



Summer, '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

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>

Avon Senior Center Office Hours:

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

Senior Center Coordinator

Jennifer Bennett - jbennett@avonct.gov

Senior Center Administrative Secretary:

Elizabeth Shaffer - eshaffer@avonct.gov

Brochure Design by:

Cheryl Gioielli, Gioielli-Design.com



DEPARTMENT POLICIES

General Registration Information:

- ☀ Registration for all Summer programs in this brochure begins on Friday, April 14th (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 programs 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.

general information

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.

PARKS – Dumpsters:

All Parks in Avon are **TRASH-FREE PARKS**. Trash cans are not provided. ***Please carry out what you carry in.***



If you are bringing your pet with you to enjoy the parks, please remember that all dogs must be on leash no more than 6 feet in length. **All pet waste must be picked up and pet waste bags must be taken with you when you leave the park.**

DROP BOX:

For your convenience, the Recreation and Parks Department has a locked drop box that is located just outside the entrance to Building 6. Please feel free to utilize the box during non-business hours.

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.



Thank You!



The Avon Recreation and Parks Department would like to thank:

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!

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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 Office, 60 West Main Street, Avon, CT 06001 by **4:30 p.m. on Friday, June 30, 2023**. Proposal forms are available at the Avon Recreation and Parks Office or on our website - <https://avonct.myrec.com/info/>. Scroll down until you see Request for Proposals. Click on the writing below the picture and all of the details and forms can be found there. Proposals can be emailed to 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 10, 2023



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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 10th, at noon when the pool opens.

For the Daily Pool Schedule, please visit

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

www.AvonRec.com (860) 409-4332

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

special interests



WESTWOODS GOLF COURSE

SEASON GOLF PASS

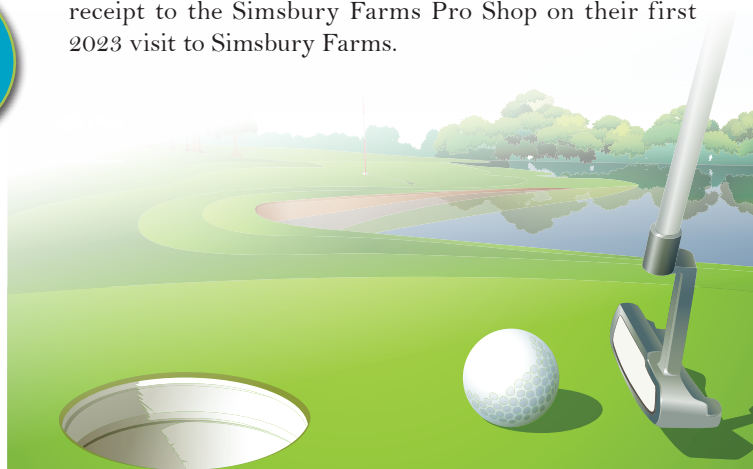
The Town of Farmington will be offering Avon Residents a limited number of season passes to the Westwoods Golf Course. The passes will be offered at the Farmington resident rates. **Enrollment is at the Westwoods Golf Course in the club house, 14 Westwoods Drive, Farmington.** For more information please 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.** Customers will need to bring a printed copy of their receipt to the Simsbury Farms Pro Shop on their first 2023 visit to Simsbury Farms.



special interests



Digital Codes
instead of
physical
tickets

Lake Compounce
NEW ENGLAND'S FAMILY THEME PARK



DISCOUNTED TICKETS

Discounted Adventure Park at Storrs, CT Science Center, Lake Compounce tickets will be available for purchase from the Avon Recreation and Parks Department **beginning on June 1, 2023 until August 25, 2023**. Tickets for CT Science Center, Lake Compounce 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 2023 season.

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

The Adventure Park at Storrs: \$34.00
(Gate Price: Juniors: \$38.00; Ages 14+: \$46.00)

CT Science Center: \$16.50
(Gate Price: Adults \$24.95, Children \$16.95, 2 & under free)

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

Community Garden PLOTS

Available by emailing the office at avonrec@avonct.gov. Plots are 35' x 35' and are located at Alsop Meadows.

FEE: \$40/plot, plus a \$25/deposit which is returnable at the end of the season.

new!

HOST A BLOCK PARTY!

CALLING ALL AVON RESIDENTS!

Block parties are a great way to build community and bring your neighborhood together, and we want to help you do it!

Now through the end of August, block party organizers who submit a photo of their block party will be entered into a raffle to **win a \$100 AvonRec gift certificate!**



Block Party Request Form

Tips For Organizing A Block Party



Sponsored by:



Submit name, phone number, street name, and photo to avonrec@avonct.gov to be entered for the drawing.

For questions call 860.409.4332 or email avonrec@avon.ct.gov.



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

Grades: Pre-K – 6

Fee: \$5.00 (per child)



special events

Family Movie Nights

Free outdoor movies this summer. See back cover for movies and schedule!

Dates: 7/14, 7/28, 8/11
Time: Dusk – 10:00 p.m. (approximately)
Day: Friday
Location: Sycamore Hills Recreation Area
Fee: Free!



Family Fun Night

Join us for a night of family fun and entertainment at Sycamore Hills Pool! We will have music, pool games and lots of great fun! Hamburgers and hot dogs will be served. Registration is required for everyone. Open to Avon residents only. Admission is \$5 per person for all, regardless if you have a pool membership. Registration closes July 7 or when all spots are filled. If the event is cancelled due to inclement weather, instead of a refund, the money received will be donated to the Avon Food Pantry.

Date: 7/21
Time: 5:00 p.m. – 8:00 p.m.
Day: Friday
Location: Sycamore Hills Pool
Fee: \$5.00 (per person)



Summer Concert

Free outdoor concert by *Mass-Conn-Fusion* featuring Motown, R&B, Funk, Disco and songs from the 60's right up to today's top hits. Bring lawn chairs, bug spray, snacks, and enjoy the evening!

Date: 8/2*
Time: 5:00 p.m. – 8:00 p.m.
Day: Wednesday*
Location: Sycamore Hills Recreation Area
Fee: Free!

*Rain Date: Thursday, 8/3

Mass-Conn-Fusion





New for 2023! Swim lessons are now 35 minutes long and will meet for 9 classes over a 2-week period. They will meet Monday – Friday the first week and Monday – Thursday the second week. Friday of the second week will be a make-up if a lesson is cancelled by the Recreation Department.

Swim lessons are supervised by American Red Cross certified Water Safety Instructors. Level descriptions are 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 "2022 Swim Lesson Pass/Fail List".

Lessons are cancelled 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. *If cancelled, see policy above.

In order to get the member discount for swim lessons, you must register for your 2023 swim membership **FIRST** so your swim lesson registration can recognize that you have a swim membership. 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 26 – Thursday, July 6 {No lesson on Tuesday, July 4}

9:40 a.m. – 10:15 a.m. Level 3, 4, 5/6	10:20 a.m. – 10:55 a.m. Level 2, 3, 4	11:00 a.m. – 11:35 a.m. Level 1, 2, 3	11:40 a.m. – 12:15 p.m. Level 1, 2, 3 Parent/Child
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SESSION 2

Monday, July 10 – Thursday, July 20

9:40 a.m. – 10:15 a.m. Level 3, 4, 5/6	10:20 a.m. – 10:55 a.m. Level 2, 3, 4	11:00 a.m. – 11:35 a.m. Level 1, 2, 3	11:40 a.m. – 12:15 p.m. Level 1, 2, 3 Parent/Child	6:45 p.m. – 7:30 p.m. Adult Lessons Option 1
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SESSION 3

Monday, July 24 – Thursday, August 3

9:40 a.m. – 10:15 a.m. Level 3, 4, 5/6	10:20 a.m. – 10:55 a.m. Level 2, 3, 4	11:00 a.m. – 11:35 a.m. Level 1, 2, 3	11:40 a.m. – 12:15 p.m. Level 1, 2, 3 Parent/Child	6:45 p.m. – 7:30 p.m. Adult Lessons Option 2
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Fees:

Session 1 Lessons:	\$36 Members;	\$50 Non-members (no session July 4)
Sessions 2 & 3 Lessons:	\$46 Members;	\$60 Non-members
Adult Lesson:	\$56 Members;	\$70 Non-members

Swim Level Descriptions

- Parent/Child:** Children enjoy water related activities while learning to feel safe in the water. One adult must be in the water with their child at all times.
- Level 1:** This is an introduction to water skills class. Students will learn skills such as bobs, glides, back floats, front floats, flutter kicks and scoops. The exit assessment skills can be performed with assistance.
- Level 2:** This is a fundamental aquatics skills class. Students will learn to independently tread water, float on their back/front and swim on their front/back.
- Level 3:** This is a stroke development skill class. Students will learn to independently tread water, jump into deep water, and be introduced to strokes such as elementary backstroke and front crawl.
- Level 4:** This is a stroke improvement class. Students will learn to swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards. Students will also be introduced to strokes such as breaststroke, butterfly, sidestroke and how to perform open turns.
- Level 5/6:** This is a stroke refinement class. Students will work on shallow angle dives, swimming 50 yards of front crawl and elementary backstroke, learn proper turns, and refine breaststroke and back crawl. This is an advanced options class. Student will work on all swim strokes and skills, along with working towards being able to swim 20 laps continuously.

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.



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**



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 under the guidance of a trained instructor. The program allows swimmers to progress at their own pace, mastering one set of skills before moving on to the next. Swim instructors will help you work toward your personal goals.

Min: 5/Max: 8

Lessons are 45 minutes.

OPTION 1:

Dates: 7/10/23 – 7/20/23 (9 classes)
Time: 6:45 p.m. – 7:30 p.m.
Days: Monday – Friday (Week 1);
Monday – Thursday (Week 2)
Friday of the second week will be a make-up if needed.

Location: Sycamore Hills Pool
Instructor: Sycamore Hills Pool Staff
Member Fee: \$56.00
N/M Fee: \$70.00

OPTION 2:

Dates: 7/24/23 – 8/3/23 (9 classes)
Time: 6:45 p.m. – 7:30 p.m.
Days: Monday – Friday (Week 1);
Monday – Thursday (Week 2)
Friday of the second week will be a make-up if needed.

Location: Sycamore Hills Pool
Instructor: Sycamore Hills Pool Staff
Member Fee: \$56.00
N/M Fee: \$70.00

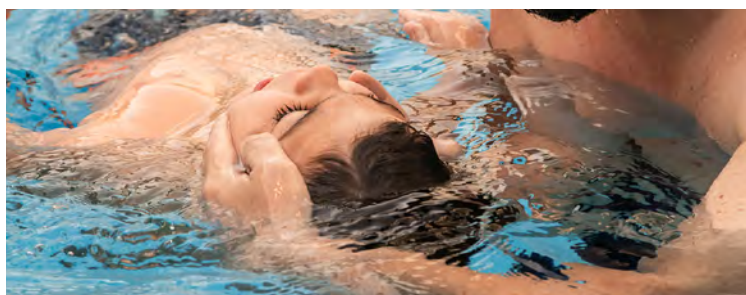


new!

Sensory Swim

This swim block is designed to give kids and adults with a disability time to enjoy Sycamore Pool in a sensory-friendly environment. This swim block will have a limited capacity to provide a quieter and calmer swim experience. Sensory toys will be provided for use. All children must be accompanied by an adult in the pool. Siblings are welcome. Registration is required for everyone.

Dates: 6/17, 6/24, 7/1, 7/8, 7/15, 7/22
Time: 10:45 a.m. – 11:45 a.m.
Days: Saturdays
Location: Sycamore Hills Pool
Fee: Resident \$5.00 per person
Non-Resident \$6.00 per person



Swim Team Ages 7-18

The Summer Swim Team once again will be participating in a regional league. The regional league will include Avon, Canton and Farmington.

Registrants must be able to demonstrate an acceptable ability to swim a minimum of four lengths of the pool (100 yards). Swim team will improve both your conditioning and form.

Swim team has 8 practice options each week (See below). All practices will be held at Sycamore Hills Pool. Coaches recommend swimmers try to attend at least three practices a week.

In addition to practices, there will be 3 swim meets – July 12, 19, and 26. The July 12 and 19 swim meets will be regional swim meets. One will be held at Sycamore Hills Pool and the other will be held at Big Sky in Farmington. The July 26 swim meet will be an in-house competition and will be held at Sycamore Hills Pool.

Participants must purchase their own swim suits and caps. Trophies and ribbons will be included. There will not be a banquet at the end of the season. **Min: 50/Max: 125**

PRACTICE SCHEDULE – SYCAMORE HILLS POOL

Dates: June 26 – July 27
(No practice on 7/4)
Times: 8:30 a.m. – 9:30 a.m. (Mornings); *or*
7:30 p.m. – 8:30 p.m. (Evenings)
Days: Monday – Thursday
Fee: \$145.00 *

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



new!

Party Policy for Sycamore Hills Pool

Avon residents or Avon youth groups who are interested in holding a small party at the Sycamore Hills Pool must complete an Application for Use of Town of Avon Public Places and submit it to the Recreation and Parks Department with the fee at least 2 weeks prior to the event. To check availability, call the office. Any parties without a reservation will be kindly asked to leave.

Party Rules:

- ☺ Hosts must be Avon residents or Avon youth groups.
- ☺ The day of, hosts and guests must check in with the Gate Attendant upon arrival.
- ☺ The party must be confined to the open space between the bathhouse and the baby pool.
- ☺ Hosts may bring food, pop-up tents, folding tables, chairs, and coolers.
- ☺ If needed, upon request staff will open the back gate and allow the host to pull their car up to unload equipment.
- ☺ No equipment or refrigeration will be provided by the Recreation and Parks Department.
- ☺ All department picnic tables, pop-up tents, and other existing features are reserved for the public and staff.
- ☺ Adults are responsible for children's behavior and supervision.
- ☺ Alcohol is not permitted.

To view all Sycamore Hills Pools Rules and Public Place Regulations click these links. For a rental/use application view here.

Fee: \$50.00, plus daily admission for anyone who does not have a pool membership.

Maximum Duration: 4 hours

Maximum #: 25 people



Entering Grades 1-4

Open to Avon Residents Only

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 entertainment! 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: 40 / Max: 60

Time: 9:00 a.m. – 3:00 p.m.

Days: Monday – Friday
(*Session 2 will run Wednesday - Friday)

Location: Thompson Brook School

Grades: 1 – 4

Fee: \$195 (*Session 2 - \$117)

Extended Care for all 5 days will be available for \$30 per session from 3:00-4:00 p.m.
(*Session 2 fee: \$18)

Refund Policy: registration closes 1 week before the start of each session. Once registration closes, no refunds will be issued.

Parent handbook can be found at www.avonrec.com under Summer Fun Camp.



Summer Fun Camp

Themes and Special Guest Entertainment:

SESSION 1: JUNE 26 – JUNE 30

Theme of the week: OLYMPICS

- ⊙ Comedy Juggling Show
- ⊙ Gladiator Joust inflatable

SESSION 2: JULY 5 – JULY 7 (No Camp July 3 or 4)

Theme of the week: Stars and Stripes

- ⊙ Foam Party

SESSION 3: JULY 10 – JULY 14

Theme of the week: Super Heroes

- ⊙ Reptiles and Amphibians Show
- ⊙ Outdoor Laser Tag

SESSION 4: JULY 17 – JULY 21

Theme of the week: Animal Planet

- ⊙ Exotic Animal Show
- ⊙ Tropical 6 in 1 waterslide/inflatable combo

SESSION 5: JULY 24 – JULY 28

Theme of the week: Royalty

- ⊙ Magic Show
- ⊙ Circus Skills Exploration Workshop

SESSION 6: JULY 31 – AUGUST 4

Theme of the week: Aliens & Astronauts

- ⊙ Spin, Pop, Boom! Mad Science Show
- ⊙ Outdoor Laser Tag

SESSION 7: AUGUST 7 – AUGUST 11

Theme of the week: Groovy 70s

- ⊙ Hula Hoop Dance Party
- ⊙ End of Summer Party @ Sycamore Hills: inflatables, games, cook-out, and more!



Summer '23

Adventure Camp

Entering Grades 5-8

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: 26/Max: 40**

Time: 8:45 a.m. – 3:45 p.m.

Days: Monday – Friday
(*Session 2 will run Wednesday - Friday)

AM Drop-off/

PM Pick-up: Sycamore Hills Recreation Area

Grades: 5 – 8

Fee: \$365.00 (*Session 2 - \$219)

***Please Note:** Our Adventure Camp is not a typical summer camp. This camp has weekly field trips involving swimming, heights, and loud/busy environments.

Refund Policy: registration closes 1 week before the start of each session. Once registration closes, no refunds will be issued.

Parent handbook can be found at www.avonrec.com under Adventure Camp.

Session 1: June 26 – June 30

Field Trips:

- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “Mystic Aquarium”: exhibits and live show
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “The Adventure Park at Storrs”: high ropes course and zip-line adventure
- ⊙ “Laser Planet Plus”: laser tag, virtual reality ride, and UFO bumper cars

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

Field Trips:

- ⊙ “Hammonasset 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 3: July 10 – July 14

Field Trips:

- ⊙ “Quassy”: amusement and waterpark
- ⊙ “New England Science and Sailing”: kayaking and creek exploration
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “Tree Trails”: high ropes course and zip-line adventure
- ⊙ “Nomads Adventure Quest”: arcade, laser tag, rock-climbing, and more

Session 4: July 17 – July 21

Field Trips:

- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “IT Adventure Ropes Course”: largest indoor ropes course in the world
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “CT Sun Camp Day”: WNBA game
- ⊙ “Sports Center of CT”: laser tag, arcade, golf range, ice skating, and more

Session 5: July 24 – July 28

Field Trips:

- ⊙ “Quassy”: amusement and waterpark
- ⊙ “Connecticut Science Center”: exhibits and 3D movie
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “Brownstone”: rock climbing, zip lines, waterslide, and more
- ⊙ “Thrillz High Flying Adventure Park”: obstacle course and trampoline park

Session 6: July 31 – August 4

Field Trips:

- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “Riverside Reptiles”: exhibits and wild workshop
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “Powder Ridge Mountain Park and Resort”: mountain biking, tubing, games, and more
- ⊙ “The Cave”: mini golf, laser tag, high ropes course, and more

Session 7: August 7 – August 11

Field Trips:

- ⊙ “Quassy”: amusement and waterpark
- ⊙ “Mystic Seaport Museum”: guided tour and boat ride
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “The Adventure Park at the Discovery Museum”: high ropes course and zip-line adventure
- ⊙ “End of Summer Party @ Sycamore Hills”: inflatables, games, cook-out, and more!



ADVENTURE CAMP CALENDAR 2023



THRILL



Discover



Fun in the Sun



ADVENTURE



Play



MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SESSION 1
6/26 - 6/30



SESSION 2
7/5 - 7/7



SESSION 3
7/10 - 7/14



SESSION 4
7/17 - 7/21



SESSION 5
7/24 - 7/28



SESSION 6
7/31 - 8/4



SESSION 7
8/7 - 8/11



specialty camps

new!

AVON FALCONS COED BASKETBALL CAMP

Boys and girls entering grades 2 – 4 –

Join Coach Faucher and Coach Pedra from Avon High School Athletics for an exciting new basketball camp! This camp will focus on building basketball fundamentals in a fun environment. Athletes will enjoy a full week of individual skill-building, exciting gameplay, guest speakers, and team-building exercises. Participants should wear basketball gear and sneakers and bring a basketball (with name on it), a water bottle and snack. We are excited to see you over the summer! **Min: 25/Max: 50**

Dates: 8/7/23 – 8/11/23 (5 classes)

Time: 9:00 a.m. – 12:00 p.m.

Days: Monday – Friday

Location: Roaring Brook School – Gym

Instructors: Drew Faucher and Kris Pedra

Grades: 2 – 4

Resident Fee: \$111.00

NR Fee: \$122.10

AVON FALCONS BOYS BASKETBALL CAMP

Boys entering grades 4 – 9 – Come join Coach Pedra and members of the Avon High School Basketball team for a great week of basketball! 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: 7/24/23 – 7/28/23 (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: \$136.00

NR Fee: \$149.60



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: 7/10/23 – 7/14/23 (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: \$136.00

NR Fee: \$149.60



Building Up S.T.E.A.M. Using LEGO®

Boys and Girls entering grades K – 1 (must be at least 5 yrs. Old) – Join EYES for Learning for a fun week of STEAM (Science, technology, engineering, arts, and mathematics) exploration. Children will work independently and cooperatively as they begin to explore simple machines using LEGO® DUPLO® early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp. Projects may include spin tops, motorcycles, and hockey players.

Min: 8/**Max:** 12

Dates: 6/26/23 – 6/30/23 (5 classes)
Time: 9:15 a.m. – 11:45 a.m.
Days: Monday – Friday
Location: Roaring Brook School – Classroom
Instructors: Exceptional Youth Education Services
Grades: K – 1 (must be at least 5 yrs old)
Resident Fee: \$161.00
NR Fee: \$177.10



S.T.E.A.M. Works Using LEGO®

Boys and Girls entering grades 2 – 5 – Join EYES for Learning for a fun week of STEAM (Science, technology, engineering, arts, and mathematics) exploration. Children will work with standard LEGO® materials to problem solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Your child will have the opportunity to work with and bring home evidence based lab sheets to share with family to continue the learning process outside of camp. Projects may include drawbridges, flywheel cars, and amusement park rides.

Min: 8/**Max:** 12

Dates: 6/26/23 – 6/30/23 (5 classes)
Time: 12:45 p.m. – 3:15 p.m.
Days: Monday – Friday
Location: Roaring Brook School – Classroom
Instructors: Exceptional Youth Education Services
Grades: 2 – 5
Resident Fee: \$161.00
NR Fee: \$177.10





DISC GOLF CAMP AT TOWER RIDGE

Boys and girls entering grades 5 – 8 – Learn to play Disc Golf, one of the nation's fastest-growing sports! Players of all skill levels and experience will benefit as they learn the game's fundamentals and rules through various 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 sunscreen and bring a water bottle, lunch and a snack. **Min: 4/Max: 8**

Dates: 7/31/22 – 8/3/23 (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 – 8
Resident Fee: \$275.00
NR Fee: \$302.50

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 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 clothes and sneakers and bring a water bottle, two snacks and sunscreen. **Min: 10/Max: 30**

Dates: 7/10/23 – 7/14/23 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Field/Gym
Instructor: Skyhawks Sports Academy Staff
Grades: 2 – 7
Resident Fee: \$169.00
NR Fee: \$185.90



FOOD EXPLORERS: Chopped: American Cookout

Boys and girls entering grades 2 – 8 – Join Food Explorers to explore your creativity with our “Chopped: American Cookout” cooking camp. Each day, two teams will be tasked with creating a recipe together, selecting from a pantry of ingredients by working as a group. Kids will be making dishes such as: Carrot Cake Cups, Stuffed Pie Bites, Mac & Cheese, Grilled Cheese and Banana Split Cups. All recipes are nut free. **Min: 5/Max: 12**

GRADES 2 – 5:

Dates: 7/17/23 – 7/21/23 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Room 106
Instructor: Food Explorers Staff
Grades: 2 – 5
Resident Fee: \$171.00
NR Fee: \$188.10

GRADES – 5 – 8:

Dates: 7/17/23 – 7/21/23 (5 classes)
Time: 1:00 p.m. – 4:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Room 106
Instructor: Food Explorers Staff
Grades: 5 – 8
Resident Fee: \$171.00
NR Fee: \$188.10



FOOD EXPLORERS: Tapas and Tacos

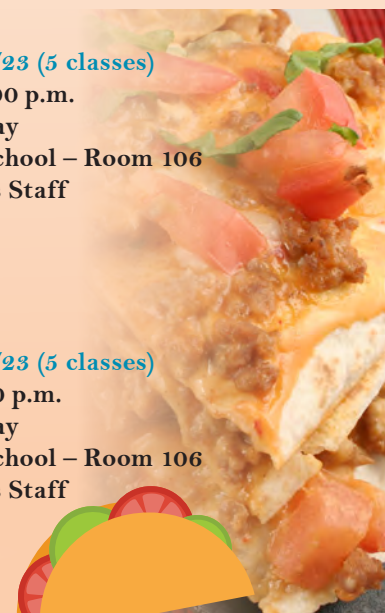
Boys and girls entering grades 2– 8 – Join Food Explorers for a delicious week of Tapas and Tacos! Each day kids will create a tasty tapas recipe for a snack, followed by a new taco recipe each day for lunch. Kids will be making recipes such as Zucchini Fritters, Bruschetta, Banana Split Bites, Greek Tacos, and Mushroom Tacos. All recipes are nut free. **Min: 5/Max: 12**

GRADES 2 – 5:

Dates: 8/14/23 – 8/18/23 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Room 106
Instructor: Food Explorers Staff
Grades: 2 – 5
Resident Fee: \$171.00
NR Fee: \$188.10

GRADES – 5 – 8:

Dates: 8/14/23 – 8/18/23 (5 classes)
Time: 1:00 p.m. – 4:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Room 106
Instructor: Food Explorers Staff
Grades: 5 – 8
Resident Fee: \$171.00
NR Fee: \$188.10





CT SOCCER NETWORK SUMMER CAMP

Boys and girls entering grades 1 – 8 – 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! Participants should wear cleats and athletic wear and bring a water bottle, snack, sunscreen and sneakers (to wear in gym in case of rain) and a lunch if full day. We recommend that campers arrive at camp with sunscreen already applied, as well as with additional sunscreen to apply as needed. **Min: 10/Max: 30**

HALF DAY CAMP (Option 1):

Dates: 6/26/23 – 6/30/23 (5 classes)

Time: 9:00 a.m. – 11:45 a.m.

Days: Monday – Friday

Location: Avon Middle School – Field/Gym

Instructor: CT Soccer Network Staff

Grades: 1 – 8

Resident Fee: \$201.00

NR Fee: \$221.10

HALF DAY CAMP (Option 2):

Dates: 6/26/23 – 6/30/23 (5 classes)

Time: 12:15 p.m. – 3:00 p.m.

Days: Monday – Friday

Location: Avon Middle School – Field/Gym

Instructor: CT Soccer Network Staff

Grades: 1 – 8

Resident Fee: \$201.00

NR Fee: \$221.10

FULL DAY CAMP (Option 3):

Dates: 6/26/23 – 6/30/23 (5 classes)

Time: 9:00 a.m. – 3:00 p.m.

Days: Monday – Friday

Location: Avon Middle School – Field/Gym

Instructor: CT Soccer Network Staff

Grades: 1 – 8

Resident Fee: \$311.00

NR Fee: \$342.10



SKYHAWKS TENNIS CAMP



Boys and girls entering grades 1 – 9 – 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. **Min: 6/Max: 24**

GRADES 1 – 3:

Dates: 7/24/23 – 7/28/23 (5 classes)

Time: 9:00 a.m. – 12:00 p.m.

Days: Monday – Friday

Location: Avon Middle School – Tennis Courts/Gym

Instructor: Skyhawks Sports Academy Staff

Grades: 1 – 3

Resident Fee: \$159.00

NR Fee: \$174.90

GRADES 4 – 6:

Dates: 7/31/23 – 8/4/23 (5 classes)

Time: 9:00 a.m. – 12:00 p.m.

Days: Monday – Friday

Location: Avon Middle School – Tennis Courts/Gym

Instructor: Skyhawks Sports Academy Staff

Grades: 4 – 6

Resident Fee: \$159.00

NR Fee: \$174.90

GRADES 7 – 9:

Dates: 7/31/23 – 8/4/23 (5 classes)

Time: 12:00 p.m. – 3:00 p.m.

Days: Monday – Friday

Location: Avon Middle School – Tennis Courts/Gym

Instructor: Skyhawks Sports Academy Staff

Grades: 7 – 9

Resident Fee: \$159.00

NR Fee: \$174.90



specialty camps continued

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: 8/7/23 – 8/11/23 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon High School – Track/Gym
Instructor: Skyhawks Sports Academy Staff
Grades: 3 – 7
Resident Fee: \$159.00
NR Fee: \$174.90



SKYHAWKS BEGINNER 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. Participants should wear athletic attire and bring a water bottle, two snacks and a lunch. **Min: 8/Max: 24**

Dates: 7/17/23 – 7/21/23 (5 classes)
Time: 9:00 a.m. – 1:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Gymnasium
Instructor: Skyhawks Sports Academy Staff
Grades: 5 – 9
Resident Fee: \$179.00
NR Fee: \$196.90





Anime Art

Boys and girls entering grades 5 – 8 – 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: 7/11/23 – 8/15/23 (6 classes)
Time: 5:30 p.m. – 7:00 p.m.
Day: Tuesday
Location: Avon Senior Center – Craft Room
Instructor: Sofia Oyola Morales
Grades: 5 – 8
Resident Fee: \$70.00
NR Fee: \$77.00



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: Session 1: 6/26/23 – 6/29/23
Session 2: 7/24/23 – 7/27/23
(5 classes)
Time: 6:00 p.m. – 7:15 p.m.
Days: Monday – Thursday
Location: Avon High School – Turf Field
Instructors: Terri Ziemnicki and Rebecca Berman
Grades: 3 – 8
Resident Fee: \$39.00
NR Fee: \$42.90



Cartoon Drawing

Boys and girls entering grades 1 – 4 – Do you love to draw? Join us for this fun 1-hour cartoon drawing session. Learn how to draw characters from our favorite shows and even design your own characters! Beginners welcomed. Art instructor Sofia will teach the basics and help advance your technique along the way. 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 pencils, eraser, colored pencils or crayons, and a sketch book.
Min: 6/Max: 13

Dates: 7/11/23 – 8/15/23 (6 classes)
Time: 4:15 p.m. – 5:15 p.m.
Day: Tuesday
Location: Avon Senior Center – Craft Room
Instructor: Sofia Oyola Morales
Grades: 1 – 4
Resident Fee: \$57.00
NR Fee: \$62.70



SAFE @Home



Safe Sitter Babysitter Course

Boys and girls entering grades 6 – 8 – Safe Sitter is designed to prepare students in grades 6 – 8 to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students will get to use manikins to practice rescue skills like choking rescue. The cost includes a cinch sack with a student handbook, completion card, LED flashlight, bandage dispenser, and important information notepad for babysitting jobs for each student. Please note, this class will teach CPR but a CPR certification is not included. Participants should wear comfortable clothes and bring a bag lunch (w/ice pack). **Min: 6/Max: 10**

Date: 6/3/23 (1 class)
Time: 9:00 a.m. – 3:00 p.m.
Day: Saturday
Location: Community Room at Avon Senior Center
Instructor: CPR Training Professionals
Grades: 6 – 8
Resident Fee: \$125.00
NR Fee: \$137.50

Boys and girls entering grades 4 – 6 – Safe@Home is a program designed for students in grades 4 to 6 to prepare them to be safe when they are home alone. Students will learn 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/whom to call. Participants should wear comfortable clothes. **Min: 6/Max: 10**

Date: 6/2/23 (1 class)
Time: 4:30 p.m. – 6:00 p.m.
Day: Friday
Location: Community Room at Avon Senior Center
Instructor: CPR Training Professionals
Grades: 4 – 6
Resident Fee: \$50.00
NR Fee: \$55.00





What's Your Story? Crafting the Personal Essay for College Applications

Boys and girls entering grades 10 – 12 –

What's Your Story? The personal essay is your opportunity to distinguish yourself from thousands of other applicants in the college admission process. In this two-week course, students will learn what makes a story meaningful and memorable and how to use their own life experiences to demonstrate not just what they've done in high school, but WHO they are. Learn what not-to-do in college admission essays and "ideate" options for your own essay. Avoid roadblocks like procrastination and perfectionism. This fun and engaging workshop will help students get ahead of the application process while gaining a deeper understanding of their own story. Suitable for all high school students interested in exploring the art of storytelling for impact and influence. **Min: 6/Max: 12**

Dates: 7/27/23 – 8/3/23 (2 classes)

Time: 4:30 p.m. – 6:30 p.m.

Days: Thursdays

Location: Avon Senior Center Craft Room

Instructor: Valerie Gordon

Grades: 10 – 12

Resident Fee: \$94.00

NR Fee: \$103.40



new!

Zumba® Kids!

Boys and girls entering grades 2 – 5 –
Come join Megan for a super fun class where we will experience music and dance

steps from around the world! Zumba® kids is a 45-minute dance aerobics class designed exclusively for kids ages 7-11. Each class will be a high-energy dance party with choreographed, kid-friendly routines and all the music kids love like hip-hop, reggaeton, cumbia, and more. Are you ready to get your groove on? Participants should wear comfortable clothes and sneakers and bring a water bottle. **Min: 5/Max: 10**

SESSION 1:

Dates: 6/15/23 – 7/13/23 (5 classes)

Time: 4:15 p.m. – 5:00 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Meghan Ryan

Grades: 2 – 5

Resident Fee: \$54.00

NR Fee: \$59.40

SESSION 2:

Dates: 8/3/23 – 8/31/23 (5 classes)

Time: 4:15 p.m. – 5:00 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Meghan Ryan

Grades: 2 – 5

Resident Fee: \$54.00

NR Fee: \$59.40



Fall LEAGUES

REGISTRATIONS FOR THE FOLLOWING FALL LEAGUES BEGINS APRIL 14.

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



FARMINGTON VALLEY Field Hockey LEAGUE for Grades 5-6 (Girls)

- ⦿ This is a recreation travel league, so there are no tryouts, cuts, etc. The goal is to get everyone involved.
- ⦿ Towns involved: Avon, Farmington, Granby, Harwinton, Simsbury, and Wethersfield
- ⦿ Practices will be on Wednesday evenings from 5:15 p.m. – 6:30 p.m. and will begin August 30 (date subject to change).
- ⦿ Games (6 games) will be played on Sundays at 2:30 p.m. from September 10 – October 29, 2023. (No game: September 17 or October 8); Rain date if needed: November 5)
- ⦿ Each player must bring a field hockey stick, cleats, mouth guard, shin guards, proper eye protection, and their own water bottle (plastic only). A reversible game jersey will be provided. No jewelry allowed during games.
- ⦿ There will be a coaches meeting on Wednesday, September 6, 2023 from 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 will end on Wednesday, August 21, 2023.
- ⦿ Fee: \$105.00
- ⦿ 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 13 at Avon Middle School
- ⦿ One weeknight practice per team per week will be held September 5 – November 3
- ⦿ Games are 44-minute 5 v 5 and will be held on Sundays, September 10 – November 5 (regular game schedule)
- ⦿ Volunteer Coaches are needed!!!
- ⦿ Registration ends August 11, 2023 (FIRM – as jerseys and equipment need to be ordered in time for first game).
- ⦿ Fee: \$145.00



new!

Reiki First Degree

Join Reiki Master/Teacher Benu as she teaches you how to help yourself through a self-practice of Reiki. Pronounced Ray-key, Reiki is a powerful Japanese relaxation technique that enhances our ability to be “mind-body-intelligent”. This state of relaxation triggers the body’s natural ability to restore itself to a normal functional state. Reiki can help reduce stress and anxiety, ease discomfort and pain, improve sleep, increase mental clarity, and supports rehabilitation and recovery. This course is designed for anyone interested in learning the art and science of Reiki for self-support and emotional well-being. Participants who successfully complete the course will receive a Reiki first-degree certification. No prior experience or knowledge is needed to sign up. If you have questions about the class please feel free to contact ctschooolofreiki@gmail.com. Participants should wear non-restricting clothing and socks and bring a lunch and a drink. This is a reduced cost class to encourage self-care. **Min: 6/Max: 10**

OPTION 1:

Date: 5/6/23 (1 class)
Time: 9:00 a.m. – 3:00 p.m.
Day: Saturday
Location: Avon Senior Center – Craft Room/ Lounge
Instructor: Benu Gopal
Resident Fee: \$150.00 **Senior Fee:** \$135.00
NR Fee: \$165.00

OPTION 2:

Date: 6/4/23 (1 class)
Time: 12:00 p.m. – 6:00 p.m.
Day: Sunday
Location: Avon Senior Center – Craft Room/ Lounge
Instructor: Benu Gopal
Resident Fee: \$150.00 **Senior Fee:** \$135.00
NR Fee: \$165.00

new!

Core Yoga in Motion

This class is created on the concept of combining yoga and pilates...the key ingredients for a healthy and balanced body. By focusing on increasing range of motion through yoga poses and developing core strength through pilates, we enhance the body’s ability to align and build strength to move through all of life’s challenges...both physical and emotional. We work hard and reap the benefits after! Participants should wear comfortable clothes and bring a water bottle, a mat, 2 blocks and a strap (if you have them). **Min: 6/Max: 18**

SESSION 1:

Dates: 6/4/23 – 7/16/23 (6 classes)
 (No class on 7/2)
Time: 11:00 a.m. – 12:00 p.m.
Day: Sunday
Location: Community Room at Avon Senior Center
Instructor: Beth Edelson
Ages: 16 and up
Resident Fee: \$69.00 **Senior Fee:** \$62.10
NR Fee: \$75.90

SESSION 2:

Dates: 7/23/23 – 8/27/23 (6 classes)
Time: 11:00 a.m. – 12:00 p.m.
Day: Sunday
Location: Community Room at Avon Senior Center
Instructor: Beth Edelson
Ages: 16 and up
Resident Fee: \$69.00 **Senior Fee:** \$62.10
NR Fee: \$75.90





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 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: 4/Max: 18**

Dates: 7/24/23 – 8/28/23 (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: \$70.00 **Senior Fee:** \$63.00
NR Fee: \$77.00



Zumba® w/Meghan

Come join Zumba® classes for a super fun hour of dance where we will move our bodies to routines set to Latin and international inspired songs! This dance class features high and low-intensity intervals that help improve cardiovascular fitness. There's no experience needed, just come ready to move and groove, and burn calories while doing it! The choreography is repetitive and you will be getting a great workout while dancing to awesome music! Participants should wear comfortable clothes and sneakers and bring a water bottle. **Min: 5/Max: 18**

SESSION 1:

Dates: 6/15/23 – 7/13/23 (5 classes)
Time: 5:15 p.m. – 6:15 p.m.
Day: Thursday
Location: Community Room at Avon Senior Center
Instructor: Meghan Ryan
Resident Fee: \$54.00 **Senior Fee:** \$48.60
NR Fee: \$59.40

SESSION 2:

Dates: 8/3/23 – 8/31/23 (5 classes)
Time: 5:15 p.m. – 6:15 p.m.
Day: Thursday
Location: Community Room at Avon Senior Center
Instructor: Meghan Ryan
Resident Fee: \$54.00 **Senior Fee:** \$48.60
NR Fee: \$59.40



senior programs



BADMINTON

Come and play badminton at Avon Senior Center. All levels of play are welcome. This activity is informal group play without instruction. 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: 8**

TUESDAYS:

Dates: 6/27/23 – 9/5/23 (10 classes)
(No class on 7/4)

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: \$64.00 **Senior Fee:** \$57.60

NR Fee: \$70.40

THURSDAYS:

Dates: 6/29/23 – 9/7/23 (11 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: \$70.00 **Senior Fee:** \$63.00

NR Fee: \$77.00



Welcome to Mah Jongg!

Learn the basics of American Mah Jongg. Mah Jongg is a tile game that can improve memory and sharpen the mind. The class will focus on the card including reading the card, categories, and switching hands as tiles are passed during the Charleston and picked during play. Class will also cover: the tiles, rules of the game and table rules. This beginner class includes a card with your registration. **Min: 5/Max: 8**

Dates: 6/14/23 – 6/23/23 (4 classes)

Time: Wednesdays: 1:00 p.m. – 3:00 p.m.

Fridays: 10:00 a.m. – 12:00 p.m.

Days: Wednesday and Friday

Location: Community Room at Avon Senior Center

Instructor: Karen Boyd

Ages: 18 and up

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

NR Fee: \$67.10



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**

Dates: 6/29/23 – 8/17/23 (8 classes)

Time: 2:00 p.m. – 3:00 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. **Min: 10/Max: 20**

Dates: 7/5/23 – 9/6/23 (10 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
Resident Fee: \$61.00 **Senior Fee:** \$54.90
NR Fee: \$67.10



Zumba Gold

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. 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: 7/3/23 – 8/28/23 (9 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Monday
Location: Virtual (via Zoom)
Instructor: Denise Lipka
Ages: 18 and up
Resident Fee: \$67.00 **Senior Fee:** \$60.30
NR Fee: \$73.70

WEDNESDAYS:

Dates: 7/5/23 – 9/6/23 (9 classes)
 (No class on 7/19)
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Denise Lipka
Ages: 18 and up
Resident Fee: \$67.00 **Senior Fee:** \$60.30
NR Fee: \$73.70



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.



July 14, 2023



July 28, 2023



August 11, 2023

Movie Projector, Screen and Giveaways provided by:



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