

A photograph of a winter park scene. In the foreground, a stream flows through a snow-covered landscape. The banks are covered in snow, and some rocks are visible in the water. In the background, there are several trees with snow-laden branches. A wooden bench is visible on the right side of the image. The sky is blue with some light clouds.

AVON RECREATION & PARKS

Winter ❄️ Spring
'22-'23

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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

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

Facebook Page:

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

Director

Ruth Checko - rchecko@avonct.gov

Program Specialist

Sara Roccapiore - sroccapiore@avonct.gov

Administrative Coordinator

Sharon Henry - shenry@avonct.gov

Administrative Secretary:

Usha Srivel - 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

Senior Center Administrative Secretary:

Elizabeth Shaffer - eshaffer@avonct.gov

DEPARTMENT POLICIES

General Registration Information:

- * Registration for all Winter/Spring programs in this brochure begins on Friday, December 16th (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 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.

Design by:

Cheryl Gioielli -

www.Gioielli-Design.com

general information

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.**



Thank You!

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



**Lisa Maurer, John Maurer
and Roy Walton**

**for coordinating the Farmington
Valley NFL Flag Football League this
past year. We thank them for all of
their time and hard work. We would
also like to thank all of the Coaches
for their efforts this fall. Their
dedication made for another very
successful season.**

UNICO members

**for volunteering throughout the year.
We are truly grateful for all of
your help.**

REQUEST FOR SUMMER PROPOSALS

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

INSTRUCTORS INTERESTED IN RUNNING SUMMER PROGRAMS must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **4:30 p.m. on Friday, February 24, 2023**. Proposal forms are available at the Avon Recreation and Parks Office or on our website - 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, mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.

Registration for our Summer Brochure programs will be available online beginning Friday, April 14, 2023.

special events

KID'S BIKE RODEO!

MAY 13TH



The Kid's Bike Rodeo is the perfect way to introduce bike safety to your kids. Through fun instructional obstacle courses, kids will develop their riding skills, learn important bike safety techniques, and practice the "rules of the road". Additional stations will include helmet fitting, bike maintenance safety checks, and a free-play zone! Celebrate completing the course with ice cream at the end! Kids will need to bring a helmet and their bike (training wheels are okay). Knee pads and elbow pads are optional. Parents will be able to cheer their kids on along each station or bring lawn chairs to watch from the side. Registration ends May 1st. Grab your spot today!

Date: 5/13/23 (1 day program)

Time: 11:00 a.m. – 12:15 p.m.
(check-in will be in waves)

Day: Saturday

Location: Pine Grove School and
Thompson Brook School –
Parking Lots

Instructor: Recreation Staff

Grades: Pre-K – 6

Fee: \$5.00 (per child)

special interest

Community Garden Plots ALSOP MEADOWS

Rent a garden plot at Alsop Meadows for the entire growing season, from April to mid-November. These plots are great for those with little or no space for a garden at home. Plots are available by emailing the office at avonrec@avonct.gov in April. Plots are 35' x 35'. Limit of 2 per family.

FEE: \$40.00/plot plus a \$25.00/deposit which is refundable at the end of the season.

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Stay tuned for information on discounted Adventure Park at Storrs, CT Science Center, Lake Compounce and Six Flag tickets. They will be available for purchase beginning June 2023.



vacation camps



APRIL VACATION Craft Adventure Camp!

Come explore fun, whimsical, original art! We will be creating lots of special crafts such as clay sculpting, wearable art, canvas painting, mask making, spring collage greeting cards, nature crafts, and recyclable fun crazy creatures! We will also make hand-puppet animals, fairies, serpents, dinosaurs, mermaids, or anything you can imagine for our own puppet show! Participants should bring a snack, water bottle, a smock or old t-shirt that can get dirty and a white cotton t-shirt for tie dye. **Min: 5/Max: 10**

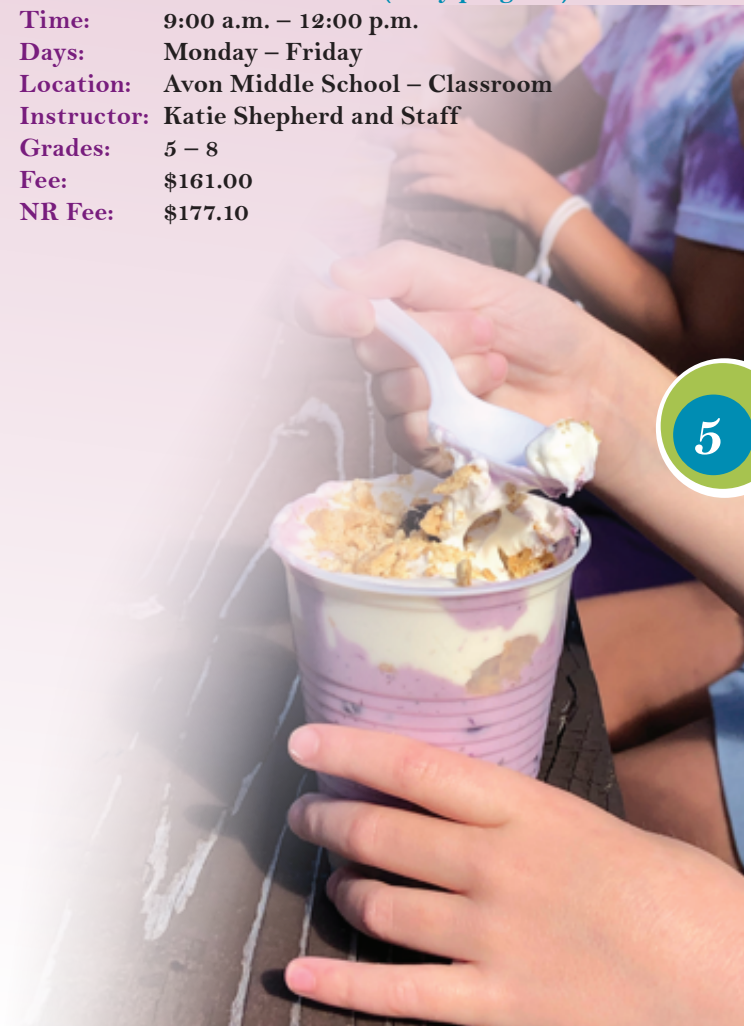
Dates: 4/10/23 – 4/14/23 (5 day program)
Time: 9:00 a.m. – 11:30 a.m.
Days: Monday – Friday
Location: Pine Grove School – Classroom
Instructor: Boni Rothmann
Grades: K – 4
Fee: \$201.00
NR Fee: \$221.10



FOOD EXPLORERS Vacation Cooking!

Join Food Explorers for a week of vacation camp cooking! Each day you'll create your own snack and lunch, and learn all about food and cooking. You'll be making recipes such as red velvet trifles, ramen bowls, greek tacos, sweet pizzas, and ricotta gnocchi. All recipes are nut free but may contain eggs and/or dairy. **Min: 5/Max: 10**

Date: 4/10/23 – 4/14/23 (5 day program)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Classroom
Instructor: Katie Shepherd and Staff
Grades: 5 – 8
Fee: \$161.00
NR Fee: \$177.10



5



CT SOCCER NETWORK will provide players of all abilities 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. 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 that promotes good sportsmanship, teamwork, and most of all, FUN! All campers should have shin guards and wear athletic wear and athletic shoes or soccer cleats. Campers should also bring plenty of water and a snack each day and lunch if they are full-day campers. We recommend that campers arrive to camp with sunscreen already applied and bring sunscreen to apply as needed. Campers should also bring sneakers with them to wear in the gym in case the camp is moved inside due to weather. **Min: 10/ Max: 50**

Half-Day Camp:

Dates: 4/10/23 – 4/14/23 (5 day program)
Time: 9:00 a.m. – 11:45 a.m.
Days: Monday – Friday
Location: Pine Grove School (Fields/Gym)
Instructor: CT Soccer Network Staff
Grades: 1 – 8
Fee: \$201.00
NR Fee: \$221.10

Full-Day Camp:

Dates: 4/10/23 – 4/14/23 (5 day program)
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Friday
Location: Pine Grove School (Fields/Gym)
Instructor: CT Soccer Network Staff
Grades: 1 – 8
Fee: \$311.00
NR Fee: \$342.10



toddler/preschool programs



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: 14**

Session 1: 1/23/23 – 3/13/23 (7 classes)
(No class on 2/20)

Session 2: 4/17/23 – 6/12/23 (7 classes)
(No class on 5/1 or 5/29)

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



MOMMY/DADDY & ME

Spring Art Fun!

Enjoy the company of other parents and babies as you and your child create beautiful spring artwork! Amongst the art will be egg decorating, painting and potting planters, and nature crafts! 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: 4/1/23

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: \$44.00

NR Fee: \$48.40



SKYHAWKS MULTI-SPORTS FOR TOTS

Introduce your little superstar to sports in our most popular program! This class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills, and child development. Parent participation required for ages 2-3.5 years. Participants should wear comfortable clothes, sneakers and bring a water bottle. **Min: 6/Max: 10**

Dates: 1/21/23 – 3/4/23 (6 classes)
(No class on 2/18)

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

Day: Saturday

Location: Community Room at Avon Senior Center

Instructor: Skyhawks Sports Academy Staff

Ages: 2 – 5 years

Fee: \$99.00

NR Fee: \$108.90

toddler/preschool programs



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. Visit www.soccershots.com for more information. **Parents must remain on site during program.** Participants should wear sneakers (cleats and shin guards are not necessary) and bring a water bottle. **Min: 10/Max: 20**

Dates: 4/22/23 – 6/10/23 (7 classes)

(No class on 5/27)

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: \$116.00

NR Fee: \$127.60

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, teamwork, and fun are guaranteed in this program. Our goal is to leave a lasting and positive impact on each child while building stronger youth beyond the game. 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 for more information. Participants should wear sneakers (cleats and shin guards are not necessary) and bring a water bottle. **Min: 10/Max: 20**

Dates: 4/22/23 – 6/10/23 (7 classes)

(No class on 5/27)

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: \$116.00

NR Fee: \$127.60



youth programs



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: 1/31/23 – 3/21/23 (8 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 – 8

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. Racquets will be provided. Participants should wear sneakers and bring a water bottle. **Min: 6/Max: 12**

Dates: 4/21/23 – 5/26/23 (6 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: \$41.00
NR Fee: \$45.10

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 winter/spring session. Please make note of the time slot that you registered for. **Min: 10/Max: 16**

Wednesdays:

Dates: 1/18/23 – 2/22/23 (6 classes)
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: \$74.00
NR Fee: \$81.40

Fridays:

Dates: 1/20/23 – 2/24/23 (6 classes)
Time: 4:45 p.m. – 5:30 p.m. (Option 1);
 5:35 p.m. – 6:20 p.m. (Option 2)
Day: Friday
Location: Roaring Brook School – Gym
Instructor: Charles Reece
Grades: K – 1
Fee: \$74.00
NR Fee: \$81.40



**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: 1/25/23 – 3/22/23 (8 classes)

(No class on 2/22)

Time: 5:30 p.m. – 6:30 p.m.

Day: Wednesday

Location: Virtual via Zoom

Instructor: eScout Academy Staff

Grades: 2 – 3

Fee: \$131.00

NR Fee: \$144.10

**ESCOUT ANIMATION AND DEVELOP GAMES
(LEVEL 3)**

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 3, students will develop foundational thinking skills in computing by exploring block-based code, debugging concepts, and creating maze games. Students will build single and multiplayer arcade and sport games using cover-repeat-until, conditionals, loops, and data/mathematical operator concepts. Participants will need a laptop or tablet. Headphones are optional. **Min: 3/Max: 8**

Dates: 1/25/23 – 3/22/23 (8 classes)

(No class on 2/22)

Time: 5:30 p.m. – 6:30 p.m.

Day: Wednesday

Location: Virtual via Zoom

Instructor: eScout Academy Staff

Grades: 3 – 4

Fee: \$151.00

NR Fee: \$166.10

**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 foundational 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: 1/24/23 – 3/21/23 (8 classes)

(No class on 2/21)

Time: 5:30 p.m. – 6:30 p.m.

Day: Tuesday

Location: Virtual via Zoom

Instructor: eScout Academy Staff

Grades: 3 – 4

Fee: \$131.00

NR Fee: \$144.10

**ESCOUT DEVELOP GAMES USING PYTHON/P5.JS
(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 Develop Games using Python/p5.js Level 1, students will be introduced to foundational computing skills, transitions from blocks to simple code, script using p5.js animation basics, and interactive games. Participants will need a laptop or tablet. Headphones are optional. **Min: 3/Max: 8**

Dates: 1/25/23 – 3/22/23 (8 classes)

(No class on 2/22)

Time: 5:30 p.m. – 6:30 p.m.

Day: Wednesday

Location: Virtual via Zoom

Instructor: eScout Academy Staff

Grades: 4 – 5

Fee: \$151.00

NR Fee: \$166.10



FOOD EXPLORERS Spring Baking!

Join Food Explorers to make seasonal and delicious spring desserts! Each week you'll make and bake a new recipe: black forest cake bites, cannoli cones, mini lemon pies, and peach cobbler cups. Recipes are nut free but may contain dairy and/or eggs. **Min: 5/Max: 10**

Dates: 3/28/23 – 4/25/23 (4 classes)
(No class on 4/11)
Time: 5:00 p.m. – 6:00 p.m.
Day: Tuesday
Location: Pine Grove School – Art Room 108
Instructor: Katie Shepherd
Grades: 2 – 5
Fee: \$87.25
NR Fee: \$95.98

Super Snacks!

Join Food Explorers to create a tasty after-school snack each week! You'll be making: taco pizzas, chips & dip, cheesy cauliflower bites, and red velvet trifles. All recipes are nut free but will contain dairy and/or eggs. **Min: 5/Max: 10**

Dates: 1/18/23 – 2/8/23 (4 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Wednesday
Location: Avon Middle School – Classroom
Instructor: Katie Shepherd
Grades: 5 – 8
Fee: \$87.25
NR Fee: \$95.98



MPower YOUTH RUNNING: BOYS AND GIRLS

Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your child will feel when they cross the finish line of the "Celebrate! West Hartford 5K" on June 11, 2023! MPower Youth Running will prepare them to do just that. Modeled after popular Couch-to-5K plans, MPower's training program is designed for all levels of runners: from beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games, and core strength exercises. For more information, please visit www.MPowerYouthSports.com. The program fee includes a t-shirt. Race registration is not included in the program fee. In case of inclement weather, the program will be held indoors in the RBS school gym. Participants should wear running shoes or sneakers and bring a water bottle. **Min: 10/Max: 48**

Dates: 4/18/23 – 5/30/23 (7 classes)
Time: 4:45 p.m. – 5:45 p.m. (Option 1);
6:00 p.m. – 7:00 p.m. (Option 2)
Day: Tuesday
Location: Roaring Brook School Field
Instructor: Krissy Mok and MPower Running Staff
Grades: 1 – 8
Fee: \$88.00
NR Fee: \$96.80

11

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: 3/30/23 – 5/25/23 (7 classes)
(No class on 4/13 or 5/4)
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: \$85.00
NR Fee: \$93.50



SKYHAWKS MINI HAWKS

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, children explore balance, hand/eye coordination, and skill development at their own pace. Participants should wear gym clothes and sneakers and bring a water bottle. **Min: 6/Max: 10**

Dates: 1/21/23 – 3/4/23 (6 classes)
(No class on 2/18)

Time: 12:15 p.m. – 1:15 p.m.

Day: Saturday

Location: Community Room at Avon Senior Center

Instructor: Skyhawks Sports Academy Staff

Grades: 1 – 2

Fee: \$105.00

NR Fee: \$115.50



YOUTH Functional Fitness

NEW!!

Youth functional fitness is designed to bring knowledge and awareness of functional training to youth in a fun, safe, and effective manner. During 30-minute training sessions, participants will be introduced to a series of functional fitness exercises. Participants will be paired into groups to encourage a team-building atmosphere. Training sessions will end with a 15-minute challenge involving fitness-styled games. Participants should wear exercise attire and footwear and bring a water bottle. **Min: 10/Max: 25**

Dates: 1/21/23 – 3/18/23 (8 classes)
(No class on 2/18)

Time: 11:00 a.m. – 11:45 a.m. (Gr. 3 – 5);
12:00 p.m. – 12:45 p.m. (Gr. 6 – 8)

Day: Saturday

Location: F45 Training of Avon
(260 West Main Street, Avon)

Instructor: Marcus Campbell

Grades: 3 – 8

Fee: \$131.00

NR Fee: \$144.10

VOLLEYBALL CLINIC FOR GRADES 5 – 8

Join us for a volleyball skill development clinic! Each night you will practice the fundamentals of volleyball needed to play games. The beginner/intermediate clinic is great for those new to volleyball or who want to continue working on the fundamentals. The beginner/intermediate clinic on Tuesdays will break down the basics and progressively advance to more technical skills. The intermediate/advanced clinic on Thursdays is great for those who are well-versed in the sport of volleyball and want to fine-tune the basics and learn more advanced/technical skills. Participants should bring water and wear gym sneakers and knee pads. Arm sleeves are recommended. **Min: 8/Max: 14**

Tuesdays – Beginner/Intermediate

Dates: 4/18/23 – 5/23/23 (6 classes)

Time: 4:50 p.m. – 5:50 p.m.

Day: Tuesday

Location: Avon Middle School – Gymnasium

Instructor: Amanda Jassen

Grades: 5 – 8

Fee: \$61.00

NR Fee: \$67.10

Thursdays – Intermediate/Advanced

Dates: 4/20/23 – 5/25/23 (6 classes)

Time: 4:50 p.m. – 5:50 p.m.

Day: Thursday

Location: Avon Middle School – Gymnasium

Instructor: Amanda Jassen

Grades: 5 – 8

Fee: \$61.00

NR Fee: \$67.10



Spring Hiking Series

Discover Avon's hiking trails by joining hike leaders Tom and Norm for a fun, stress-free group hike every month! This hiking group is the perfect opportunity to explore/learn about Avon's parks & hiking trails, advance your hiking skills, and hike with great company. All levels are welcome. 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 avonct.myrec.com to receive emails on hike details and updates. **Min: 4/Max: 20**

Dates: 4/1/23, 5/6/23, 6/3/23
(3 dates to choose from)
Time: 9:00 a.m. – 12:00 p.m.
Day: Saturday
Location: TBD – Check our website for updates
Instructors: Thomas Iezzi and Norm Sondheimer
Ages: 18 and up
Fee: Free



WAVE

Women Against Violence Everywhere

Do you walk on the rails to trails alone? Do you hike alone? Do you shop at the mall alone? Are you ever home alone? If you answered yes to any of the above questions, then this class is for you! Grab a few friends or bring your daughter and come learn how to defend yourself. The WAVE women's self-defense program is a comprehensive program that deals with real-life scenarios and situations. The program teaches participants the proper way to deal with threatening and dangerous situations that may arise at any given time. It is a no-frills class that teaches practical techniques that have been proven effective. A portion of the class will allow participants to practice in a controlled but realistic setting that allows the student to use full contact force and feel the full potential of the power they possess. Participants should wear sneakers and loose comfortable clothing. No skirts or open-toe shoes/winter boots. **Min: 10/Max: 50**

Date: 3/15/23 (1 class)
Time: 6:00 p.m. – 8:00 p.m.
Day: Wednesday
Location: Avon Kempo & Aikido Academy
(205 Old Farms Road, Avon)
Instructor: Dominick Violante
Ages: 14 and up
Fee: \$41.00 **Senior Fee:** \$36.90
NR Fee: \$45.10

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. Monday nights are for beginner to intermediate players who are new to the sport or enjoy playing socially. Wednesday nights are for intermediate to advanced players who are well-versed in the sport and enjoy playing competitively. Participants should wear sneakers and bring a water bottle and a pickleball racquet if you have one. **Min: 8/Max: 16**

Mondays – Beginner/Intermediate
Dates: 3/20/23 – 5/22/23 (9 classes)
(No class on 4/10)
Time: 6:00 p.m. – 8:00 p.m.
Day: Monday
Location: Avon Middle School – Large Gym
Supervisor: Joe Bowman
Ages: 18 and up
Fee: \$79.00 **Senior Fee:** \$71.10
NR Fee: \$86.90

Wednesdays – Intermediate/Advanced
Dates: 3/22/23 – 5/24/23 (9 classes)
(No class on 4/12)
Time: 6:00 p.m. – 8:00 p.m.
Day: Wednesday
Location: Avon Middle School – Large Gym
Supervisor: Joe Bowman
Ages: 18 and up
Fee: \$79.00 **Senior Fee:** \$71.10
NR Fee: \$86.90





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 reduce stress. This practice will incorporate vinyasa flow and some longer held poses, & will end with relaxation. Allow yourself to gain inner awareness, shift mind/body habits & cultivate peace through your practice. All levels are welcome – no experience is necessary. Participants should bring a yoga mat, blanket and a water bottle. **Min: 4/Max: 15**

SESSION 1:

Dates: 1/9/23 – 3/13/23 (8 classes)
(No class on 1/23 or 2/20)

Time: 6:00 p.m. – 7:00 p.m.

Day: Monday

Location: Community Room at Avon Senior Center

Instructor: Julie Erasmus

Ages: 16 and up

Fee: \$91.00 **Senior Fee:** \$81.90

NR Fee: \$100.10

SESSION 2:

Dates: 4/17/23 – 6/12/23 (7 classes)
(No class on 5/1 or 5/29)

Time: 6:00 p.m. – 7:00 p.m.

Day: Monday

Location: Community Room at Avon Senior Center

Instructor: Julie Erasmus

Ages: 16 and up

Fee: \$81.00 **Senior Fee:** \$72.90

NR Fee: \$89.10

senior programs



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 clothing and bring a water bottle. **Min: 8/Max: 10**

TUESDAYS:

Session 1: 1/10/23 – 2/28/23 (8 classes)

Session 2: 3/14/23 – 5/2/23 (8 classes)

Time: 6:30 p.m. – 8:30 p.m.

Day: Tuesday

Location: Community Room at Avon Senior Center

Instructor: Senior Center Staff

Ages: 25 and up

Fee: \$54.00 **Senior Fee:** \$48.60

NR Fee: \$59.40

THURSDAYS:

Session 1: 1/12/23 – 3/2/23 (8 classes)

Session 2: 3/16/23 – 5/4/23 (8 classes)

Time: 6:30 p.m. – 8:30 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Senior Center Staff

Ages: 25 and up

Fee: \$54.00 **Senior Fee:** \$48.60

NR Fee: \$59.40

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**

Session 1: 1/12/23 – 3/2/23 (8 classes)

Session 2: 3/23/23 – 5/11/23 (8 classes)

Time: 1:30 p.m. – 2:30 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Diane Rho-Caputo

Ages: 18 and up

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

NR Fee: \$84.70



NEW!!

Line Dancing

Line Dancing is a popular form of dance in which everyone can participate. No experience is necessary for this class. This class will be taught using many different rhythms and dance steps. Have fun dancing to the classics like the Cupid Shuffle, Cotton Eyed Joe, Cowboy Boogie and many more. Enjoy a workout for the body and the mind! Participants should wear comfortable clothes and sneakers and bring a water bottle. **Min: 6/Max: 15**

Session 1: 1/12/23 – 3/2/23 (8 classes)

Session 2: 3/23/23 – 5/11/23 (8 classes)

Time: 2:30 p.m. – 3:30 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Diane Rho-Caputo

Ages: 18 and up

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

Session 1:

Dates: 1/11/23 – 3/22/23 (11 classes)

Time: 4:00 p.m. – 5:00 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

Ages: 18 and up

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

NR Fee: \$72.60

Session 2:

Dates: 4/5/23 – 6/14/23 (8 classes)

(No class on 4/12, 5/10 or 5/31)

Time: 4:00 p.m. – 5:00 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

Ages: 18 and up

Fee: \$51.00 **Senior Fee:** \$45.90

NR Fee: \$56.10



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.

Min: 8/Max: 15

MONDAYS:

Session 1: 1/9/23 – 3/27/23 (10 classes)

(No class on 1/16 or 2/20)

Session 2: 4/10/23 – 6/19/23 (10 classes)

(No class on 5/29)

Time: 5:45 p.m. – 6:45 p.m.

Day: Monday

Location: Virtual (through Zoom)

Instructor: Denise Lipka

Ages: 18 and up

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

NR Fee: \$81.40

WEDNESDAYS:

Session 1:

Dates: 1/11/23 – 3/22/23 (11 classes)

Time: 5:45 p.m. – 6:45 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Denise Lipka

Ages: 18 and up

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

NR Fee: \$88.00

Session 2:

Dates: 4/5/23 – 6/14/23 (8 classes)

(No class on 4/12, 5/10 or 5/31)

Time: 5:45 p.m. – 6:45 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Denise Lipka

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

NR Fee: \$67.10

summer employment



Work For
**AVON
RECREATION
& PARKS**
This Summer!

Now accepting applications for:

CAMP DIRECTOR & ASSISTANT AQUATICS DIRECTOR

(Must be 21 years or older)

Application Deadline:
FEBRUARY 1st

Apply Today!

Visit AvonRec.Com for
application or Scan Here:



COMING UP!

The application for all other seasonal positions will be posted to AvonRec.com on January 20th.

Mark your calendars and apply early!

Application Deadline:
MARCH 15th

SYCAMORE HILLS POOL

- Ⓢ Gate Attendant
- Ⓢ Lifeguard
- Ⓢ Water Safety Instructor (WSI)

SUMMER CAMP

- Ⓢ Summer Fun Camp – Recreation Leader
- Ⓢ Adventure Camp – Recreation Leader



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COUNSELOR-IN-TRAINING PROGRAM

For grades entering 9 - 10 in the Fall of 2023

The Counselor-in-Training program is a great way to get experience working with kids and develop leadership skills. CITs are volunteers but are interviewed and selected the same as seasonal staff. Limited spots are available. If selected, CITs are assigned to attend two weeks of Summer Fun Camp. Application will be posted at the beginning of March.

Application Deadline: **APRIL 19th**

2023 Summer Camps

AVON
RECREATION
& PARKS

Summer
Fun
Camp



Registration Opens April 14th
Limited Enrollment – Sign up Early

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

Fun
Activities!

Summer Fun Camp

Special
Entertainment

For students entering grades 1 – 4 (in Fall of 2023)

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Swimming

- ☀ Special entertainer/special event at camp each week!
- ☀ Swimming 3 - 4 days per week
- ☀ Camp hours: 9:00 a.m. – 3:00 p.m.
- ☀ Extended care available from 3:00 p.m. – 4:00 p.m.
- ☀ Max: 60 campers per session

Session 1: June 26 – June 30

Session 2: July 5 – 7 (No camp July 3 or 4)

Session 3: July 10 – 14

Session 4: July 17 – 21

Session 5: July 24 – 28

Session 6: July 31 – August 4

Session 7: August 7 – 11



2023 Summer Camps continued

AVON
RECREATION
& PARKS



Adventure Camp

For students entering grades 5 – 8 (in Fall of 2023)

**Great
Counselors!**

- ✿ A different field trip every day!
- ✿ Lunch will be provided 1 day per week
- ✿ Camp hours: 8:45 a.m. – 3:45 p.m.
- ✿ Max: 40 campers per session
- ✿ Sign up Early to avoid missing out on the fun!

Session 1: June 26 – June 30

Session 2: July 5 – 7 (No camp July 3 or 4)

Session 3: July 10 – 14

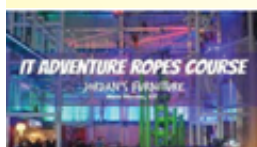
Session 4: July 17 – 21

Session 5: July 24 – 28

Session 6: July 31 – August 4

Session 7: August 7 – 11

Explore!



Friendship

Online Registration for Summer Programs and Swim Memberships begins April 14th.