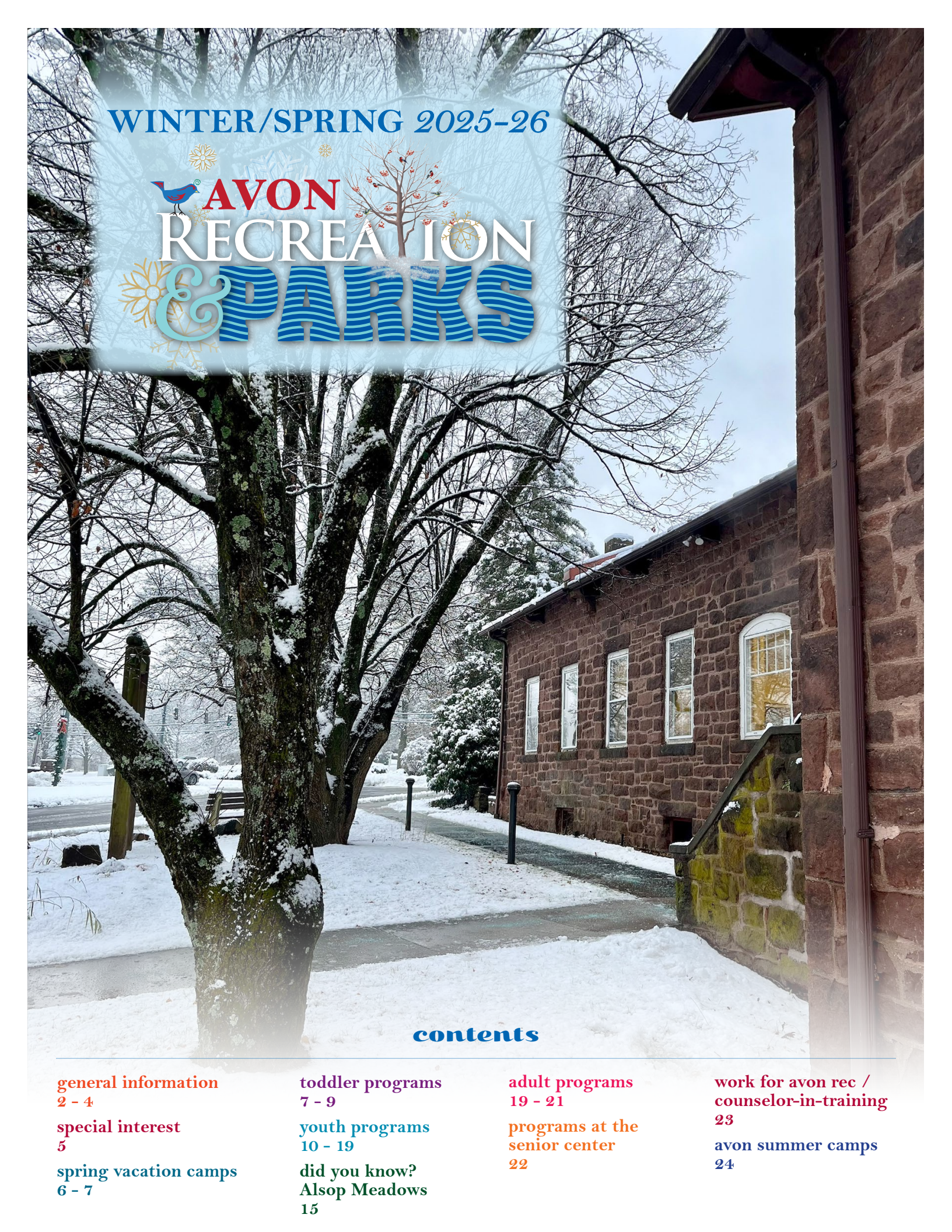




WINTER/SPRING 2025-26

 AVON
RECREATION
& **PARKS**

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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.



Art Galore Camp - pg. 6

RECREATION & PARKS 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

Department Policies

GENERAL REGISTRATION INFORMATION:

- * The grade listed for programs indicates the grade your child is in this Winter/Spring (2025/2026 school year).
- * Our program registrations close 5 days 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 pro-rated 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.

DISCOUNTS:

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

general information

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 video and/or take photographs of participants enrolled in recreation activities, classes or programs. Upon registering, you hereby release and permit the Town of Avon to photograph and/or video you or your minor child and utilize for said promotional purposes any photographs and/or videos of you or your minor child engaged in the recreational activities.

AMERICANS WITH DISABILITIES ACT:

Avon Recreation & Parks complies with the Americans with Disabilities Act, 42 U.S.C. § 12101 et seq. ("ADA") which prohibits discrimination on the basis of disability in the provision of public services. The ADA requires that public recreation programs must be implemented in the most integrated setting possible, appropriate for each individual. Moreover, otherwise qualified individuals with a disability may be entitled to reasonable accommodation or modification to rules, regulations, or policies that allows them to meaningfully participate in the services offered. ***Persons with disabilities are encouraged to contact the Avon Recreation & Parks Department at least three weeks in advance*** regarding any accommodations needed to assist with participation in and enjoyment of any program or special event. If you have questions, please call (860) 409-4332.

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.***

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.

general information

Drop Box:

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



Thank You!

The Avon Recreation and Parks Department would like to give a big thank you to all the Farmington Valley NFL Flag Football League volunteer coaches for their efforts this fall. Their dedication made for another very successful season.

We'd also like to thank all our amazing volunteers who were a big help at our Trunk or Treat event!

A BIG SHOUTOUT TO OUR TRUNK HOSTS:

Pediatric Dental Center
of Avon

Girl Scout Troop 66058

Fleisch4Avon

Town of Avon:
Social & Senior Services

Lee and Terri Wilson

Sprinkle Pop Parties

The Garden Club of Avon

Avon Clean Energy
Commission

Avon Police Department

Avon Volunteer Fire
Department

The Learning Experience

Whimsy Wonders
Children's Boutique

British Swim School

Ann Niaura

Sarah Harmon
Avon Soccer Club

Crystal Adams

Avon Recreation and
Parks Committee

Competitive Edge
Martial Arts

Faith Weiss Realtor,
Coldwell Banker Realty

Pet Candy Veterinary

Katherine Hinderer

4

**The Nature Nest Preschool -
Winner of 2025 Best Decorated Trunk!!!!**

(photo above)

*Plus, a huge THANK YOU to The Pickin' Patch
in Avon for the hayride, pumpkins, and hay.*

AVON ORGANIZATIONS

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



REQUEST FOR SUMMER PROPOSALS

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

INSTRUCTORS INTERESTED IN RUNNING SUMMER 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, February 2, 2026**. Proposal forms are available on our website: avonrec.com. Scroll down until you see Request for Proposals. Click on the writing below the picture and all the details and forms can be found there. Proposals can be emailed to lkiesewetter@avonct.gov, or mailed/ dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.



A MESSAGE FROM The Director

As we move into the winter and spring seasons, I want to thank everyone who helped make this past fall such a success! It was wonderful to see so many of you at our special events, including movie nights, and our always-popular Trunk or Treat. A huge shoutout to all our trunk hosts who brought creativity, spirit, and fun to the event.

I'd also like to recognize our amazing volunteer coaches for another fantastic flag football season. Your energy, sportsmanship, and dedication make a lasting impact on our young athletes and help our programs thrive.

And to our hardworking conservation volunteers, thank you for your efforts during our invasive species removal days at Fisher. Your ongoing commitment to conservation and habitat restoration helps preserve the natural beauty of our parks and trails for everyone to enjoy.

As we look ahead, we're excited to offer a full lineup of winter and spring programs to keep you active and connected all season long. From fitness and enrichment classes to youth programs, creative workshops, and family events, there's something for everyone to enjoy. Be sure to keep an eye out for upcoming Avon America 250 activities as we join communities across the nation in celebrating this historic milestone.

For schedules, registration, and event updates, visit avonrec.com and follow Avon Recreation and Parks on social media to stay in the know.

Thank you for being such an active and supportive part of our community. Here's to another great season of recreation, connection, and fun in Avon!

Warm regards,

Jen Filer, CPRP
Director of Recreation & Parks

Full Moon Hiking Series pg 20

**Building Community Through
Recreation and Play!**

special interest



COMING THIS WINTER ...

AVON Restaurant Week!

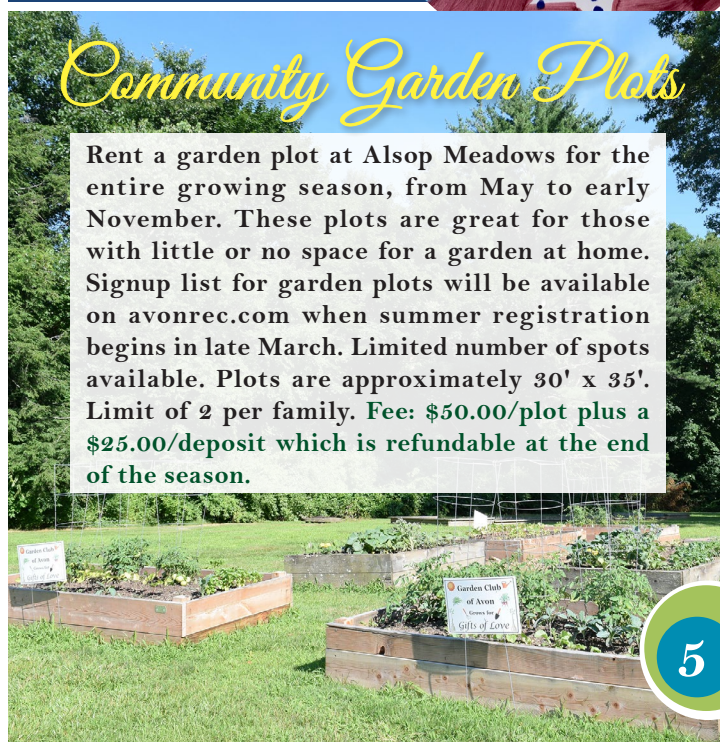
Plans are underway for a delicious week of dining, special menus, and community celebration from February 20th - 28th! Restaurants will be showcasing dishes with an Avon's America 250 theme, such as recipes with historic roots, or a quintessentially American dish.

*Stay tuned
for details!*



Community Garden Plots

Rent a garden plot at Alsop Meadows for the entire growing season, from May to early November. These plots are great for those with little or no space for a garden at home. Signup list for garden plots will be available on avonrec.com when summer registration begins in late March. Limited number of spots available. Plots are approximately 30' x 35'. Limit of 2 per family. Fee: \$50.00/plot plus a \$25.00/deposit which is refundable at the end of the season.



5

spring vacation camps



APRIL VACATION Art Galore Camp

Join Miss Boni for this fun program where participants will make creative art with friends. We will do tie dye, masks and puppets with a puppet show, piggy banks from an unusual material, clay pots, and lots of variety in between. Participants should bring a water bottle, healthy snack, and white cotton t-shirt to tie-dye. **Min: 6/Max: 10**

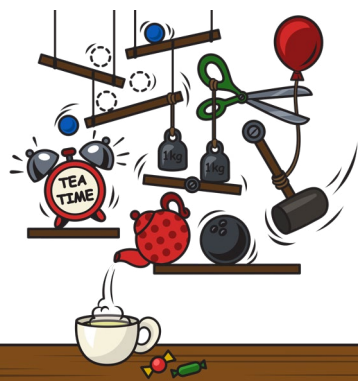
Dates: 4/13/26 – 4/17/26 (5 days)
Time: 9:00 a.m. – 11:30 a.m.
Days: Monday – Thursday
Location: Pine Grove School – Classroom
Instructor: Boni Rothmann
Grades: K – 4
Fee: \$226.00
NR Fee: \$248.60

Chain Reaction Engineers! APRIL BREAK CAMP

Let's learn about Rube Goldberg machines! In this hands-on program, campers build a variety of complex contraptions to complete a simple task—such as ringing a bell—while learning the basic physics concepts of work, gravity, force and momentum. Using simple machines like levers, wedges, wheels, axles, pulleys and inclined planes, campers learn to understand mechanical concepts in a fun way, while using their imagination! Participants should bring a water bottle and a snack.

Min: 10/Max: 20

Dates: 4/13/26 – 4/17/26 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Pine Grove School - Classroom
Instructor: SPARK Business Academy staff
Grades: 3 – 5
Fee: \$225.00
NR Fee: \$247.50



APRIL BREAK Soccer Camp
 CT Soccer Network will provide players aged 4 - 15 years old and of all abilities with 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.

The CSN staff will teach each player to fulfill their true soccer potential in a fun filled environment. Whether you are a 4 year old taking your first steps in soccer or a High School player with aspirations of college, the Soccer Network has a place for you. 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 which promotes good sportsmanship, teamwork and most of all, FUN!

All campers should have shin guards, soccer cleats AND sneakers in case we need to move indoors. Campers should also bring plenty of water and a snack each day, or 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. Due to the erratic April weather a rain jacket or heavier clothing may also be advisable as well. **Min: 10/ Max: 100**

4-5-YEAR-OLD CAMP:

Dates: 4/13/26 – 4/17/26 (5 days)
Time: 9:00 a.m. – 10:30 a.m.
Days: Monday – Friday
Location: Pine Grove School (Fields/Gym)
Instructor: CT Soccer Network Staff
Fee: \$126.00
NR Fee: \$138.40

6-15-YEAR-OLD CAMPS:

HALF-DAY CAMP OPTIONS:

Dates: 4/13/26 – 4/17/26 (5 days)
Time: 9:00 a.m. – 11:45 a.m. OR 12:15 p.m. – 3:00 p.m.
Days: Monday – Friday
Location: Pine Grove School (Fields/Gym)
Instructor: CT Soccer Network Staff
Fee: \$220.00
NR Fee: \$242.00

FULL-DAY CAMP:

Dates: 4/13/26 – 4/17/26 (5 days)
Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Friday
Location: Pine Grove School (Fields/Gym)
Instructor: CT Soccer Network Staff
Fee: \$357.00
NR Fee: \$392.70





FOOD EXPLORERS:

Chocolate Week!

Join Food Explorers for a chocolatey 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 wear closed toe shoes and bring a water bottle and a snack. **Min: 6/Max: 12**

Dates: 4/13/26 – 4/17/26 (5-day program)
Time: 1:00 p.m. – 4:00 p.m.
Days: Monday – Friday
Location: Countryside Park Building
Instructor: Food Explorers Staff
Ages: 7 – 11
Fee: \$207.00
NR Fee: \$227.70



INTELLIDANCE TYKES – Ages 12 – 24 months

Your little one is now on the move and eager to explore the world like never before! 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. **Parent/Guardian participation is required.** Participants should wear comfy clothes and socks. **Min: 4/Max: 12**

OPTION 1

Dates: 2/24/26 – 3/31/26 (6 classes)
Time: 9:15 a.m. – 10:00 a.m.
Day: Tuesday
Location: Countryside Park Building
Instructor: Stephanie Dickson, Motion Quest LLC
Fee: \$129.00
NR Fee: \$141.90



OPTION 2

Dates: 2/26/26 – 4/2/26 (6 classes)
Time: 10:15 a.m. – 11:00 a.m.
Day: Thursday
Location: Countryside Park Building
Instructor: Stephanie Dickson, Motion Quest LLC
Fee: \$129.00
NR Fee: \$141.90

INTELLIDANCE TOTS – Ages 2 – 4

Intellidance Tots is a joyful space where toddlers and their grown-ups move, play, and grow together. We will wiggle, giggle, and explore the magic of music, dance and movement. 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! **Parent/Guardian participation is required.** Participants should wear comfy clothes and socks. **Min: 4/Max: 12**

OPTION 1

Dates: 2/24/26 – 3/31/26 (6 classes)
Time: 10:15 a.m. – 11:00 a.m.
Day: Tuesday
Location: Countryside Park Building
Instructor: Stephanie Dickson, Motion Quest LLC
Fee: \$129.00
NR Fee: \$141.90

OPTION 2

Dates: 2/26/26 – 4/2/26 (6 classes)
Time: 9:15 a.m. – 10:00 a.m.
Day: Thursday
Location: Countryside Park Building
Instructor: Stephanie Dickson, Motion Quest LLC
Fee: \$129.00
NR Fee: \$141.90



LITTLE LEAPS

Ballet/Tap Class - Ages 3-6

This ballet/tap combo class, taught by a professional ballerina from New England Ballet Theatre, 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: 3/Max: 12**

Dates: 1/23/26 - 3/27/26 (8 classes)
(No class on 2/13 and 3/6)

Time: 4:15 p.m. - 5:00 p.m.

Day: Friday

Location: Countryside Park Building

Instructor: Emily Wiseman from NEBT

Ages: 3 - 6

Fee: \$150.00

NR Fee: \$165.00



PRETZEL KIDS Yoga - Ages 3 - 5

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 and storytelling. We blend simple poses, breathing exercises, silly games, and creative movement to help children build strength, balance, and flexibility—all while having a blast! Each class brings a new theme such as animals, seasons, or outer space to spark imagination and keep kids engaged. Pretzel Kids keeps little ones moving, learning, and smiling every step of the way. Participants should wear comfy clothes and socks and bring a water bottle. **Min: 4/Max: 12**

OPTION 1

Dates: 2/26/26 - 4/2/26 (6 classes)

Time: 11:15 a.m. - 12:00 p.m.

Day: Thursday

Location: Countryside Park Building

Instructor: Stephanie Dickson, Motion Quest LLC

Fee: \$129.00

NR Fee: \$141.90

OPTION 2

Dates: 3/23/26 - 5/4/26 (6 classes)

(No class on 4/13)

Time: 3:30 p.m. - 4:15 p.m.

Day: Monday

Location: Countryside Park Building

Instructor: Stephanie Dickson, Motion Quest LLC

Fee: \$129.00

NR Fee: \$141.90





SKYHAWKS MULTI-SPORTS FOR TOTS - AGES 2-5

Begin an athletic journey with Multi-Sport Tots! This program offers a variety of sports (soccer, basketball, baseball) with fun, age-appropriate activities, enhancing balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork! ***Parent participation is required with children 3.5 years and younger.*** Participants should wear comfortable clothes, sneakers and bring a water bottle.

Min: 6/Max: 10

Dates: 1/24/26 – 3/7/26 (6 classes)

(No class on 2/14)

Time: 9:00 a.m. – 9:45 a.m. (2-year-olds)

10:00 a.m. – 10:45 a.m. (3-year-olds)

11:00 a.m. – 11:45 a.m. (4–5-year-olds)

Day: Saturday

Location: Avon Sr. Ctr. – Community Room

Instructor: Skyhawks Staff

Ages: 2 – 5 years

Fee: \$104.00

NR Fee: \$114.40

SOCCER SHOTS MINI - AGE 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. Soccer Shots Mini is a high-energy program that will introduce soccer principles such as using your feet, dribbling, and basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. 1:10 coach to player ratio. Visit www.soccershots.com for more information. ***Parents must remain on site during the program.*** Participants should wear sneakers (cleats and shin guards are not necessary) and bring a water bottle. Any classes cancelled due to weather will be made up at the end of the sessions up to a maximum of 1 class. **Min: 8/Max: 10**

Dates: 4/22/26 – 6/3/26 (7 classes)

Time: 9:30 a.m. – 10:00 a.m.

Day: Wednesday

Location: Fisher Meadows – Field

Instructor: Shannon Perry and Staff

Ages: 2 (Must be 2 by first day of class)

Fee: \$126.00

NR Fee: \$138.60



SOCCER SHOTS CLASSICS - 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. On our soccer island adventures, we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. No equipment is necessary. Visit www.soccershots.com for more information. Participants should wear sneakers (cleats and shin guards are not necessary) and bring a water bottle. Any classes cancelled due to weather will be made up at the end of the sessions up to a maximum of 1 class. **Min: 6/Max: 30**

Dates: 4/25/26 – 6/6/26 (7 classes)

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: \$126.00

NR Fee: \$138.60

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Soccer Shots®
The Children's Soccer Experience





Avon, CT is gearing up to celebrate the 250th anniversary of the signing of the Declaration of Independence on July 4th, 2026. Join us in the celebration! For upcoming local events, visit avonct.gov/avon250. Make sure to follow us on social media to stay in the know about any celebrations!

 Facebook Page

 Instagram Page

To contact the Avon250 Coordinating Committee, email: info@avonhistoricalsociety.org

youth programs

Coming Soon ...

Acting Classes IN AVON!

Performing Arts Programs offers fun, creative acting classes for Grades K-1, 2-4, and 5-8. Students will explore fun theater games, improvisation exercises, imagination work, stage skills, teamwork, and concentration exercises in a positive, affirming, confidence-building environment.

Classes are set to begin in February 2026 and will meet on Thursdays.

Dates and times coming soon!

 Learn more at JoinPerformingArts.org

Celebrating 25+ years of inspiring performers!



BUDDING

Entrepreneurs

This program empowers students with an entrepreneurial mindset to develop a plan for their very own business ideas, drawing from such disciplines as marketing, finance and strategy, in a supportive environment fostering teamwork. From designing marketing flyers to estimating profits, students have fun while developing business savvy! Participants should bring a water bottle. **Min: 8/Max: 16**

Dates: 2/25/26 – 4/8/26 (6 classes)
(No class on 3/18)

Time: 5:00 p.m. – 6:00 p.m.

Day: Wednesday

Location: Countryside Park Building

Instructor: SPARK Business Academy staff

Grades: 3 – 5

Fee: \$187.00

NR Fee: \$205.70



Cartoon Drawing

FOR GRADES 1-4

Do you love to draw? Join us for this fun cartoon drawing program. 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 so all the participants can show off their final designs! Participants should bring pencils, an eraser, and a sketchbook. **Min: 5/Max: 12**

Dates: 1/24/26 – 3/7/26 (6 classes)
(No class on 2/14)

Time: 11:00 a.m. – 12:00 p.m.

Day: Saturday

Location: Avon Senior Center – Craft Room

Instructor: Sofia Oyola Morales

Grades: 1 – 4

Fee: \$85.00

NR Fee: \$93.50

Digital Art FOR GRADES 5-9

Want to learn how to create digital art? Join us for a fun 1.5 hour digital art session! You'll dive into the amazing and fun world of digital art with instructor Sofia. You'll learn the basics of navigating the popular iPad software, "Procreate". Throughout the course, you will master different digital art tools and learn how to use layers, brushes, and color palettes to bring your ideas to life. Beginners welcome! Participants must have an iPad or tablet for class with the Procreate App pre-installed. If you do not have an iPad, you may install the alternative application called "Infinite Painter". Please bring a stylus pen to use the app as efficiently as possible! Participants should also bring a water bottle. **Min: 5/Max: 12**

Dates: 1/24/26 – 3/7/26 (6 classes)
(No class on 2/14)

Time: 9:30 a.m. – 11:00 a.m.

Day: Saturday

Location: Avon Senior Center – Craft Room

Instructor: Sofia Oyola Morales

Grades: 5 – 9

Fee: \$95.00

NR Fee: \$104.50



CT Sports Network – Spring Soccer Clinic

CT Soccer Network, a Monroe CT based company, led by UEFA A licensed ex Manchester United and Atletico Madrid coach, Rich Sutherland will be

running a 6 week block of soccer clinics throughout the spring months for players aged between 6-12 years old. The spring program will be run by professional coaches adhering to an age specific curriculum that has been designed through many years of work in Europe, Asia and the USA.

Sessions will include hundreds (if not thousands) of touches on the ball while encouraging the players to develop within a holistic environment. Using a ball each as often as possible, the players will evolve through repetition and FUN based sessions. Skills taught through the 6 weeks will include dribbling, 1st touch, passing and shooting.

Participants should bring a ball, cleats or sneakers, shin guards, and a water bottle. Due to the erratic April weather, a rain jacket or heavier clothing may also be advisable as well. Any classes cancelled due to weather will be made up at the end of the session up to a maximum of 1 class. **Min: 10/Max: 50**

Dates: 4/20/26 – 6/1/26 (6 classes)
(No class on 5/25)

Time: 5:00 p.m. – 6:00 p.m. (ages 6-8)
6:00 p.m. – 7:00 p.m. (ages 9-12)

Day: Monday

Location: Pine Grove School (Fields/Gym)

Instructor: CT Soccer Network Staff

Ages: 6 – 12

Fee: \$189.00

NR Fee: \$207.90

11



eSCOUT ANIMATION and DEVELOP GAMES (Levels 1-2)

Dive into the world of digital creativity with our Animation and Game Development course, designed specifically for young learners in grades 2 through 4. In this interactive course, students are introduced to code puzzles, learn how to express and apply computing steps, and 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

MONDAYS

Dates: 1/12/26 – 3/16/26 (Winter)
 (No class on 1/19, 2/16) OR
 4/20/26 – 6/15/26 (Spring)
 (No class on 5/25)

Time: 5:30 p.m. – 6:30 p.m.
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 2 – 4
Fee: \$145.00
NR Fee: \$159.50

**TUESDAYS**

Dates: 1/13/26 – 3/10/26 (Winter)
 (No class on 2/17) OR
 4/21/26 – 6/9/26 (Spring)

Time: 5:30 p.m. – 6:30 p.m.
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 2 – 4
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**

TUESDAYS

Dates: 1/13/26 – 3/10/26 (Winter)
 (No class on 2/17) OR
 4/21/26 – 6/9/26 (Spring)

Time: 5:30 p.m. – 6:30 p.m.
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 5
Fee: \$157.00
NR Fee: \$172.70

WEDNESDAYS

Dates: 1/14/26 – 3/11/26 (Winter)
 (No class on 2/18) OR
 4/22/26 – 6/10/26 (Spring)

Time: 5:30 p.m. – 6:30 p.m.
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 5
Fee: \$157.00
NR Fee: \$172.70



eSCOUT 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

WINTER

Dates: 1/14/26 – 3/11/26 (8 classes)
(No class on 2/18)
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 8
Fee: \$170.00
NR Fee: \$187.00

SPRING

Dates: 4/21/26 – 6/9/26 (8 classes)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 4 – 8
Fee: \$170.00
NR Fee: \$187.00

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 tablet. Headphones are optional. Min: 3/Max: 8

WINTER

Dates: 1/13/26 – 3/10/26
(No class on 2/17)
Time: 5:30 p.m. – 6:30 p.m.
Day: Tuesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 5 – 8
Fee: \$170.00
NR Fee: \$187.00

SPRING

Dates: 4/22/26 – 6/10/26
Time: 5:30 p.m. – 6:30 p.m.
Day: Wednesday
Location: Virtual via Zoom
Instructor: eScout Academy Staff
Grades: 5 – 8
Fee: \$170.00
NR Fee: \$187.00



Pretzel Kids Yoga - Ages 6 - 8

This exciting yoga class invites children to explore movement, mindfulness, and creativity in a fun, supportive environment. Through themed sessions, kids will learn yoga poses, breathing techniques, and partner games that build strength, flexibility, coordination, and focus all while encouraging creativity and teamwork. Together, kids will develop important skills that support their well-being, all while having a great time on and off the mat. Participants should wear comfy clothes and socks and bring a water bottle. **Min: 4/Max: 12**

Dates: 3/23/26 – 5/4/26 (6 classes)
(No class on 4/13)
Time: 4:30 p.m. – 5:15 p.m.
Day: Monday
Location: Countryside Park Building
Instructor: Stephanie Dickson, Motion Quest LLC
Fee: \$129.00
NR Fee: \$141.90

FOOD EXPLORERS: Dough! Half Day Camp

Join Food Explorers after a half day at school for a class all about homemade dough! You'll be making two recipes from scratch: pop-tarts using from scratch pie crust and pizzas using homemade yeasted pizza dough! Recipes are nut free but will contain dairy, eggs and gluten. Participants should wear closed toe shoes and bring a water bottle and a snack.

Min: 6/Max: 12

Dates: 3/19/26 (1 class)
Time: 3:00 p.m. – 5:00 p.m.
Day: Thursday
Location: Countryside Park Building
Instructor: Food Explorers Staff
Ages: 7 – 11
Fee: \$63.00
NR Fee: \$69.30



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FOOD EXPLORERS: Chocolate Factory!

Get ready for a chocolate-filled adventure! Each session is hands-on and filled with delicious fun! Kids will learn how to make tasty chocolate treats like Chocolate Banana Cream Pie, Sweet Chocolate Stuffed Pupusas, Chocolate Zucchini Pancakes, and Chocolate Raspberry Cupcakes. 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: 2/12/26 – 3/5/26 (4 classes)
Time: 4:30 p.m. – 5:30 p.m.
Day: Thursday
Location: Countryside Park Building
Instructor: Food Explorers Staff
Ages: 7 – 11
Fee: \$95.00
NR Fee: \$104.50



FOOD EXPLORERS: Chocolate Baking!

Calling all young chocolate lovers! In this sweet and hands-on after-school baking class, kids will dive into the delicious world of chocolate—learning how to bake their own chocolatey treats from scratch! You'll be making: Chocolate Banana Cakes, Oreo Whoopie Pies, Chocolate Chip Cookie Pies, and Mocha Cakes. 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: 2/12/26 – 3/5/26 (4 classes)
Time: 6:00 p.m. – 7:15 p.m.
Day: Thursday
Location: Countryside Park Building
Instructor: Food Explorers Staff
Ages: 7 – 11
Fee: \$120.00
NR Fee: \$132.00



FOOD EXPLORERS: Spring Desserts!

Celebrate the season with fresh, fruity, and fun desserts! In this hands-on cooking class, kids will create spring-inspired sweets like Raspberry Cheesecake Pies, Lemon Sugar Cookie Trifles, Apricot Croissant Bites and Peach Melba Crumbles. 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: 4/9/26 – 5/7/26 (4 classes)
(No class on 4/16)

Time: 4:30 p.m. – 5:30 p.m.

Day: Thursday

Location: Countryside Park Building

Instructor: Food Explorers Staff

Ages: 7 – 11

Fee: \$95.00

NR Fee: \$104.50

FOOD EXPLORERS: Spring Baking!

Get ready to whisk into spring with Food Explorers! In this fun, hands-on class, young bakers will make cheerful, seasonal treats that celebrate the flavors of spring. You'll be making: Chocolate Banana Cakes, Lemon Blueberry Cookies, Carrot Cake Mini Donuts, and Honey Cakes. 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: 4/9/26 – 5/7/26 (4 classes)
(No class on 4/16)

Time: 6:00 p.m. – 7:15 p.m.

Day: Thursday

Location: Countryside Park Building

Instructor: Food Explorers Staff

Ages: 7 – 11

Fee: \$120.00

NR Fee: \$132.00



DID YOU KNOW?

ALSOP MEADOWS

ALSOP MEADOWS in Avon is a little-known, 57-acre park located adjacent to the Farmington River. It contains a mix of several forest types, community gardens, open fields, and easy walking/jogging trails. Alsup Meadows was acquired from the Woodford Farm Corporation back in the late 1970s. Alsup Meadows was given its name in honor of a prominent Avon native, newspaper columnist, and political analyst, Stewart Johonnot Oliver Alsup. The periodic timber harvests during the 1990s and the 2000s encouraged the health of the forest and provided better wildlife opportunities (*Ferrucci & Walicki Land Management LLC*). The park has opportunities for walking, hiking, jogging, and disc golf (*Weston & Sampson*). There are just over a mile of trails for the public to use. Garden plots in the community garden are for rent through Avon Recreation. To get there, input 19 Waterville Road into your GPS. The main entrance is on Nassau Drive. Please note there are no restrooms on site. Next time you are looking for a beautiful, simple walk; make sure to check out Alsup Meadows!

**Disc golf is coming soon
with course development underway!**

Sources:

Ferrucci & Walicki Land Management LLC, 2009.

"Avon, CT Recreation and Parks Master Plan Update", Weston & Sampson, August 2024.



Stop The Strangle!

Keep an eye out for events to help "Stop the Strangle" of oriental bittersweet and other invasive plants in Avon.

**FOLLOW US ON FACEBOOK AND
INSTAGRAM to stay up to date!**

 **Facebook Page**

 **Instagram Page**



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, a mouth guard, sneakers or cleats. Bring a water bottle and a stick and goggles (if you have them). **Min: 10/Max: 20**

Dates: 4/19/26 – 5/31/26 (4 classes)
(No class 4/26, 5/3, and 5/24)

Time: 4:00 p.m. – 5:00 p.m.

Day: Sunday

Location: Avon High School – Turf

Instructor: Coach Terri Ziemnicki

Grades: 3 – 8

Fee: \$60.00

NR Fee: \$66.00

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! Participants should wear gym clothes and sneakers and bring a water bottle. Please only register your child for one time option per session. **Min: 10/Max: 25**

WINTER

Dates: 1/14/26 – 2/25/26 (6 classes)
(No class on 2/11)

Time: 4:45 p.m. – 5:30 p.m. (Option 1);
5:35 p.m. – 6:20 p.m. (Option 2)

Day: Wednesday

Location: Roaring Brook School – Gym

Instructor: Jim Keller

Grades: K – 1

Fee: \$85.00

NR Fee: \$93.50

SPRING

Dates: 3/25/26 – 5/6/26 (6 classes)
(No class on 4/15)

Time: 4:45 p.m. – 5:30 p.m. (Option 1);
5:35 p.m. – 6:20 p.m. (Option 2)

Day: Wednesday

Location: Roaring Brook School – Gym

Instructor: Jim Keller

Grades: K – 1

Fee: \$85.00

NR Fee: \$93.50

Futsal Indoor Street Soccer Ages 6-12

Boys and girls ages 6 – 12 – 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, and bring a water bottle. **Min: 8/Max: 16**

16

Dates: 2/26/26 – 4/9/26 (6 classes)
(No class on 3/19)

Time: 5:00 p.m. – 6:00 p.m. (ages 6-9);
6:00 p.m. – 7:00 p.m. (ages 10-12)

Day: Thursday

Location: Pine Grove School - Gym

Instructor: Futsal & Street Soccer Staff

Ages: 6 – 12

Fee: \$170.00

NR Fee: \$187.00



Little Inventors for K-2

In this “inventive” program, students design and create solutions to problems, teaming up to identify the need for a new invention, and producing real structures and solutions. In one STEM challenge, students build bridges using a variety of materials and experiment with how much weight they can hold. Students will also learn about famous inventors and discuss how inventions improve our lives. Participants should bring a water bottle. **Min: 8 /Max: 16**

Dates: 2/25/26 – 4/8/26 (6 classes)
(No class on 3/18)
Time: 4:00 p.m. – 5:00 p.m.
Day: Wednesday
Location: Countryside Park Building
Instructor: SPARK Business Academy staff
Grades: K – 2
Fee: \$187.00
NR Fee: \$205.70



MY FIRST Craft Fair - March 18th Day Camp!

Let's get crafty after a half day of school! Young entrepreneurs will create handmade items to “sell” to other “vendors” at their very own craft fair! In this program, students will learn about craft fairs and the ingenuity and creativity of the small business entrepreneur. They will produce goods and learn to create appealing advertising and displays. Other related topics will be discussed such as counting currency, budgeting, profit margins, buying and selling and assessing the quality of goods. Participants should bring a water bottle and two snacks.

Min: 10 /Max: 20

Date: 3/18/26 (1 class)
Time: 1:00 p.m. – 4:00 p.m.
Day: Wednesday
Location: Countryside Park Building
Instructor: SPARK Business Academy staff
Grades: K – 4
Fee: \$72.00
NR Fee: \$79.20



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 of the Celebrate! West Hartford 5K! 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. Race registration is not included in the program fee. In case of inclement weather, the program will be held indoors. Participants should wear running shoes, or sneakers, comfortable clothes, and bring a water bottle. **Min: 10/Max: 50**

OPTION 1

Dates: 4/21/26 – 6/2/26 (7 classes)
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

OPTION 2

Dates: 4/22/26 – 6/3/26 (7 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Wednesday
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 and instructed 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, comfortable clothes, and bring a water bottle. **Min: 10/Max: 50**

Dates: 4/23/26 – 6/4/26 (7 classes)
Time: 5:00 p.m. – 6:00 p.m.
Day: Thursday
Location: Roaring Brook School Fields
Instructor: Krissy Mok and staff
Ages: 10-14
Fee: \$89.00
NR Fee: \$97.90

Petite Pirouettes Ages 7 - 12

This ballet class, taught by a professional ballerina from New England Ballet Theatre in Avon, introduces dancers ages 7-12 to the foundational elements of classical ballet in a fun, supportive, and age-appropriate environment. Students will learn basic ballet positions, terminology, and movement patterns while developing coordination, posture, musicality, and discipline. Each class balances structured technique with creative movement, allowing dancers to explore self-expression through dance. Whether your child is trying ballet for the first time or continuing from an earlier level, this class builds confidence, encourages artistry, and sets the stage for a lifelong love of ballet! 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**

Dates: 1/23/26 – 3/27/26 (8 classes)
(No class on 2/13 and 3/6)
Time: 5:10 p.m. – 5:55 p.m.
Day: Friday
Location: Countryside Park Building
Instructor: Emily Wiseman from NEBT
Ages: 7 – 12
Fee: \$150.00
NR Fee: \$165.00



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SafeSitter Babysitter Course

Safe Sitter is a program for 11-14 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 Note Pad for Babysitting Jobs for each student. Please note: this course teaches CPR, but it is NOT a CPR certification course, and no certification will be distributed. Participants should wear comfortable clothing and bring a water bottle and lunch that does not need to be refrigerated. **Min: 6/Max: 10**

Date: 4/11/26 (1 class)
Time: 9:00 a.m. – 2:00 p.m.
Day: Saturday
Location: Avon Senior Center – Community Room
Instructor: CPR Training Professionals LLC Staff
Ages: 11 – 14
Fee: \$164.00
NR Fee: \$180.40



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**

Date: 3/24/26 (1 class)
Time: 5:00 p.m. – 6:30 p.m.
Day: Tuesday
Location: Avon Senior Center – Community Room
Instructor: CPR Training Professionals LLC Staff
Grades: 4 – 6
Fee: \$70.00
NR Fee: \$77.00

youth programs continued



Skyhawks Tennis Clinic

Serve up fun with Skyhawks Tennis! This program elevates tennis skills by focusing on the techniques of forehand, backhand and scoring while utilizing practice sessions and match play to develop consistent, well-rounded players. Each session also fosters personal growth, emphasizing sportsmanship and perseverance. Participants should wear sneakers and bring a water bottle and a tennis racquet. Please note: As this program is outdoors, classes may be postponed due to unpredictable spring weather. We do our best to make up all classes, but it is not a guarantee. **Min: 6/Max: 12**

Dates: 4/21/26 – 5/26/26 (6 classes)
Time: 5:00 p.m. – 6:00 p.m. (7-9 years)
 6:15 p.m. – 7:15 p.m. (10-12 years)
Day: Tuesday
Location: Sycamore Recreation Area - Tennis Courts
Instructor: Skyhawks Instructor
Ages: 7 – 12
Fee: \$124.00
NR Fee: \$136.40



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. Participants should wear athletic clothes, sneakers and bring a water bottle. Knee pads optional. **Min: 8/Max: 16**

Dates: 3/3/26 – 4/7/26 (6 classes)
Time: 5:00 p.m. – 6:30 p.m. (ages 8-11)
 6:30 p.m. – 8:00 p.m. (ages 12-14)
Day: Tuesday
Location: Avon Middle School - Gymnasium
Instructor: Skyhawks Instructor
Ages: 8 – 14
Fee: \$134.00
NR Fee: \$147.40

adult programs

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: 3 /Max: 12**

Dates: 1/23/26 – 3/27/26 (8 classes)
 (No class on 2/13 and 3/6)
Time: 6:00 p.m. – 7:00 p.m.
Day: Friday
Location: Countryside Park Building
Instructor: Emily Wiseman from NEBT
Ages: 18 and up
Fee: \$180.00 **Senior Fee:** \$162.00
NR Fee: \$198.00





Hike in Foundland, 3/1/25

WINTER/SPRING Hiking Series

Discover Avon's and adjacent towns' hiking trails by joining hike leaders Tom, Norm, and Jeff for a fun, stress-free group hike every month! This hiking group is the perfect opportunity to explore/learn about Avon's parks & hiking 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.** Register online at avonrec.com to receive emails on hike details and updates. **Min: 4/Max: 20**

Dates: 1/3/26, 2/7/26, 3/7/26, 4/4/26, 5/2/26
(6 to choose from, subject to change)

Times: 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

FULL MOON Hiking Series AT FISHER MEADOWS

Experience the magic of the full moon with a three-part hiking series that celebrates the beauty of each season's night sky. Each guided 2-mile hike offers a peaceful opportunity to connect with nature, learn about local wildlife, and enjoy the quiet wonder of Fisher Meadows after dark. *Sponsored by Avon Recreation & Parks*

Fee: \$15 per hike (Registration required for each date)

Ages: 15+*

*Participants ages 15-17 are welcome but must attend with a registered adult over age 18.

Location for all hikes: Fisher Meadows, Avon

WHAT TO BRING (Required):

- Comfortable, sturdy shoes
- Warm, weather-appropriate layers, hats and gloves
- Headlamp or flashlight
- Water bottle

Please Note: For everyone's comfort and safety, pets are not permitted on these hikes.

🌕 FEBRUARY FULL MOON HIKE – The Snow Moon

Date: Sunday, February 1, 2026

Time: 5:30 PM – 7:00 PM

Step into the hush of winter beneath February's Snow Moon, when the meadows sparkle under a soft silver glow. As the sun sets early, the moon rises to cast long, quiet shadows across the snow-covered paths of Fisher Meadows. Bundle up and join us for a serene evening of reflection and discovery, as our guides share insights about nocturnal wildlife and the folklore behind this luminous winter moon.

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Experience the peaceful rhythm of the season as you walk beneath the moonlit sky with the crunch of snow underfoot, the crisp air on your breath, and the still beauty of winter surrounding you. It's a tranquil night to slow down and reconnect with the natural world.

🌕 MARCH FULL MOON HIKE – The Worm Moon

Date: Tuesday, March 3, 2026

Time: 6:30 PM – 8:00 PM

As the earth softens and the first signs of spring emerge, March's Worm Moon signals renewal and awakening. Join us for a guided evening hike through Fisher Meadows as the full moon rises above thawing fields and awakening forests. Listen for the calls of early spring birds and frogs, and notice how the night begins to hum with new life.

Our knowledgeable naturalists will share stories of seasonal change, moon traditions, and the ecological shifts happening all around. It's a night of quiet wonder, perfect for those eager to celebrate the turning of the seasons.

🌕 APRIL FULL MOON HIKE – The Pink Moon

Date: Wednesday, April 1, 2026

Time: 7:30 PM – 9:00 PM

Welcome spring beneath April's Pink Moon, named for the first wildflowers that brighten the season. As twilight deepens, we'll journey through meadows and along forest edges bathed in the moon's soft light. The air carries the sounds of peepers, owls, and rustling leaves.

Guides will highlight the plants and animals reawakening after winter, as well as the cultural meaning of this radiant spring moon. This final hike in our Full Moon Series is a beautiful way to close the chapter on winter and step fully into spring.



Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. 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. The first time slot is for beginner to intermediate players who are new to the sport or enjoy playing socially. The second time slot is for intermediate to advanced players who are well-versed in the sport and enjoy playing competitively. **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: 8/Max: 16**

Dates and times to be announced!!

WAVE (Women Against Violence Everywhere) SELF DEFENSE

Do you go on walks alone? Do you hike alone? Do you shop at the mall alone? Are you ever home alone? If you answered yes to any of the above questions, then this class is for you! Grab a few friends or bring your daughter and come learn how to defend yourself. The WAVE women's self-defense program is a comprehensive program that deals with real-life scenarios and situations. This is a no-frills class that incorporates martial arts moves for self-defense. Participants should wear sneakers and loose, comfortable clothing. No skirts or open-toe shoes/winter boots/heels. Bring a water bottle. **Min: 10/Max: 35**

Date: 3/30/26 (1 class)
Time: 6:30 p.m. – 8:30 p.m.
Day: Monday
Location: Avon Kempo & Aikido Academy
(205 Old Farms Road, Avon)
Instructor: Dominick Violante/Jeanene Violante
Ages: 14 and up
Fee: \$42.00 **Senior Fee:** \$37.80
NR Fee: \$46.20



programs at the senior center

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. 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: 1/8/26 – 2/12/26 (11 classes)

SESSION 2: 2/24/26 – 3/31/26 (11 classes)

SESSION 3: 4/7/26 – 5/14/26 (12 classes)

Day: Tuesdays & Thursdays

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



Zumba Cardio Beats

This is a medium-intensity hybrid Zumba and cardio drumming class. We will warm up with a 20 to 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. Please bring a towel and water to class. Equipment for cardio drumming will be provided.

Min: 10/Max: 12

SESSION 1: 1/12/26 – 3/23/26 (9 classes)

(No class on 1/19, 2/16)

SESSION 2: 4/6/26 – 6/1/26 (9 classes)

(No class on 5/25)

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

Fee: \$52.00 **Senior Fee:** \$46.80

NR Fee: \$57.20

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 has 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**

SESSION 1: 1/21/26 – 3/25/26 (10 classes)

SESSION 2: 4/15/26 – 7/8/26 (10 classes)

(No class 5/13, 6/10, 7/1)

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

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**

SESSION 1: 1/14/26 – 3/11/26 (9 classes)

SESSION 2: 3/25/26 – 5/20/26 (9 classes)

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

Fee: \$52.00 **Senior Fee:** \$46.80

NR Fee: \$57.20



We're Hiring!

The application for seasonal positions will be posted to avonrec.com in early February.

Mark your calendars and apply early!

**APPLICATION DEADLINE:
MARCH 20th**

SYCAMORE HILLS POOL

- * Assistant Aquatics Director
- * Gate Attendants
- * Lifeguards
- * Water Safety Instructors (WSI)

SUMMER CAMP

- * Summer Fun Camp – Assistant Director
- * Summer Fun Camp – Recreation Leaders
- * Adventure Camp – Recreation Leaders



avonct.myrec.com

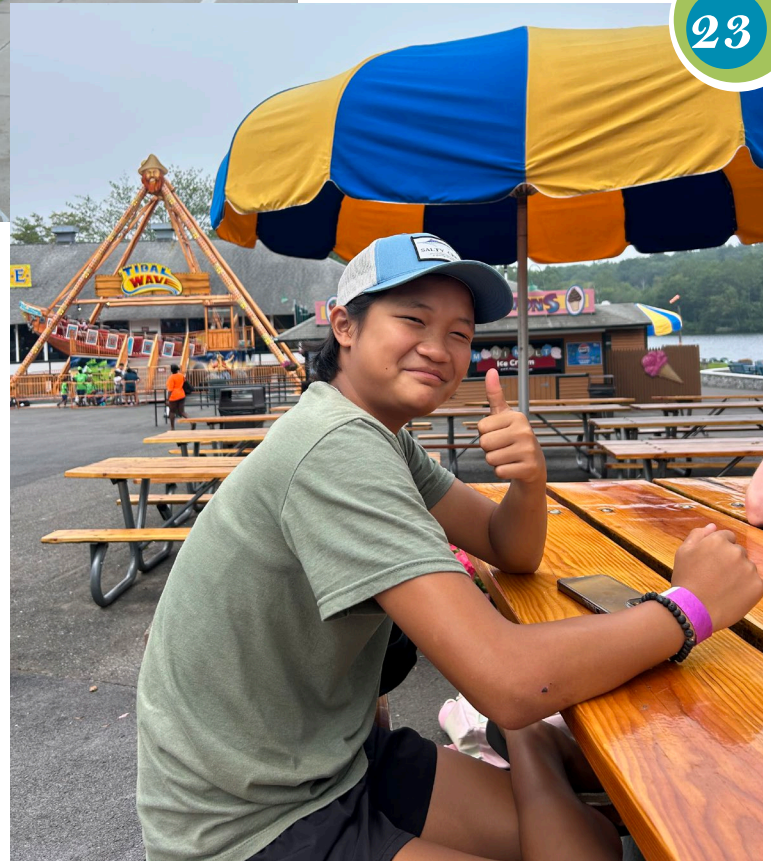
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COUNSELOR – IN – TRAINING PROGRAM

**For students entering grades 9 – 10
in the Fall of 2026**

The Counselor-in-Training program is a great way to get experience working with kids and develop leadership skills. CITs are volunteers but are interviewed and selected the same as seasonal staff. Limited spots are available. If selected, CITs are assigned to attend two weeks of Summer Fun Camp. Application will be posted at the beginning of March.

Application Deadline: April 14th



2026 Summer Camps



Limited Enrollment – Sign up Early

Both Summer Fun Camp and Adventure Camp are open to **Avon Residents ONLY** and fill up very quickly. Mark your calendars once we announce the registration date!



Summer Fun Camp

For students entering grades 1 – 4 (in Fall of 2026)

- ☀️ Special entertainer/special event at camp each week!
- ☀️ Swimming 2 – 3 days per week

**Special
Entertainment**

**Fun
Activities!**

- Session 1: June 22 – 26
- Session 2: June 29 – July 2 (4 days)
- Session 3: July 6 – 10
- Session 4: July 13 – 17
- Session 5: July 20 – 24
- Session 6: July 27 – 31
- Session 7: August 3 – 7

Swimming



Adventure Camp

For students entering grades 5 – 8 (in Fall of 2026)

- ☀️ A different field trip every day!
- ☀️ Lunch will be provided 1 day per week

- Session 1: June 22 – 26
- Session 2: June 29 – July 2 (4 days)
- Session 3: July 6 – 10
- Session 4: July 13 – 17
- Session 5: July 20 – 24
- Session 6: July 27 – 31
- Session 7: August 3 – 7



Friendship



Explore

Swimming

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