



Summer '25

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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, Building 6
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.

Summer Office Hours (6/23-8/22):

Monday – Thursday: 8:00 a.m. – 4:45 p.m.,

Friday: 8:00 a.m. – 12:30 p.m.

 Facebook Page

 Instagram Page

Director

Jen Filer, CPRP - 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

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Brochure Design by:
Cheryl Gioielli, Gioielli-Design.com

DEPARTMENT POLICIES

General Registration Information:

- ☀ The grade listed for programs indicates the grade your child will be in for the fall 2025/2026 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 being 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 prorated for any reason.

REFUNDS:

- ☀ **NON-CAMP PROGRAM REFUND POLICY:** Refunds of 100% can be requested up to seven days before the first class. After that time, no refunds will be issued unless a doctor's note is provided.
- ☀ **NEW CAMP REFUND POLICY:** Due to the growing demand for our Summer Fun and Adventure Camps, a new cancellation policy will be in effect for the 2025 season. A \$25 fee per camp session will apply for cancellations made up to two weeks before the camp session start date. No refunds will be issued for cancellations within two weeks of the camp session start date unless a doctor's note is provided. For questions about this policy, please contact the Recreation and Parks Office at 860-409-4332 before registering for camp.

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

general information

ARRIVAL & PICK-UP TIMES:

Participants should not arrive earlier than 5 minutes prior to the scheduled start of class and should depart promptly at the scheduled conclusion of the class. Do not leave a child unless the instructor/coach is present.

FINANCIAL ASSISTANCE:

Confidential program subsidy may be available for those Avon residents with financial needs through the Social Services Department by calling 860-409-4358.

DISCOUNTS:

Avon Senior Citizens (age 60 & up) will receive a discounted fee for programs offered for Adults or Seniors (unless otherwise noted).

Certain programs will offer a discount for the 3rd and 4th child, enrolled in the same program.

ONLINE REGISTRATIONS:

- 1) Go to avonrec.com 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 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 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 take video and/or 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 for a recreation program, 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 avonct.myrec.com/info/ under General Info → Department Info → Forms → Medical/Non-Medical Plan Policies and Procedures. Please be aware that if you fail to or choose not to notify us of any issues that require accommodations, it may delay or inhibit you or your child from participating in the program.

Drop Box:

For your convenience, the Recreation and Parks Department has a locked drop box that is located at the Town Hall, 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.



Recreation and Parks Committee

Bob Yass - Chair

Mildred McNeill - Vice Chair

Brian Farrell - Member

Jackie Paul - Member

Jennifer Das - Member

Keri Willis - Member

Norman K. Sondheimer - Member



Summer Fun Camp 2024

TRASH-FREE PARKS



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.*

The Town of Avon Recreation and Parks implemented the Trash Free Park Program to reduce waste, lower disposal costs, conserve resources, and minimize the environmental impact of trash removal. By encouraging visitors to take responsibility for their own waste – bringing it in and packing it out – the program aims to reduce litter and promote sustainability. This initiative helps decrease the time and resources spent by park staff on waste management, allowing those efforts to be redirected toward other important park functions and improvements. Rooted in the “Carry In, Carry Out/Pack In, Pack Out” principle, the program promotes responsible waste disposal and aligns with LEAVE NO TRACE ethics. Visitors are expected to remove all their trash, including pet waste and diapers, and dispose of it properly outside the park. Through these efforts, Avon Recreation and Parks strives to foster a cleaner, more sustainable environment for everyone to enjoy.



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.

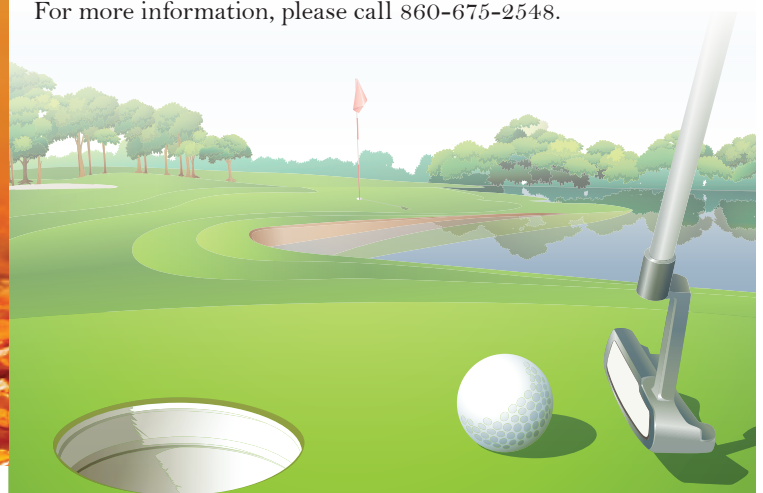
Instructors interested in running fall programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **4:30 p.m. on Monday, June 9, 2025**. Proposal forms are available at the Avon Recreation and Parks Office or on our [website](#). Scroll down until you 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 Ikiesewetter@avonct.gov, mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.

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.



A MESSAGE FROM The Director

Dear Town of Avon Residents,

As we embrace the warmth and excitement of summer, I'm thrilled to share some fantastic news and new opportunities that will make this season unforgettable. This summer, we've got something special for everyone! Whether you're looking to stay active, try something new, or spend quality time with family and friends, our programming is designed to bring enjoyment to all ages and interests

☀️ SUMMER REGISTRATION STARTS MARCH 26!

Sign up for a variety of summer programs; from camps, outdoor adventures to creative arts – perfect for keeping everyone active and engaged all summer long.

NEW PROGRAMS & EVENTS

- ☀️ **TODDLER PROGRAMS:** New activities for our littlest residents to explore and enjoy.
- ☀️ **SUMMER CAMP OPTIONS:** A wide range of camps to suit every interest.
- ☀️ **SPECIAL EVENTS:** We've got exciting community events lined up – stay tuned!
- ☀️ **NEW EARLY BIRD POOL MEMBERSHIP**
Get a head start on summer fun with our new Early Bird Pool Membership – extra perks await those who sign up early!

A huge thank you to our partners, volunteers, and residents – your support is essential to the success of our programs. For the latest updates, be sure to follow us on social media or visit avonrec.com to register and view our full schedule of events.

I can't wait to see you all this summer!

Jen Filer, CPRP
Director of Recreation and Parks

YOUTH SPORTS AND OTHER CONTACTS

Below are organizations which operate independently that provide programs and activities not offered through the Avon Recreation and Parks Department. For more information, please contact the individuals listed below.

Avon Boys and Girls Travel Basketball
avoncttravelbasketball@gmail.com

Avon Little League
avonlittleleaguect@gmail.com

Avon Soccer Club
avontraveloccer@gmail.com

Avon Youth Lacrosse
avonyouthlax@gmail.com

Avon Boy Scouts
admin@avontroop274.org

Garden Club of Avon
thegardenclubofavon@gmail.com

Avon Land Trust
trustavonland@gmail.com

Thank You!

The Avon Recreation and Parks Department would like to give a big thank you to all the **parents who chaperoned our ski program** this winter. We had such a fun 5 weeks and can't wait to see you on the slopes next year!

The Department would also like to thank **all the volunteer coaches** who put so much time and effort toward making our Recreation Basketball League a success this winter! Without you, our league could not run, and we would have many disappointed kiddos. Thank you for dedicating your energy to this program!



HOST A BLOCK PARTY!

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 September, block party organizers who submit a photo of their block party will be entered into a raffle to win a \$50 AvonRec gift certificate!



2024 Block Party Contest Winner Tracy Evans-Moyer



Block Party Request Form

Tips For Organizing A Block Party



Submit name, phone number, street name, and photo to avonrec@avonct.gov to be entered for the drawing. You must have a MyRec account with us to enter the drawing. Any questions, call 860-409-4332 or email avonrec@avonct.gov.

Garden Showcase

Growing community pride through Avon's neighborhood gardens! Do you have a garden you're proud of? Let's show it off!

Avon is full of talented gardeners, and we want to celebrate YOU! Whether you grow vegetables, flowers, or a mix of both, our Garden Showcase is your chance to share your hard work and creativity with the community.

Each week, you can submit your name, some photos, and a short description of your garden to avonrec@avonct.gov. Running from April through September!

We'll feature your gardens on the Parks & Recreation social media pages and website throughout the summer so you can inspire your neighbors, show off your green thumb, and be part of Avon's vibrant gardening community.

Let's grow Avon greener!

Any questions, call 860-409-4332 or email avonrec@avonct.gov.

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AVON'S AMERICA 250

LOGO DESIGN CONTEST

Avon is gearing up to celebrate the 250th anniversary of the signing of the Declaration of Independence (July 2026), and we need your creativity! We're inviting artists, designers, and community members of all ages to participate in a special Logo Design Contest to help capture the themes of celebration, reflection, and community spirit.

The winning logo will be featured in official materials and events commemorating this historic milestone!

- ★ SUBMISSION DEADLINE: May 1
- ★ THE WINNER will be acknowledged on the celebration website and receive a gift certificate to the Seasons Restaurant & Tap Room at the Avon Old Farms Hotel.
- ★ DETAILS & RULES: Visit avonct.gov/avon250

Let's come together to create a symbol that reflects our Town's history, unity, and future. We can't wait to see your designs!

For special events, contest news, and Avon's contribution to America 250, follow us on:

Instagram: [avonsamerica250](https://www.instagram.com/avonsamerica250)

Facebook: [Avon's America 250](https://www.facebook.com/AvonsAmerica250)

For any questions, feel free to reach out to Lindsay Kiesewetter lkiesewetter@avonct.gov

TRAILS DAY

During National Trails Day (June 7-8), thousands of Connecticut residents hike, swim, bike, paddle, and explore this beautiful state over a two day celebration.

Join Avon on **Saturday, June 7th at 9:00am** to hike our **BRAND NEW 9-mile trail!** Want a chance to vote on a name for this trail? Follow us on our social media for more information.

There's more! Join us again on **Sunday, June 8th** at 10:00am at Fisher Meadows for a hike through the beautiful meadows and wooded areas along the Farmington River.



Summer Concerts

A variety of music is showcased in our free outdoor concerts, taking place in two locations! Be sure to follow our Facebook/Instagram page for details on who is playing each night.

Bring lawn chairs, bug spray, snacks, and enjoy the evening! For the Town Green concerts, please park in the Town Office parking lots, and do not park on grass.

AT SYCAMORE HILLS RECREATION AREA

Dates: 6/12*
7/10*
Time: 6:00 pm – 8:00 pm
Day: Thursdays*
Fee: Free!

*Rain Dates: Fridays, 6/13 and 7/11 respectively

AT THE TOWN GREEN

Date: 7/31*
8/14*
Time: 6:00 pm – 8:00 pm
Day: Thursdays*
Fee: Free!

*Rain Dates: Fridays, 8/1 and 8/15 respectively

Family Movie Nights



Bring your family, blankets, and lawn chairs for a fun evening under the stars! Enjoy free outdoor movie screenings on select Friday nights, perfect for all ages. Relax, unwind, and make memories with your community at this family-friendly event. Movies begin at dusk. See back cover for movies and schedule!

Dates: 6/20, 7/25, 8/22
Time: Dusk – approx. 10:00 pm
(Rain Cancels)
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 of if you have a pool membership. **Min: 50/Max: 250**

Registration closes July 14 or when all spots are filled.

Date: 7/18
(Rain date 7/19)
Time: 5:00 pm – 8:00 pm
Day: Friday
Location: Sycamore Hills Pool
Fee: \$5.00 (per person)



Soggy Doggy Dip

Bring your furry friend for some leash-free swimming fun at the paw-ty pool! Dogs of all sizes with current registration are welcome to participate, as long as they are 6 months or older. Proof of registration or registration tags are required.

Be sure to follow the designated times for different sized dogs. For everyone's safety, owners are responsible for managing their dog's behavior, and any aggressive behavior may result in being asked to leave. Please note: this event is exclusively for canine swimmers, and all attendees participate at their own risk.

Date: 9/3/25
Times: Different times for different sized dogs!
 40lbs & less: 4:00 pm – 5:30 pm
 40lbs & over: 6:00 pm – 7:30 pm
Day: Wednesday
Location: Sycamore Hills Recreation Area
Fee: \$5 per dog



Pool Memberships

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

SYCAMORE HILLS POOL OPENS Saturday, June 7, 2025

Sycamore Hills Recreation Area

635 West Avon Rd., Avon, CT 06001
Pool Phone: (860) 673-5696

March 26
- May 14

May 15
and after

Household (Up to family of 5):	\$170.00	\$190.00
Additional Member (Added to a household)	\$30.00	\$35.00
Individual Fee:	\$80.00	\$90.00
Avon Resident Senior Fee (60+):	\$35.00	\$40.00

DAILY FEES FOR NON-MEMBERS (AGES 2+)*

Residents:	\$7.00/person
Non-residents:	\$10.00/person



POOL PASSES WILL BE DIGITAL THIS YEAR and will be accessible on your MyRec account or via your email. If you prefer a physical pool tag (One required for each household member), you will need to come to the Recreation Office to purchase one for an additional fee.

Swim Lessons



Swim lessons are 35 minutes long and will meet for 9 classes over a 2-week period: 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 canceled by the Recreation Department. Lessons are canceled 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.

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 "2024 Swim Lesson Pass/Fail List".

NOT SURE WHAT SWIM LESSON LEVEL IS BEST FOR YOUR CHILD?

No worries! Register for the level you believe suits your child's needs. Then, join us at the pool between 9:00am - 11:00am on Saturday, June 14th for an assessment. Our experienced instructors will evaluate your child and help determine the most appropriate lesson level.

To get the member discount for swim lessons, you must register for your 2025 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 23rd - Thursday, July 3rd

Session 2: Monday, July 7th - Thursday, July 17th

Session 3: Monday, July 21st - Thursday July 31st

LESSON SCHEDULE

9:40 a.m. – 10:15 a.m. Level 3, 4, 5/6	10:20 a.m. – 10:55 a.m. Level 1, 2, 3	11:00 a.m. – 11:35 a.m. Level 1, 2, 3	11:40 a.m. – 12:15 p.m. Level 1, 2 Parent/Child (Ages 6mo – 3yrs)	6:45 p.m. – 7:30 p.m. Adult Lesson: only available Session 1, 2
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FEES:

Lessons: \$55 Members; \$70 Non-members

Adult Lessons: \$65 Members; \$80 Non-members

Swim Level Descriptions

- Parent/Child:** (Ages 6 months – 3 years): This class introduces young children to the water through fun, water-related while helping them feel safe and comfortable. One adult must be in the water with their child at all times.
- Level 1:** **Introduction to Water Skills:** Students will learn foundational skills such as bobs, glides, front and back floats, flutter kicks, and scoops. All skills can be performed with instructor assistance.
- Level 2:** **Fundamental Aquatic Skills:** Students will build confidence by learning to tread water, float on their front and back, and swim independently. Before starting this class, swimmers should be able to enter the water and submerge independently or with minimal assistance.
- Level 3:** **Stroke Development:** Students will practice treading water, jumping into deep water, and swimming one length of the pool. They will be introduced to strokes such as elementary backstroke, front crawl, and rotary breathing. Regular swimming in deep water is required at this level.
- Level 4:** **Stroke Improvement:** Students will refine their front crawl and elementary backstroke, swimming 25 yards of each. They will also be introduced to breaststroke, butterfly, sidestroke, and open turns. Before enrolling, swimmers should be able to swim at least one lap of front crawl and elementary backstroke.
- Level 5/6:** **Stroke Refinement & Endurance:** This advanced class focuses on stroke refinement, proper turns, and endurance. Students will work on shallow angle dives, swimming 50 yards of front crawl and elementary backstroke, and refining their breaststroke and back crawl. Swimmers will also work towards continuously swimming 20 laps.
- Adult:** **Designed for teens 14 years old and up and adults,** this program provides a supportive environment for swimmers of all levels to improve their skills at their own pace. With guidance from trained instructors, participants can set and achieve personal swimming goals.

Parents are only allowed on the pool deck during the last day of the session.

Swim diapers are available for purchase at Sycamore Hills Pool.

Lap Swim

Stay active this summer with our adult lap swim sessions, offered before public pool hours. While swim lessons are in session, lap swim Monday - Friday will be from 11:00am - 12:15pm by registration **at the pool gate office only**. There will only be 2 lap lanes available, as swim lessons will still be occurring. On days without swim lessons, lap swim will be from 11:00am - 11:55am and will be first come first serve. **Open to Sycamore Pool members only.*

Dates: 6/23/25 - 8/24/25
(No class 7/4, 7/18)

Times: Vary, see above

Location: Sycamore Hills Pool

Member Fee: Free

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. **Min: 6/Max: 30**

Dates: 6/21, 7/12, 8/9

Time: 10:45 a.m. - 11:45 a.m.

Days: Saturdays

Location: Sycamore Hills Pool

Resident Fee: \$5.00 per person, per date

Non-Resident Fee: \$6.00 per person, per date



Swim Team Ages 7 - 18

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. All practices will be held at Sycamore Hills Pool. Coaches recommend swimmers try to attend at least three practices a week.

Participants must purchase their own swimsuits and caps. Ribbons will be included. The last practice will be a pizza party with games. **Min: 50/Max: 70**

Details to come. Please check avonrec.com for more information.



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 picnic tables 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.*

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

\$125.00 refundable security deposit required.

Maximum Duration: 3 hours

Maximum #: 25 people

Summer Fun Camp



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. – 3:30 p.m.

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

Location: Pine Grove School

Grades: 1 – 4

Fee: \$230 (*Session 2 - \$184)

Extended Care for all 5 days will be available for \$40 per session from 3:30-4:10 pm. (*Session 2 fee: \$32)

NEW CAMP REFUND POLICY! Due to the growing demand for our Summer Fun and Adventure Camps, a new cancellation policy will be in effect for the 2025 season. A \$25 fee per camp session will apply for cancellations made up to two weeks before the camp start date. **No refunds will be issued for cancellations within two weeks of the camp session start date unless a doctor's note is provided.** For questions about this policy, please contact the Recreation and Parks Office at 860-409-4332 before registering for camp.

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



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THEMES AND SPECIAL GUEST ENTERTAINMENT:

SESSION 1: JUNE 23 – JUNE 27

Theme of the week: **Space Voyagers**

- ⦿ “Stories by Starlight” by the Children’s Museum
- ⦿ “Outdoor Laser Tag” by Laser Tag Adventures

SESSION 2: JUNE 30– JULY 3 (No Camp July 4)

Theme of the week: **Medieval**

- ⦿ “St. George and the Dragons” Children’s Theater by Grumbling Gryphons

SESSION 3: JULY 7 – JULY 11

Theme of the week: **Olympics**

- ⦿ “The Cure for the Common Show” by Bryson Lang
- ⦿ “Circus Skills Exploration Workshop” by Circus Moves

SESSION 4: JULY 14 – JULY 18

Theme of the week: **Wilderness Explorers**

- ⦿ “Foam Party” by Rolling Video Games
- ⦿ “Animal Super Senses” by Roaring Brook Nature Center

SESSION 5: JULY 21 – JULY 25

Theme of the week: **CLOWNING AROUND**

- ⦿ “Magic Show” by Ed Popielarczyk
- ⦿ “Hula Hoop Dance Party” by Creative Game Parties

SESSION 6: JULY 28 – AUGUST 1

Theme of the week: **PAWS, CLAWS, AND SCALES**

- ⦿ “Exotic Animal Show” by Curious Creatures
- ⦿ “Reptiles and Amphibians Show” by New Jersey Snake Man

SESSION 7: AUGUST 4 – AUGUST 8

Theme of the week: **Historic/Prehistoric!**

- ⦿ “Predator and Prey” by Roaring Brook Nature Center
- ⦿ “End of Summer Party @ Sycamore Hills” with inflatables, games, cook-out, and more!

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: 28/Max: 40**

Time: 8:45 a.m. – 4:00 p.m.

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

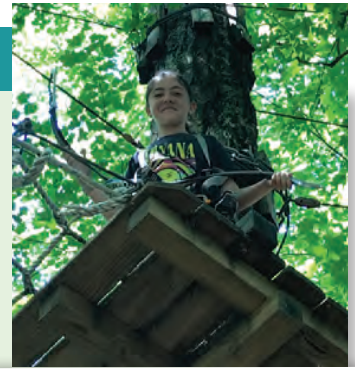
AM Drop-off/

PM Pick-up: Sycamore Hills Recreation Area

Grades: 5 – 8

Fee: \$400.00 (*Session 2 - \$315)

PLEASE NOTE THAT OUR ADVENTURE CAMP IS NOT A TYPICAL SUMMER CAMP. This camp has daily field trips involving swimming, heights, and loud/busy environments.



NEW CAMP REFUND POLICY! Due to the growing demand for our Summer Fun and Adventure Camps, a new cancellation policy will be in effect for the 2025 season. A \$25 fee per camp session will apply for cancellations made up to two weeks before the camp start date. **No refunds will be issued for cancellations within two weeks of the camp session start date unless a doctor's note is provided.** For questions about this policy, please contact the Recreation and Parks Office at 860-409-4332 before registering for camp

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

SESSION 1: JUNE 23 – JUNE 27

- ⦿ “Sports Center of CT”: laser tag, arcade, golf range, ice skating, and more
- ⦿ “Quassy”: amusement and waterpark
- ⦿ “Hammonasset State Park”: beach fun and games
- ⦿ “Black Hall Outfitters”: kayaking and stand up paddleboarding
- ⦿ “Thrillz High Flying Adventure Park”: obstacle course and trampoline park

SESSION 2: JUNE 30 – JULY 3 (No Camp July 4)

- ⦿ “Mystic Aquarium”: exhibits and live show
- ⦿ “Lake Compounce”: amusement and waterpark
- ⦿ “Hammonasset State Park”: beach fun and games
- ⦿ “Brownstone”: rock climbing, zip lines, waterslide, and more

SESSION 3: JULY 7 – JULY 11

- ⦿ “Hammonasset State Park”: beach fun and games
- ⦿ “Quassy”: amusement and waterpark
- ⦿ “CT Sun Camp Day”: WNBA game
- ⦿ “The Adventure Park at Storrs”: high ropes course and zip-line adventure
- ⦿ “Old Sturbridge Village”: tour and hands on activities

SESSION 4: JULY 14 – JULY 18

- ⦿ “Storowton Village”: guided tour and hands on activities (colonial games)
- ⦿ “Lake Compounce”: amusement and waterpark
- ⦿ “Hammonasset State Park”: beach fun and games
- ⦿ “Connecticut River Museum”: water tour and museum lesson
- ⦿ “Sonny’s Place”: outdoor mini-golf, driving range, go-karts & more

SESSION 5: JULY 21 – JULY 25

- ⦿ “IT Adventure Ropes Course”: largest indoor ropes course in the world
- ⦿ “Quassy”: amusement and waterpark
- ⦿ “Hammonasset State Park”: beach fun and games
- ⦿ “Powder Ridge Mountain Park and Resort”: mountain biking, tubing, games, and more
- ⦿ “Pine Lake Adventure Park”: team building challenge course

SESSION 6: JULY 28 – AUGUST 1

- ⦿ “Lessard Lanes”: unlimited bowling and mini golf, arcade
- ⦿ “Lake Compounce”: amusement and waterpark
- ⦿ “Hammonasset State Park”: beach fun and games
- ⦿ “Urban Air Adventure Park”: indoor adventure park with trampolines, ninja course, etc
- ⦿ “Bicycle Tour Company”: ride or hike through Kent and finish with field games

SESSION 7: AUGUST 4 – AUGUST 8

- ⦿ “Mystic Seaport”: tour the seaport and all its attractions
- ⦿ “Quassy”: amusement and waterpark
- ⦿ “Hammonasset State Park”: beach fun and games
- ⦿ “The Adventure Park at the Discovery Museum”: high ropes course and zip-line adventure
- ⦿ “Collinsville Canoe & Kayak”: kayaking and stand up paddleboarding
- ⦿ “End of Summer Party @ Sycamore Hills”: inflatables, games, cook-out, and more!



Adventure Camp Calendar 2025

Explore



THRILLS



Fun in the Sun



ADVENTURE



Play



MONDAYS

TUESDAYS

WEDNESDAYS

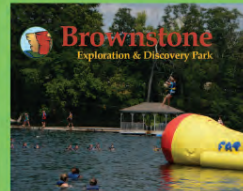
THURSDAYS

FRIDAYS

SESSION 1
6/23 - 6/27



SESSION 2
6/30 - 7/3



SESSION 3
7/7 - 7/11



SESSION 4
7/14 - 7/18



SESSION 5
7/21 - 7/25



SESSION 6
7/28 - 8/1



SESSION 7
8/4 - 8/8



specialty camps



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! Our student athletes will enjoy a full week of individual skill building, proper shooting technique, game strategy, exciting game play, guest speakers, and a champion format playoffs to finish. Awards, prizes, and t-shirts will be provided. Go Falcons! Participants should wear basketball gear and sneakers and bring a basketball (with name on it), a water bottle and snack.

Min: 25/Max: 70

Dates: 7/21/25 – 7/25/25 (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: \$157.00

NR Fee: \$172.70

AVON FALCONS CO-ED BASKETBALL CAMP

Boys and girls entering grades 1 – 4 – Join Coach Faucher and Coach Pedra from Avon High School Athletics for an exciting basketball camp! Our young athletes will enjoy a full week of beginner skill building, proper shooting technique, game strategy, exciting game play, guest speakers, and a champion format playoffs to finish. Awards, prizes, and t-shirts will be provided. Go Falcons! Participants should wear basketball gear and sneakers and bring a basketball (with name on it), a water bottle and snack. **Min: 20/Max: 45**

Dates: 7/14/25 – 7/18/25 (5 classes)

Time: 9:00 a.m. – 12:00 p.m.

Days: Monday – Friday

Location: Thompson Brook School – Gym

Instructors: Drew Faucher and Kris Pedra

Grades: 1 – 4

Resident Fee: \$139.00

NR Fee: \$152.90



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: 7/7/25 – 7/11/25 (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: \$139.00

NR Fee: \$152.90





Building Up S.T.E.A.M. Using LEGO®

Boys and Girls K - 1 – Join E.Y.E.S. (Exceptional Youth Educational Services) for a fun week of S.T.E.A.M. (science, technology, engineering, arts, and mathematics) exploration. It's never too early to begin using the engineering design process! Children will work independently and cooperatively as they begin to explore simple machines using LEGO® Duplo® early childhood materials. There will be 2 or 3 motion-based projects introduced each day of the week with additional challenge activities for all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets showcasing what they built to share with family and continue the learning process outside of camp. Projects may include wedge launchers, scissor lifts, and drumming machines.

Min: 8/Max: 16

Dates: 6/23/25 – 6/27/25 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Roaring Brook School – Library
Instructors: Exceptional Youth Education Services
Grades: K – 1
Resident Fee: \$182.00
NR Fee: \$200.20



S.T.E.A.M. Works Using LEGO®

Boys and Girls grades 2 - 5 – Join E.Y.E.S. (Exceptional Youth Educational Services) for a fun week of STEAM (science, technology, engineering, arts, and mathematics) exploration. It's time to explore the engineering design process! Children will work with standard LEGO® materials to problem-solve engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. There will be 2-3 projects introduced each day of the week with additional challenge activities to accommodate all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets that demonstrate what they are building so they can share with family and continue the learning process outside of camp. Projects include drawbridges, flywheel cars, and amusement park rides. **Min: 8/Max: 16**

Dates: 6/23/25 – 6/27/25 (5 classes)
Time: 1:00 p.m. – 4:00 p.m.
Days: Monday – Friday
Location: Roaring Brook School – Library
Instructors: Exceptional Youth Education Services
Grades: 2 – 5
Resident Fee: \$182.00
NR Fee: \$200.20

CAS SOCCER CAMP

Join us for an exciting week-long soccer camp designed for players of all skill levels! Led by highly qualified international CAS Coaches, the program focuses on building technical and tactical skills while boosting confidence and self-esteem. Players will engage in age-appropriate, thought-provoking activities in a fun and safe environment. Key features of the camp include: Ball Mastery, Dribbling & Movement, Passing & Receiving, Defending & Attacking, Shooting & Finishing, Speed, Agility, & Quickness Development, Positional Play & Team Tactics. Campers will also enjoy small-sided games, skill challenges, and mini-tournaments to foster their love of the game and promote teamwork. Participants will be grouped by age for tailored instruction. Participants should wear sneakers, shin guards (optional), bring a water bottle, a snack, and a non-refrigerated lunch if they register for a full day. **Min: 10/Max: 30**



A.M. HALF DAY CAMP:

Dates: 7/28/25 – 8/1/25
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Pine Grove School - Field
Instructor: CAS Staff
Ages: 6 - 14
Resident Fee: \$201.00
NR Fee: \$221.10

FULL DAY CAMP:

Dates: 7/28/25 – 8/1/25
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Friday
Location: Pine Grove School - Field
Instructor: CAS Staff
Ages: 6 - 14
Resident Fee: \$276.00
NR Fee: \$303.60



Chess Wizards Camp

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your summer vacation with Chess Wizards! Participants should bring a water bottle, a snack, and a non-refrigerated lunch if they register for a full day. **Min: 12/Max: 14**

A.M. HALF DAY CAMP:

Dates: 7/21/25 - 7/25/25 (Option 1)

8/4/25 - 8/8/25 (Option 2)

Time: 9:00 a.m. - 12:00 p.m.

Days: Monday - Friday

Location: Thompson Brook School Classroom

Instructor: Chess Wizards Staff

Ages: 5 - 12

Resident Fee: \$301.00

NR Fee: \$331.10

P.M. HALF DAY CAMP:

Dates: 7/21/25 - 7/25/25 (Option 1)

8/4/25 - 8/8/25 (Option 2)

Time: 12:00 p.m. - 3:00 p.m.

Days: Monday - Friday

Location: Thompson Brook School Classroom

Instructor: Chess Wizards Staff

Ages: 5 - 12

Resident Fee: \$301.00

NR Fee: \$331.10

FULL DAY CAMP:

Dates: 7/21/25 - 7/25/25 (Option 1)

8/4/25 - 8/8/25 (Option 2)

Time: 9:00 a.m. - 3:00 p.m.

Days: Monday - Friday

Location: Thompson Brook School Classroom

Instructor: Chess Wizards Staff

Ages: 5 - 12

Resident Fee: \$426.00

NR Fee: \$468.60



Circuit Labs: Hands on Electronics

Boys and girls entering grades 3 - 6 - Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors. Participants should bring a peanut free snack, a full water bottle, and a non-refrigerated lunch if signed up for a full day. **Min: 7/Max: 20**

A.M. HALF DAY CAMP:

Dates: 6/30/25 - 7/3/25 (4 classes)

Time: 8:45 a.m. - 11:45 a.m.

Days: Monday - Thursday

Location: Avon Middle School

Instructor: Circuit Labs Staff

Grades: 3 - 6

Resident Fee: \$182.00

NR Fee: \$200.20

FULL DAY CAMP (Combined with App Inventors):

Dates: 6/30/25 - 7/3/25 (4 classes)

Time: 8:45 a.m. - 3:30 p.m.

Days: Monday - Thursday

Location: Avon Middle School

Instructor: Circuit Labs Staff

Grades: 3 - 6

Resident Fee: \$337.00

NR Fee: \$370.70



P.M. Half Day Camp:

Dates: 6/30/25 - 7/3/25 (4 classes)

Time: 12:30 p.m. - 3:30 p.m.

Days: Monday - Thursday

Location: Avon Middle School - Classroom

Instructor: Circuit Labs Staff

Grades: 3 - 6

Resident Fee: \$182.00

NR Fee: \$200.20

Full Day Camp (Combined with Hands on Electronics):

Dates: 6/30/25 - 7/3/25 (4 classes)

Time: 8:45 a.m. - 3:30 p.m.

Days: Monday - Thursday

Location: Avon Middle School

Instructor: Circuit Labs Staff

Grades: 3 - 6

Resident Fee: \$337.00

NR Fee: \$370.70

Circuit Labs: App Inventors

Boys and girls entering grades 3 - 6 - Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We will also explore wireless communication by building custom Bluetooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects of creating great apps, and have the opportunity to build apps of their own with the support of Circuit Lab instructors. Participants should bring a peanut free snack, a full water bottle, and a non-refrigerated lunch if signed up for a full day. **Min: 7/Max: 20**



CT SOCCER NETWORK MINI SOCCER STARS SUMMER CAMP

Boys and girls ages 4 and 5 – CT SOCCER NETWORK is offering a shortened camp option for players aged 4 and 5 years old. The camp is run by professional coaches adhering to an age specific curriculum, which includes hundreds of touches on the ball and encourages players to develop within a holistic environment. Players will evolve through repetition and FUN based activities. Sessions will be run within a ‘child’s fantasy world’ to help players relate to the games and skills taught each day. Skills taught through the week include dribbling, passing, and shooting. Participants should wear cleats and athletic wear and bring a water bottle, snack, sunscreen, and sneakers (to wear in the gym in case of rain). 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**

- Dates:** 6/23/25 – 6/27/25 (5 classes)
- Time:** 9:00 a.m. – 10:30 a.m.
- Days:** Monday – Friday
- Location:** Roaring Brook School – Field/Gym
- Instructor:** CT Soccer Network Staff
- Ages:** 4-5 years
- Resident Fee:** \$139.00
- NR Fee:** \$152.90

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**

A.M. HALF DAY CAMP:

- Dates:** 6/23/25 – 6/27/25 (5 classes)
- Time:** 9:00 a.m. – 11:45 a.m.
- Days:** Monday – Friday
- Location:** Roaring Brook School – Field/Gym
- Instructor:** CT Soccer Network Staff
- Grades:** 1 – 8
- Resident Fee:** \$222.00
- NR Fee:** \$244.20

P.M. HALF DAY CAMP:

- Dates:** 6/23/25 – 6/27/25 (5 classes)
- Time:** 12:15 p.m. – 3:00 p.m.
- Days:** Monday – Friday
- Location:** Roaring Brook School – Field/Gym
- Instructor:** CT Soccer Network Staff
- Grades:** 1 – 8
- Resident Fee:** \$222.00
- NR Fee:** \$244.20

FULL DAY CAMP:

- Dates:** 6/23/25 – 6/27/25 (5 classes)
- Time:** 9:00 a.m. – 3:00 p.m.
- Days:** Monday – Friday
- Location:** Roaring Brook School – Field/Gym
- Instructor:** CT Soccer Network Staff
- Grades:** 1 – 8
- Resident Fee:** \$342.00
- NR Fee:** \$376.20





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: 8/Max: 30**

Dates: 7/7/25 – 7/11/25 (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

TINY FOOD EXPLORERS CAMP

Boys and girls ages 5 – 7 – Join Food Explorers for the perfect culinary adventure for your little one! This week will introduce the joy of cooking to your tiny chef through hands-on skills and exploring new foods with recipes such as: Chocolate Fruit Pizzas, Ricotta Gnocchi, Strawberry Cheesecake Cobbler, and Breakfast Tacos. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toed shoes. **Min: 6/Max: 12**

- Dates:** 6/23/25 – 6/27/25 (5 classes)
- Time:** 9:00 a.m. – 12:00 p.m.
- Days:** Monday – Friday
- Location:** Countryside Park
- Instructor:** Food Explorers Staff
- Ages:** 5 – 7
- Resident Fee:** \$207.00
- NR Fee:** \$227.70

FOOD EXPLORERS

Summer in Italy

Boys and girls ages 7 - 11 – Join Food Explorers for a week immersed in Italian recipes! Each day you'll be making two brand new recipes inspired by Italian cuisine, such as: Vegetable Ragu with Fresh Fettuccine, Pizza Cups, Sweet "Fried" Dough and Tiramisu Pies. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toed shoes. **Min: 6/Max: 12**

- Dates:** 6/30/25 – 7/3/25 (4 classes)
- Time:** 1:00 p.m. – 4:00 p.m.
- Days:** Monday – Thursday
- Location:** Countryside Park
- Instructor:** Food Explorers Staff
- Ages:** 7 – 11
- Resident Fee:** \$170.00
- NR Fee:** \$187.00

20

FOOD EXPLORERS: Farmers Market Fresh SEASONAL BAKING!

Boys and girls ages 7- 11 – Join Food Explorers for a week of fresh and seasonal baking recipes! Each day you'll be making two brand new recipes featuring produce that is in season this summer, such as: Peach Upside Down Cakes, Tomato Galettes, Mixed Berry Shortcakes and Apricot Rolls. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toed shoes.

Min: 6/Max: 12

- Dates:** 6/30/25 – 7/3/25 (4 classes)
- Time:** 9:00 a.m. – 12:00 p.m.
- Days:** Monday – Thursday
- Location:** Countryside Park
- Instructor:** Food Explorers Staff
- Ages:** 7 – 11
- Resident Fee:** \$170.00
- NR Fee:** \$187.00

Follow Us!

Make sure to **FOLLOW US ON INSTAGRAM AND FACEBOOK** for the most up to date information on all our special events, program participant features, and Avon happenings!

COMING UP: Naming contest of a **NEW Avon trail...** Follow us on our social media for a chance to submit your vote!

 **Facebook Page**

 **Instagram Page**



FOOD EXPLORERS: Chocolate Week!

Boys and girls ages 9 - 12 - Join Food Explorers for a chocolaty week exploring doughs, batters and more. Each day you'll be making two recipes featuring your favorite ingredient, chocolate! You'll be making recipes such as: From Scratch Pop-Tarts, Chocolate Fudge Buns, Chocolate Lattice Pies and Chocolate Layer Cakes! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toed shoes. **Min: 6/Max: 12**

Dates: 8/4/25 - 8/8/25 (5 classes)
Time: 9:00 a.m. - 12:00 p.m.
Days: Monday - Friday
Location: Countryside Park
Instructor: Food Explorers Staff
Ages: 9 - 12
Resident Fee: \$214.00
NR Fee: \$235.40

FOOD EXPLORERS Farmers Market Fresh SEASONAL COOKING!

Boys and girls ages 7 -11 - Join Food Explorers for a cooking camp featuring in-season produce! Each day you'll be making two recipes using produce you can find locally, such as: Sweet & Savory Crostini, Greek Flatbreads, Pasta with Fresh Tomato Sauce and Fruit Pizzas. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed-toed shoes. **Min: 6/Max: 12**

Dates: 8/4/25 - 8/8/25 (5 classes)
Time: 1:00 p.m. - 4:00 p.m.
Days: Monday - Friday
Location: Countryside Park
Instructor: Food Explorers Staff
Ages: 7- 11
Resident Fee: \$214.00
NR Fee: \$235.40

FOOD EXPLORERS Cooking AROUND THE WORLD!

Boys and girls ages 7 - 11 - Join Food Explorers for a culinary tour around the world! Each day you'll be cooking two brand new recipes from different countries, such as: Spaghetti & Vegetarian Meatballs, Fried Dough, Stir Fry (using homemade noodles!) and Apple Crumbles. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toed shoes. **Min: 6/Max: 12**

Dates: 8/11/25 - 8/15/25 (5 classes)
Time: 9:00 a.m. - 12:00 p.m.
Days: Monday - Friday
Location: Countryside Park
Instructor: Food Explorers Staff
Ages: 7 - 11
Resident Fee: \$214.00
NR Fee: \$235.40



FOOD EXPLORERS Baking AROUND THE WORLD!

Boys and girls ages 9 - 12 - Join Food Explorers for a tour of bakes from around the world! Each day you'll be making two brand new recipes from different countries such as Finnish Pinwheels, Irish Soda Bread, Tres Leches Cakes and Tarte Tatin. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toed shoes. **Min: 6/Max: 12**

Dates: 8/11/25 - 8/15/25 (5 classes)
Time: 1:00 p.m. - 4:00 p.m.
Days: Monday - Friday
Location: Countryside Park
Instructor: Food Explorers Staff
Ages: 9 - 12
Resident Fee: \$214.00
NR Fee: \$235.40

Futsal Street Soccer

Boys and girls ages 6 – 14 – Have you ever wondered how to accelerate your child’s soccer skills? At Futsal & Street Soccer our aim is to bring each player’s personal skills to the next level. Using high speed, high volume ball touches and ball maneuvering in tight spaces, Futsal & Street Soccer consistently offers something different from traditional soccer programs. Visit www.futsalstreet.soccer to see more of what we do! Participants should wear athletic attire, sneakers (bring cleats), bring a water bottle, and two snacks. **Min: 10/Max: 30**

Dates: **Option 1: 6/23/25 – 6/27/25**
Option 2: 8/11/25 – 8/15/25
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Thompson Brook School Field/Gym
Instructor: Futsal Street Soccer Staff
Ages: 6 – 14
Resident Fee: \$195.00
NR Fee: \$214.50

Future Falcons Lacrosse Clinic

Boys and girls entering grades 3 – 8 – Join us for the Future Falcons Lacrosse Clinic, a fun and engaging program open to boys and girls in grades 3-8, regardless of skill level! Whether you’re picking up a stick for the first time or looking to sharpen your game, our experienced coaches will focus on fundamentals, skill development, and game play in a positive and energetic environment. Come learn, compete, and grow your love for the game with us! Participants should bring a water bottle, a snack, sunscreen, wear athletic clothing, and bring lacrosse equipment. Gear can be provided if the participant has none.

Min: 20/Max: 50

Dates: 7/21/25 – 7/23/25 (3 classes)
Time: 8:30 a.m. – 11:30 a.m.
Days: Monday – Wednesday
Location: Avon High School
Instructor: Adam Cost and Staff
Grades: 3 – 8
Resident Fee: \$150.00
NR Fee: \$165.00

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. Participants should wear athletic attire and bring a water bottle, two snacks and sunscreen. **Min: 8/Max: 30**

Dates: 8/4/25 – 8/8/25 (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: \$169.00
NR Fee: \$185.90

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 racket. **Min: 7/Max: 24**

GRADES 1 – 3:

Dates: 7/21/25 – 7/25/25 (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: \$169.00
NR Fee: \$185.90

GRADES 4 – 6:

Dates: 7/28/25 – 8/1/25 (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: \$169.00
NR Fee: \$185.90

GRADES 7 – 9:

Dates: 7/28/25 – 8/1/25 (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: \$169.00
NR Fee: \$185.90



Skyhawks 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 camp. 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, a snack and a non-refrigerated lunch.

Min: 8/Max: 24

Dates: 7/14/25 – 7/18/25 (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: \$189.00

NR Fee: \$207.90



Avon Field Hockey Clinic

Girls entering grades 3 – 8 – Join Coach Terri Ziemnicki, Avon High School's Varsity Field Hockey Coach for this fun summer field hockey clinic for grades 3-8. Coach Z takes her 38 years of coaching experience in Avon along with her 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: 15/Max: 25**

Dates: 7/8/25 – 7/29/25 (4 classes)

Time: 5:30 p.m. – 6:30 p.m.

Days: Tuesday

Location: Avon High School – Turf Field

Instructors: Terri Ziemnicki

Grades: 3 – 8

Resident Fee: \$60.00

NR Fee: \$66.00

Cartoon Drawing

Boys and girls entering grades 1 – 4 – Do you love to draw? Join us for this fun hour-long cartoon drawing session. Learn how to draw characters from your 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 mini art showcase to show off the final designs! Participants should bring pencils, eraser, colored pencils or crayons, and a sketchbook. **Min: 6/Max: 10**

Dates: 6/7/25 – 7/19/25 (6 classes)
(No class 7/5)

Time: 11:00 a.m. – 12:00 p.m.

Day: Saturdays

Location: Avon Senior Center – Craft Room

Instructor: Sofia Oyola Morales

Grades: 1 – 4

Resident Fee: \$85.00

NR Fee: \$93.50



eSCOUT HANDS ON SCIENCE WITH MICRO:BIT (BLOCK CODING)

Boys and girls grades 4 – 6 – In this program, we explore block coding 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 experiments. **Note: This class requires the purchase of a physical Micro:bit device (approximately \$35), which can be used for future Micro:bit series classes. Min: 3/Max: 8*

SESSION 1:

Dates: 7/7/25 – 7/16/25 (6 classes)
Time: 11:00 a.m. – 12:30 p.m.
Day: Monday, Tuesday, Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 - 6
Resident Fee: \$195.00
NR Fee: \$214.50

SESSION 2:

Dates: 7/28/25 – 8/6/25 (6 classes)
Time: 11:00 a.m. – 12:30 p.m.
Day: Monday, Tuesday, Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 - 6
Resident Fee: \$195.00
NR Fee: \$214.50



eSCOUT HANDS ON SCIENCE WITH MICRO:BIT (PYTHON)

Boys and girls grades 6 – 10 – In this program, we explore python(microPython) coding 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 experiments. This hands-on program empowers students to enhance their problem-solving and coding skills while working on meaningful and engaging projects. **Note: This class requires the purchase of a physical Micro:bit device (approximately \$35), which can be used for future Micro:bit series classes. Min: 3/Max: 8*

SESSION 1:

Dates: 7/7/25 – 7/16/25 (6 classes)
Time: 11:00 a.m. – 12:30 p.m.
Day: Monday, Tuesday, Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 6 - 10
Resident Fee: \$195.00
NR Fee: \$214.50

SESSION 2:

Dates: 7/28/25 – 8/6/25 (6 classes)
Time: 11:00 a.m. – 12:30 p.m.
Day: Monday, Tuesday, Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 6 - 10
Resident Fee: \$195.00
NR Fee: \$214.50

INTELLIDANCE FOR TOTS

Boys and girls ages 3 – 5 – Intellidance Tots offers a lively environment for independent movers and their caregivers to experience the joy of dance and movement together. Tots love to figure things out, and this class will provide opportunities to problem solve together. Discover and explore movement concepts, while gaining balance, flexibility, and coordination. Animated storytelling, songs, rhymes, instruments, props, and simple choreography will add fun and excitement! Participants should wear comfy clothes and bring a water bottle. **Min: 4/Max: 12**

Dates: 7/8/25 – 8/26/25 (6 classes)
 (No program 8/5 and 8/12)
Time: 9:30 a.m. – 10:30 a.m.
Day: Tuesdays
Location: Countryside Park
Instructor: Stephanie Dickson
Ages: 3 - 5
Resident Fee: \$145.00
NR Fee: \$159.50



MINI SOCCER SHOTS

Boys and girls aged 2 – 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. Each session will emphasize a character word of the day such as respect, confidence, and teamwork and incorporate it into the session. On our soccer island adventures we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. Visit soccershots.com for more information. Participants should wear athletic clothing and sneakers, and bring a water bottle. **Min: 10/Max: 20**

SESSION 1:

Dates: 7/8/25 – 7/29/25 (4 classes)
(Make-up on Thursdays if needed)

Time: 5:00 p.m. – 5:30 p.m.

Days: Tuesdays

Location: Thompson Brook School - Field

Instructor: Shannon Perry and Staff

Ages: 2

Resident Fee: \$70.00

NR Fee: \$77.00

SESSION 2:

Dates: 8/5/25 – 8/26/25 (4 classes)
(Make-up on Thursdays if needed)

Time: 5:00 p.m. – 5:30 p.m.

Days: Tuesdays

Location: Thompson Brook School - Field

Instructor: Shannon Perry and Staff

Ages: 2

Resident Fee: \$70.00

NR Fee: \$77.00



SOCCER SHOTS CLASSIC

Boys and girls ages 3 – 5 – 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. Each session will emphasize a character word of the day such as respect, confidence, and teamwork and incorporate it into the session. On our soccer island adventures we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. Visit soccershots.com for more information. Participants should wear athletic clothing and sneakers, and bring a water bottle. **Min: 10/Max: 20**

SESSION 1:

Dates: 7/8/25 – 7/29/25 (4 classes)
(Make-up on Thursdays if needed)

Time: 6:00 p.m. – 6:45 p.m.

Days: Tuesdays

Location: Thompson Brook School - Field

Instructor: Shannon Perry and Staff

Ages: 3 – 5

Resident Fee: \$70.00

NR Fee: \$77.00

Session 2:

Dates: 8/5/25 – 8/26/25 (4 classes)
(Make-up on Thursdays if needed)

Time: 6:00 p.m. – 6:45 p.m.

Days: Tuesdays

Location: Thompson Brook School - Field

Instructor: Shannon Perry and Staff

Ages: 3 – 5

Resident Fee: \$70.00

NR Fee: \$77.00



Pretzel Kids Yoga

Boys and girls ages 3 - 5 - Pretzel Kids Yoga is a fun and engaging program designed specifically for children, combining movement, breath, and mindfulness in a way that resonates with their developmental needs. Through playful poses, games, stories, and creative themes, Pretzel Kids Yoga helps children build strength, flexibility, balance, and coordination. It also encourages emotional awareness, self-regulation, and relaxation all while having fun! Participants should wear comfy clothes and bring a yoga mat and a water bottle. **Min: 4/Max: 8**

Dates: 7/8/25 - 8/26/25 (6 classes)
(No program 8/5 and 8/12)

Time: 10:45 a.m. - 11:30 a.m.

Day: Tuesdays

Location: Countryside Park

Instructor: Stephanie Dickson

Ages: 3 - 5

Resident Fee: \$120.00

NR Fee: \$132.00



Rhythm Works INTEGRATIVE DANCE

Boys and girls ages 5 - 11 - Rhythm works integrative dance is a groundbreaking recreational rhythm and dance program for kids with individual learning differences and diagnoses. The program uses evidence based therapeutic practices to aid in achieving developmental goals. We incorporate elements and strategies that best support every student's learning styles. Dance helps the abled and disabled bodied individuals to increase interaction with their peers, learn about personal space, and help children with learning new information in their own creative manner. Through dance, games, and activities, we practice a multitude of social and life skills needed for your child to thrive in their daily lives. Client benefits: gross motor skills, fine motor skills, social skills, body control & awareness, strength & flexibility, focus, motor planning, memory & recall, coordination, receptive & expressive language, imitation, ideation, and much more! Caregivers are required to be present and assist if/when needed. Participants should wear comfy clothes and bring a water bottle. **Min: 2/Max: 8**

Dates: 7/9/25 - 8/27/25 (8 classes)

Times: 5:00 p.m. - 5:45 p.m. (ages 5 - 7)

6:00 p.m. - 6:45 p.m. (ages 8 - 11)

Day: Wednesdays

Location: Countryside Park

Instructor: Stephanie Dickson

Ages: 5 - 11

Resident Fee: \$195.00

NR Fee: \$214.50



SAFE @Home



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 with a first aid chart and what to do/whom to call information. Participants should wear comfortable clothes. **Min: 6/Max: 10**

- Date:** 6/20/25 (1 class)
- Time:** 9:00 a.m. – 10:30 a.m.
- Day:** Friday
- Location:** Countryside Building
- Instructor:** CPR Training Professionals
- Grades:** 4 – 6
- Resident Fee:** \$70.00
- NR Fee:** \$77.00

Safe Sitter Babysitter Course

Boys and girls ages 11 - 14 - Safe Sitter is a program for 11 to 14-year-olds to learn life-saving skills so they can be safe when home alone or watching younger children. Participants will play fun games and do some role-playing exercises - including using mannequins to practice choking rescue! The cost includes a cinch sack with a Student Handbook and Completion Card, LED Flashlight, Bandage Dispenser, and Important Information Notepad for Babysitting Jobs for each student. Please note that the class will teach CPR, but a CPR certification is not included. Students should bring a non-refrigerated bag lunch and wear comfortable clothing. **Min: 6/Max: 10**

- Date:** 7/26/25 (1 class)
- Time:** 9:00 a.m. – 2:00 p.m.
- Day:** Saturday
- Location:** Countryside Building
- Instructor:** CPR Training Professionals
- Ages:** 11 – 14
- Resident Fee:** \$164.00
- NR Fee:** \$180.40



DID YOU KNOW?

HAZEN PARK

36 acres of beautiful property located off Nod Road with access off Woodford Hills Drive. The area consists of mainly wooded slopes with a small clearing on the west. The well-blazed property connects to an extensive trail network consisting of the Avon Land Trust Skyline Trail and the Metacomet Trail. Open year-round from dawn to dusk, this is a perfect area for hiking and wildlife observation!



Garden Club of Avon - Garden Plots

Fall LEAGUES

REGISTRATIONS FOR THE FOLLOWING **FALL** LEAGUES BEGINS MAY 5.

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, Canton, Farmington, Granby, Harwinton, Simsbury, and Wethersfield.
- ⦿ Teams will practice one a day week and in their respective towns. Practices begin the week of August 25.
- ⦿ Games are scheduled on Sunday afternoons at 2:30pm, September 7 - October 19. *No Games on 10/12.* (Makeup day (if needed) will be 10/26).
- ⦿ 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 & Officials meeting at Avon High School on the grass field hockey field sometime before the first game.
- ⦿ Girls will play 8 v 8 on half of a regular size field hockey field. Field length goes sideline to sideline – no goalies, no goals (cones will be used). There will be four, 15 minute quarters.
- ⦿ **VOLUNTEER HEAD AND ASSISTANT COACHES ARE NEEDED!!!**
- ⦿ Registration will end on Wednesday, August 20, 2025
- ⦿ Min: 12/Max: 24

FARMINGTON VALLEY **NFL FLAG FOOTBALL** LEAGUE for Grades 1-9 (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, and Grades 7 – 9
- ⦿ Player ratings will be held at Avon Middle School fields in mid-August - date to come later
- ⦿ One weeknight practice per team per week will be held starting in September
- ⦿ Games are 44-minute 5 v 5 and will be held on Sundays, starting in September and running into November
- ⦿ **VOLUNTEER COACHES ARE NEEDED!!!**
- ⦿ Registration ends August 8, 2025 (FIRM – jerseys and equipment need to be ordered in time for first game)





Summer Hiking Series

Discover Avon's and adjacent towns' hiking trails by joining hike leaders Tom, Norm, and Jeff for fun, stress-free group hikes! This hiking group is the perfect opportunity to explore/learn about Avon's parks & trails, advance your hiking skills, and hike with great company. All levels are welcome. Hikes will be led at a social pace, 2-3 hours, 3-4 miles (*with one possible exception that allows hikers to shorten the hike*), on moderate trails. Participants should wear hiking boots and bring hiking poles and water. **Registration is required.** Please register online at avonrec.com to receive emails on hike details and updates.

Min: 4/Max: 20

- Dates:** 4/5/25, 5/3/25, 6/7/25, 8/2/25, 9/6/25
(5 dates to choose from)
- Time:** 10:00 a.m. – 1:00 p.m.
- Day:** Saturday
- Location:** TBD – Check our website for updates
- Instructors:** Thomas Iezzi, Norm Sondheimer, and Jeff Grindrod
- Ages:** 18 and up
- Fee:** Free

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 three sessions available: Tuesday, Wednesday, and Thursday. You can sign up for one or more sessions. Participants should wear comfortable shoes and clothing and bring a water bottle.

Min: 8/Max: 8

TUESDAYS:

- Dates:** 7/8/25 – 9/9/25 (10 classes)
- Time:** 6:30 p.m. – 8:30 p.m.
- Day:** Tuesday
- Location:** Community Room at Avon Senior Center
- Instructor:** Senior Center Staff
- Ages:** 25 and up
- Fee:** \$50.00 **Senior Fee:** \$45.00
- NR Fee:** \$55.00

THURSDAYS:

- Dates:** 7/10/25 – 9/11/25 (10 classes)
- Time:** 6:30 p.m. – 8:30 p.m.
- Day:** Tuesday
- Location:** Community Room at Avon Senior Center
- Instructor:** Senior Center Staff
- Ages:** 25 and up
- Fee:** \$50.00 **Senior Fee:** \$45.00
- NR Fee:** \$55.00



Gentle Essentrics

Gentle Essentrics is a stretch and strengthening 45-minute 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. This class is taught by Gene and Debbie Trovato with the option of floor exercises being done in chairs. **Min: 8/Max: 20**

Dates: 6/10/25 – 7/17/25 (12 classes)
Time: 9:30 a.m. – 10:30 a.m.
Day: Tuesday & Thursday
Location: Community Room at Avon Senior Center
Instructor: Deborah Trovato/Gene Trovato
Ages: 21 and up
Fee: \$51.00 **Senior Fee:** \$45.90
NR Fee: \$56.10

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: 7/9/25 – 9/10/25 (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: \$63.00 **Senior Fee:** \$56.70
NR Fee: \$69.30

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: 12**

Dates: 7/7/25 – 9/15/25 (10 classes)
 (No class on 9/1)
Time: 5:30 p.m. – 6:30 p.m.
Day: Monday
Location: Community Room at Avon Senior Center
Instructor: Denise L.
Ages: 18 and up
Resident Fee: \$57.00 **Senior Fee:** \$51.30
NR Fee: \$62.70

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. 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**

Dates: 7/9/25 – 9/10/25 (10 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Community Room at Avon Senior Center
Instructor: Denise L.
Ages: 18 and up
Resident Fee: \$57.00 **Senior Fee:** \$51.30
NR Fee: \$62.70





Follow Us!

Make sure to **FOLLOW US ON INSTAGRAM AND FACEBOOK** for the most up to date information on all our special events, program participant features, and Avon happenings!

COMING UP: Naming contest of a **NEW** Avon trail... Follow us on our social media for a chance to submit your vote!

 [Facebook Page](#)

 [Instagram Page](#)



Enjoying an event at the Avon Senior Center

WINNIPESAUKEE SCENIC RAILROAD

Tour includes round trip motorcoach transportation to Meredith, NH, a two-hour narrated scenic train ride from Meredith to Weirs Beach and back and Hart's Turkey lunch aboard the train. Meal includes: turkey, cranberry sauce, mashed potatoes, gravy and a dish of ice cream. If 10 or more people, pick up will be at Avon Senior Center. Gratuities for the driver and tour guide not included.

To register, please call the senior center at 860-675-4355.

DATE: 10/14/25

Day: Tuesday

Location: New Hampshire

Instructor: Lilly's Tours

Ages: 18 and up

Fee: \$179.00



Family Movie Nights this Summer at Sycamore Hills Recreation Area

Movies will begin at dusk. In the event of inclement weather, movie night will be cancelled.



June 20



July 25



August 22

Movies licensed by Swank Motion Pictures, Inc.

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**Bring Your Own Chairs,
Blankets, Bug Spray
& Snacks!**



Movie Projector, Screen and Giveaways provided by:



Jennifer M. Johnson Daubert
Agency Owner
56 East Main Street, Avon, CT 06001
T: 860.677.8222
SMS: 860.676.8222
F: 833.645.1744



Allstate

you're in good hands®