

Fall '23

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AVON
RECREATION
& PARKS

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>

Instagram Page:

<https://www.instagram.com/avonrecreation-andparks/>

Director

Ruth Checko - rchecko@avonct.gov

Program Specialist

Sara Roccapiore - sroccapiore@avonct.gov

Administrative Coordinator

Sharon Henry - shenry@avonct.gov

Administrative Secretary:

Vacant

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 Fall programs in this brochure begins on Friday, August 18th (unless otherwise noted).
- ☀ The grade listed for programs indicates the grade your child will be in this fall (2023/2024 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 in its entirety, 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:

- ☀ We will make every effort to reschedule classes but will not be able to give refunds for classes canceled due to weather or other circumstances beyond our control
- ☀ 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.**

Thank You!

The Avon Recreation and Parks Department would like to thank:



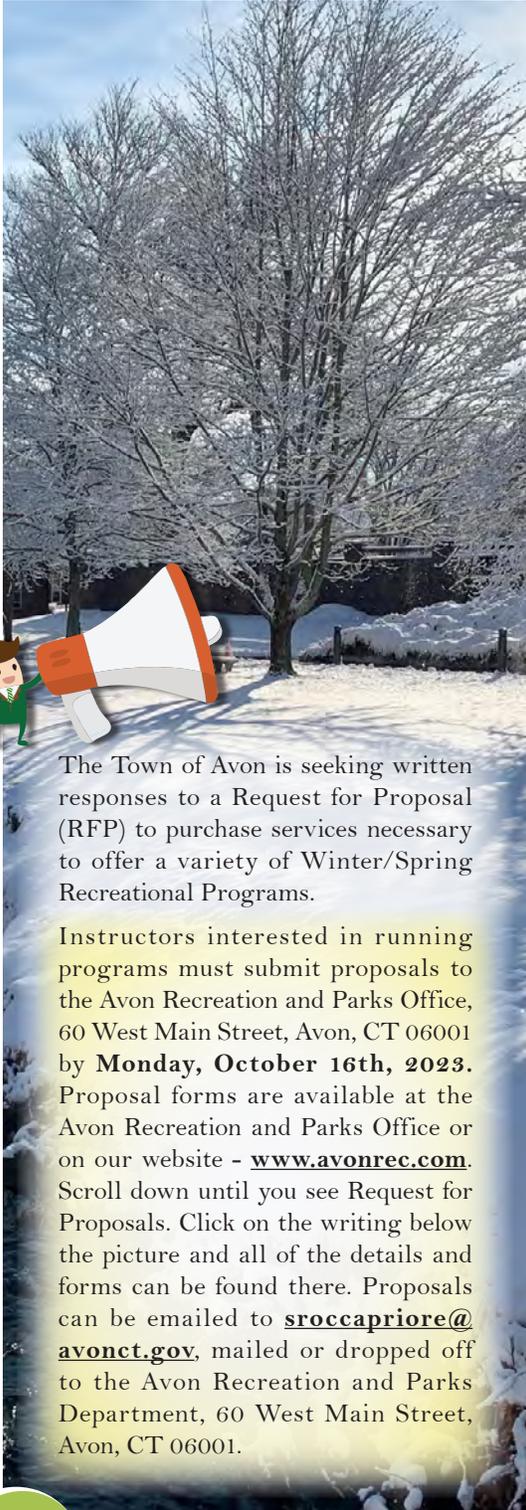
Jennifer Johnson,
Allstate Insurance Company, and



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

A good time was had by all!

REQUEST FOR WINTER/SPRING PROPOSALS



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

Instructors interested in running programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **Monday, October 16th, 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.

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Our Winter/Spring
Brochure will
be available online
beginning
December 8, 2023.

www.AvonRec.com (860) 409-4332

special events

TRUNK OR TREAT

Join us this Halloween for our
2nd annual "Trunk or Treat" event!

Lots of spook-tacular fun,
trunk-or-treating, and a giant inflatable
obstacle course!

Don't forget to wear your costume and
bring a bag for your candy!

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

Dates: 10/28/23 (1 day event)

Time: 11:00 a.m. – 1:00 p.m.

Days: Saturday

Location: Sycamore Recreation Area

This event will be canceled in the event of rain.





TRUNK HOST



Calling all families, friends, businesses, and local organizations!! Want to get involved in this year's Trunk or Treat??

We are now accepting registrations for "Trunk Hosts". There is no fee to register as a trunk host. Trunk hosts will be responsible for decorating the trunk of their car and bringing candy to pass out to the trick-or-treaters.

Creativity and fun are encouraged!

We will have a best-decorated trunk contest for all participating. Registration ends October 13th or once all spots have been filled.

To register as a trunk host, scan the QR code or visit www.avonct.myrec.com.



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: 17**



Session 1: 9/11/23 – 10/30/23 (6 classes)
(No Class on 9/25 or 10/9)

Session 2: 11/6/23 – 12/11/23 (6 classes)

Time: 4:15 p.m. – 5:00 p.m.

Day: Monday

Location: Community Room at Avon Senior Center

Instructor: Heather Brian and Staff

Ages: 3 – 5

Fee: \$111.00

NR Fee: \$122.10



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. No equipment is necessary. Visit www.soccershots.com for more information. **Parents must remain on site during program.** Participants should bring a water bottle and wear sneakers. Cleats and shin guards are not required.

Min: 6/Max: 30. *Option 2 Min: 6/Max: 10

Dates: 9/9/23 – 10/28/23 (7 classes)
(No Class on 10/7)

Time: 8:15 a.m. – 8:45 a.m. (Option 1)
*9:00 a.m. – 9:30 a.m. (Option 2)

Day: Saturday

Location: Roaring Brook School – Fields

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 bring a water bottle and wear sneakers. Cleats and shin guards are not required. **Min: 6/Max: 30. *Option 1 Min: 6/Max: 10.**

Dates: 9/9/23 – 10/28/23 (7 classes)
(No Class on 10/7)

Time: 9:00 a.m. – 9:45 a.m. (Option 1)
10:00 a.m. – 10:45 a.m. (Option 2)
11:00 a.m. – 11:45 a.m. (Option 3)

Day: Saturday

Location: Roaring Brook School – Field

Instructor: Shannon Perry and Staff

Ages: 3 – 5 years

Fee: \$116.00

NR Fee: \$127.60



Mommy/Daddy and Me Holiday Art Class

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

Date: 12/9/23 (1 Class)

Time: 10:00 a.m. – 11:15 a.m.

Day: Saturday

Location: Community Room at Avon Senior Center

Instructor: Boni Rothmann

Grades: Pre-K – 1

Resident Fee: \$44.00

NR Fee: \$48.40



Ski Sundown

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

SKI * SNOWBOARD * LESSONS * RENTALS

Join us for after-school skiing or snowboarding this winter at Ski Sundown in New Hartford! Transportation is provided for all participants directly from their school to the mountain and back via coach bus.

Registration for this program will start on September 25th and end on October 27th or when all available spots are filled.

When registering online, please select "Ski Program Bus Seat" first and then any additional packages (Lift Tickets, Rentals, and/or Lessons). You will then be prompted to print out and complete a Ski Sundown 2023-2024 Group Participant Information & Program Agreement form. Forms must be returned to the Recreation and Parks Department within 2 weeks of your online registration date or by November 1st, whichever comes first. Registration is not confirmed until all forms are submitted.

Completed 2023/2024 forms can be submitted via:

Email (PDF format): avonrec@avonct.gov

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

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

Fax: (860) 409-4334

PLEASE NOTE:

- * Once the bus is full, we will not be able to add on a second bus. Please register early.
- * All skiers/snowboarders must wear helmets. Equipment rentals do not include helmets.



SKI BUS – THOMPSON BROOK SCHOOL

Day: Tuesday
 Dates: 1/2/24 – 1/30/24* (5 dates)
 Time: 2:45 p.m. – 7:45 p.m.
 Location: Bus pick up and drop off at TBS
 Grades: 5 – 6
 Fee: TBD

SKI BUS – AVON MIDDLE SCHOOL

Day: Thursday
 Dates: 1/4/24 – 2/1/24* (5 dates)
 Time: 2:45 p.m. – 7:45 p.m.
 Location: Bus pick up and drop off at AMS
 Grades: 7 – 8
 Fee: TBD

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

ALL NEW PARTICIPANTS and their parent must attend a **MANDATORY** Ski Safety Meeting on **Wednesday, November 29th** at 6:00 p.m. via Zoom.





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 pencils, an eraser, and a sketchbook. **Min: 6/Max: 16**

- Dates:** 10/14/23 – 12/2/23 (6 classes)
(No class on 10/28 or 11/25)
- Time:** 12:30 p.m. – 2:00 p.m.
- Day:** Saturday
- Location:** Avon Senior Center – Craft Room
- Instructor:** Sofia Oyola Morales
- Grades:** 5 – 8
- Resident Fee:** \$82.00
- NR Fee:** \$90.20



Cartoon Drawing

Do you love to draw? Join us for this fun 1-hour cartoon drawing session. Learn how to draw characters from your favorite shows and even design your own characters! Beginners welcome. 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, an eraser, and a sketchbook. **Min: 6/Max: 10**

- Dates:** 10/14/23 – 12/2/23 (6 classes)
(No class on 10/28 or 11/25)
- Time:** 11:00 a.m. – 12:00 p.m.
- Day:** Saturday
- Location:** Avon Senior Center – Craft Room
- Instructor:** Sofia Oyola Morales
- Grades:** 1 – 4
- Resident Fee:** \$65.00
- NR Fee:** \$71.49

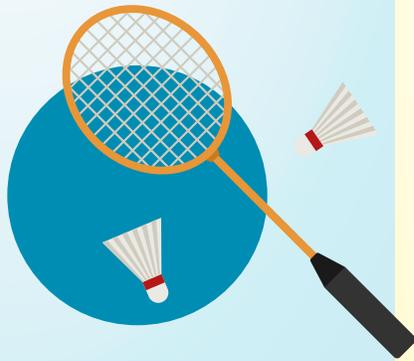




BADMINTON

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 introduce the fundamental skills, rules, and strategies of badminton. Students will be taught proper grip, forehand, backhand, stroke and serve. Participants should wear sneakers and bring a water bottle. Racquets will be provided. **Min: 6/Max: 12**

Dates: 9/15/23 – 11/3/23 (8 classes)
Time: 5:15 p.m. – 6:15 p.m. (Grades 4 – 5)
 6:30 p.m. – 7:30 p.m. (Grades 6 – 8)
Day: Friday
Location: Avon Middle School – Large Gym
Instructor: Joe Bowman
Grades: 4 – 8
Fee: \$72.00
NR Fee: \$79.20



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! This program fills up very quickly. Please register early to avoid missing out. **You may only register your child for one time slot for the fall session.** Please make note of the time slot that you registered for. Participants should wear gym clothes and sneakers and bring a water bottle. **Min: 10/Max: 16**

WEDNESDAYS

Dates: 10/4/23 – 11/29/23 (7 classes)
 (No class on 10/18 or 11/22)
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: \$80.00
NR Fee: \$87.99

FRIDAYS

Dates: 10/6/23 – 11/17/23 (7 classes)
Time: 4:45 p.m. – 5:30 p.m. (Option 3)
 5:35 p.m. – 6:20 p.m. (Option 4)
Day: Friday
Location: Roaring Brook School – Gym
Instructor: Charles Reece
Grades: K – 1
Fee: \$80.00
NR Fee: \$87.99

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eSCOUT ANIMATION AND DEVELOP GAMES (LEVEL 1)

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

Min: 3/Max: 8

Dates: 9/13/23 – 11/1/23 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Virtual via Zoom
Instructor: Sam Admin
Grades: 2 – 3
Fee: \$131.00
NR Fee: \$144.10



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 Chromebook. Headphones are optional. **Min: 3/Max: 8**

Dates: 9/12/23 – 10/31/23 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Virtual via Zoom
Instructor: Sam Admin
Grades: 3 – 4
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 Chromebook. Headphones are optional. **Min: 3/Max: 8**

Dates: 9/13/23 – 11/1/23 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Virtual via Zoom
Instructor: Sam Admin
Grades: 3 – 4
Fee: \$156.00
NR Fee: \$171.60

eSCOUT ACADEMY – DEVELOPMENT 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 Development 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 Chromebook. Headphones are optional. **Min: 3/Max: 8**

Dates: 9/12/23 – 10/31/23 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Virtual via Zoom
Instructor: Sam Admin
Grades: 5 – 6
Fee: \$168.50
NR Fee: \$185.35





FOOD EXPLORERS: Brunch Club!

Join Food Explorers for our brand-new Brunch Club! Each week you'll make a new brunch recipe, with a mixture of sweet and savory flavors. You'll be making: Avocado Pancakes, 4 Fold Quesadillas, Pumpkin Ricotta Toasts, and Zucchini Fritters. All recipes are nut free. **Min: 6/Max: 12**

Dates: 10/3/23 – 10/24/23 (4 classes)
Time: 4:30 p.m. – 5:30 p.m. Grades 2 – 4
 6:00 p.m. – 7:00 p.m. Grades 5 – 8
Day: Tuesday
Location: Avon Senior Center – Craft Room
Instructor: Katie Shepherd
Grades: 2 – 8
Fee: \$88.00
NR Fee: \$96.80



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FOOD EXPLORERS: Holiday Desserts!

Join Food Explorers for some delicious holiday desserts! Each week you'll make your own dessert and explore new foods and flavors. You'll be making: Mini Gingerbread Cheesecakes, Hot Chocolate Croissant Bites, Cinnamon Sugar Skewers, and Chocolate Peppermint Energy Bites. All recipes are nut free. **Min: 6/Max: 12**

Dates: 11/21/23 – 12/12/23 (4 classes)
Time: 4:30 p.m. – 5:30 p.m. (Grades 2 – 4)
 6:00 p.m. – 7:00 p.m. (Grades 5 – 8)
Day: Tuesday
Location: Avon Senior Center – Craft Room
Instructor: Katie Shepherd
Grades: 2 – 8
Fee: \$88.00
NR Fee: \$96.80





MPOWER YOUTH

Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your child will feel when your child crosses the finish line of the MPower 5K on Sunday, November 12th! 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 very beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games, and core strength exercises. For more information, please visit: www.MPowerYouthSports.com. The program fee includes a t-shirt. Race registration is not included in the program fee. Participants should wear running shoes or sneakers and bring a water bottle. In the event of inclement weather on Tuesdays, the program will be held inside at the school gym. In the event of inclement weather on Wednesday, the program will be held inside the gym at Thompson Brook School. **Min: 15/Max: 48**

TUESDAYS – Option 1

Dates: 9/12/23 – 10/24/23 (7 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Tuesday
Location: Roaring Brook School – Fields
Instructor: Krissy Mok
Grades: 1 – 8
Fee: \$88.00
NR Fee: \$96.80

WEDNESDAYS – Option 2

Dates: 9/13/23 – 10/25/23 (7 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Thursday
Location: Roaring Brook School – Fields
Instructor: Krissy Mok
Grades: 1 – 8
Fee: \$88.00
NR Fee: \$96.80



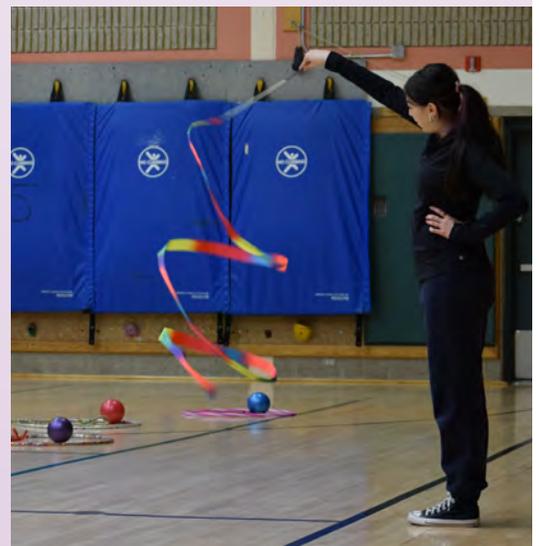


RHYTHMIC GYMNASTICS FOR GIRLS

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

Min: 7/**Max:** 10

- Dates:** 9/14/23 – 11/2/23 (8 classes)
- Time:** 5:15 p.m. – 6:00 p.m.
- Day:** Thursday
- Location:** Pine Grove School – Gymnasium
- Instructor:** Natalia Gorodnitsky
- Grades:** K – 4
- Fee:** \$114.00
- NR Fee:** \$125.40





FIELD HOCKEY CLINIC FOR GIRLS

This 3-day clinic is being run by Avon High School's Head Field Hockey Coach, Terri Ziemnicki. Coach Z will introduce all the basic skills and fundamentals in a fun and motivating way. Each day will incorporate gameplay. All levels are welcome! Participants should wear shin guards and a mouth guard and bring water and a stick (if you have one).

Min: 10/**Max:** 20

Dates: 10/1/23 – 10/22/23 (3 classes)
(No Class on 10/8)

Time: 4:00 p.m. – 5:00 p.m.

Day: Sunday

Location: Avon High School – Turf

Instructor: Terri Ziemnicki

Grades: 3 – 4

Fee: \$37.00

NR Fee: \$40.70



Recreation Youth Basketball For Boys and Girls in Grades 2 – 8

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

REGISTRATION

- August 18, 2023 – September 22, 2023
- Register before 4:30 p.m. on Friday, September 22, 2023, to avoid the late fee.
- Late registrations *may* be accepted if space allows but will be subject to a \$25 administrative fee. Call 860-409-4332.
- No registrations will be accepted after October 10, 2023.

Fee: \$135.00

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

Refunds:

August 18 – October 20 100%
 October 21 – November 3 80%
 November 4 and after No Refunds

LEAGUE COMMITMENT

This is not a practice league. Players in grades 2 – 8 **MUST** be able to commit to a one-hour practice, 1-2 nights/week plus a game on Saturday. Limited availability to practice may impact your child's ability to participate. *Please ensure that you have correctly indicated your child's availability at registration.*

Practices: Weeknights starting 11/27/23. *No practices will be held during Winter Vacation (Dec. 22 – Jan. 1).*

Games: Saturdays 12/9/23 – 3/2/24 (No games on 12/23, 12/30, or 2/17; No home games on 1/13). Dates are subject to change.

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Teams/Schedule: Days, times, and locations for practices and games will depend on your team assignment. Team assignments and the practice/game schedule will be released no earlier than November 15th.

Team Requests Policy:

Please note that we do not accept requests to have your child paired with a specific coach or another player. Teams will be created based on availability to practice, grade, and rating.



MANDATORY RATING SESSIONS FOR GRADES 3 – 8

Players in grades 3 – 8 will be evaluated in non-competitive, rating sessions to form balanced teams (Grade 2 players do not have a rating session). Players should wear sneakers. Basketballs will be provided.

GRADE 3

TUESDAY, OCTOBER 17

Pine Grove School Gym

Grade 3 Girls: 5:00 p.m. – 5:45 p.m.

Grade 3 Boys: 6:00 p.m. – 6:45 p.m. (A – L)

Grade 3 Boys: 7:00 p.m. – 7:45 p.m. (M – Z)

BOYS GRADES 4 – 8

SATURDAY, OCTOBER 21

Avon Middle School Gym

Grade 4: 8:30 a.m. – 9:15 a.m.

Grade 5: 9:30 a.m. – 10:15 a.m.

Grade 6: 10:30 a.m. – 11:15 a.m.

Grade 7: 11:30 a.m. – 12:15 p.m.

Grade 8: 12:30 p.m. – 1:30 p.m.

GIRLS GRADES 4 – 8

TUESDAY, OCTOBER 24

Avon Middle School Gym

Grade 4: 5:00 p.m. – 5:45 p.m.

Grades 5-6: 6:00 p.m. – 6:45 p.m.

Grades 7-8: 7:00 p.m. – 7:45 p.m.

VOLUNTEER AS A COACH!

Youth Basketball Coaches and Assistant Coaches are parent volunteers. Please indicate if you are interested in volunteering as a Head Coach or Assistant Coach for your son or daughter's team on their registration form.

All coaches must be signed up by September 22, 2023, agree to a background check, concussion training, and attend the coaches' meeting. The Coaches' Meeting & Draft will be on **Monday, November 13, 2023, at the Avon Middle School – Cafeteria from 6:30 p.m. – 8:00 p.m.**

First-time coaches (for our program) will also need to attend a coaches' training. We will cover drills, rules, etc. This Training Session will be held on **Monday, November 20, 2023, at Pine Grove School – Gymnasium from 5:30 p.m. – 8:30 p.m.**





Volleyball League for Girls Grades 5 – 8

This league is designed for girls in grades 5 – 8 who are interested in learning the skills and strategies of competitive volleyball at a middle school level. All levels are welcome. **There will be a rating session held on Tuesday, 9/19 at AMS at 4:50 p.m.** to divide participants into two skill-level groups. There are no cuts, everyone registered will be able to participate. Once decided, beginner/intermediate players will meet at 4:50 – 6:20 p.m., and intermediate/advanced players will meet at 6:30 – 8:00 p.m. This league will mainly consist of in-house scrimmages, with a possibility for games against surrounding towns. All games will take place during normal program time. Participants should bring water and wear gym sneakers and knee pads. Arm sleeves are recommended. All other equipment will be supplied.

Min: 32/Max: 80

Dates: 9/21/23 – 10/26/23 (6 dates)

Time: 4:50 p.m. – 6:20 p.m.

OR 6:30 p.m. – 8:00 p.m.

(Will be determined after rating session)

Day: Thursday

Location: Avon Middle School – Large Gym

Coach: Amanda Jassen

Grades: 5 – 8

Fee: \$96.00

NR Fee: \$105.59

REGISTRATION:

🕒 August 18, 2023 – September 14, 2023

MANDATORY RATING SESSION

Tuesday, September 19th at Avon Middle School.

Begins at 4:50 p.m.



adult programs



Fall Hiking Series

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

Dates: 8/26/23, 10/7/23, and 11/4/23
(3 dates to choose from)

Time: 9:45 a.m. – 1:00 p.m.

Day: Saturday

Location: Details available online

Instructors: Thomas Iezzi and Norm Sondheimer

Fee: Free



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Pickleball

Pickleball is a racquet sport combining badminton, tennis, and table tennis elements. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball over a net. This game was invented in the mid-1960s as a children's backyard pastime but quickly became popular among adults as a fun game for players of all skill levels. Participants should wear sneakers and bring a water bottle and a pickleball racquet if you have one. **Min: 8/Max: 22**

Dates: 9/13/23 – 11/8/23 (8 classes)
(No class on 10/18)

Time: 5:15 p.m. – 6:45 p.m. (Beginner)
7:00 p.m. – 8:30 p.m. (Intermediate/
Advanced)

Day: Wednesday

Location: Avon Middle School – Large Gym

Supervisor: Joe Bowman

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

NR Fee: \$67.10



Smartphone Photography Workshop

In this fun and easy beginners workshop taught by professional photographer Andy Mars, you will learn how to use smartphone cameras to take high-quality photos and edit them with the Snapseed App. It is one of the best photo editing apps available! Then turn your images into photo paintings using the free painting app Prisma. Experiment with fun filters that will wow your friends and family! Participants should bring their smartphone and/or iPad. **Min: 5/Max: 20**

Dates: 9/27/23 (1 class)

Time: 7:00 p.m. – 8:30 p.m.

Day: Wednesday

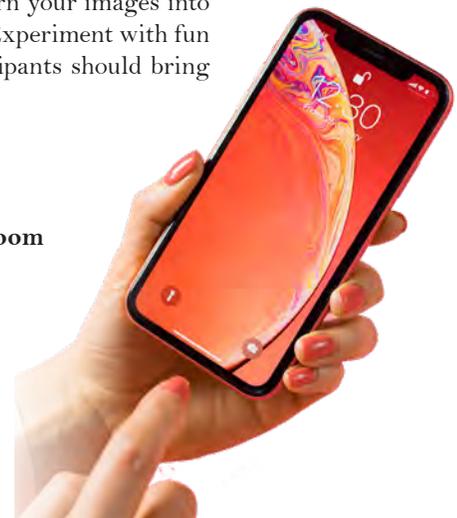
Location: Avon Senior Center Community Room

Instructor: Andy Mars

Ages: 16 and up

Resident Fee: \$31.00 **Senior Fee:** \$27.90

NR Fee: \$34.10





MIXED LEVEL VINYASA FLOW
Holiday Series

Make time to de-stress this holiday season! This is a fun and lighthearted 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 welcome – no experience necessary. Participants should bring a yoga mat, blanket and a water bottle. **Min: 4/Max: 18**

Dates: 11/27/23 – 12/18/23 (4 classes)
Time: 6:00 p.m. – 7:00 p.m.
Day: Monday
Location: Community Room at Avon Senior Center
Instructor: Julie Erasmus
Fee: \$49.00 **Senior Fee:** \$44.10
NR Fee: \$53.90

Yoga ~

MIXED LEVEL VINYASA FLOW

This is a fun and light-hearted yoga class that links breath (pranayama) with postures (asanas), flowing through a series of poses to increase strength, flexibility & balance, as well as reduce stress. This practice will incorporate vinyasa flow and some longer-held poses, and will end with relaxation. Allow yourself to gain inner awareness, shift mind/body habits & cultivate peace through your practice. All levels are welcome – no experience is necessary. Participants should bring a yoga mat, blanket and a water bottle. **Min: 4/Max: 18**

Dates: 10/2/23 – 11/20/23 (7 classes)
 (No Class on 10/30)
Time: 6:00 p.m. – 7:00 p.m.
Day: Monday
Location: Community Room at Avon Senior Center
Instructor: Julie Erasmus
Fee: \$81.00 **Senior Fee:** \$72.90
NR Fee: \$89.09

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, sneakers and bring water. **Min: 7/Max: 18**

Session 1: 9/7/23 – 10/5/23 (5 classes)
Session 2: 10/19/23 – 11/16/23 (5 classes)
Time: 4:30 p.m. – 5:30 p.m.
Day: Thursdays
Location: Community Room at Avon Senior Center
Instructor: Meghan Ryan
Fee: \$56.00 **Senior Fee:** \$50.40
NR Fee: \$61.60



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 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 support 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 ctschoolorfreiki@gmail.com. Participants should wear comfortable clothes and bring a water bottle, lunch, and snack. **Min: 4/Max: 8**

Date: 10/15/23 (1 class)
Time: 9:00 a.m. – 3:00 p.m.
Day: Sunday
Age: 18 and up
Location: Avon Senior Center – Lounge Area
Instructor: Benu Gopal
Fee: \$150.00 **Senior Fee:** \$135.00
NR Fee: \$165.00

Reiki SECOND DEGREE

Reiki Second Degree course is designed for those who have invested in consistent self-practice and/or sharing Reiki with friends and family. This course includes Reiki symbols, fine-tuning Reiki sessions for a customer/client, and enhancing Reiki skills. Participants will receive a Reiki Second Degree certificate upon successfully completing this course. If you have questions about the class, please feel free to contact ctschoolorfreiki@gmail.com. Participants should wear comfortable clothes and bring a water bottle, lunch, and snack. **Min: 4/Max: 8**

Date: 11/19/23
Time: 9:00 a.m. – 3:00 p.m.
Day: Sunday
Location: Avon Senior Center – Lounge Area
Instructor: Benu Gopal
Fee: \$150.00 **Senior Fee:** \$135.00
NR Fee: \$165.00



Holiday Wreath Making Workshop

Join us for our annual Wreath Making Workshop! Create your own holiday wreath with live greens, seasonal decorations, and wired ribbons – all materials provided! In addition to learning how to make a wreath, you will learn how to make your own beautiful wired bow! Bring your friends and let’s have fun crafting! Participants should bring work/garden gloves and extra decorations are optional. **Min: 4/Max: 15**

Date: 11/28/23
Time: 6:00 p.m. – 8:30 p.m.
Day: Tuesday
Location: Community Room at Avon Senior Center
Instructor: Boni Rothmann
Ages: 18 and up
Resident Fee: \$56.50 **Senior Fee:** \$50.85
NR Fee: \$62.15



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 clothes and bring a water bottle. **Min: 8/Max: 16**

SESSION 1:

TUESDAY:

Dates: 9/26/23 – 12/12/23 (12 classes)
Time: 6:30 p.m. – 8:30 p.m.
Day: Tuesday
Location: Community Room at Avon Senior Center
Instructor: Avon Senior Center Staff
Fee: \$75.00 **Senior Fee:** \$67.50
NR Fee: \$82.50

THURSDAY:

Dates: 9/28/23 – 12/14/23 (11 classes)
(No class on 11/23)
Time: 6:30 p.m. – 8:30 p.m.
Day: Thursday
Location: Community Room at Avon Senior Center
Instructor: Avon Senior Center Staff
Fee: \$70.00 **Senior Fee:** \$63.00
NR Fee: \$77.00



Tai Chi

Tai Chi has been proven through scientific study to improve joint health, strengthen muscle, increase flexibility and reduce stress-based illnesses. Australia's Doctor Paul Lam, a practicing M.D. and Tai Chi expert himself, and a team of Tai Chi and medical experts have created a simple, safe and effective program to prevent bone loss and improve balance. Many people have enjoyed learning the program and have gained significant health benefits from a program that is especially suited to seniors and people suffering from arthritis and osteoporosis. Come see what Tai Chi can do for you! Participants should wear comfortable clothes and shoes and bring a water bottle. **Min: 10/Max: 20**

Dates: 9/20/23 – 12/13/23 (12 classes)
(No class on 11/22)
Time: 4:00 p.m. – 5:00 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Ken Zaborowski
Fee: \$71.00 **Senior Fee:** \$63.90
NR Fee: \$78.10



Welcome to Mah Jongg

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Learn the basics of 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 the play. Class will also cover: the tiles, rules of the game and table rules. This beginner's class includes a card with your registration. **Min: 5/Max: 8**

Dates: 10/11/23 – 10/20/23 (4 classes)
Day: Wednesday & Friday
Time: Wednesday 1:00 p.m. – 3:00 p.m.
Friday 10:00 a.m. – 12:00 p.m.
Day: Friday
Time: 10:00 a.m. – 12:00 p.m.
Location: Community Room at Avon Senior Center
Instructor: Karen Boyd
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. The class is perfect for anyone that is looking for a fun, aerobic exercise routine. If you love to dance, this class is for you. Participants should wear comfortable clothes and smooth-soled shoes and bring a water bottle and towel. **The Monday class is a virtual program.** Participants will receive a Zoom link by email from the instructor before the start of class. **Min: 8/Max: 15**

MONDAYS

Dates: 9/18/23 – 12/11/23 (12 classes)
(No class on 10/9)

Time: 5:30 p.m. – 6:30 p.m.

Day: Monday

Location: Virtual

Instructor: Denise Lipka

Fee: \$86.00 **Senior Fee:** \$77.40

NR Fee: \$94.60

WEDNESDAYS

Dates: 9/20/23 – 12/13/23 (12 classes)
(No class on 11/22)

Time: 5:30 p.m. – 6:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Denise Lipka

Fee: \$86.00 **Senior Fee:** \$77.40

NR Fee: \$94.60

IMPORTANT DATES TO REMEMBER

2023 Fall Programs

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

Note: The After School Ski Program fills up quickly!



Volleyball Fall League – Girls Grades 5 – 8

REGISTRATION:

- ☞ August 18, 2023 – September 14, 2023

MANDATORY RATING SESSION

Tuesday, September 19th
Avon Middle School
Starts at 4:50 p.m.



Recreation Youth Basketball League Boys and Girls Grades 2 – 8

REGISTRATION:

- ☞ August 18, 2023 – September 22, 2023
- ☞ Registrations beginning September 23, 2023, will be subject to a \$25 late fee.
- ☞ NO registrations will be accepted after October 10, 2023!

MANDATORY RATING SESSIONS FOR GRADES 3 – 8

GRADE 3

TUESDAY, OCTOBER 17

Pine Grove School Gym

Grade 3 Girls: 5:00 p.m. – 5:45 p.m.

Grade 3 Boys: 6:00 p.m. – 6:45 p.m. (A – L)

Grade 3 Boys: 7:00 p.m. – 7:45 p.m. (M – Z)

BOYS GRADES 4 – 8

SATURDAY, OCTOBER 21

Avon Middle School Gym

Grade 4: 8:30 a.m. – 9:15 a.m.

Grade 5: 9:30 a.m. – 10:15 a.m.

Grade 6: 10:30 a.m. – 11:15 a.m.

Grade 7: 11:30 a.m. – 12:15 p.m.

Grade 8: 12:30 p.m. – 1:30 p.m.

GIRLS GRADES 4 – 8

TUESDAY, OCTOBER 24

Avon Middle School Gym

Grade 4: 5:00 p.m. – 5:45 p.m.

Grades 5-6: 6:00 p.m. – 6:45 p.m.

Grades 7-8: 7:00 p.m. – 7:45 p.m.



2023 Fall Programs

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

Note: The After School Ski Program fills up quickly!

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



Ski Sundown

REGISTRATION:

- September 25, 2023 – October 27, 2023
(Or when all available spots are taken)

SKI SAFETY MEETING

- MANDATORY** attendance by all **NEW** participants to our program, along with their parents.
Wednesday, November 29, 2023, at 6 p.m. via Zoom.

