



Fall '24

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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

Cancellation Line: (860) 409-4365

Web Address: www.avonct.gov

Email: avonrec@avonct.gov

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

[Facebook Page](#)

[Instagram Page](#)

Director

Jen Filer - jfiler@avonct.gov

Program Coordinator:

Lindsay Kiesewetter - lkiesewetter@avonct.gov

Administrative Coordinator:

Tanuja Miura - tmiura@avonct.gov

Administrative Secretary:

Chris Kohanski - ckohanski@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](#)

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 9th (unless otherwise noted).
- ☀ The grade listed for programs indicates the grade your child will be in this fall (2024/2025 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 prior to three business days of 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**
 - ✦ **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!

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Fall '24



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 **Friday, October 11, 2024**. 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 the details and forms can be found there. Proposals can be emailed to Ikiesewetter@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 4, 2024, with registration opening December 6, 2024.

HALLOWEEN TRUNK OR TREAT



Join us this Halloween for our
“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: 10/26/2024 (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 11 or once
all spots have been filled.

To register as a trunk host, scan the
QR code or visit [https://forms.gle/
VVqz8GZizZkaWazM7](https://forms.gle/VVqz8GZizZkaWazM7)



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 23 and end on October 28 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 2024-2025 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 1, whichever comes first. **Registration is not confirmed until all forms are submitted.**

Completed 2024/2025 forms can be submitted via:

Email (PDF format): avonrec@avonct.gov

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

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.
- * **ALL NEW PARTICIPANTS** and their parent must attend a **MANDATORY Ski Safety Meeting on Wednesday, November 20 at 6:00 p.m.** via Zoom.



SKI BUS – THOMPSON BROOK SCHOOL

Day: Tuesday
Dates: 1/7/25 – 2/4/25* (5 dates)
Time: 2:45 p.m. – 7:45 p.m.
Location: Bus pick up and drop off at TBS
Grades: 5 – 6
Fee: \$165 (bus seat only)**

SKI BUS – AVON MIDDLE SCHOOL

Day: Thursday
Dates: 1/2/25 – 1/30/25* (5 dates)
Time: 2:45 p.m. – 7:45 p.m.
Location: Bus pick up and drop off at AMS
Grades: 7 – 8
Fee: \$165 (bus seat only)**

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

** Prices subject to change when registration opens



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toddler/preschool programs



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 holiday ornaments and greeting cards! **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: 12/7/24 (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: \$45.00
NR Fee: \$49.50



SKYHAWKS MULTISPORT TOTS

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

Date: 9/7/24 – 10/19/24 (6 classes)
 (No class on 10/12)
Time: 9:00 a.m. – 9:45 a.m. (Age 2)
 10:00 a.m. – 10:45 a.m. (Age 3)
 11:00 a.m. – 11:45 a.m. (Ages 4 & 5)
Day: Saturday
Location: Sycamore Recreation Area Field
Instructor: Ashley Boutin
Ages: 2 – 5
Resident Fee: \$99.00
NR Fee: \$108.90

SOCCER SHOTS MINI

Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry. All staff are trained by Soccer Shots.

Each session creatively introduces your child to soccer in a fun, imaginative, and energetic way. Soccer Shots Mini is a high-energy program that will introduce soccer principles such as using your feet, dribbling, and basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. 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.**

Dates: 9/14/24 – 10/26/24 (7 classes)
Time: 8:15 a.m. – 8:45 a.m.
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Ages: 2 (Must be 2 by first day of class)
Fee: \$126.00
NR Fee: \$138.60



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 adventures, we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. 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.**

Dates: 9/14/24 – 10/26/24 (7 classes)
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: \$126.00
NR Fee: \$138.60



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: 10/12/24 – 11/23/24 (6 classes)
(No class on 10/26)

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: 12**

Dates: 10/12/24 – 11/23/24 (6 classes)
(No class on 10/26)

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: \$71.50





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: 20**

WEDNESDAYS

Dates: 10/2/24 – 11/20/24 (7 classes)
 (No class on 10/16)
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: \$85.00
NR Fee: \$93.50

FRIDAYS

Dates: 9/27/24 – 11/22/24 (7 classes)
 (No class on 11/1 and 11/15)
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: Jim Keller
Grades: K – 1
Fee: \$85.00
NR Fee: \$93.50



eSCOUT ANIMATION AND GAME DEVELOPMENT (LEVEL 1-2)

Dive into the world of digital creativity with our Animation and Game Development course, designed specifically for young learners in grades 2 and 3. In this interactive course, students will be introduced to code puzzles, express and apply computing steps, build and play with code blocks (Animation, music/sound blocks). Build fun games and animations using Events, Conditional and Repetition concepts. Participants will need a laptop or tablet. Headphones are optional. **Min: 3/Max: 8**

Dates: 9/9/24 – 11/4/24 (8 classes)
(No class on 10/14)
Time: 5:30 p.m. – 6:30 p.m.
Day: Monday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 2 – 3
Fee: \$145.00
NR Fee: \$159.50

eSCOUT ANIMATION AND GAME DEVELOPMENT (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 Development Games Level 3, here's what participants will explore: Master Block-Based Coding: Develop foundational computing skills and problem-solving strategies. Creating Games: Design and debug their own maze, arcade, and sports games using advanced programming concepts like loops and conditionals. Participants will need a laptop or Chromebook. Headphones are optional. **Min: 3/Max: 8**

Dates: 9/10/24 – 10/29/24 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 5
Fee: \$157.00
NR Fee: \$172.70

eSCOUT GAME DEVELOPMENT USING PYTHON (LEVEL 1)

This course is an introductory guide to foundational computing skills, serving as a seamless transition from block coding and text-based programming. Participants will delve into the basics of Python, covering variables, loops, and functions. Using these skills, they will create visually striking artwork, simulations, and interactive games such as Guess, Bounce! and Race. Participants will need a laptop or Chromebook. Headphones are optional. **Min: 3/Max: 8**

Dates: 9/11/24 – 10/30/24 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 5 – 8
Fee: \$170.00
NR Fee: \$187.00

eSCOUT YOUTH STEM PROGRAM (HANDS ON SCIENCE WITH MICRO:BIT)

In this program, we explore either block coding or Python programming to create engaging science experiments. Utilizing the built-in Micro:bit sensors, including accelerometer, light, gestures, and motion detection, students will construct practical projects. These projects include a step counter, a dice roller for board games, an animal tracker, a water bottle alert, a plant watering system, and many more exciting science experiments. Participants will need a laptop or Chromebook. Headphones are optional. **Min: 3/Max: 8**

Dates: 9/10/24 – 10/29/24 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 8
Fee: \$157.00
NR Fee: \$172.70





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: 9/15/24 – 10/6/24 (3 classes)
(No class on 9/22)

Time: 4:00 p.m. – 5:00 p.m.
Day: Sunday
Location: Avon High School – Turf
Instructor: Terri Ziemnicki
Grades: 3 – 4
Fee: \$40.00
NR Fee: \$44.00



**FOOD EXPLORERS:
Fantastic
Fall Desserts**

Join Food Explorers for some delicious fall desserts! Each week you'll create a tasty new recipe with fall inspired flavors and ingredients. You'll be making: Fall Fruit Salsa, Pumpkin Donuts, Maple Butter Blondie Bites, Sweet Potato Pies with Marshmallow Whipped Cream. Each recipe is nut free but may contain dairy and/or eggs. **Min: 6/Max: 12**

Dates: 10/3/24 – 10/24/24 (4 classes)
Time: 4:30 p.m. – 5:30 p.m.
Day: Thursday
Location: Avon Senior Center - Community Room
Instructor: Katie Shepherd
Grades: 2 – 5
Fee: \$95.00
NR Fee: \$104.50



**FOOD EXPLORERS:
Holiday Desserts!**

Join Food Explorers for some delicious holiday desserts! Each week you'll make your own dessert inspired by favorite holiday flavors and foods. You'll be making Chocolate Orange Brownie Bites, Tiramisu Pies, Gingerbread Mini Donuts, and Biscoff Banana Trifles. All recipes are nut-free but may contain dairy, eggs and gluten. **Min: 6/Max: 12**

Dates: 11/14/24 – 12/12/24 (4 classes)
(No class on 11/28)
Time: 4:30 p.m. – 5:30 p.m.
Day: Thursdays
Location: Avon Senior Center - Community Room
Instructor: Katie Shepherd
Grades: 2 – 5
Fee: \$95.00
NR Fee: \$104.50





MPOWER YOUTH RUNNING

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

Min: 10/Max: 60

TUESDAYS – Option 1

Dates: 9/17/24 – 10/29/24 (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: \$89.00
NR Fee: \$97.90

WEDNESDAYS – Option 2

Dates: 9/18/24 – 10/30/24 (7 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Wednesday
Location: Roaring Brook School – Fields
Instructor: Krissy Mok
Grades: 1 – 8
Fee: \$89.00
NR Fee: \$97.90

MPOWER SPEED CLINIC

MPower's Speed Training Program is designed to build speed and agility. Through correct training and education, youth will realize greater confidence, physical fitness and athletic potential. The goal of this program is to uncover, nurture and hone existing skills and endless potential. Both experienced athletes and novices alike will benefit. MPower's Speed Training Program is designed by Gino Caro, a professional speed coach with experience coaching youth, high school, NCAA and NFL teams and individuals. Participants should wear running shoes or sneakers and bring a water bottle. **Min: 10/Max: 48**

Dates: 9/9/24 – 10/28/24 (7 classes)
 (No class on 10/14)
Time: 5:00 p.m. – 6:00 p.m.
Day: Monday
Location: Roaring Brook School – Fields
Instructor: Krissy Mok
Grades: 5 – 8
Fee: \$89.00
NR Fee: \$97.90





Safe Sitter Babysitter Course

Safe Sitter is a program for 11- 14-year-olds where you will learn life-saving skills so you can be safe if you're home alone or watching younger children.

You will play fun games and do some role-playing exercises - you even get to use manikins to practice choking rescue! Your parents will feel better knowing you're prepared to handle whatever situation comes up! The cost includes a cinch sack with a Student Handbook and Completion card, LED Flashlight, Bandage Dispenser and Important Information Note Pad for Babysitting jobs for each student. Please note that the class will teach CPR, but a CPR certification is not included. Participants should bring a non-refrigerated bag lunch and wear comfortable clothing. **Min: 6/Max: 10**

- Dates:** 10/12/24 (1 class)
- Time:** 9:00 a.m. – 2:00 p.m.
- Day:** Saturday
- Location:** Avon Senior Center – Community Room
- Instructor:** CPR Training Professionals
- Ages:** 11-14
- Fee:** \$164.00
- NR Fee:** \$180.40



Skyhawks Volleyball Clinic

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player. Participants should bring water and wear gym sneakers and athletic clothes. **Min: 8/Max: 16**

- Dates:** 10/8/24 – 11/26/24 (6 dates)
(No class on 11/5 and 11/12)
- Time:** 5:00 p.m. – 7:00 p.m.
- Day:** Tuesday
- Location:** Avon Middle School – Large Gym
- Coach:** Skyhawks Sports Academy Staff
- Ages:** 10 – 14
- Fee:** \$145.00
- NR Fee:** \$159.50



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: 8/9 – 9/20

- Register before 4:30 p.m. on Friday, September 20, 2024, 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 11, 2024.

Fee: \$138.00

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

Refunds:

August 9 – October 21	100%
October 22 – November 4	80%
November 5 and after	No Refunds

LEAGUE COMMITMENT:

This is not a practice league. Players in grades 2 – 4 MUST be able to commit to a one-hour practice, 1 night/week plus a game on Saturday.

Players in grades 5–8 must commit to 1–2 practices per 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 12/02/24. No practices will be held during Winter Vacation (Dec. 20 – Jan. 1).

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Games: Saturdays 12/7/24 – 2/8/25 (No games on 12/21, 12/28). Dates are subject to change.

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.

GRADES 3

TUESDAY, OCTOBER 15

Thompson Brook 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 19

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

THURSDAY, 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 20, 2024, agree to a background check, concussion training, and attend the coaches’ meeting. The Coaches’ Meeting & Draft will be on **Tuesday, November 12, 2024, 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 18, 2024, at Pine Grove School – Gymnasium from 5:30 p.m. – 7:30 p.m.**



Avon WALKS AND TALKS

Looking to meet new people and enjoy the New England Autumn Scenery? This group is for you! We will walk at the groups pace, talk, make new friends and enjoy the trail. You may join us for both days or just one of them. Meet at the Thompson Road parking lot on the Farmington Canal Heritage Trail. Strollers and all forms of mobility are welcome.

Min: 5/**Max:** 25

Dates: 9/4/24 - 10/23/24 (8 Sessions)
(No session on 10/13)

Time: 9:15 a.m. – 10:15 a.m.

Day: Wednesday and Sunday

Location: Farmington Canal Heritage Trail

Instructor: Erin Barthel

Fee: Free



Dahlia

FALL AND WINTER CARE WORKSHOP

This workshop welcomes the dahlia curious, as well as experienced gardeners to the dahlia beds themselves! Learn to care for, dig, divide and store dahlias. Hands-on demonstrations, instruction and practice will provide all the tips you'll ever need to confidently grow these highly impressive and rewarding beauties. Each participant will receive 5 tubers from the garden, winter-prepped and ready to plant next year! This workshop is held outdoors in the garden. Participants should wear yardwork clothes and bring garden gloves. **Min:** 2/**Max:** 8

Dates: 10/26/24

Time: 10:00 a.m. – 12:00 p.m.

Day: Saturday

Location: Provided Upon Registration

Instructor: Kimberly Gordon

Ages: 10 and up

Fee: \$107.00 **Senior Fee:** \$96.30

NR Fee: \$117.70

HIKING SERIES

Discover Avon's hiking trails by joining hike leaders Tom and Norm for a fun, stress-free group hike! 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 easy or 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. Co-sponsored by the Avon Land Trust. **Min:** 4/**Max:** 20

Dates: 9/7/24, 10/5/24, and 11/2/24
(3 dates to choose from)

Time: 10:00 a.m. – 1:00 p.m.

Day: Saturday

Location: TBD; Details available online

Instructors: Tom Iezzi, Jeff Grindrod, and Norm Sondheimer

Fee: Free



Holiday

Ornament Making Workshop

Get into the holiday spirit and go home with 3 hand painted holiday ornaments. There will be 3 painting designs and a demonstration on the step-by-step process of how to create them. All supplies are included. **Min: 4/Max: 20**

Date: 12/9/24
Time: 6:00 p.m. – 8:00 p.m.
Day: Monday
Location: Avon Senior Center – Craft Room
Instructor: Boni Rothmann
Ages: 18 and up
Resident Fee: \$63.00 **Senior Fee:** \$56.70
NR Fee: \$69.30

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**



OPTION 1:

Date: 12/2/24
Day: Monday
Time: 6:00 p.m. – 8:30 p.m.
Location: Avon Senior Center – Craft Room
Instructor: Boni Rothmann
Ages: 18 and up
Resident Fee: \$63.00 **Senior Fee:** \$56.70
NR Fee: \$69.30

OPTION 2:

Date: 12/3/24
Day: Tuesday
Time: 6:00 p.m. – 8:30 p.m.
Location: Avon Senior Center – Craft Room
Instructor: Boni Rothmann
Ages: 18 and up
Resident Fee: \$63.00 **Senior Fee:** \$56.70
NR Fee: \$69.30



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: 9/11/24 – 11/20/24 (9 Sessions)
 (No class on 9/25, 10/16)
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: \$80.00 **Senior Fee:** \$72.00
NR Fee: \$88.00

Soccer

Adult Pick-Up Soccer

This is an informal, co-ed pick-up soccer league for adults. Games will be played 4 v 4. Beginners are welcome! Contact Erin at california.erin@gmail.com if you have questions. Participants should wear athletic clothing, shinguards, socks, and cleats.

Min: 8/Max: 40

Dates: 9/8/24 – 11/17/24 (10 Sessions)
 (No session on 10/13)
Time: 4:00 p.m. – 5:00 p.m.
Day: Sunday
Location: Fisher Meadows Field 7
Supervisor: Erin Barthel
Ages: 18 and up
Fee: \$15.00



Reiki FIRST DEGREE

Join Reiki Master/Teacher Benu as she teaches you how to help yourself through 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 support rehabilitation and recovery.

This course is designed for anyone interested in learning the art and science of Reiki. Participants will earn a Reiki First-Degree certificate upon completion of 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: 5/Max: 10**

Date: 8/25/24 (1 class)
Time: 9:00 a.m. – 3:00 p.m.
Day: Sunday
Location: Avon Senior Center – Lounge Area
Instructor: Benu Gopal
Age: 18 and up
Fee: \$175.00 **Senior Fee:** \$157.50
NR Fee: \$192.50

Reiki SECOND DEGREE

This Reiki Second Degree course is an evidence-based curriculum designed for anyone interested in learning to use the Reiki symbols to support their practice. A Reiki First Degree certification is a prerequisite for attending this course. Participants will earn a Reiki Second Degree certificate upon completion of 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: 5/Max: 10**

Date: 11/10/24 (1 Class)
Time: 9:00 a.m. – 3:00 p.m.
Day: Sunday
Location: Avon Senior Center – Lounge Area
Instructor: Benu Gopal
Age: 18 and up
Fee: \$175.00 **Senior Fee:** \$157.50
NR Fee: \$192.50



Afro Dance Fitness

Come experience this truly unique form of exercise. You will learn basic Central African dance moves while getting a full body workout. Try something new while having fun! Participants should wear comfortable clothing and sneakers and bring a water bottle. **Min: 10/Max: 20**

Dates: 9/20/24 – 11/27/24 (20 classes)
Time: 10:30 a.m. – 11:30 a.m.
Day: Wednesday and Friday
Location: Community Room at Avon Senior Center
Instructor: Jolie Cayer
Ages: 18 and up
Fee: \$125.00 **Senior Fee:** \$112.50
NR Fee: \$137.50



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: Wednesday 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: 8**

WEDNESDAYS:

Dates: 9/25/24 – 12/11/24 (11 classes)
(No class on 11/27)

Time: 6:30 p.m. – 8:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Avon Senior Center Staff

Ages: 25 and up

Fee: \$71.00 **Senior Fee:** \$63.90

NR Fee: \$78.10

THURSDAYS:

Dates: 9/26/24 – 12/12/24 (11 classes)
(No class on 11/28)

Time: 6:30 p.m. – 8:30 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Avon Senior Center Staff

Ages: 25 and up

Fee: \$71.00 **Senior Fee:** \$63.90

NR Fee: \$78.10



18

Fencing

Exercise activity for seniors in the form of learning the Olympic sport of Fencing. Fencing promotes sharpening motor skills, brain agility, joint mobility and swordsmanship. Participants should bring a water bottle and wear comfortable athletic clothing and shoes. **Min: 8/Max: 12**

Dates: 9/23/24 – 12/9/24 (10 classes)
(No class on 10/14 and 11/11)

Time: 9:30 a.m. – 10:30 a.m.

Day: Monday

Location: Community Room at Avon Senior Center

Instructor: Marc Ganych

Ages: 18 and up

Fee: \$75.00 **Senior Fee:** \$67.50

NR Fee: \$82.50

Gentle Essentrics

Gentle Essentrics is a stretch and strengthen workout designed to increase your energy and flexibility, loosen and hydrate fascia, decompress your joints and release tension through relaxation and respectful exercise. Great for men and women of all ages and fitness levels. All exercises will be made accessible. Participants should bring a water bottle and mat and wear comfortable clothing. A stretch band is optional. **Min: 8/Max: 20**

Session 1: 10/8/24 – 11/5/24 (9 classes)

Session 2: 11/12/24 – 12/12/24 (9 classes)
(No class on 11/28)

Day: Tuesday & Thursday

Time: 9:30 a.m. – 10:30 a.m.

Location: Community Room at Avon Senior Center

Instructor: Gene and Debbie Trovato

Ages: 21 and up

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

NR Fee: \$60.50



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: 9/25/24 – 12/11/24 (11 classes)
(No class on 11/27)

Time: 4:00 p.m. – 5:00 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

Ages: 18 and up

Fee: \$67.00 **Senior Fee:** \$60.30

NR Fee: \$73.70

senior programs



Zumba Cardio Beats

This is a medium-intensity hybrid Zumba and cardio drumming class. We will warm up with a 20-30-minute Zumba class and move into 30 minutes of cardio drumming on a stability ball. This class focuses on cardio, toning, coordination, and mindfulness. This class is for all adults looking to have fun while exercising. Layered clothing and smooth-soled shoes are recommended. Participants should bring a towel and water bottle to class. Equipment for cardio drumming will be provided. **Min: 10/Max: 15**

Dates: 9/30/24 – 12/16/24 (9 classes)
(No class on 10/14, 11/11 and 12/2)
Time: 5:30 p.m. – 6:30 p.m.
Day: Monday
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

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. **Min: 8/Max: 15**

Dates: 9/25/24 – 12/11/24 (11 classes)
(No class on 11/27)
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
Fee: \$81.00 **Senior Fee:** \$72.90
NR Fee: \$89.10

