00 p.m. – 7:30 p.m.

**Days:** Monday – Friday

**Location:** Sycamore Hills Pool

**Instructor:** Sycamore Hills Pool Staff

**Fee:** \$46.00 **Members;** \$60.00 **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:** 7/25/22 – 8/5/22 (10 classes)

**Time:** 7:00 p.m. – 7:30 p.m.

**Days:** Monday – Friday

**Location:** Sycamore Hills Pool

**Instructor:** Sycamore Hills Pool Staff

**Fee:** \$46.00 **Members;** \$60.00 **Non-members**

9

## 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**

**Prerequisite:** Passage of Level 3 Swim Lesson.

**Dates:** 7/11/22 – 7/15/22 (5 classes)

**Time:** 3:30 p.m. – 4:00 p.m.

**Days:** Monday – Friday

**Location:** Sycamore Hills Pool

**Instructor:** Sycamore Hills Pool Staff

**Fee:** \$26.00 **Members;** \$33.00 **Non-members**

# Summer Fun Camp



## Entering Grades 1-4

### Open to Avon Residents Only!

*This summer, camp is located at Thompson Brook School.*

Come join us for an amazing summer of camp fun and exploration! Each session will consist of camp games, themed crafts and activities, free play time at Pine Grove School's playscape, swimming at Sycamore Hills Pool 3-4 times a week, and special guest entertainments! Swimming is fully supervised by our American Red Cross Certified lifeguards. Participants can sign up for one week at a time or for all seven sessions. Sessions fill up fast, so register early!

Min: 35/Max: 50

**Time:** 9:00 a.m. – 3:00 p.m.  
**Days:** Monday – Friday  
**Location:** Thompson Brook School  
**Fee:** \$195.00\*

#### \*SESSION 2

**Days:** Tuesday – Friday  
**Fee:** \$156.00

**EXTENDED CARE** for all 5 days will be available for \$25.00 from 3:00 p.m.–4:00 p.m.  
 Min: 6/Max: 15



#### SESSION 1: JUNE 27 – JULY 1

Theme of the week: **PIRATES**

Special Guest Entertainment:

- ⊙ “Fun-Tastic Forces Mad Science Show” by Mad Science of Western New England
- ⊙ “Pirates Rockin’ Revenge” giant inflatable pirate ship game

#### SESSION 2: JULY 5 – JULY 8 (No camp on July 4)

Theme of the week: **Party in the USA**

Special Guest Entertainment:

- ⊙ “Outdoor Laser Tag” by Laser Tag Adventures

#### SESSION 3: JULY 11 – JULY 15

Theme of the week: **Rainforest**

Special Guest Entertainment:

- ⊙ “Exotic Animal Show” by Curious Creatures
- ⊙ “Dash N’ Splash” inflatable obstacle course/ waterslide

#### SESSION 4: JULY 18 – JULY 22

Theme of the week: **Camp Hollywood**

Special Guest Entertainment:

- ⊙ “Magic Show” by Ed Popielarczyk
- ⊙ “Circus Skills Workshop” by Circus Moves







#### SESSION 5: JULY 25 – JULY 29

Theme of the week: *Candy Land*

Special Guest Entertainment:

- ⦿ “Foam Party” by Rolling Video Games
- ⦿ “Up and Away Mad Science Show” by Mad Science of Western New England

#### SESSION 6: AUGUST 1 – AUGUST 5

Theme of the week: **DINOSAURS**

Special Guest Entertainment:

- ⦿ “Water Tag” by Magical Memories Entertainment
- ⦿ “Reptiles and Amphibians Show” by New Jersey Snake Man

#### SESSION 7: AUGUST 8 – AUGUST 12

Theme of the week: **TROPICAL PARADISE**

Special Guest Entertainment:

- ⦿ “Hula Hoop Party/Workshop” by Creative Game Parties
- ⦿ “End of Summer Party @ Sycamore Hills” with Tiki Island Obstacle Course Inflatable, Wipe Out Inflatable Water Slide, Hydro Blasters water balloon game, cook-out, and more!





# Adventure Camp

## Entering Grades 5-9

### Open to Avon Residents Only!

Join Avon Adventure Camp for a summer of fun in the sun, exploration, and exciting adventure! Each session will consist of a different field trip location every day, plus a provided lunch once a week. On days when the field trip ends early, campers will be able to swim at Sycamore Hills Pool, play beach volleyball, gaga ball, and other camp games! Participants can sign up for one week at a time or for all seven sessions. Sessions fill up fast, so register early!

**Min: 22/Max: 36**

**Time:** 8:45 a.m. – 3:45 p.m.  
**Days:** Monday – Friday  
**AM Drop-off/**  
**PM Pick-up:** Sycamore Hills Pool  
**Grades:** 5 – 9  
**Fee:** \$365.00\*

#### \*SESSION 2:

**Days:** Tuesday – Friday  
**Fee:** \$292.00



12

ALL FIELD TRIPS ARE  
SUBJECT TO CHANGE.

## Session 1: June 27 – July 1

### Field Trips:

- ⊙ “IT Adventure Ropes Course”: largest indoor ropes course in the world
- ⊙ “Mystic Seaport and Museum”: guided tour and boat ride
- ⊙ “Rocky Neck State Park”: beach fun and games
- ⊙ “Quassy”: amusement and waterpark
- ⊙ “Nomads Adventure Quest”: arcade, laser tag, rock-climbing, and more

## Session 2: July 5 – July 8 (No Camp July 4)

### Field Trips:

- ⊙ “Mystic Aquarium”: exhibits, live show, and 4D film
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “Monster Mini Golf”: glow-in-the-dark mini golf, laser tag, and arcade

## Session 3: July 11 – July 15

### Field Trips:

- ⊙ “Branford River Paddle Sports”: kayak lesson and tour
- ⊙ “Connecticut Science Center”: exhibits and 3D movie
- ⊙ “Sherwood Island State Park”: beach fun and games
- ⊙ “Brownstone”: rock climbing, zip lines, waterslide, and more
- ⊙ “Sonny’s Place”: outdoor mini-golf, driving range, go-karts & more

## Session 4: July 18 – July 22

### Field Trips:

- ⊙ “The Adventure Park at Storrs”: high ropes course and zip-line adventure
- ⊙ “CT Sun Camp Day”: WNBA game, in-game entertainment, game tables, and special fan experiences (camp will enter directly into the stadium and will be separate from casino)
- ⊙ “Silver Sands State Park”: beach fun and games
- ⊙ “Quassy”: amusement and waterpark
- ⊙ “Thrillz High Flying Adventure Park”: obstacle course and trampoline park

## Session 5: July 25 – July 29

### Field Trips:

- ⊙ “New England Science and Sailing”: kayaking, boogie boarding, seine fishing, and snorkeling
- ⊙ “Thames River Heritage Park”: tour of Fort Trumbull and private boat charter tour
- ⊙ “Rocky Neck State Park”: beach fun and games
- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “Nomads Adventure Quest”: arcade, laser tag, rock-climbing, and more

## Session 6: August 1 – August 5

### Field Trips:

- ⊙ “Empower Adventure Park”: aerial adventure park experience
- ⊙ “Beardsley Zoo”: exhibits with over 300 animals
- ⊙ “Squantz Pond State Park”: beach fun and games
- ⊙ Brownstone”: rock climbing, zip lines, waterslide, and more
- ⊙ “Sports Center of CT”: laser tag, arcade, batting cages, golf range, and more

## Session 7: August 8 – August 12

### Field Trips:

- ⊙ “AquaventuresCT”: kayaking, canoeing, and paddle-boarding demos/tour
- ⊙ “Discovery Science Center & Planetarium”: exhibits and live science demonstration
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “End of Summer Party @ Sycamore Hills”: Tiki Island obstacle course inflatable, wipe out inflatable waterslide, hydro blasters water balloon game, cook-out, and more!



# ADVENTURE CAMP CALENDAR 2022

ADVENTURE



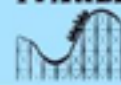
Discover



Fun in the Sun



THRILL



Play



MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SESSION 1  
6/27 - 7/1



SESSION 2  
7/5 - 7/8



SESSION 3  
7/11 - 7/15



SESSION 4  
7/18 - 7/22



SESSION 5  
7/25 - 7/29



SESSION 6  
8/1 - 8/5



SESSION 7  
8/8 - 8/12







## JUMPBUNCH "BIG JUMPERS"

**Boys and girls ages 3 – 5** – 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. Participants should wear athletic clothes, sneakers and a mask and bring a water bottle. Parents/caregivers must remain on-site during the program.  
**Min: 9/Max: 16**

**Dates:** 6/29/22 – 8/3/22 (6 classes)  
**Time:** 3:30 p.m. – 4:15 p.m.  
**Day:** Wednesday  
**Location:** Countryside Park Building  
**Instructor:** JumpBunch Staff  
**Ages:** 3 – 5 years  
**Resident Fee:** \$116.00  
**NR Fee:** \$127.60



## Mommy/Daddy and Me Art Class!

**Boys and girls entering pre K – 1 and their parent(s)** – Come be creative with your little one(s)! Each class will have different crafts and artistic fun! Register for one or all four classes! Participants should wear a smock or an old t-shirt.  
**Min: 5/Max: 15**

### CRAFTS:

**May 7th:** Mug painting and puppet making  
**June 4th:** Planter decorating (+ soil and seeds), piggy bank painting and cylinder tube animals  
**July 9th:** Tie dye shirts and fun with clay  
**August 6th:** Decorative bird houses and mask making

Registration began 4/7/22 for 5/7 class

**Dates:** 5/7/22, 6/4/22, 7/9/22 or 8/6/22  
**Time:** 10:00 a.m. – 11:30 a.m.  
**Day:** Saturday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Boni Rothmann  
**Grades:** Pre K – 1  
**Resident Fee:** \$31.00/class (1st child);  
\$25.00/class (2nd child)  
**NR Fee:** \$34.10/class (1st child);  
\$28.10/class (2nd child)



## Soccer Shots World Cup Camp

**Boys and girls ages 3 – 6** – Looking to supplement your child's education this season? Look no further than the Soccer Shots World Cup Camp to add learning and fitness to your child's schedule! Soccer Shots will provide children with the opportunity to develop their soccer skills, their character and their creativity. Centered around the World Cup theme this year, children are provided with fun activities that include soccer games as well as a variety of other age-appropriate learning such as crafts, team-building exercises, snack time, or even literature. Children will be encouraged to participate in daily themes, and each camp will conclude with a celebration of the children's hard work. All participants will receive a summer camp T-shirt. Participants should bring a water bottle and snack.  
**Min: 12/Max: 30**

**Session 1:** 7/18/22 – 7/22/22 (5 classes)  
**Session 2:** 8/1/22 – 8/5/22 (5 classes)  
**Time:** 9:00 a.m. – 11:00 a.m.  
**Days:** Monday – Friday  
**Location:** Roaring Brook School – Fields  
**Instructors:** Shannon Perry and Staff  
**Ages:** 3 – 6 years  
**Resident Fee:** \$236.00  
**NR Fee:** \$259.60







## Anime Art

*Boys and girls entering 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 class is for you! Art instructor Sofia will walk you through step-by-step how to design/draw original anime characters. The last class will include a pizza party to reward students for their hard work and a mini art showcase to show off their final designs! Participants should 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: 16**

**Dates:** 6/7/22 – 7/12/22 (6 classes)

**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:** \$77.00

**NR Fee:** \$84.70



## Avon Falcons Boys Basketball Camp

*Boys entering grades 4 – 9* – Our student athletes will enjoy a full week of individual skill building, proper shooting technique, exciting game play, guest speakers and game strategy. Awards, prizes and game T-shirts will be provided. Participants should wear basketball gear and sneakers and bring a basketball (with name on it), a water bottle and snack. Go Falcons! **Min: 30/Max: 60**

**Dates:** 7/25/22 – 7/29/22 (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:** 4 – 9

**Resident Fee:** \$142.00

**NR Fee:** \$156.20



## Avon Falcons Girls Basketball Camp

*Girls entering grades 4 – 9* – Come join Coach Faucher for a great week of basketball with both current and former AHS basketball players. Each day we will implement drills that will help you become a more confident player, with an emphasis on individual skill development as well as team offensive/defensive concepts. Players will also get to test their skills in competitive games and contests. We look forward to working with you and teaching you how to play the Avon Falcon Way! Participants should wear athletic attire, basketball shoes and bring a basketball (with name on it), a water bottle and snack. **Min: 15/Max: 60**

**Dates:** 7/11/22 – 7/15/22 (5 classes)

**Time:** 8:00 a.m. – 12:00 p.m.

**Days:** Monday – Friday

**Location:** Avon High School – Gyms

**Instructors:** Drew Faucher and Staff

**Grades:** 4 – 9

**Resident Fee:** \$142.00

**NR Fee:** \$156.20



## Crafty Saturdays!

Boys and girls entering grades 2 – 4 – Come have fun creating different art projects with friends! Register for one or for all four classes! Participants should wear a smock or an old t-shirt and bring a snack and a water bottle. **Min: 5/Max: 15**

### CRAFTS:

**May 7th:** Mug painting and puppet making  
**June 4th:** Planter decorating (+ soil and seeds), piggy bank painting and cylinder tube animals  
**July 9th:** Tie dye shirts and fun with clay  
**August 6th:** Decorative bird houses and mask making

*Registration began 4/7/22 for 5/7 class*

**Dates:** 5/7/22, 6/4/22, 7/9/22 or 8/6/22  
**Time:** 12:00 p.m. – 2:00 p.m.  
**Day:** Saturday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Boni Rothmann  
**Grades:** 2 – 4  
**Resident Fee:** \$62.00/class  
**NR Fee:** \$68.20/class







NEW!!

### DISC GOLF CAMP AT TOWER RIDGE

*Boys and girls entering grades 5 – 9* – Learn to play Disc Golf, one of the nation's fastest-growing sports! Players of all skill levels and experience will benefit from this camp as they learn the fundamentals and rules of the game through a variety of drills, team and individual competitions, and fun games. At the newly designed Tower Ridge Disc Golf Course, players will have access to the course and equipment. Each player will also receive their own beginner-friendly disc that they will use throughout the week. Players will learn the proper mechanics of a disc golf throw, the different types of throws, and the rules and proper etiquette in order to play. They will also learn about strategy, mindset, and the keys to developing confidence on the course. Participants should wear athletic clothing and shoes and bring a water bottle and snack. **Min: 10/Max: 50**

**Dates:** 7/11/22 – 7/14/22 (4 classes)  
**Time:** 8:30 a.m. – 12:30 p.m.  
**Days:** Monday – Thursday  
**Location:** Tower Ridge Disc Golf Course  
 (140 Nod Road, Weatogue, CT)  
**Instructors:** Benjamin Sprecher and Staff  
**Grades:** 5 – 9  
**Resident Fee:** \$275.00  
**NR Fee:** \$302.50



NEW!!

### AVON FIELD HOCKEY CLINIC

*Girls entering grades 3 – 8* – Join Coach Terri Ziemnicki, Avon High School's Varsity Field Hockey Coach, and standout Avon player Rebecca Berman for this fun summer field hockey clinic for grades 3-8. Coach Z takes her 37 years of coaching experience in Avon along with Coach Rebecca's skill and excitement to pass along her passion for the game to lead this great clinic. All levels of experience are welcome, even if you have never played before. Come be a part of a great sport, learn some new skills, play some games on the turf and check out this exciting clinic. Participants should wear sneakers/cleats and bring a field hockey stick (if you have one), shin guards, mouth guard, water bottle and goggles. **Min: 10/Max: 25**

**Dates:** 6/27/22 – 7/1/22 (5 classes)  
**Time:** 6:00 p.m. – 7:00 p.m.  
**Days:** Monday – Friday  
**Location:** Avon High School – Turf Field  
**Instructors:** Terri Ziemnicki and Rebecca Berman  
**Grades:** 3 – 8  
**Resident Fee:** \$42.00  
**NR Fee:** \$46.20

17

NEW!!

### SKYHAWKS FLAG FOOTBALL CAMP

*Boys and girls entering grades 2 – 7* – Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. Participants should wear athletic attire and bring a water bottle, two snacks and sunscreen. **Min: 10/Max: 30**

**Dates:** 6/20/22 – 6/24/22 (5 classes)  
**Time:** 9:00 a.m. – 12:00 p.m.  
**Days:** Monday – Friday  
**Location:** Avon High School – Turf Field/Gym  
**Instructor:** Skyhawks Sports Academy Staff  
**Grades:** 2 – 7  
**Resident Fee:** \$165.00  
**NR Fee:** \$181.50





## FOOD EXPLORERS: TASTE THE RAINBOW!

*Boys and girls entering grades 2 – 5* – Join Food Explorers to Taste the Rainbow! Explore new flavors, cooking techniques, and recipes by delving into a new color each day, learning about foods of that color. You'll also discover fun facts about food and nutrition through interactive games and activities between recipes. Each day will feature a snack and meal. All recipes are nut-free and some will contain dairy and/or eggs. **Min: 5/Max: 10**

**Dates:** 8/15/22 – 8/19/22 (5 classes)  
**Time:** 9:00 a.m. – 12:00 p.m.  
**Days:** Monday – Friday  
**Location:** Countryside Park  
**Instructor:** Katie Shepherd  
**Grades:** 2 – 5  
**Resident Fee:** \$174.00  
**NR Fee:** \$191.40



## FOOD EXPLORERS: LET'S GET BAKING!

*Boys and girls entering grades 5 – 8* – Join Food Explorers for a week of baking! Improve your baking skills by creating two new recipes each day, learning the basics like pastry, dough and more. Plus you'll learn all about food, cooking, and nutrition as you go! Each day will feature a snack and meal. All recipes are nut-free and some will contain dairy and/or eggs. **Min: 5/Max: 10**

**Dates:** 8/15/22 – 8/19/22 (5 classes)  
**Time:** 1:00 p.m. – 4:00 p.m.  
**Days:** Monday – Friday  
**Location:** Countryside Park  
**Instructor:** Katie Shepherd  
**Grades:** 5 – 8  
**Resident Fee:** \$174.00  
**NR Fee:** \$191.40



## CT SOCCER NETWORK SUMMER SOCCER CAMP

*Boys and girls entering grades 1 – 8* – CT Soccer Network provides 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 and boasts one of the most highly qualified and 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! All campers should have shin guards and athletic shoes or soccer cleats. Campers should also bring plenty of water and a snack each day, and a lunch if full day. We recommend that campers should arrive at camp with sunscreen already applied, as well as with additional sunscreen to apply as needed. **Half Day Camp – Min: 10/Max: 25; Full Day Camp – Min: 10/Max: 35**

### HALF DAY CAMP:

**Dates:** 6/27/22 – 7/1/22 (5 classes)  
**Time:** 9:00 a.m. – 11:45 a.m. (Option 1);  
 or 12:15 p.m. – 3:00 p.m. (Option 2)  
**Days:** Monday – Friday  
**Location:** Pine Grove School –  
 Multi-Purpose Field  
**Instructor:** CT Soccer Network Staff  
**Grades:** 1 – 8  
**Resident Fee:** \$200.00  
**NR Fee:** \$220.00

### FULL DAY CAMP:

**Dates:** 6/27/22 – 7/1/22 (5 classes)  
**Time:** 9:00 a.m. – 3:00 p.m. (Option 3)  
**Days:** Monday – Friday  
**Location:** Pine Grove School –  
 Multipurpose Field  
**Instructor:** CT Soccer Network Staff  
**Grades:** 1 – 8  
**Resident Fee:** \$338.00  
**NR Fee:** \$371.80







### SKYHAWKS TENNIS CAMP

**Boys and girls entering grades 1 – 10** – Whether your child is a beginner 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. Participants should wear athletic attire and bring a water bottle, two snacks, sunscreen and a tennis racquet. **Grades 1 – 3 – Min: 6/Max: 24; Grades 4 – 6 and Grades 7 – 10 – Min: 6/Max: 16**

#### Grades 1 – 3:

**Dates:** 7/25/22 – 7/29/22 (5 classes)  
**Time:** 9:00 a.m. – 12:00 p.m.  
**Days:** Monday – Friday  
**Location:** Avon Middle School – Tennis Courts  
**Instructor:** Skyhawks Sports Academy Staff  
**Grades:** 1 – 3  
**Resident Fee:** \$155.00  
**NR Fee:** \$170.50

#### Grades 4 – 6:

**Dates:** 8/1/22 – 8/5/22 (5 classes)  
**Time:** 9:00 a.m. – 12:00 p.m.  
**Days:** Monday – Friday  
**Location:** Avon Middle School – Tennis Courts  
**Instructor:** Skyhawks Sports Academy Staff  
**Grades:** 4 – 6  
**Resident Fee:** \$155.00  
**NR Fee:** \$170.50

#### Grades 7 – 10:

**Dates:** 8/1/22 – 8/5/22 (5 classes)  
**Time:** 9:00 a.m. – 12:00 p.m.  
**Days:** Monday – Friday  
**Location:** Avon Middle School – Tennis Courts  
**Instructor:** Skyhawks Sports Academy Staff  
**Grades:** 7 – 10  
**Resident Fee:** \$155.00  
**NR Fee:** \$170.50



### SKYHAWKS TRACK AND FIELD CAMP

**Boys and girls entering grades 3 – 7** – The fundamentals of body positioning, stride, proper stretching, and cool down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events (activities may vary by area). Participants should wear athletic attire and bring a water bottle, two snacks and sunscreen. **Min: 8/Max: 30**

**Dates:** 8/8/22 – 8/12/22 (5 classes)  
**Time:** 9:00 a.m. – 12:00 p.m.  
**Days:** Monday – Friday  
**Location:** Avon High School – Track  
**Instructor:** Skyhawks Sports Academy Staff  
**Grades:** 3 – 7  
**Resident Fee:** \$155.00  
**NR Fee:** \$170.50



### SKYHAWKS VOLLEYBALL CAMP

**Boys and girls entering grades 5 – 9** – Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginner to intermediate player. Participants should wear appropriate athletic attire and bring a water bottle, two snacks and a lunch. **Min: 8/Max: 24**

**Dates:** 7/18/22 – 7/22/22 (5 classes)  
**Time:** 9:00 a.m. – 3:00 p.m.  
**Days:** Monday – Friday  
**Location:** Avon Middle School – Gymnasium  
**Instructor:** Skyhawks Sports Academy Staff  
**Grades:** 5 – 9  
**Resident Fee:** \$195.00  
**NR Fee:** \$214.50





# Fall LEAGUES

REGISTRATIONS FOR THE FOLLOWING **FALL** LEAGUES BEGINS APRIL 22.

Please go to our website ([www.avonrec.com](http://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.
- ⦿ Towns involved: Avon, Farmington, Granby, Harwinton, Simsbury, and Wethersfield
- ⦿ Practices will be on Wednesdays from 5:15 p.m. – 6:30 p.m. beginning August 31.
- ⦿ Games are 8 v 8 (half field) and will be played on Sundays, September 11 – October 23 beginning at 2:30 p.m. (No game: October 9; Rain date if needed: October 30)
- ⦿ 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 Monday, August 29, 2022, 6:00 p.m. – 7:00 p.m. at Avon High School on the grass field hockey field.
- ⦿ There will be a **mandatory coaches meeting** on Wednesday, September 7, 5:30 p.m. – 6:00 p.m. at Avon High School on the grass field hockey field.
- ⦿ Volunteer Head and Assistant Coaches are needed!!!

Registration ends on Wednesday, August 24, 2022.

Fee: \$100.00

Min: 12/Max: 36

## 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, and Grades 9 – 12.
- ⦿ New player ratings: Sunday, August 21 at Avon Middle School
- ⦿ One weeknight practice per team per week will be held September 6 – November 4
- ⦿ Games are 44-minute 5 v 5 and will be held on Sundays, September 11 – November 6 (regular game schedule)
- ⦿ Volunteer Coaches are needed!!!

Registration ends August 12, 2022 (FIRM – as jerseys and equipment need to be ordered in time for first game).

Fee: \$145.00





## Aqua AEROBICS

Aqua Aerobics is back! Join Nancy this summer on Saturday mornings for a fun, upbeat workout in the pool! Using the water as resistance, this class works all your major muscles, increases mobility and enhances sleep quality. Noodles are provided. Water shoes or old sneakers are recommended to increase movement.

**Min: 8/Max: 20**

### SESSION 1:

**Dates:** 6/18/22 – 7/16/22 (4 classes)  
(No class on 7/2)

**Time:** 11:00 a.m. – 12:00 p.m.

**Day:** Saturday

**Location:** Sycamore Hills Pool

**Instructor:** Nancy Pandolfo

**Resident Fee:** \$55.00    **Senior Fee:** \$49.50

**NR Fee:** \$60.50

### SESSION 2:

**Dates:** 7/23/22 – 8/13/22 (4 classes)

**Time:** 11:00 a.m. – 12:00 p.m.

**Day:** Saturday

**Location:** Sycamore Hills Pool

**Instructor:** Nancy Pandolfo

**Resident Fee:** \$55.00    **Senior Fee:** \$49.50

**NR Fee:** \$60.50



## Outdoor 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. Participants should wear sneakers and bring water and a pickleball racquet if you have one. **Min: 4/Max: 16**

**Dates:** 5/12/22 – 6/23/22 (7 classes)

**Time:** 6:00 p.m. – 8:00 p.m.

**Day:** Thursday

**Location:** Sycamore Hills Recreation Area –  
Tennis Courts #1 and #2

**Supervisor:** Jon Ward

**Resident Fee:** \$49.00    **Senior Fee:** \$44.10

**NR Fee:** \$53.90







## Pilates

Come work your core along with stretching, toning, balance & 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! Participants should bring a yoga mat and a water bottle. **Min: 5/Max: 15**

### SESSION 1:

**Dates:** 6/9/22 – 7/14/22 (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

### SESSION 2:

**Dates:** 7/21/22 – 8/25/22 (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



## Morning 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, and 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. Option to practice outside, weather permitting. Participants should bring a yoga mat, blanket and water bottle. **Min: 6/Max: 10**

### TUESDAYS:

**Dates:** 7/5/22 – 8/9/22 (6 classes)  
**Time:** 9:00 a.m. – 10:00 a.m.  
**Day:** Tuesday  
**Location:** Countryside Park  
**Instructor:** Julie Erasmus  
**Resident Fee:** \$74.00 **Senior Fee:** \$66.60  
**NR Fee:** \$81.40

### THURSDAYS:

**Dates:** 7/7/22 – 8/11/22 (6 classes)  
**Time:** 9:00 a.m. – 10:00 a.m.  
**Day:** Thursday  
**Location:** Countryside Park  
**Instructor:** Julie Erasmus  
**Resident Fee:** \$74.00 **Senior Fee:** \$66.60  
**NR Fee:** \$81.40



## 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, and 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. Participants should bring a yoga mat, blanket and a water bottle. **Min: 6/Max: 15**

**Dates:** 7/11/22 – 8/15/22 (6 classes)  
**Time:** 6:00 p.m. – 7:00 p.m.  
**Day:** Monday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Julie Erasmus  
**Resident Fee:** \$74.00 **Senior Fee:** \$66.60  
**NR Fee:** \$81.40



## CARDIO DRUM BALL

Cardio Drum Ball is tons of fun and a great cardio workout using two drumsticks and a big, inflatable ball! This class improves your coordination and sense of rhythm and works your heart, arms and legs as well. Participants follow choreographed movements while drumming along to energizing, uplifting music. Adaptable for all physical levels and can be done in a seated or standing position. Be prepared to smile and laugh as you forget you're even exercising! Participants should wear comfortable clothes and shoes and bring a water bottle and towel. **Min: 6/Max: 15**



### MONDAYS:

**Dates:** 6/20/22 – 8/1/22 (6 classes)  
(No class on 7/4)  
**Time:** 1:30 p.m. – 2:30 p.m.  
**Day:** Monday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Wendy LeClerc  
**Resident Fee:** \$61.00 **Senior Fee:** \$54.90  
**NR Fee:** \$67.10

### WEDNESDAYS:

**Dates:** 6/22/22 – 7/27/22 (6 classes)  
**Time:** 1:30 p.m. – 2:30 p.m.  
**Day:** Wednesday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Wendy LeClerc  
**Resident Fee:** \$61.00 **Senior Fee:** \$54.90  
**NR Fee:** \$67.10

## 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. Participants should wear comfortable clothes and shoes. **Min: 6/Max: 15**

**Dates:** 7/8/22 – 8/26/22 (8 classes)  
**Time:** 1:30 p.m. – 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

## MEDITATION

In this class you will learn the fundamentals of meditation and the different types of meditation practices. Learn how to improve breathing techniques to relax the mind and body. Both beginner and experienced meditators welcome. Participants should wear comfortable clothes and shoes. **Min: 6/Max: 15**

**Dates:** 7/7/22 – 8/25/22 (8 classes)  
**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! Participants should wear comfortable clothes and shoes. **Min: 10/Max: 20**

**Dates:** 7/6/22 – 9/14/22 (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



## ZUMBA GOLD – LOW IMPACT

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

### MONDAYS:

**Dates:** 6/27/22 – 9/12/22 (11 classes)  
(No class on 7/4)  
**Time:** 5:45 p.m. – 6:45 p.m.  
**Day:** Monday  
**Location:** Countryside Park  
**Instructor:** Denise Lipka  
**Resident Fee:** \$80.00 **Senior Fee:** \$72.00  
**NR Fee:** \$88.00

### WEDNESDAYS:

**Dates:** 6/29/22 – 9/7/22 (11 classes)  
**Time:** 5:45 p.m. – 6:45 p.m.  
**Day:** Wednesday  
**Location:** Virtual (via Zoom)  
**Instructor:** Denise Lipka  
**Resident Fee:** \$80.00 **Senior Fee:** \$72.00  
**NR Fee:** \$88.00



# **FREE** 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 in the Community Room at the Avon Senior Center and will begin at 7:00 PM.*



June 24, 2022



July 22, 2022



August 19, 2022

Movies licensed by Swank Motion Pictures, Inc.

Movie Projector, Screen and Giveaways provided by:





**Jennifer M. Johnson**  
Agency Owner  
Office: 860.676.8222  
Text: 860.676.8222  
Email: JenniferJohnson@allstate.com  
[www.DrivewithJenn.com](http://www.DrivewithJenn.com)

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



**AVON  
RECREATION  
& PARKS**

Summer 2022