



# Fall '22

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# 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)

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](mailto:rchecko@avonct.gov)

## Program Specialist

Sara Roccapriore - [sroccapriore@avonct.gov](mailto:sroccapriore@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

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](mailto:jbennett@avonct.gov)

## Senior Center Administrative Secretary:

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

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



## DEPARTMENT POLICIES

### General Registration Information:

- ✿ Registration for all Fall programs in this brochure begins on Friday, August 19<sup>th</sup> (unless otherwise noted).
- ✿ The grade listed for programs indicates the grade your child is currently 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](http://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.*

# Thank You!

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



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**Jennifer Johnson,**  
Allstate Insurance Company and



**Avon Police Association**  
for partnering with us for  
**Family Movie Nights at**  
**Sycamore Hills Park this summer.**

**A good time was had by all!**

**UNICO members**  
for volunteering this summer to help  
cover the gate office at the Sycamore  
Hills Pool. We are truly grateful  
for all of your help.

## REQUEST FOR WINTER/SPRING PROPOSALS

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

Instructors interested in running programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **Saturday, October 1, 2022**. Proposal forms are available at the Avon Recreation and Parks Office or on our website - [www.avonrec.com](http://www.avonrec.com). 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.

**Our Winter/Spring  
Brochure will be  
available online  
beginning  
December 16, 2022.**



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## special interest programs



This year, the Avon Recreation and Parks Department is excited to announce our new Halloween "trunk or treat" event! Join us on Saturday, October 29th at Sycamore Hills Park for spooktacular fun, trunk-or-treating, and a giant inflatable obstacle course! Don't forget to wear your costume!

**Dates:** 10/29/22 (1 day event)

**Time:** 11:00 a.m. – 1:00 p.m.

**Days:** Saturday

**Location:** Sycamore Hills Recreation Area

\* This event is free, no registration is required to attend.

This event will be cancelled in the event of rain.

## TRUNK HOST

Calling adults and families!! Want to get involved?? We are now accepting registrations for "Trunk Hosts". There is no fee to register as a trunk host. Trunk hosts will be responsible for decorating the trunk of their car and bringing candy to pass out to the trick-or-treaters. Creativity and fun are encouraged! We will have a best-decorated trunk contest for all participating. Registration ends October 14th or once all spots have been filled.

To register as a trunk host, scan the QR code or visit [www.avonct.myrec.com](http://www.avonct.myrec.com).



## Winter Fun Camp\*

(for grades 1 – 4)

Our camp staff are back and excited to lead our 2022 Winter Fun Camp! Join us for a super-fun 3 days full of creative and active winter activities. Cookie decorating, indoor “snowball” games, indoor gaga, and winter crafts are all on the schedule. The last day of camp will include a new year’s themed party with a giant inflatable obstacle course! Weather permitting, we plan to go outside each day so please make sure your child is prepared with winter/snow clothes and boots. Children will also need a lunch, water, and a snack for each day. Space is limited – sign-up early!

**Min: 20/Max: 30**

**Dates:** 12/27/22 – 12/29/22  
(3 day program)  
**Time:** 9:00 a.m. – 3:00 p.m.  
**Days:** Tuesday – Thursday  
**Location:** Pine Grove School  
**Instructor:** Recreation Camp Staff  
**Grades:** 1 – 4  
**Fee:** \$118.00

\*Winter Fun Camp is open to Avon Residents only.



## Mommy/Daddy and Me Holiday Art Class

Enjoy the company of other parents and babies creating beautiful artwork for wonderful gifts and keepsakes! Amongst the art will be fun homemade wrapping paper using sponges, handprints, and various objects, as well as, mugs with your special touches that can be made permanent (dishwasher/microwave safe)! A parent or guardian is required to stay for the class. Participants should wear a smock or an old t-shirt. **Min: 4/Max: 20**

**Date:** 12/10/22  
**Time:** 10:00 a.m. – 11:15 a.m.  
**Day:** Saturday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Boni Rothmann  
**Grades:** Pre K – 1  
**Resident Fee:** \$31.00  
**NR Fee:** \$34.10

## Holiday Wreath Making Workshop

Join us for our annual holiday wreath-making workshop. Create your own holiday wreath with live greens, seasonal decorations, and wired ribbons – all materials provided! In addition to learning how to make a wreath, you will learn how to make your own beautiful wired bow. Bring your friends and let’s have fun making homemade wreaths! Participants should bring work/garden gloves.

**Min: 4/Max: 15**

**Date:** 11/29/22  
**Time:** 6:00 p.m. – 8:30 p.m.  
**Day:** Tuesday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Boni Rothmann  
**Ages:** 18 plus  
**Resident Fee:** \$51.00 **Senior Fee:** \$45.90  
**NR Fee:** \$56.10

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# Ski Sundown

## After School Ski Program at Ski Sundown for Avon Middle School Students and Thompson Brook School Students

### SKI \* SNOWBOARD \* LESSONS \* RENTALS

Join us for after school skiing or snowboarding this winter at Ski Sundown in New Hartford. Registration for this program starts on September 26<sup>th</sup>. Registration ends October 28th or when all available spots are filled.

When registering online, please select "Ski Program Bus Seat" first and then any additional packages (Lift Tickets, Rentals, and/or Lessons). You will then be prompted to print out and complete a Ski Sundown 2022-2023 Group Participant Information & Program Agreement form. Forms must be returned to the Recreation and Parks Department within 2 weeks of your online registration date or by November 4<sup>th</sup>, whichever comes first. Registration is not confirmed until all forms are submitted.

Completed forms can be submitted via:

Email (PDF format): [avonrec@avonct.gov](mailto:avonrec@avonct.gov)

Mail: Avon Recreation and Parks Department, Ski Program,  
60 West Main Street, Avon, CT 06001

In-person: Recreation and Parks Office, Monday – Friday,  
8:30 a.m. – 4:30 p.m.

Fax: (860) 409-4334

#### PLEASE NOTE:

In order to maintain the quality of the program, we will not be able to add on another bus when the bus gets filled. Please register early.

Any cancellations or changes once all of our paperwork has been sent to Sundown (mid-November) will result in a \$25.00 change/cancellation fee.

All skiers/snowboarders must wear helmets. Equipment rentals do not include helmets.

#### SKI BUS - AVON MIDDLE SCHOOL

**Day:** Tuesday  
**Dates:** 1/10/23 – 2/7/23\* (5 dates)  
**Time:** 2:40 p.m. – 7:45 p.m.  
**Location:** Bus pick up and drop off at AMS  
**Grades:** 7 – 8  
**Fee:** TBD

#### SKI BUS - THOMPSON BROOK SCHOOL

**Day:** Thursday  
**Dates:** 1/12/23 – 2/9/23\* (5 dates)  
**Time:** 2:40 p.m. – 7:45 p.m.  
**Location:** Bus pick up and drop off at TBS  
**Grades:** 5 – 6  
**Fee:** TBD

\* Dates are subject to change depending on weather/snow conditions.

## Ski Safety Meeting

**ALL PARTICIPANTS AND PARENTS** **MUST** attend a **MANDATORY** Ski Safety Meeting on Wednesday, November 30<sup>th</sup> at 6:00 p.m. at Thompson Brook School.





## 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 a fun cool-down done to music. A different sport or fitness activity is introduced EACH week. We strive for little to 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. We use state-of-the-art, high-end, kid-appropriate equipment for each class. Classes also include the 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, t-ball, track and field, basketball, paddle sports, soccer, field hockey, and football, etc. **Parents/caregivers must remain on-site during the program.** Participants should wear athletic clothes and sneakers and bring a water bottle. **Min: 9/Max: 17**

**Dates:** 11/7/22 – 12/19/22 (7 classes)  
**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  
**Fee:** \$129.00  
**NR Fee:** \$141.90



## SOCCER SHOTS MINI

Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry. All staff are trained by Soccer Shots. Each session creatively introduces your child to soccer in a fun, imaginative, and energetic 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. No equipment is necessary. Visit [www.soccershots.com](http://www.soccershots.com) for more information. **Parents must remain on site during program.** Participants should bring a water bottle and wear sneakers. Cleats and shin guards are not required. **Min: 10/Max: 20**

**Dates:** 9/10/22 – 10/22/22 (7 classes)  
**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)  
**Fee:** \$118.00  
**NR Fee:** \$129.80

## SOCCER SHOTS CLASSIC

Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry. All staff are trained by Soccer Shots. Each session creatively introduces your child to soccer in a fun, imaginative, and energetic 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. On our soccer island adventures, we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. No equipment is necessary. Visit [www.soccershots.com](http://www.soccershots.com) for more information. Participants should bring a water bottle and wear sneakers. Cleats and shin guards are not required. **Min: 10/Max: 20**

**Dates:** 9/10/22 – 10/22/22 (7 classes)  
**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  
**Fee:** \$118.00  
**NR Fee:** \$129.80





## Anime Art

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:** 9/13/22 – 11/15/22 (8 classes)  
(No class on 10/4 or 11/8)

**Time:** 4:15 p.m. – 5:45 p.m.

**Day:** Tuesday

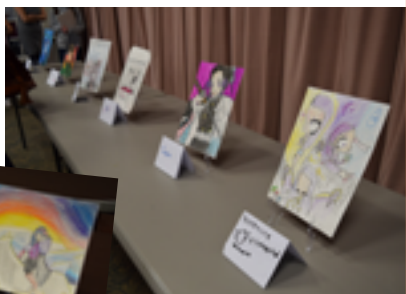
**Location:** Community Room at Avon Senior Center

**Instructor:** Sofia Oyola Morales

**Grades:** 5 – 9

**Resident Fee:** \$88.00

**NR Fee:** \$96.80



## BADMINTON

Join us to learn and play the unique game of badminton! Students will have fun while learning to play a racquet 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. Participants should wear sneakers and bring a water bottle. Racquets will be provided. **Min: 6/Max: 12**

**Dates:** 9/23/22 – 11/11/22 (8 classes)

**Time:** 4:30 p.m. – 5:30 p.m. (Grades 4 – 5)  
5:45 p.m. – 6:45 p.m. (Grades 6 – 8)

**Day:** Friday

**Location:** Avon Middle School – Large Gym

**Instructor:** Joe Bowman

**Grades:** 4 – 8

**Fee:** \$91.00

**NR Fee:** \$100.10

## LITTLE FOLKS BASKETBALL CLINIC

This is an instructor led, co-ed basketball clinic for grades K – 1 that will focus on learning basic skills such as dribbling, passing, and shooting. Children will learn the game of basketball in a fun, non-competitive and safe learning environment. There are no coaches, referees, practices, or games. Each player will be given a basketball to keep! Participants should wear gym clothes and sneakers and bring a water bottle. This program fills up very quickly. Please register early to avoid missing out. You may only register your child for one time slot for the fall session. Please make note of the time slot that you registered for. **Min: 12/Max: 18**

**Dates:** 10/12/22 – 12/7/22 (8 classes)  
(No class on 11/23)

**Time:** 4:45 p.m. – 5:30 p.m. (Option 1)  
5:35 p.m. – 6:20 p.m. (Option 2)

**Day:** Wednesday

**Location:** Roaring Brook School – Gym

**Instructor:** Jim Keller

**Grades:** K – 1

**Fee:** \$91.00

**NR Fee:** \$100.10



### eSCOUT ANIMATION AND DEVELOP GAMES (LEVEL 1)

eScout Academy offers an introduction to the basics of science and physical computing, game building, and lego robotics concepts in a fun and easy way. In Animation and Develop Games Level 1, students will be introduced to code puzzles, express and apply computing steps, and build and play with code blocks. Participants will need a laptop or tablet. Headphones are optional. **Min: 3/Max: 8**

**Dates:** 9/20/22 – 11/15/22 (8 classes)  
(No class on 10/4)

**Time:** 5:30 p.m. – 6:30 p.m.

**Day:** Tuesday

**Location:** Virtual via Zoom

**Instructor:** eScout Academy Staff

**Grades:** 2 – 3

**Fee:** \$131.00

**NR Fee:** \$144.10



**NEW!!**



### eSCOUT ANIMATION AND DEVELOP GAMES (LEVEL 2)

eScout Academy offers an introduction to the basics of science and physical computing, game building, and lego robotics concepts in a fun and easy way. In Animation and Develop Games Level 2, students will develop foundation skills in computing using block-based code and build games using sequencing, conditionals, data, and operators concepts. Participants will need a laptop or tablet. Headphones are optional. **Min: 3/Max: 8**

**Dates:** 9/21/22 – 11/16/22 (8 classes)  
(No class on 10/5)

**Time:** 5:30 p.m. – 6:30 p.m.

**Day:** Wednesday

**Location:** Virtual via Zoom

**Instructor:** eScout Academy Staff

**Grades:** 3 – 4

**Fee:** \$131.00

**NR Fee:** \$144.10

**NEW!!**



### FOOD EXPLORERS: FALL FEST! FOR GRADES 2-5

Join Food Explorers for some delicious fall desserts: Each week you'll create a tasty new recipe with fall inspired flavors and ingredients. You'll be making: Snickerdoodle Energy Bites, Pumpkin Cheesecake Cups, Apple Pie Cups and Banana Bread Cake Pops. Each recipe is nut free but may contain dairy and/or eggs. **Min: 5/Max: 10**

**Dates:** 11/7/22 – 11/28/22 (4 classes)

**Time:** 5:00 p.m. – 6:00 p.m.

**Day:** Monday

**Location:** Pine Grove School

**Instructor:** Katie Shepherd

**Grades:** 2 – 5

**Resident Fee:** \$81.00

**NR Fee:** \$89.10

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### FOOD EXPLORERS: FALL FEST! FOR GRADES 5-8

Join Food Explorers for some delicious fall desserts! Each week you'll create a tasty new recipe with fall inspired flavors and ingredients. You'll be making: Pumpkin Cannoli Cones, Carrot Cake Energy Bites with a Cream Cheese Glaze, Caramel Apple Cheesecake Cups and S'mores Cups. Each recipe is nut free but may contain dairy and/or eggs. **Min: 5/Max: 10**

**Dates:** 9/30/22 – 10/21/22 (4 classes)

**Time:** 5:00 p.m. – 6:00 p.m.

**Day:** Friday

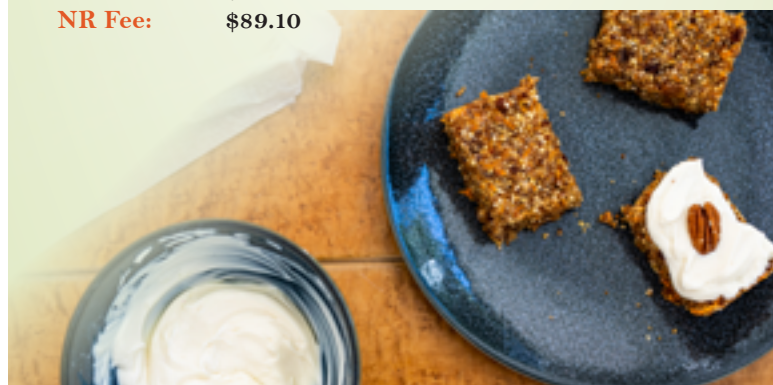
**Location:** Community Room at Avon Senior Center

**Instructor:** Katie Shepherd

**Grades:** 5 – 8

**Resident Fee:** \$81.00

**NR Fee:** \$89.10



**MPOWER BOYS RUNNING**

Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your son will feel when he crosses the finish line of the MPower 5K on November 13, 2022! 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](http://www.MPowerYouthSports.com). The program fee includes a t-shirt. Race registration is not included in the program fee. Participants should wear running shoes or sneakers and bring a water bottle. In the event of inclement weather, the program will be held inside at the school gym. **Min: 10/Max: 48**

**Dates:** 9/13/22 – 11/1/22 (7 classes)  
(No class on 10/4)

**Time:** 5:00 p.m. – 6:00 p.m.

**Day:** Tuesday

**Location:** Roaring Brook School – Field

**Instructor:** Krissy Mok and Staff

**Grades:** 1 – 8

**Fee:** \$81.00

**NR Fee:** \$89.10

**RHYTHMIC GYMNASTICS**

This program will provide a basic introduction to the wonderful sport of rhythmic gymnastics. Girls in grades K – 4 will learn grace and rhythm while strengthening their muscles. Students will learn how to handle various apparatuses such as hoops, ropes, ribbons, and balls. The class starts at 5:15 p.m. sharp. Please ensure that you are on time or 5 minutes early so that your child does not miss important safety instructions and warm-up. Participants should wear leggings, t-shirt, sneakers and bring a water bottle. **Min: 7/Max: 10**

**Dates:** 9/15/22 – 11/3/22 (8 classes)

**Time:** 5:15 p.m. – 6:00 p.m.

**Day:** Thursday

**Location:** Pine Grove School – Gymnasium

**Instructor:** Mila Villion and Staff

**Grades:** K – 4

**Fee:** \$96.00

**NR Fee:** \$105.60

**VOLLEYBALL CLINIC FOR GRADES 5 – 6**

This program is designed for girls in grades 5 – 6 who are interested in learning the basics of volleyball and experiencing an introduction to competitive volleyball play. Players will learn the skills and strategies of competitive volleyball at the middle school level. This program will focus on skill development and will include informal/scrimmage games. Participants should bring water and wear gym sneakers and knee pads. Arm sleeves are recommended. **Min: 8/Max: 24**

**Dates:** 9/22/22 – 10/27/22 (6 classes)

**Time:** 4:50 p.m. – 5:50 p.m.

**Day:** Thursday

**Location:** Avon Middle School – Gymnasium

**Instructor:** Amanda Jassen

**Grades:** 5 – 6

**Fee:** \$56.00

**NR Fee:** \$61.60



## Recreation Youth Basketball

Registration is August 19 – September 23, 2022. Please register online at [www.avonrec.com](http://www.avonrec.com).

Registration deadline is 11:59 p.m. on Friday, September 23, 2022. Late registrations subject to a \$25 late fee may be accepted beginning September 24<sup>th</sup>, if space allows. Call 860-409-4332.

No registrations will be accepted after October 11, 2022!

**Fee:** \$130.00

There will be a \$15 discount for the 3<sup>rd</sup> and 4<sup>th</sup> child enrolled in any of our basketball programs. Please call the office to receive your discount.

### Refunds:

August 19 – October 21 .....	100%
October 22 – November 4 .....	80%
November 5 and after .....	No Refunds



## Grades 2 – 8

Once again, Avon Recreation and Parks is partnering with neighboring Farmington Valley towns for our Boys and Girls grades 2 – 8 league to expand the size, competition and network of our league. The program will focus on skills, fundamentals and game play. Players will be grouped into teams within grade-appropriate brackets based on registrations. Rules are designed for participation and clinical skill development for all involved. We will be using certified professional referees for our games.

This is not a practice league. Players in grades 2 – 8 **MUST** be able to commit to a one-hour practice, one-two nights/week plus a game on Saturday. Limited availability to practice may impact your child's ability to participate as nights, times and locations of practice will be at the coach's discretion and will be determined at the coaches meeting. **Weeknight practices begin November 28, 2022. No practices will be held during Winter Vacation (Dec. 23 – Jan. 2).**

Players in grades 3 – 8 will be evaluated in non-competitive, rating sessions in order to form balanced teams. Players should wear sneakers. Basketballs will be provided.

Teams for grades 2 – 3 will be drafted in house by Recreation and Parks Staff based on availability to practice, grade and rating. Teams for grades 4 – 8 will be drafted by the coaches on the night of the Coaches Meeting & Draft, November 14<sup>th</sup>. **Please ensure that you have correctly indicated your child's availability at registration.**

The Mandatory Rating Sessions for students in Grade 3 will be held as follows at Pine Grove School – Gymnasium:

### BOYS AND GIRLS GRADE 3 – TUESDAY, OCTOBER 18

<b>Grade 3 Girls:</b>	5:00 p.m. – 5:45 p.m.
<b>Grade 3 Boys:</b>	6:00 p.m. – 6:45 p.m. (A – L)
<b>Grade 3 Boys:</b>	7:00 p.m. – 7:45 p.m. (M – Z)

The Mandatory Rating Sessions for students in Grades 4 – 8 will be held as follows at Avon Middle School – Gymnasium:

### BOYS GRADES 4 – 8 – SATURDAY, OCTOBER 22

<b>Grade 4:</b>	8:30 a.m. – 9:15 a.m.
<b>Grade 5:</b>	9:30 a.m. – 10:15 a.m.
<b>Grade 6:</b>	10:30 a.m. – 11:15 a.m.
<b>Grade 7:</b>	11:30 a.m. – 12:15 p.m.
<b>Grade 8:</b>	12:30 p.m. – 1:30 p.m.

### GIRLS GRADES 4 – 8 – TUESDAY, OCTOBER 25

<b>Grade 4:</b>	5:00 p.m. – 5:45 p.m.
<b>Grades 5-6:</b>	6:00 p.m. – 6:45 p.m.
<b>Grades 7-8:</b>	7:00 p.m. – 7:45 p.m.



Saturday games will tentatively begin December 10, 2022. 12/10/22 – 3/4/23 (No games on 12/24, 12/31 or 2/18; No home games on 1/14). 10 games for the season. Once the number of teams have been determined, the game schedule will be posted online at [www.avonrec.com](http://www.avonrec.com), and updated as needed with make-up dates, if applicable.

**Youth Basketball Coaches and Assistant Coaches are parent volunteers. Please indicate if you are interested in volunteering as a Head Coach or Assistant Coach for your son or daughter's team.** All coaches must be signed up by September 23, 2022, agree to a background check, concussion training and attend a coaches meeting. The **Coaches Meeting & Draft will be on Monday, November 14, 2022 at the Avon Middle School – Cafeteria from 6:30 p.m. – 8:00 p.m.** No coaches or players will be paired. Assistants must be obtained from the parents/guardians of the players drafted.

If you are new to our Recreation Basketball Program, you must also attend a MANDATORY Coaches Training Session. All other coaches can attend the training if they wish. We will cover drills, rules, etc. This Training Session will be held on Monday, November 21, 2022 at Pine Grove School – Gymnasium from 5:30 p.m. – 8:30 p.m.



## Volleyball League for Grades 7 – 8

This program is designed for girls in grades 7 – 8 interested in advancing their volleyball skills and participating in a semi-competitive/recreational volleyball league. Players will learn the skills and strategies of competitive volleyball at the middle school level. The program will be led by our head coach Amanda Jassen, however we are in need of parent/volunteer coaches for each team to help run practices and supervise games. If you are interested in volunteering please indicate this on your child's registration. The first 3 weeks of the league will be practice and then transition to games for the second half of the program. This is a trial-travel league and games may be scheduled against Farmington and Canton. A game schedule will not be announced until ratings and teams have been made. Games will take place during usual program time (Thursdays 6:30 – 7:30 p.m.) Participants should bring water and wear gym sneakers and knee pads. Arm sleeves are recommended. All other equipment will be supplied. **Min: 8/Max: 24**

**Dates:** 9/22/22 – 10/27/22 (6 dates)  
**Time:** 6:00 p.m. – 7:30 p.m.  
**Day:** Thursday  
**Location:** Avon Middle School – Large Gym  
**Coach:** Amanda Jassen  
**Grades:** 7 – 8  
**Fee:** \$71.00  
**NR Fee:** \$78.10

*Registration ends on September 15, 2022.*





## Fall Hiking Series

Discover Avon's hiking trails by joining hike leaders Tom and Norm for a stress-free group hike every month! This hiking group is the perfect opportunity to explore/learn about Avon's parks and hiking trails, advance your hiking skills, and hike with great company. All levels welcomed. Hikes will be led at a social pace, 2-3 hours, 3-4 miles, on moderate trails. Participants should wear hiking boots and bring hiking poles and water. **Registration is required.** Register online at [www.avonrec.com](http://www.avonrec.com) to receive emails on hike details and updates. **Min: 4/Max: 20**

**Dates:** 9/10/22, 10/1/22 and 11/5/22  
(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



## Digital Photography

Is your camera 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. Participants should bring a digital camera (DSLR, Point & Shoot and/or Mirrorless). **Min: 4/Max: 6**

**Dates:** 9/13/22 – 10/25/22 (6 classes)  
(No class on 10/4)  
**Time:** 6:00 p.m. – 8:00 p.m.  
**Day:** Tuesday  
**Location:** Farmington Valley Arts Center  
(27 Arts Center Lane – Studio 1B, 2<sup>nd</sup> Floor, Avon)  
**Instructor:** Andy Mars  
**Ages:** 16 and up  
**Resident Fee:** \$176.00 **Senior Fee:** \$158.40  
**NR Fee:** \$193.60



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## iPhone Photography

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. An iPhone 8 or later and/or an iPad with the option to purchase photo apps is required to take this class. Please bring your iPhone 8 or later model and/or an iPad. **Min: 4/Max: 6**

**Dates:** 11/1/22 – 12/13/22 (6 classes)  
(No class on 11/29)  
**Time:** 6:00 p.m. – 8:00 p.m.  
**Day:** Tuesday  
**Location:** Farmington Valley Arts Center  
(27 Arts Center Lane – Studio 1B, 2<sup>nd</sup> Floor, Avon)  
**Instructor:** Andy Mars  
**Resident Fee:** \$176.00 **Senior Fee:** \$158.40  
**NR Fee:** \$193.60

# 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 a water bottle and a pickleball racquet if you have one. **Min: 8/Max: 16**

**Dates:** 10/12/22 – 12/7/22 (8 classes)  
(No class on 11/23)  
**Time:** 6:00 p.m. – 8:00 p.m.  
**Day:** Wednesday  
**Location:** Avon Middle School – Large Gym  
**Supervisor:** Joe Bowman  
**Fee:** \$71.00 **Senior Fee:** \$63.90  
**NR Fee:** \$78.10



## Yoga

### Mixed Level Vinyasa Flow

This is a fun and 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 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: 4/Max: 15**

**SESSION 1:** 9/12/22 – 10/24/22 (7 classes)  
**SESSION 2:** 11/7/22 – 12/19/22 (7 classes)  
**Time:** 6:00 p.m. – 7:00 p.m.  
**Day:** Monday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Julie Erasmus  
**Fee:** \$82.00 **Senior Fee:** \$73.80  
**NR Fee:** \$90.20

### Gentle/Restorative Yoga Workshop

**NEW!!**

Practice the art of slowing down and tap into the possibility of calm through gentle flowing yoga and longer-held restorative poses. A lot can happen when you take time to pause into stillness: your body opens, your mind clears & your heart settles. Let go of your stress energy, worries, and burdens and take time for just YOU! Rest, heal, and restore. Participants should bring water, a yoga mat, blanket and blocks (if you have them). **Min: 4/Max: 18**

**Date:** 9/23/22 (1 class)  
**Time:** 5:30 p.m. – 6:30 p.m.  
**Day:** Friday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Julie Erasmus  
**Fee:** \$18.50 **Senior Fee:** \$16.65  
**NR Fee:** \$20.35



## 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. Participants should wear comfortable shoes and clothes and bring a water bottle. **Min: 8/Max: 16**

### SESSION 1:

#### TUESDAY:

**Dates:** 9/6/22 – 10/25/22 (8 classes)  
**Time:** 6:30 p.m. – 8:30 p.m.  
**Day:** Tuesday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Avon Senior Center Staff  
**Fee:** \$54.00 **Senior Fee:** \$48.60  
**NR Fee:** \$59.40

#### THURSDAY:

**Dates:** 9/1/22 – 10/20/22 (8 classes)  
**Time:** 6:30 p.m. – 8:30 p.m.  
**Day:** Thursday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Avon Senior Center Staff  
**Fee:** \$54.00 **Senior Fee:** \$48.60  
**NR Fee:** \$59.40

### SESSION 2:

#### TUESDAY:

**Dates:** 11/1/22 – 12/20/22 (7 classes)  
 (No class on 12/13)  
**Time:** 6:30 p.m. – 8:30 p.m.  
**Day:** Tuesday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Avon Senior Center Staff  
**Fee:** \$49.00 **Senior Fee:** \$44.10  
**NR Fee:** \$53.90

#### THURSDAY:

**Dates:** 10/27/22 – 12/22/22 (8 classes)  
 (No class on 11/24)  
**Time:** 6:30 p.m. – 8:30 p.m.  
**Day:** Thursday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Avon Senior Center Staff  
**Fee:** \$54.00 **Senior Fee:** \$48.60  
**NR Fee:** \$59.40

**NEW!!**

## BARRE STRETCH & FLEX

Barre Stretch & Flex is a gentle workout that focuses on improving core strength, posture and balance. Participants will learn ballet positions of the feet and arms, along with the correct posture of the body. Ballet terminology will be taught as well as combinations to enhance flexibility and movement across the floor. Class will end with a cool down to fine tune the mind-body connection. Participants should wear comfortable clothes and grip socks and bring a water bottle.

**Min: 6/Max: 15**

**Dates:** 9/29/22 – 11/17/22 (8 classes)  
**Time:** 1:30 p.m. – 2:30 p.m.  
**Day:** Thursday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Diane Rho-Caputo  
**Fee:** \$77.00 **Senior Fee:** \$69.30  
**NR Fee:** \$84.70



## 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 and bring a water bottle. **Min: 6/Max: 15**

**Dates:** 9/23/22 – 11/18/22 (8 classes)  
 (No class on 11/11)  
**Time:** 1:30 p.m. – 2:30 p.m.  
**Day:** Friday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Diane Rho-Caputo  
**Fee:** \$77.00 **Senior Fee:** \$69.30  
**NR Fee:** \$84.70

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## 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 and bring a water bottle.

**Min: 10/Max: 20**

**Dates:** 9/28/22 – 12/21/22 (11 classes)

(No class on 11/23 or 12/14)

**Time:** 4:00 p.m. – 5:00 p.m.

**Day:** Wednesday

**Location:** Community Room at Avon Senior Center

**Instructor:** Ken Zaborowski

**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 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. Participants should wear comfortable clothes and smooth-soled shoes and bring a water bottle and towel. The Monday class is a virtual program. Participants will receive a Zoom link by email from the instructor before the start of class. **Min: 8/Max: 15**

### MONDAYS

**Dates:** 10/3/22 – 12/12/22 (10 classes)

(No class on 10/10)

**Time:** 5:45 p.m. – 6:45 p.m.

**Day:** Monday

**Location:** Virtual

**Instructor:** Denise Lipka

**Fee:** \$74.00      **Senior Fee:** \$66.60

**NR Fee:** \$81.40

### WEDNESDAYS

**Dates:** 9/28/22 – 12/7/22 (10 classes)

(No class on 11/23)

**Time:** 5:45 p.m. – 6:45 p.m.

**Day:** Wednesday

**Location:** Community Room at Avon Senior Center

**Instructor:** Denise Lipka

**Fee:** \$74.00      **Senior Fee:** \$66.60

**NR Fee:** \$81.40



## IMPORTANT DATES TO REMEMBER

# 2022 Fall Programs

All programs, classes, leagues etc. are filled on a first come, first served basis.  
Please sign up early to avoid missing out on these programs and/or paying a late fee.

*Note: The After School Ski Program fills up quickly!*

### Volleyball Fall League – Girls Grades 7 - 8

#### REGISTRATION:

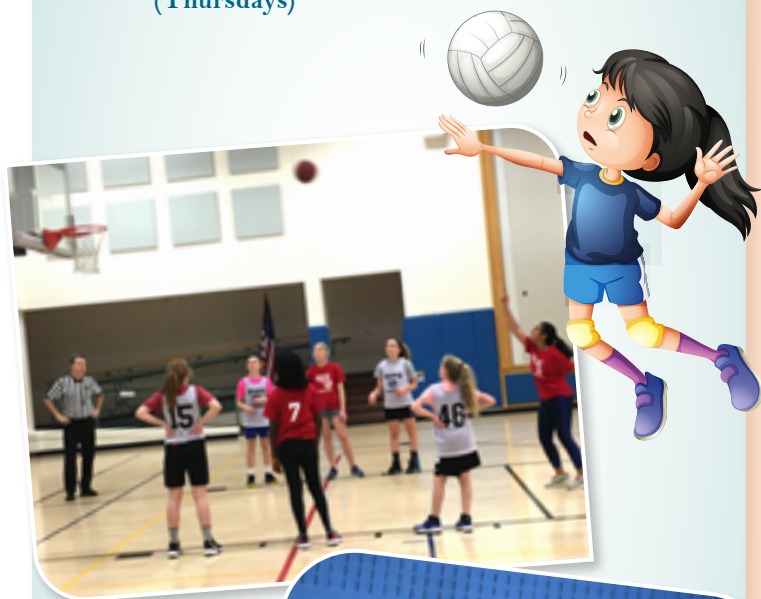
- ☑ August 19, 2022 – September 15, 2022

#### FEE:

- ☑ \$71.00 – Residents; \$78.10 – Non-residents

#### PROGRAM DATES:

- ☑ September 22, 2022 – October 27, 2022  
(Thursdays)



### Recreation Youth Basketball League Boys and Girls Grades 2 - 8

#### REGISTRATION:

- ☑ August 19, 2022 – September 23, 2022

#### FEES:

- ☑ Grades 2 – 8      Fee: \$130.00
- ☑ Registrations beginning September 24, 2022  
will be subject to a \$25 late fee.
- ☑ NO registrations will be accepted after  
October 11, 2022!

#### PROGRAM DATES:

- ☑ Weeknight Practices begin November 28, 2022
- ☑ Tentative Game Schedule – May change slightly  
December 10, 2022 – March 4, 2023  
(Saturday Games)  
(No games on December 24, December 31 or February 18;  
No home games on January 14)

#### MANDATORY RATING SESSIONS AT PINE GROVE SCHOOL – GYMNASIUM:

- ☑ Boys and Girls Grade 3 – Tuesday, October 18, 2022
- Grade 3 Girls:      5:00 p.m. – 6:00 p.m.
- Grade 3 Boys:      6:00 p.m. – 6:45 p.m. (A – L)
- Grade 3 Boys:      7:00 p.m. – 7:45 p.m. (M – Z)

#### MANDATORY RATING SESSIONS AT AVON MIDDLE SCHOOL – GYMNASIUM:

- ☑ Boys Grades 4 – 8 – Saturday, October 22, 2022
- Grade 4:      8:30 a.m. – 9:15 a.m.
- Grade 5:      9:30 a.m. – 10:15 a.m.
- Grade 6:      10:30 a.m. – 11:15 a.m.
- Grade 7:      11:30 a.m. – 12:15 p.m.
- Grade 8:      12:30 p.m. – 1:30 p.m.
- ☑ Girls Grades 4 – 8 – Tuesday, October 25, 2022
- Grade 4:      5:00 p.m. – 6:00 p.m.
- Grades 5 – 6:      6:00 p.m. – 6:45 p.m.
- Grades 7 – 8:      7:00 p.m. – 7:45 p.m.

continued ...

# 2022 Fall Programs

All programs, classes, leagues etc. are filled on a first come, first served basis. Please sign up early to avoid missing out on these programs and/or paying a late fee.

*Note: The After School Ski Program fills up quickly!*

## After School Ski Program at Ski Sundown for Avon Middle School and Thompson Brook School Students

### REGISTRATION:

- ☑ September 26, 2022 – October 28, 2022  
(Or when all available spots are taken)

### PROGRAM DATES:

- ☑ Avon Middle School  
January 10, 2023 – February 7, 2023 (Tuesdays)
- ☑ Thompson Brook School  
January 12, 2023 – February 9, 2023 (Thursdays)

### SKI SAFETY MEETING

at Thompson Brook School – Cafeteria:

- ☑ **MANDATORY** attendance by all participants to our program, along with their parents.
- ☑ Wednesday, November 30, 2022 at 6:00 p.m.



 **AVON**  
**RECREATION**  
**& PARKS**

**Fall '22**