



Fall '25

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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, 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.

 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

Director of Social and Senior Services:

Jennifer Bennett - jbennett@avonct.gov

Senior Center Administrative Secretary:

Lynn Collins - lcollins@avonct.gov

Brochure Design by:

Cheryl Gioielli, Gioielli-Design.com

Fall '25



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 canceled 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:

- ✦ 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.
- ✦ 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
 - ✦ Website banners at www.avonrec.com

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.

general information

DISCOUNTS:

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

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

ONLINE REGISTRATIONS:

- 1) Go to 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 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 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 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 4 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 www.avonrec.com 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.

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

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.

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.*

Thank You!

The Avon Recreation and Parks Department would like to thank:



Jennifer Johnson Daubert,
Allstate Insurance Company, for partnering
with us for Family Movie Nights at
Sycamore Hills Park this summer.



REQUEST FOR WINTER/SPRING PROPOSALS

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

Instructors interested in running programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **Monday, September 29, 2025**. Proposal forms are available at the Avon Recreation and Parks Office or on our website, www.avonrec.com. Scroll down until you see the 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 lkiesewetter@avonct.gov, mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.

A MESSAGE FROM The Director

Dear Town of Avon Residents,

As we begin the transition from summer into fall, I want to thank everyone who helped make this past season such a success. It was a joy to see so many of you out and about in Avon. Whether it was splashing at the pool, exploring our trails, enjoying Family Fun Night, or dancing at the Summer Concert Series. Your energy and involvement are what make our community so special!

Now we're gearing up for a fun and active fall, with a full lineup of programs and events designed for all ages and interests. Whether you're looking to stay active, connect with others, or try something new, we've got something for you.

GET READY FOR FALL FUN & SIGN UP TODAY!

Join us for guided hikes, youth and adult fitness, enrichment classes, and engaging programs for toddlers and preschoolers. New this season: dance classes that get everyone moving!

TRUNK OR TREAT IS JUST AROUND THE CORNER!

One of our most popular events is coming soon! Trunk or Treat is always a hit with families, and we're excited to bring the fun back again this year. Planning to decorate a trunk? Don't forget to register early as spaces fill up fast!

VOLUNTEER BASKETBALL COACHES NEEDED

We're currently recruiting volunteer coaches for our youth basketball league. If you love the game and want to help kids build confidence and skills, we'd love to have you join our team.

Thank you to our residents, volunteers, and community partners as your continued support helps our programs thrive. For details and registration, visit avonrec.com and follow us on social media for the latest updates.

We can't wait to see you this fall!

Jen Filer, CPRP
Director of Recreation and Parks

Building Community Through Recreation and Play!



**Our Winter/Spring Brochure
will be available online
in early November 2025.**

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
avontravelsoccer@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

TRUNK OR TREAT



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! If you own a business, you are welcome to put signage on your trunk to show that your trunk is sponsored. We will have a best-decorated trunk contest for all participating. Registration ends October 10 or once all spots have been filled.

To register as a trunk host, scan the QR code or email Lindsay at lkiesewetter@avonct.gov.



Join us this Halloween for our "Trunk or Treat" event! Lots of spook-tacular fun, trunk-or-treating, a hayride, and inflatables!

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

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

Date: 10/25/2025 (1 day event)
Time: 11:00 a.m. – 1:00 p.m.
Day: Saturday
Location: Sycamore Recreation Area*



*This event will be moved into the Avon Senior Center if it rains. In this case, instead of trunks, tables will be used.

Fall Family Movie Night

BRING YOUR FAMILY, blankets, and lawn chairs for a fun evening under the stars! Enjoy a free outdoor movie screening the night before Halloween, an activity perfect for all ages. Relax, unwind, and spend some time with your community at this family-friendly event. To keep the spooky spirit, come dressed in your best costume and watch the movie: 'Halloweentown' with us!

In case of rain or cold temperatures, the movie will be moved indoors to the Avon Senior Center. Sponsored by Jennifer Johnson Daubert from Allstate!

Date: 10/30/2025 (1 day event)
Time: 6:00 p.m. – approx. 8:00 p.m.
Day: Thursday
Location: Sycamore Hills Recreation Area
Fee: Free!



Letters to the North Pole

RECEIVE A LETTER FROM THE NORTH POLE!

Drop your child's personal letter (this can include drawings, pictures, etc) in the red **North Pole Mailbox** outside the Avon Senior Center. Make sure to include your name, how old you are, and what school you go to!

All letters must include a self-addressed, stamped envelope. Parents/Guardians are asked to make sure that the mailing address is legible. The North Pole will mail a short, personalized letter back in time for the holidays.

To ensure a timely response, letters will only be accepted between 12/1 - 12/10.

This special event is free for all to participate in!





After-School Ski Bus

Avon Middle School and Thompson Brook School students: 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 open in late September. Please look for MyRec email blasts which will alert you of registration opening. More information on registration, including program dates, times, and fees, will be online at www.avonrec.com soon.

PLEASE NOTE:

- * All skiers/snowboarders must wear helmets. Equipment rentals do not include helmets.
- * **ALL NEW PARTICIPANTS** and their parent/guardian must attend a MANDATORY Ski Safety Meeting via Zoom.
- * Dates posted online are subject to change depending on weather/snow conditions.
- * We will need some parent chaperones! If you are able and willing, chaperones are needed for both schools from 2:30pm-7:45pm to ride the bus with the kids to the mountain and back. Parent chaperones receive a chaperone pass to ski for the evening. More information will be posted on www.avonrec.com.



toddler/preschool programs

INTELLIDANCE BABIES

Each week, a new developmental topic will be introduced to help you better understand and support your baby's growth and milestones. Through a thoughtful blend of music and movement, caregivers and babies will explore foundational concepts that nurture early brain development and bonding. Classes include engaging circle dances, gentle movement exploration, interactive songs, rhymes, and sensory-rich activities—all carefully designed to stimulate cognitive, emotional, and physical development in a playful and supportive environment. Parents/guardians are required to stay for this program.

Min: 4/Max: 12.

Dates: 10/30/25 – 12/11/25 (6 classes)
(No class on 11/27)

Time: 10:30 a.m. – 11:30 a.m.

Day: Thursday

Location: Countryside Park Building

Instructor: Stephanie Dickson

Ages: 3 months – 11 months

Fee: \$149.00

NR Fee: \$163.90

INTELLIDANCE TYKES

Each week, we'll nurture gross motor, cognitive, and social-emotional development through dynamic movement and music concepts. Children and caregivers will engage in playful circle dances, songs, rhymes, and sensory-rich activities designed to support balance, coordination, communication, and early problem-solving. This level introduces more advanced movement patterns, imaginative play, and a variety of engaging props that encourage creativity, confidence, and joyful interaction.

Participants should wear comfortable clothes and socks and bring a water bottle if necessary. Parents/guardians are required to stay for this program.

Min: 4/Max: 12.

Dates: 10/30/25 – 12/11/25 (6 classes)
(No class on 11/27)

Time: 9:15 a.m. – 10:15 a.m.

Day: Thursday

Location: Countryside Park Building

Instructor: Stephanie Dickson

Ages: 12 months – 24 months

Fee: \$149.00

NR Fee: \$163.90



INTELLIDANCE TOTS

Intellidance Tots is the ultimate playground for little movers and their grown-up sidekicks! It's a place where toddlers can wiggle, giggle, and explore the magic of dance and movement. Tots love to crack the code of new challenges, and this class is packed with opportunities for fun problem-solving. Together, you'll jump, twist, and spin your way through balance, flexibility, and coordination, all while grooving to catchy songs, rhymes, instruments, and cool props. Get ready for an adventure in dance that's all about fun and excitement! Participants should wear comfortable clothes and socks and bring a water bottle. Parents/guardians are required to stay for this program.

Min: 4/Max: 12.

Dates: 10/28/25 – 12/9/25 (6 classes)
(No class on 11/25)

Time: 9:30 a.m. – 10:30 a.m.

Day: Tuesday

Location: Countryside Park Building

Instructor: Stephanie Dickson

Ages: 2 – 4

Fee: \$149.00

NR Fee: \$163.90

toddler/preschool programs continued

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. Any classes canceled due to weather will be made up at the end of the sessions up to a maximum of 2 classes. **Min: 6/Max: 30.**

Dates: 9/6/25 – 10/25/25 (7 classes)
(No class on 10/11)
Time: 8:30 a.m. – 9:00 a.m.
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Age: 2 (Must be 2 by first day of class)
Fee: \$122.00
NR Fee: \$134.20



SOCCER SHOTS CLASSIC

Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry. All staff are trained by Soccer Shots. Each session creatively introduces your child to soccer in a fun, imaginative, and energetic way. Character development, physical skills, agility, teamwork, and fun are guaranteed in this program. Our goal is to leave a lasting and positive impact on each child while building stronger youth beyond the game. On our soccer island adventures, we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. Visit www.soccershots.com for more information. Participants should bring a water bottle and wear sneakers. Cleats and shin guards are not required. Any classes canceled due to weather will be made up at the end of the sessions up to a maximum of 2 classes. **Min: 6/Max: 30.**

Dates: 9/6/25 – 10/25/25 (7 classes)
(No class 10/11)
Time: 9:15 a.m. – 10:00 a.m. (Option 1)
10:15 a.m. – 11:00 a.m. (Option 2)
11:15 a.m. – 12:00 p.m. (Option 3)
Day: Saturday
Location: Roaring Brook School – Field
Instructor: Shannon Perry and Staff
Ages: 3 – 5 years
Fee: \$122.00
NR Fee: \$134.20



SKYHAWKS MULTI-SPORT TOTS

Begin an athletic journey with Multi-Sport Tots! This program offers a variety of sports including, baseball, basketball and soccer through age-appropriate games and activities to enhance 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. If bad weather occurs, the program will move into the Avon Senior Center. **Min: 6/Max: 10**

Date: 9/13/25 – 11/1/25 (6 classes)
(No class on 10/11 and 10/25)
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. (Age 4 - 5)
Day: Saturday
Location: Sycamore Recreation Area Field
Instructor: Skyhawks Sports Academy Staff
Ages: 2 – 5
Resident Fee: \$99.00
NR Fee: \$108.90



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toddler/preschool programs cont.

TINY TWIRLS – PARENT & TOT BALLET/TAP CLASS

This ballet/tap combo class, taught by a professional ballerina, will get your toddler moving and grooving while introducing them to the basics of dance, movement, and music. Toddlers will dance with their grown-ups while beginning to learn to follow directions and dance with other children. We will dance to fun and imaginative songs, use props that foster their creativity, and learn basic ballet and tap steps that teach gross motor skills. One parent/caregiver must be present to dance with their child. Participants should wear comfortable clothes, dance shoes are optional, if no dance shoes wear non-slip socks or bare feet for ballet and sneakers for tap and bring a water bottle. **Min: 4 /Max: 12**

Date: 9/19/25 – 11/21/25 (8 classes)
(No class on 10/10 and 10/31)

Time: 3:15 p.m. – 4:00 p.m.

Day: Friday

Location: Countryside Park Building

Instructor: Emily Wiseman

Ages: 18 months – 24 months

Resident Fee: \$150.00

NR Fee: \$165.00

10

Pretzel Kids Yoga

Pretzel Kids is a fun-filled yoga adventure designed just for little ones. In this playful class, kids will twist like trees, roar like lions, and float like clouds as they explore yoga through imagination, music, and storytelling. Each session blends simple poses, silly breathing games, and creative movement to help children build strength, balance, and flexibility—all while having a blast. Along the way, they'll also learn how to relax their bodies, calm their minds, and connect with their feelings. With a focus on kindness, self-confidence, and mindfulness, Pretzel Kids creates a joyful space for children to grow healthy habits and shine inside and out. Come play, stretch, and grow with us—one pose at a time! Participants should wear comfortable clothes, socks and bring a water bottle. **Min: 4 /Max: 12**

Date: 10/28/25 – 12/9/25 (6 classes)
(No class on 11/25)

Time: 10:45 a.m. – 11:30 a.m.

Day: Tuesday

Location: Countryside Park Building

Instructor: Stephanie Dickson

Ages: 3 – 5

Resident Fee: \$129.00

NR Fee: \$141.90

DID YOU KNOW? FISHER FARM

Fisher Farm, which is over 315 acres, was acquired by the Town of Avon in 2002, and a grant was used to develop miles of hiking trails along what was once the historic Farmington Canal and Farmington River. Additionally, between Tillotson Road and the Farmington River, a significant glacial esker can be seen rising above the farms and the fields that surround it.

Formerly a private farm, the area is leased and is used as a working organic farm. Due to the lease, the public is just permitted to access the ponds, parking area and trail system throughout the property. Located adjacent to the Farmington River, much of the land is designated as wetland and is within a FEMA Flood Zone (*Weston & Sampson, pg. 52*).

The eastern portion of the trail follows the Farmington River for approximately one mile, providing great access for bird watching. The southern portion of the trail offers a unique view of a significant glacial esker, a remnant of the last ice age, situated amongst the agricultural fields. The esker is also visible from Tillotson Road.

To the west of Tillotson Road, the primary hiking trail follows the historic Farmington Canal, which was completed in 1835 and connected New Haven with Northampton, Massachusetts. The canal was added to the U.S. National Register of Historic Places in 1985 (*Ferrucci & Walicki, 2009*).

There is a small gravel parking lot at 75 Tillotson Road where you can read about Fisher Farm on a kiosk and go for a nice fall hike. Don't forget to bring your bug spray!

Sources:

Ferrucci & Walicki Land Management LLC, 2009.

"Avon, CT Recreation and Parks Master Plan Update",

Weston & Sampson, August, 2024.

Movement **FUN**damentals

Build and strengthen motor skills, coordination, communication, and teamwork! Children ages 3-5 will enjoy exciting, engaging games and exercises designed to prepare them for ALL athletic activities they are soon to encounter, like soccer, baseball, basketball, and other dance programs. Participants should wear comfortable play clothes, secure shoes/sneakers, and bring a water bottle. **Min: 3 /Max: 12**

Date: 9/24/25 – 11/12/25 (7 classes)
(No class on 10/15)

Time: 10:45 a.m. – 11:30 a.m.

Day: Wednesday

Location: Countryside Park Building

Instructor: Elizabeth M. Cook-Asal

Ages: 3 – 5

Resident Fee: \$127.00

NR Fee: \$139.70

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 mini art showcase to show off the final designs! Participants should bring pencils, an eraser, and a sketchbook.

Min: 6/Max: 12

Dates: 10/4/25 – 11/22/25 (6 classes)
(No class on 10/11 & 10/25)

Time: 11:00 a.m. – 12:00 p.m.

Day: Saturday

Location: Avon Senior Center – Craft Room

Instructor: Sofia Oyola Morales

Grades: 1 – 4

Resident Fee: \$85.00

NR Fee: \$93.50



BASKETBALL: LITTLE HOOPS 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! 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: 25**

Dates: 10/1/25 – 11/12/25 (6 classes)
(No class on 10/15)

Time: 4:45 p.m. – 5:30 p.m. (Option 1)
5:40 p.m. – 6:25 p.m. (Option 2)

Day: Wednesday

Location: Roaring Brook School – Gym

Instructor: Jim Keller and staff

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**

TUESDAYS

Dates: 9/9/25 – 11/4/25 (8 classes)
(No class on 9/23)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 2 – 3
Fee: \$145.00
NR Fee: \$159.50

**WEDNESDAYS**

Dates: 9/10/25 – 10/29/25 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 2 – 3
Fee: \$145.00
NR Fee: \$159.50

ESCOUT ANIMATION AND DEVELOP GAMES (LEVEL 3)

Unlock the potential of young minds with our Foundations of Game Design and Coding course, perfectly tailored for students in grades 4 and 5. Here's what participants will explore:

Master Block-Based Coding: Develop foundational computing skills and problem-solving strategies.

Create 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**

MONDAYS

Dates: 9/8/25 – 11/3/25 (8 classes)
(No class on 10/13)
Time: 5:30 p.m. – 6:30 p.m.
Day: Monday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 5
Fee: \$157.00
NR Fee: \$172.70

WEDNESDAYS

Dates: 9/10/25 – 10/29/25 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 5
Fee: \$157.00
NR Fee: \$172.70

ESCOUT DEVELOP GAMES 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: 9/8/25 – 11/3/25 (8 classes)
(No class 10/13)
Time: 5:30 p.m. – 6:30 p.m.
Day: Monday
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: 9/9/25 – 11/4/25 (8 classes)
(No class on 9/23)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 8
Fee: \$170.00
NR Fee: \$187.00

FIELD HOCKEY CLINIC FOR GIRLS

This 4-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: 9/14/25 – 10/5/25 (4 classes)
Time: 4:00 p.m. – 5:00 p.m.
Day: Sunday
Location: Avon High School – Turf
Instructor: Terri Ziemnicki
Grades: 3 – 4
Fee: \$60.00
NR Fee: \$66.00

FOOD EXPLORERS: Fall Baking!

Join Food Explorers for a cozy and delicious adventure in the kitchen! In this hands-on Fall baking class, young chefs will learn to make tasty seasonal treats. You'll be making: Pumpkin S'mores Cookies, Mini Apple Spice Bread, Sweet Potato Cookie Pies, and Cranberry Cobbler with Whipped Cream. All recipes are nut-free and vegetarian, but will contain dairy, eggs, and gluten. Participants should wear closed toe shoes and bring a water bottle. **Min: 6/Max: 12**

Dates: 9/30/25 – 10/21/25 (4 classes)
Time: 6:00 p.m. – 7:15 p.m.
Day: Tuesday
Location: Countryside Park Building
Instructor: Food Explorers Staff
Ages: 7 – 11
Fee: \$132.00
NR Fee: \$145.20



FOOD EXPLORERS: Delicious Fall Desserts!

Join Food Explorers for some fantastic fall desserts! Each week you'll create tasty new recipes focused on fall flavors and ingredients. You'll be making: Pumpkin Mousse Trifles, Apple Fritters, Snickerdoodle Cupcakes, and S'mores Donuts. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should wear closed toe shoes and bring a water bottle. **Min: 6/Max: 12**

Dates: 9/30/25 – 10/21/25 (4 classes)
Time: 4:30 p.m. – 5:30 p.m.
Day: Tuesday
Location: Countryside Park Building
Instructor: Food Explorers Staff
Ages: 7 – 11
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: Hot Chocolate Mini Donuts, Chocolate Cherry Cheesecake Pies, Butterscotch Trifles, and Candy Cane Brownie Bites. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should wear closed toe shoes and bring a water bottle. **Min: 6/Max: 12**

Dates: 11/21/25 – 12/19/25 (4 classes)
(No class on 11/28)
Time: 5:00 p.m. – 6:00 p.m.
Day: Friday
Location: Avon Senior Center – Community Room
Instructor: Food Explorers Staff
Ages: 7 – 11
Fee: \$95.00
NR Fee: \$104.50

FOOD EXPLORERS: Holiday Vacation Day Camp

Calling all food loving kids! This hands-on half day cooking camp is perfect for aspiring chefs ages 9-12 who are ready to take their kitchen skills to the next level. Campers will create two recipes from scratch: Candy Cane Cookie Pies and Personal Pizzas. Your chef will learn real cooking techniques, kitchen safety, and the science behind the food they make. With guidance from experienced instructors, young chefs will build confidence, explore new flavors, and enjoy the fun of preparing their own culinary creations. No prior experience needed – just an appetite for learning and fun! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should wear closed toe shoes and bring a nut-free snack and a water bottle. **Min: 6/Max: 12**

Dates: 12/30/25 (1 class)
Time: 1:00 p.m. – 4:00 p.m.
Day: Tuesday
Location: Countryside Park Building
Instructor: Food Explorers Staff
Ages: 9 – 12
Fee: \$64.00
NR Fee: \$70.40

Holiday Fun Art Class for K-4!

During this holiday fun art class, your child will enjoy creating beautiful artwork for wonderful gifts and keepsakes! The art projects will include creative homemade wrapping paper using sponges, handprints, and various objects, as well as holiday ornaments and greeting cards! Participants should wear a smock or an old T-shirt and bring a water bottle and healthy, peanut-free snack.

Min: 4/Max: 12

Date: 12/6/25 (1 class)
Time: 10:00 a.m. – 11:30 a.m.
Day: Saturday
Location: Community Room at Avon Senior Center
Instructor: Boni Rothmann
Grades: K – 4
Resident Fee: \$55.00
NR Fee: \$60.50



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 they cross the finish line! 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. 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: 50**

TUESDAYS – Option 1

Dates: 9/16/25 – 11/4/25 (7 classes)
 (No class 9/23)
Time: 5:00 p.m. – 6:00 p.m.
Day: Tuesday
Location: Roaring Brook School – Fields
Instructor: Krissy Mok and staff
Grades: 1 – 8
Fee: \$89.00
NR Fee: \$97.90

THURSDAYS – Option 2

Dates: 9/18/25 – 11/6/25 (7 classes)
 (No class 10/2)
Time: 5:00 p.m. – 6:00 p.m.
Day: Thursday
Location: Roaring Brook School – Fields
Instructor: Krissy Mok and staff
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: 50**

Dates: 9/17/25 – 10/29/25 (7 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Wednesday
Location: Roaring Brook School – Fields
Instructor: Gino Caro
Ages: 10 – 14
Fee: \$89.00
NR Fee: \$97.90

SAFE@Home

Safe@Home is a program designed for students in grades 4-6 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 and bring a water bottle.

Min: 6/Max: 10

Dates: 11/25/25 (1 class) OR 12/30/25 (1 class)

Times: 1:00 p.m. - 2:30 p.m. (11/25/25)

9:00 a.m. - 10:30 a.m. (12/30/25)

Day: Tuesday

Location: Countryside Building

Instructor: CPR Training Professionals

Grades: 4 - 6

Fee: \$70.00

NR Fee: \$77.00



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 Notepad 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**

Date: 9/27/25 (1 class) OR 12/20/25 (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



VOLLEYBALL: Skyhawks Volleyball Clinic

Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members. Basic skills will be learned and the clinic will culminate with scrimmages. This program is designed for the beginning to intermediate player. Participants should bring water and wear gym sneakers and athletic clothes. Knee pads are optional. **Min: 8/Max: 16**

Dates: 9/30/25 - 11/18/25 (6 dates)

(No class on 11/4 and 11/11)

Time: 5:00 p.m. - 6:25 p.m. (Ages 8 - 10)

6:30 p.m. - 8:00 p.m. (Ages 11 - 14)

Day: Tuesday

Location: Avon Middle School - Large Gym

Coach: Skyhawks Sports Academy Staff

Ages: 8 - 14

Fee: \$129.00

NR Fee: \$141.90



Mix & Move

Mixed age movement experiences provide wonderful opportunities for children to participate and progress at their own pace. Positive, creative activities encourage social-emotional development by boosting inspiration and interaction for all! Parent/guardian participation is required. Participants should bring a water bottle and wear comfortable clothes and sneakers. **Min: 3 /Max: 10**

Date: 9/24/25 - 11/12/25 (7 classes)

(No class on 10/15)

Time: 9:45 a.m. - 10:30 a.m.

Day: Wednesday

Location: Countryside Park Building

Instructor: Elizabeth M. Cook-Asal

Ages: 1 - 6

Resident Fee: \$127.00

NR Fee: \$139.70

LITTLE LEAPS Ballet/Tap Class

This ballet/tap combo class, taught by a professional ballerina, will foster dancers' creativity and imagination while learning the fundamentals of ballet and tap dance vocabulary. Children will learn foundational ballet and tap steps, musicality, spatial awareness, coordination, and gross motor skills. This class is taught using imagery, props, fun games, and music. Children in this age group will dance independently. The program will culminate in a short dance performed for parents at the last class! Participants should wear comfortable clothes, dance shoes are optional, if no dance shoes wear non-slip socks or bare feet for ballet and sneakers for tap and bring a water bottle. **Min: 4 /Max: 12**

Date: 9/19/25 – 11/21/25 (8 classes)
(No class on 10/10 and 10/31)
Time: 4:15 p.m. – 5:00 p.m.
Day: Friday
Location: Countryside Park Building
Instructor: Emily Wiseman
Ages: 3 – 6
Resident Fee: \$150.00
NR Fee: \$165.00



MY FIRST Lemonade Stand

Learn how to make sweet and tangy lemonade – and make money by selling it! Experiment with recipes, design flyers, learn how to count money, make change and tally your profits. Then, in a showcase finale event, launch your lemonade stand and sell, sell, sell, and raise funds for a charity students select! Participants should bring a water bottle. **Min: 8 /Max: 16**

Date: 9/16/25 – 11/4/25 (7 classes)
(No class on 9/23)
Time: 4:30 p.m. – 5:30 p.m.
Day: Tuesday
Location: Avon Senior Center - Craft Room
Instructor: SPARK Business Academy staff
Grades: PreK – 2
Resident Fee: \$210.00
NR Fee: \$231.00

Sports Management

For the sports lover, future team General Manager, sports team owner, ESPN analyst or coach, this unique program helps students view the world of sports from a business perspective. Students actively discuss and analyze different topics, including player contracts, mock drafts, college sports, endorsements, the Nike vs. Under Armour competition, the Super Bowl, e-sports and more! Participants should bring a water bottle. **Min: 8 /Max: 16**

Date: 9/16/25 – 11/4/25 (7 classes)
(No class on 9/23)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Avon Senior Center - Craft Room
Instructor: SPARK Business Academy staff
Grades: 3 – 5
Resident Fee: \$210.00
NR Fee: \$231.00

Youth Barn Buddies



A hands-on horsemanship experience! Kids discover the joys of caring for and connecting with horses. From grooming & pony rides to fun farm chores and art & crafts, this enriching program encourages growth in confidence, compassion, and social skills in a supportive, inclusive setting for both neurotypical & neurodivergent youth. Barn Buddies allows each participant to thrive at their own pace while learning important life lessons like patience, teamwork, boundaries, and responsibility. With small group sizes and plenty of fresh air, it's the perfect way to unplug. Connect with animals, and make lasting friendships. Program runs rain or shine as there is a heated barn for colder days. Participants should wear closed toe shoes like rain or warm boots, dress appropriately for the weather, and bring a water bottle and a nut-free snack. **Min: 3 /Max: 10**

Date: 9/8/25 – 10/27/25 (8 classes)
Time: 4:00 p.m. – 6:00 p.m.
Day: Monday
Location: 345 Waterville Rd, Avon CT,
US Horse Welfare & Rescue Org
Instructor: Bonnie Bassette
Ages: 6 – 12
Resident Fee: \$360.00
NR Fee: \$396.00

FARMINGTON VALLEY RECREATION

Youth Basketball League

For Boys and Girls in Grades 2 – 8

Again this year, 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. Please note that this is a recreational league and sportsmanship and skill development is our priority.

REGISTRATION: 8/20 – 10/3

- ⦿ No registrations will be accepted after October 3, 2025 as we must order jerseys.

Fee: \$145

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

Refunds:

October 3 and after No Refunds

LEAGUE COMMITMENT:

This is not a practice league. Players MUST be able to commit to a one-hour practice, 1 night/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 12/1/25. No practices will be held during Winter Vacation (Dec. 23 – Jan. 2).

Games: Saturdays 12/6/25 – 2/7/26 (No games on 12/27, 1/3; No home games on 1/17 and 2/14). Dates are subject to change based on the school schedule and number of teams.

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 mid-November.

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 4 – 8:

Players in grades 4 – 8 will be evaluated in non-competitive, rating sessions to form balanced teams (Grade 2-3 players do not have a rating session). Players should wear sneakers. Basketballs will be provided. Volunteer coaches should attend the rating for the division they are coaching!

BOYS GRADES 4 – 8

SATURDAY, NOVEMBER 1
Avon Middle School Gym

Grade 4: 8:30 a.m. – 9:15 a.m.
Grades 5-6: 9:30 a.m. – 10:30 a.m.
Grades 7-8: 10:45 a.m. – 11:30 a.m.

GIRLS GRADES 4 – 8

SATURDAY, NOVEMBER 1
Avon Middle School Gym

Grades 4, 5, 6: 12:00 p.m. – 1:00 p.m.
Grades 7-8: 1:30 p.m. – 2:15 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. We cannot run the program without volunteer coaches!

All coaches must agree to a background check, concussion training, and attend a mandatory coaches' meeting. The Coaches' Meeting & Draft will be on **Wednesday, November 12, 2025, at the Avon Middle School – Cafeteria from 6:30 p.m. – 8:00 p.m.** There is only a draft for grades 5-8.

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 **Wednesday, November 19, 2025, at Pine Grove School – Gymnasium from 5:30 p.m. – 7:30 p.m.**



adult programs



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 yard work clothes and bring garden gloves and a water bottle. **Min: 2/Max: 8**

Date: 10/25/25
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



Fall HIKING SERIES

Discover Avon's hiking trails by joining hike leaders Tom, Norm, and/or Jeff 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: TBD, one each month
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 Wreath Making Workshop

Join us for our annual Wreath Making Workshop! Create your own holiday wreath with live greens, seasoned pinecones, and wired ribbons! 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! If you want your wreath to have any extra decorations (other than ribbons and pinecones), you are welcome to bring your own materials. Participants should bring work/garden gloves and extra decorations are optional. **Min: 4/Max: 15**

OPTION 1:

Date: 12/1/25
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: \$70.00 **Senior Fee:** \$63.00
NR Fee: \$77.00

OPTION 2:

Date: 12/2/25
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: \$70.00 **Senior Fee:** \$63.00
NR Fee: \$77.00



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. Please note: These are NOT lessons. It is an open play with supervision. Participants should wear sneakers and bring a water bottle and a pickleball racquet. **Min: 12/Max: 18**

Dates: 9/3/25 – 11/5/25 (8 classes)
 (No class 9/17 & 10/15)
Time: 5:00 p.m. – 8:00 p.m.
Day: Wednesday
Location: Avon Middle School – Large Gym
Supervisor: Joe Bowman
Fee: \$62.00 **Senior Fee:** \$55.80
NR Fee: \$68.20

Adult Ballet

Ballet is a wonderful low-impact and fun form of exercise for adults. Discover the grace, strength, and beauty of ballet in a supportive, welcoming environment. In this program, adults will learn all the components of a ballet class: barre, center, and across the floor work. Dancers will improve flexibility, strength, posture, balance, coordination, and even memory! All experience levels are welcome. Classes can be adapted to the needs and ability of the adult dancer. Participants should wear comfortable clothes, dance shoes are optional, if no dance shoes wear non-slip socks or bare feet for ballet and sneakers for tap and bring a water bottle. **Min: 4 /Max: 12**

Dates: 9/19/25 – 11/21/25 (8 classes)
 (No class 10/10, 10/31)
Time: 5:15 p.m. – 6:15 p.m.
Day: Friday
Location: Countryside Park Building
Instructor: Emily Wiseman
Ages: 18 and up
Fee: \$180.00 **Senior Fee:** \$162.00
NR Fee: \$198.00

programs at the senior center



Seniors at 2024 Veterans Day Celebration

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. 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: 9/8/25 – 10/20/25 (12 classes)
(No class on 10/13)

Session 2: 11/3/25 – 12/15/25 (12 classes)
(No class on 11/27)

Day: Monday & 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: \$56.00 **Senior Fee:** \$50.40

NR Fee: \$61.60



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: 10/1/25 – 12/17/25 (11 classes)
(No class on 11/26)

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: \$63.00 **Senior Fee:** \$56.70

NR Fee: \$69.30

20

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: 9/29/25 – 12/22/25 (12 classes)
(No class on 10/13)

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. 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: 9/24/25 – 12/17/25 (12 classes)
(No class on 11/26)

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

Fee: \$57.00 **Senior Fee:** \$51.30

NR Fee: \$62.70



Seniors at 2024 Halloween Party