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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.

Summer Hours: June 22 - August 28

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

Friday: 8:00 a.m. – 12:30 p.m.

 Facebook Page

 Instagram Page

Director

Jen Filer, CPRP - jfiler@avonct.gov

Program Coordinator:

Lindsay Kiesewetter - lkiesewetter@avonct.gov

Administrative Coordinator:

TBD

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

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

DEPARTMENT POLICIES

General Registration Information:

- ☀ The grade listed for programs indicates the grade your child will be in for the fall 2026/2027 school year.
- ☀ All facilities and/or locations for programs/events are subject to change based on availability. The Department will alert registrants ahead of time if there is a change.
- ☀ Our program registrations close 7 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 administrative fee on top of the program fee.
- ☀ Please sign up early to avoid classes being cancelled due to low enrollment or being filled prior to the registration end date. All programs, classes, leagues etc. are filled on a first-come, first-served basis.
- ☀ Waitlisted participants will ONLY be notified if there is an opening in the program.
- ☀ Once registered, an email confirmation will be sent to the “billing email address” including a receipt and program dates, times, and locations.
- ☀ In the event we cancel a program in its entirety, you will receive a full refund.
- ☀ Program fees will not be prorated for any reason.

REFUNDS:

- ☀ **REGULAR PROGRAM REFUND POLICY:** Refunds of 100% can be requested up to seven days before the first class. After that time, no refunds will be issued unless a doctor’s note is provided.
- ☀ **CAMP REFUND POLICY!** A \$25 fee per session will apply for cancellations made up to two weeks before the start date. No refunds will be issued for cancellations within two weeks of the start date unless a doctor’s note is provided. For questions about this policy, please contact the Recreation and Parks Office at 860-409-4332 before registering for this program.

CANCELLATIONS:

- ☀ We will make every effort to reschedule classes but will not be able to give refunds for classes canceled due to weather or other circumstances beyond our control.
- ☀ Cancellation information can be obtained by the following methods:
 - ✦ Recreation Cancellation Line after 8:30 a.m. (860) 409-4365
 - ✦ WFSB Early Warning Network; NBC CT Storm Tracker
 - ✦ Email blasts to myrec.com account holders

general information

ARRIVAL & PICK-UP TIMES:

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

FINANCIAL ASSISTANCE:

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

DISCOUNTS:

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

NON-RESIDENT FEE:

Avon Recreation and Parks reserves the right to charge non-residents an additional fee upon registration. Additional fees will be noted at registration on avonrec.com.

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.

ACCESSIBILITY & REASONABLE ACCOMMODATIONS

The Avon Recreation and Parks Department complies with the Americans with Disabilities Act (ADA). We welcome individuals of all abilities to participate. 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.

If you or your child requires reasonable accommodations to participate in a recreation program, please indicate this during online registration under the "Medical Information" section of your account and contact the Recreation and Parks Department at 860-409-4332 as soon as possible, preferably **at least three (3) weeks prior to the start of the program**. Early notification allows us to work collaboratively to determine appropriate accommodations.

Participants requesting accommodations may be asked to complete a Program Accommodations Form and/or Medical Plan Form, available at www.avonrec.com under General Info → Department Info → Forms.

Drop Box:

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

LIGHTS AT AMS TENNIS COURTS:

Players can turn on lights at the court in 1-hour intervals up to 10:00 p.m., March through November. *Courts are not available while school is in session during the day.*

WI-FI AT SYCAMORE HILLS POOL:

Free Wi-Fi is available at the Pool.
The Wi-Fi policy is posted at the pool.



Recreation and Parks Committee

Mildred McNeill - Chair

Norman K. Sondheimer - Vice Chair

Brian Farrell - Member

Jackie Paul - Member

Jennifer Das - Member

Scott Johnson - Member

Kelly Nevins - Member

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Summer '26

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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.**

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 Boy Scouts
admin@avontroop274.org

Avon Little League
avonlitttleleaguect@gmail.com

Garden Club of Avon
thegardenclubofavon@gmail.com

Avon Soccer Club
avontravelsoccer@gmail.com

Avon Land Trust
trustavonland@gmail.com

Avon Youth Lacrosse
avonyouthlax@gmail.com



REQUEST FOR FALL PROPOSALS

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

Instructors interested in running fall programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **4:30 p.m. on Monday, June 8, 2026**. Proposal forms are available at the Avon Recreation and Parks Office or on our website. Scroll down until you see "Request for Proposals". Click on the writing below the picture and all of the details and forms can be found there. Proposals can be emailed to lkiesewetter@avonct.gov, mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.



Thank You!

The Avon Recreation and Parks Department would like to thank the **amazing parents who served as chaperones for our winter ski program**. Your support helped make five fun-filled weeks on the slopes possible – we can't wait to see you again next season!

We also extend our heartfelt appreciation to our **volunteer basketball coaches**. Your dedication, time, and enthusiasm were key to the success of our Recreation Basketball League and made a meaningful difference for our young athletes!



Dear Town of Avon Residents,

As we look ahead to another exciting summer in Avon, I'm pleased to share what's in store for the 2026 season. From community celebrations to outdoor recreation, summer in Avon is all about connecting with one another and enjoying the parks, trails, and open spaces that make our town such a special place to live and play.

This year brings a particularly meaningful opportunity as communities across the country begin commemorating America's 250th anniversary. Avon is proud to partner with the Town of Farmington to host the Avon-Farmington CT 250 Celebration on Friday, June 26. This free signature regional event will bring our communities together for an evening of live music, historical elements, family-friendly activities, local vendors, and a spectacular fireworks display. We hope residents will mark their calendars and join us for what promises to be a memorable celebration.

We will also help kick off the season with a Summer Concert and Community Bike Parade in partnership with Avon's America 250 Committee. Residents of all ages are encouraged to decorate their bikes, wagons, and strollers and join in this festive tradition as we welcome the start of summer together.

Our staff has been hard at work preparing for a full season of programs and events. Summer program registration opens March 25, offering a wide variety of camps, sports leagues, arts programs, and special events for all ages. Aquatics programming registration opens April 1, including swim lessons and aquatic fitness opportunities. Don't forget to take advantage of our Early Bird Pool Membership for a full season of summer fun!



Stewardship of Avon's natural spaces also remains a priority. At Fisher Meadows, ongoing invasive plant management efforts are helping restore and protect this important park and its surrounding habitats. We extend our sincere thanks to the many volunteers and partners who have supported this work, including the Farmington River Watershed Association. There is still more work ahead, and we encourage residents to keep an eye on future opportunities to participate in invasive removal efforts and stewardship activities. You can also follow our social media channels for guided hikes and outdoor programs offered in partnership with the Avon Land Trust.

Finally, I would like to recognize the Town of Avon Department of Public Works for their continued support in maintaining our parks and preparing facilities and fields for a busy season ahead. Their partnership plays an important role in the success of our programs and events.

Thank you to our staff, volunteers, partners, and residents for your continued support. Visit avonrec.com for registration information and follow us on social media to stay up to date on programs and events.

I look forward to seeing you in our parks and programs this summer.

Warm regards,

Jen Filer, CPRP
Director of Recreation and Parks



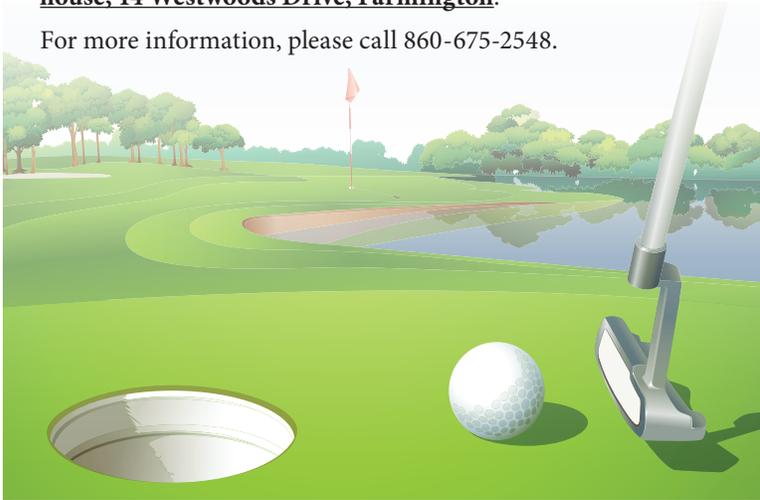
special interests

WESTWOODS GOLF COURSE

SEASON GOLF PASS

The Town of Farmington will be offering Avon Residents a limited number of season passes to the Westwoods Golf Course. The passes will be offered at the Farmington resident rates. **Enrollment is at the Westwoods Golf Course in the clubhouse, 14 Westwoods Drive, Farmington.**

For more information, please call 860-675-2548.



special events



SOGGY DOGGY DIP

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

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

Wednesday, 9/2:	\$5 per dog
40lbs & less:	4:30pm - 5:30pm
40lbs & over:	6pm - 7pm
Location:	Sycamore Hills Recreation Area

HOST A BLOCK PARTY!



2025 Block Party Contest Winner Highwood Drive

Block parties are a great way to build community and bring your neighborhood together, and we want to help you do it! Now through the end of September, block party organizers who submit a photo of their block party will be entered into a raffle to win a \$100 AvonRec gift certificate!



Block Party Request Form

Tips For Organizing A Block Party



Submit name, phone number, street name, and photo to avonrec@avonct.gov to be entered for the drawing. You must have a MyRec account with us to enter the drawing.

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



Family Movie Nights

Bring your family, blankets, and lawn chairs for a fun evening under the stars! Enjoy free outdoor movie screenings on select Friday nights of the month (July & August), perfect for all ages. Relax, unwind, and make memories with your community at this family-friendly event. Movies begin at dusk. See back cover for movies and schedule! If there is rain, the movie will start at 7pm inside the Avon Senior Center.

Fridays, 7/31, 8/21:	Dusk – approx. 10pm
Location:	Sycamore Hills Recreation Area (if rain, move into Senior Center and start at 7pm)



Family Fun Night

Join us for a night of family fun and entertainment at Sycamore Hills Pool! We will have music, pool games and lots of great fun! Registration is required for everyone. Open to Avon residents only. Admission is \$5 per person for all, regardless of if you have a pool membership.

Friday, 7/24 (Rain date 7/25): 5pm – 8pm, \$5/person
Location: Sycamore Hills Pool



BIKE PARADE & CONCERT - AVON'S AMERICA 250TH

Join Avon Recreation & Parks and the Avon America 250 Committee for a fun, family-friendly bike parade and summer concert, with support from Avon Girl Scouts and other Avon community groups. Decorate your bike (any appropriate theme welcome, with optional America's 250th flair) and meet at Pine Grove School at 5:00 PM — extra decorations will be available. Scoville Road will close around 5:20 PM, so please arrive early. At 5:30 PM, participants will ride or walk together to Sycamore Hills Recreation Area, where the celebration continues with treats, yard games, and a live concert from 6:00–8:00 PM. All ages welcome!

Tuesday, 7/7 (Rain date 7/9): 5:30pm-8pm

Location: Pine Grove School & Sycamore Hills Recreation Area



Summer Concerts at the Town Green

A variety of music is showcased in our free outdoor concerts taking place Tuesdays from July 7 to August 11! Be sure to follow our Facebook/Instagram page for details on who is playing each night.

Bring lawn chairs, bug spray, and enjoy the evening! A food truck will also be on site so come hungry! Please park in the Town Office parking lots, and do not park on grass.

NOTE: The July 7th concert will be at Sycamore Hills Recreation Area in conjunction with the Avon's America 250th Bike Parade. See above for more information and rain date.

TUESDAYS, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11
6pm – 8pm

**Rain Dates will be the following day (Wednesdays)*





REVOLUTIONARY EVENTS

PRESENTED BY AVON'S AMERICA 250 COMMITTEE!

AMERICAN REVOLUTION HISTORY WEEKEND

MAY 16 & 17

ALL THREE EVENTS ARE FREE AND OPEN TO THE PUBLIC. The Saturday 2pm and Sunday 12 noon events are held at the West Avon Congregational Church and West Avon Cemetery. 280 Country Club Road, Avon. *Parking behind and around the cemetery or at the Avon Free Public Library across the street.*

SATURDAY, MAY 16

10:00AM FAMILY HIKE: Touch a Part of American History! Family hike sponsored by the Avon Land Trust. Hike will lead to an "American Legacy" White Oak Tree that was just a sapling when America was young. This 2.5 mile hike is perfect for all ages. Meet at Nod Way Trailhead Parking on Nod Way. Register at: www.avonlandtrust.org/events.

2:00PM THEATRICAL PRESENTATION: "A Revolution of her Own!" Deborah Sampson immersive living history presentation by Judith Kalaora, History at Play LLC Troupe, Boston, MA. Deborah Sampson was the first woman to fight in, and be honorably discharged from, the American Military in the American Revolution. She enlisted as Robert Shurtleiff in the 4th MA regiment of the Colonial Army. Event runs 60 minutes. Held in the sanctuary of the West Avon Congregational Church. Doors open at 1:30pm. Families are encouraged to attend. A reception with the actor will follow in their Fellowship Hall. Event sponsored by the Avon Historical Society, Avon Senior Center and Avon Free Public Library.

SUNDAY, MAY 17

12:00PM HONORABLE RECOGNITION: Unveiling of an "Honor Roll of Northington Men who Served in the America Revolution" and ceremony honoring seven Revolutionary War soldiers in the West Avon Cemetery. Join the Avon's America 250 Coordinating Committee, members of the Sons of the American Revolution (SAR) and Daughters of the American Revolution (DAR), and local military veterans, in recognizing the over 75 men from Northington who answered the call to fight for independence. The event will be held in the cemetery. If inclement weather, it will move to the sanctuary of the West Avon Church. Event will run under 1 hour. Reception after in Fellowship Hall.

OTHER EVENTS

MONDAY, MAY 25

11:00AM ANNUAL MEMORIAL DAY PARADE at 11am with Ceremony following.

TREE PLANTING: Following the Parade and Ceremony, join Avon's America 250 Coordinating Committee, members of the Sons of the American Revolution (SAR) and Daughters of the American Revolution (DAR), and local military veterans in planting a Liberty Tree on the Avon Town Green as part of the 250th anniversary of the United States.

FRIDAY, JULY 4

2:00PM BELLS RINGING: Listen Up! Avon church bells will ring 13 times for the 13 colonies at 2:00pm as part of a national initiative to commemorate the signing of the Declaration of Independence 250 years ago.

TUESDAY, JULY 7

BIKE PARADE AND CONCERT!
See Special Events page for more information.

WEDNESDAY, JULY 8

7:00PM RECITATION: Sharing the Spirit of America is a nationwide public reading of the Declaration of Independence on the 250th anniversary of the very first public reading on July 8, 1776 in Philadelphia & Easton, PA and Trenton, NJ. Join in by participating in an interactive reading featuring actual descendants of signers representing the four CT men who did sign it – Oliver Wolcott, Samuel Huntington, William Williams and Roger Sherman. This event was written, and will be moderated by, Jennie Rehnberg, Honorary CT Daughters of the American Revolution (DAR) Regent and Past Curator General of the National Society of the DAR. It is open to the public of any age. Doors open at 6:30pm. Participation materials will be provided. The event will last 1 hour. It is being held at and co-sponsored by the Avon Senior Center and Avon Free Public Library.



avon summer camp enrichment offerings



Entering Grades 1 - 4

Open to Avon Residents Only

Come join us for an amazing summer of fun and exploration! Each session will consist of games, themed crafts and activities, free play time at the playscape, swimming at Sycamore Hills Pool 3 times a week, and special guest entertainment! Swimming is fully supervised by our American Red Cross Certified lifeguards. Participants can sign up for one week at a time or for all seven sessions. Sessions fill up very fast, so register early!

Monday-Friday (Session 1, Monday-Thursday),
9:00 a.m. – 3:30 p.m., \$230/session
(\$184 - Session 1)

Location: Thompson Brook School

Extended Care for all 5 days will be available for \$40 per session from 3:20-4:00 pm. (\$32 - Session 1)

REFUND POLICY! A \$25 fee per session will apply for cancellations made up to two weeks before the start date. No refunds will be issued for cancellations within two weeks of the start date unless a doctor's note is provided. For questions about this policy, please contact the Recreation and Parks Office at 860-409-4332 before registering for this program.

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



THEMES AND SPECIAL GUEST ENTERTAINMENT:

SESSION 1: JUNE 29- JULY 2 (No Camp July 3)

Theme of the week: Winter Fun

- ⦿ “The Science of Suds” CT Science Center

SESSION 2: JULY 6 - JULY 10

Theme of the week: Superheroes/Villains

- ⦿ “Foam Party” by Rolling Video Games
- ⦿ “Magic Show” by Pete and Chris Amusements

SESSION 3: JULY 13 - JULY 17

Theme of the week: WELCOME TO THE WILD

- ⦿ “Stuff a Bear” by the Party People & Bounce House by Bounce About Inflatables
- ⦿ “Reptiles and Amphibians Show” by New Jersey Snake Man

SESSION 4: JULY 20 - JULY 24

Theme of the week: Olympics/Color Wars

- ⦿ “Mini Campardy Game Show” by CNT Entertainment
- ⦿ “Carnival Games and Inflatables” by Bounce About Inflatables

SESSION 5: JULY 27 - JULY 31

Theme of the week: Cowboys vs Aliens

- ⦿ “Out of This World Starlab” by the Children’s Museum
- ⦿ “Laser Tag” by Laser Tag Adventures

SESSION 6: AUGUST 3 - AUGUST 7

Theme of the week: PARTY AROUND THE WORLD!

- ⦿ “Exotic Animal Program” by Curious Creatures
- ⦿ “End of Summer Party @ Sycamore Hills” with inflatables, games, and more!

ADVENTURE Expeditions!



Entering Grades 5 - 8

Open to Avon Residents Only!

Join Adventure Expeditions for a summer of fun in the sun, exploration, and exciting adventure! Each session will consist of a different field trip location every day, plus a provided lunch once a week. On days when the field trip ends early, participants will be able to swim at Sycamore Hills Pool, play beach volleyball, gaga ball, and other games! Participants can sign up for one week at a time or for all seven sessions. *Sessions fill up very fast, so register early!*

Monday-Friday (Session 1 Monday-Thursday),
8:45 a.m. – 4:00 p.m., \$400/session
(\$315 - Session 1)

AM Drop-off/

PM Pick-up: Sycamore Hills Recreation Area

PLEASE NOTE THAT OUR ADVENTURE EXPEDITIONS IS NOT A TYPICAL SUMMER EXPERIENCE. It has daily field trips involving swimming, heights, kayaking, climbing, amusement park rides, hot days, and loud/busy environments. *If any of these activities may hinder involvement, please let us know so we can do our best to accommodate.*

REFUND POLICY! A \$25 fee per session will apply for cancellations made up to two weeks before the start date. No refunds will be issued for cancellations within two weeks of the start date unless a doctor's note is provided. For questions about this policy, please contact the Recreation and Parks Office at 860-409-4332 before registering for this program.

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

SESSION 1: JUNE 29 – JULY 2 (No Camp July 3)

- “Mystic Aquarium”: exhibits and live show
- “Lake Compounce”: amusement and waterpark
- “Hammonasset State Park”: beach fun and games
- “Winding Trails”: team building and craft a canoe

SESSION 2: JULY 6 – JULY 10

- “CT Science Center”: self guided tour and movie
- “Quassy”: amusement and waterpark
- “Hammonasset State Park”: beach fun and games
- “Black Hall Marina”: kayaking and stand up paddleboarding
- “IT Adventure Ropes Course”: largest indoor ropes course in the world

SESSION 3: JULY 13 – JULY 17

- “Lessard Lanes”: unlimited bowling and mini golf, arcade
- “Lake Compounce”: amusement and waterpark
- “Hartford Athletics Camp Day”: soccer game
- “The Adventure Park at the Discovery Museum”: high ropes course and zip-line adventure
- “Main Stream Canoe and Kayak”: Farmington River tour

SESSION 4: JULY 20 – JULY 24

- “New England Air Museum”: self guided tour
- “Quassy”: amusement and waterpark
- “Hammonasset State Park”: beach fun and games
- “Powder Ridge Mountain Park and Resort”: mountain biking, tubing, games, and more
- “Mystic Seaport”: tour the seaport and all its attractions

SESSION 5: JULY 27 – JULY 31

- “Sonny’s Place”: outdoor mini-golf, driving range, go-karts & more
- “Lake Compounce”: amusement and waterpark
- “Hammonasset State Park”: beach fun and games
- “Brownstone”: rock climbing, zip lines, waterslide, and more
- “Thrillz High Flying Adventure Park”: obstacle course and trampoline park

SESSION 6: AUGUST 3 – AUGUST 7

- “The Adventure Park at Storrs”: high ropes course and zip-line adventure
- “Quassy”: amusement and waterpark
- “Hammonasset State Park”: beach fun and games
- “Bicycle Tour Company”: ride or hike through Kent and finish with field games
- “Collinsville Canoe & Kayak”: kayaking and stand up paddleboarding AND End of Camp Party



ADVENTURE EXPEDITIONS CALENDAR 2026!

Explore



THRILLS



Fun in the Sun



ADVENTURE



Play



MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SESSION 1
6/29 - 7/2



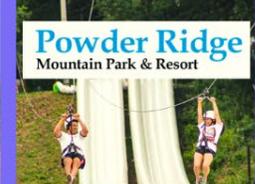
SESSION 2
7/6 - 7/10



SESSION 3
7/13 - 7/17



SESSION 4
7/20 - 7/24



SESSION 5
7/27 - 7/31



SESSION 6
8/3 - 8/7



specialty summer programs

1ST ANNUAL AHS Cheer Clinic

Boys and girls entering grades 3 - 7 - This 3-day clinic, taught by AHS Cheer Coach Alyssa Raponey, is the perfect introduction to cheerleading for students in grades 3-7. Participants will learn the basic skills of cheerleading, including: cheer motions, jumps, cheers and chants, introductory tumbling, beginner stunts (taught safely and age-appropriately). Our goal is to inspire confidence, teamwork, and school spirit while helping young athletes discover a love for cheerleading. This clinic is also an important step in building the future of the Avon cheer program — and it all starts with these young athletes! Whether brand new to cheer or already interested in the sport, this clinic is a great way to learn, grow, and have fun with the Avon cheer team. Registration fee includes a T-shirt. Participants should wear shorts, t-shirt, athletic shoes and bring a nut-free snack and a water bottle.

Mon-Wed, 6/29-7/1, 10am-1pm, \$120
Location: Avon High School - Gym
Instructors: Alyssa Raponey and Staff



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Acting SUMMER WORKSHOP

Boys and girls ages 7 - 14 - Our week-long, half-day summer programs (mornings and afternoon sessions available) offer a creative, nurturing environment where each child can come out of their shell, gain confidence, and express themselves. Students take part in exciting classes that build skills and inspire imagination in a supportive setting and culminate in a performance share for family and friends at the end of the week! Participants should bring water and a snack and wear comfortable clothes.

Ages 7-10: Mon-Fri, 7/27-7/31, 9:30am-11:30am, \$280
Ages 11-14: Mon-Fri, 7/27-7/31, 1pm-3pm, \$280
Location: Avon Middle School
Instructors: Michael Lamb and Performing Arts Staff



AVON FALCONS BOYS BASKETBALL PROGRAM

Boys entering grades 4 - 9 - Join Coach Pedra and members of the Avon High School Basketball team for a great week of basketball! Our student athletes will enjoy a full week of individual skill building, proper shooting technique, game strategy, exciting game play, guest speakers, and a champion format playoffs to finish. Awards, prizes, and t-shirts will be provided. Go Falcons! Participants should wear basketball gear and sneakers and bring a basketball (with name on it), a water bottle and snack.

Mon-Fri, 7/20-7/24, 8am-12pm, \$192
Location: Avon High School - Gyms
Instructors: Kris Pedra and Staff

AVON FALCONS CO-ED BASKETBALL PROGRAM

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

Mon-Fri, 7/13-7/17, 9am-12pm, \$157
Location: Pine Grove School - Gym
Instructors: Drew Faucher and Kris Pedra

AVON FALCONS GIRLS BASKETBALL PROGRAM

Girls entering grades 4 - 9 - Come join Coach Faucher for a great week of basketball with both current and former AHS basketball players. Each day we will implement drills that will help you become a more confident player, with an emphasis on individual skill development as well as team offensive/defensive concepts. Players will also get to test their skills in competitive games and contests. We look forward to working with you and teaching you how to play the Avon Falcon way! Participants should wear athletic attire, basketball shoes and bring a basketball (with name on it), a water bottle and snack.

Mon-Fri, 7/6-7/10, 8am-12pm, \$192
Location: Avon High School - Gyms
Instructors: Drew Faucher and Staff





Building Up S.T.E.A.M. Using LEGO®

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

Mon-Fri, 7/20-7/24, 9am–12pm, \$182
Location: Pine Grove School
Instructors: Exceptional Youth Education Services

S.T.E.A.M. Works Using LEGO®

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

Mon-Fri, 7/20-7/24, 1pm–4pm, \$182
Location: Pine Grove School
Instructors: Exceptional Youth Education Services



Business of Fashion (Sneakers, T-Shirts, Hats, and More!)

Boys and girls entering grades 3 - 5 – In this creative program, students develop business ideas based upon their favorite brands and then develop their own brand! Students explore popular brands, analyze industry trends (e.g., athleisure), work on marketing and design various articles of clothing they choose: sneakers, hoodies, T-shirts, hats, pants and more! Participants should bring a snack and a water bottle.

Mon-Fri, 8/3-8/7, 12pm-3pm, \$232
Location: Pine Grove School
Instructor: SPARK Business Academy Staff



CAS Soccer Camp

Boys and girls ages 6 - 14 -Led by highly qualified international CAS Coaches, this program focuses on building technical and tactical skills while boosting confidence and self-esteem. Players will engage in age-appropriate, thought-provoking activities in a fun and safe environment. Key features of the camp include: Ball Mastery, Dribbling & Movement, Passing & Receiving, Defending & Attacking, Shooting & Finishing, Speed, Agility, & Quickness Development, Positional Play & Team Tactics. Participants will be grouped by age for tailored instruction. Participants should wear sneakers, shin guards (optional), bring a soccer ball, water bottle, a snack, and a non-refrigerated lunch if registered for a full day.

AM: Mon-Fri, 8/3-8/7, 9am-12pm, \$201
Full Day: Mon-Fri, 8/3-8/7, 9am-3pm, \$276
Location: Pine Grove School - Field
Instructor: CAS Staff



Chess Wizards Program

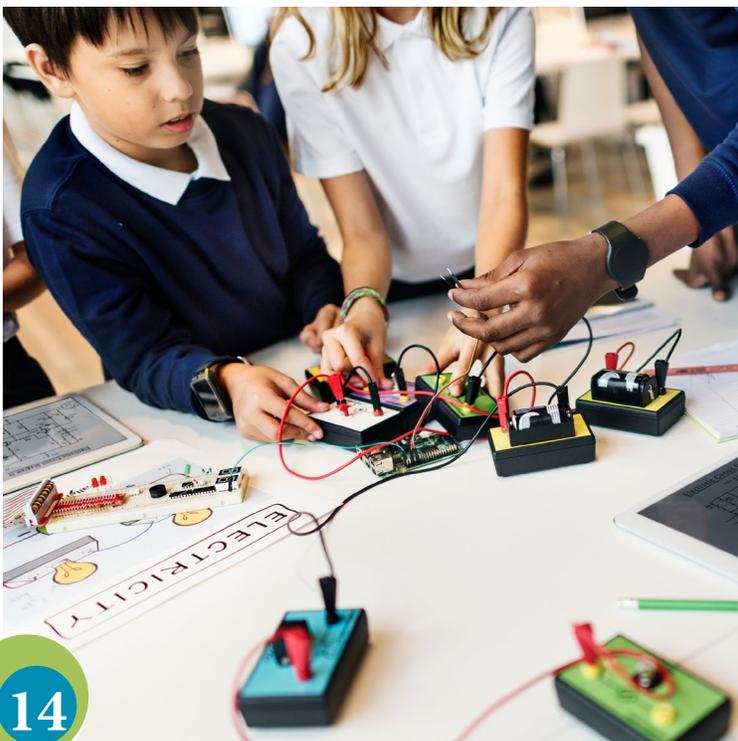
Boys and girls ages 5 - 12 - Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! The program includes fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each participant receives a T-shirt, trophy, and puzzle folder. Unleash your brain power and spend part of your summer vacation with Chess Wizards! Participants should bring a water bottle, a snack, and a non-refrigerated lunch if they register for a full day.

AM: Mon-Fri, 7/20-7/24, 9am-12pm, \$325
PM: Mon-Fri, 7/20-7/24, 12pm-3pm, \$325
Full Day: Mon-Fri, 7/20-7/24, 9am-3pm, \$458
Location: Avon Middle School
Instructor: Chess Wizards Staff

Circuit Makers 101

Boys and girls entering grades 1 - 3 - Let's get creative with electricity! In this junior electronics class, students will gain experience with creating their own electronics, designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create many projects that they can be proud of, and each class day includes a take-home project. Participants should bring a water bottle and a snack.

Mon-Thurs, 6/29-7/2, 9am-12pm, \$182
Location: Avon Middle School
Instructor: Circuit Lab Staff



specialty camps

CT Soccer Network Mini Soccer Stars

Boys and girls ages 4 and 5 – Run by professional coaches adhering to an age specific curriculum. Includes hundreds of touches on the ball and encourages players to develop within a holistic environment. Players will evolve through repetition and FUN based activities. Skills taught through the week include dribbling, passing, and shooting. Campers should bring a water bottle, snack, extra sunscreen, and wear athletic clothing and sunscreen. They should also wear shin guards and athletic shoes or cleats.

Mon-Fri, 6/22-6/26, 9am-10:30am, \$119
Location: Roaring Brook School – Field
Instructor: CT Soccer Network Staff



CT Soccer Network Summer Program

Boys and girls entering grades 1 – 8 – CT Soccer Network will provide players of all abilities the rare opportunity to receive high-level soccer coaching from a team of international experts. Participants will be exposed to individual foot skills, technical drills, tactical practices, small-sided games, and scrimmages. All activities will take place in an atmosphere that promotes good sportsmanship, teamwork and most of all, FUN! Campers should bring a water bottle, snack, extra sunscreen, and wear athletic clothing and sunscreen. They should also wear shin guards and athletic shoes or cleats. Bring a non-refrigerated lunch if full day.

AM: Mon-Fri, 6/22-6/26, 9am-11:45am, \$213
PM: Mon-Fri, 6/22-6/26, 12:15pm-3pm, \$213
Full Day: Mon-Fri, 6/22-6/26, 9am-3pm, \$350
Location: Roaring Brook School – Field
Instructor: CT Soccer Network Staff



Skyhawks Flag Football

Boys and girls entering grades 2 – 7 – Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum developed by experts from USA Football, coaches will teach skills like passing, receiving, kicking, and flag-pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. Participants should wear athletic clothes and sneakers and bring a water bottle, two snacks and sunscreen.

Mon-Fri, 7/6-7/10, 9am-12pm, \$175
Location: Avon Middle School – Field/Gym
Instructor: Skyhawks Sports Academy Staff



Skyhawks Beginner Golf

Boys and girls ages 5 – 9 – Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those improving! Participants should wear sunscreen and athletic clothes, bring a water bottle and a snack.

Mon-Fri, 8/3-8/7, 9am-12pm, \$175
Location: Avon Middle School
Instructor: Skyhawks Sports Academy Staff

Graphic Novels: Write Your Own!

Boys and girls entering grades 3 - 6 – Participants will learn the vocabulary, terminology, and craft moves of graphic novels. Then, they will invent a character, develop a plot, and write their own graphic novel! Participants should bring a Chromebook or other laptop, a water bottle, and a snack.

Mon-Thurs, 6/29-7/2, 9am-12pm, \$160
Location: Avon Middle School
Instructor: Melanie Meehan,
The Writing Clinic LLC

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FOOD EXPLORERS:

Little Bites & Big Flavors

Boys and girls entering grades K - 2 – Perfect first kitchen adventure for our youngest chefs! Campers will have hands-on fun making tasty treats like Raspberry Cheesecake Pies, Cheesy Potato Flatbreads, Brownie Parfaits, and homemade Gnocchi—all with age-appropriate guidance and lots of smiles. It’s a sweet and savory introduction to the joy of cooking! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toe shoes.

Mon-Fri, 7/6-7/10, 9am-12pm, \$207
Location: Countryside Park Building
Instructor: Food Explorers Staff

FOOD EXPLORERS:

Summer Baking!

Boys and girls ages 7- 11 – Step into the world of butter, flour, and deliciousness! This fun-filled camp features seasonal favorites like Strawberries and Cream Rolls, Peach Brioche Buns, Lemon Blueberry Blondies, and Mini Chocolate Cakes. Campers will learn essential baking techniques while creating fresh, summery treats to enjoy! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toe shoes.

Mon-Thurs, 6/29-7/2, 9am-12pm, \$170
Location: Countryside Park Building
Instructor: Food Explorers Staff

FOOD EXPLORERS:

Chocolate Week!

Boys and girls ages 7 - 11 – A dream come true for young chocolate lovers ready to whisk, bake, and drizzle their way through a week of rich, chocolatey creations. Campers will make delicious treats like Chocolate Monkey Bread, Chocolate Cannoli Twists, Raspberry Tiramisu Brownies, and Triple-Decker Cookies—each one more indulgent than the last. Along the way, they’ll learn essential baking skills in a fun, hands-on kitchen adventure. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toe shoes.

Mon-Thurs, 6/29-7/2, 1pm-4pm, \$170
Location: Countryside Park Building
Instructor: Food Explorers Staff

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FOOD EXPLORERS:
Global Cuisine

Boys and girls ages 8 - 12 – Join us as we take young chefs on a hands-on culinary adventure around the world! Campers will explore bold flavors and new techniques as they make Egg Rolls, Personal Calzones, Curry Bowls with Naan, and Rice Paper Dumplings. It’s a delicious journey through global kitchens—no passport required! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toe shoes.

Mon-Fri, 7/20-7/24, 9am-12pm, \$207
Location: Countryside Park Building
Instructor: Food Explorers Staff

FOOD EXPLORERS:
Pastry Shop

Boys and girls ages 8 -12 – A baking camp where young chefs dive into the art of pastries—from Chocolate Eclairs and Mini Lemon Layer Cake to Mango Crumble Danish and Italian Crostata, campers create bakery-worthy treats in a fun, hands-on environment. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toe shoes.

Mon-Fri, 7/20-7/24, 1pm-4pm, \$207
Location: Countryside Park Building
Instructor: Food Explorers Staff

FOOD EXPLORERS: From Scratch

Boys and girls ages 7 - 11 – A hands-on camp where young chefs create delicious, made-from-scratch dishes! Campers will mix, roll, and shape their way through savory favorites like Mozzarella Breadsticks, Wonton Cups, Fresh Pasta, and Stuffed Flatbreads, all while learning essential kitchen techniques. It's all about fresh ingredients, creative cooking, and the joy of making it all by hand. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toe shoes.

Mon-Fri, 8/10-8/14, 9am-12pm, \$207
Location: Countryside Park Building
Instructor: Food Explorers Staff



FOOD EXPLORERS: Mini Chef!

Boys and girls entering grades 1 - 3 – A hands-on cooking adventure made just for young chefs! Campers will create delicious favorites like Sweet Potato Flatbreads, Personal Pizzas, Berry Monkey Breads, and Peaches and Cream Cups while learning kitchen basics in a fun, supportive setting. It's the perfect mix of creativity, flavor, and confidence-building for little food explorers! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Participants should bring a water bottle and wear closed toe shoes.

Mon-Fri, 8/10-8/14, 1pm-4pm, \$207
Location: Countryside Park
Instructor: Food Explorers Staff



Futsal Street Soccer

Boys and girls ages 6 - 13 – 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 cleats), bring a water bottle, and a snack.

Mon-Fri, 7/13-7/17, 9am-12pm, \$195
Location: Thompson Brook School Field
Instructor: Futsal Street Soccer Staff



Interactive Coding for Kids

Boys and girls entering grades 3 - 5 - In this hands-on class, students explore Scratch programming, using the MIT-developed programming interface to craft stories and games. Then we will use Makey Makey boards to invent new ways to interact with the Scratch projects using everyday objects. Our circuitry projects will become musical instruments, video game controllers, pressure sensors, and more. Students will learn valuable 21st-century skills while engaging in these fun, creative lessons. Collaborative project challenges enhance teamwork skills and inspire critical thinking. No prior coding experience required. Participants should bring a water bottle and a snack.

Mon-Thurs, 6/29-7/2, 1pm-4pm, \$182
Location: Avon Middle School
Instructor: Circuit Lab Staff



Little Leaps SUMMER PROGRAM

Boys and girls ages 3 – 6 – This fun themed summer camp, taught by a professional ballerina, will foster dancers’ creativity and imagination while learning the fundamentals of ballet, tap, and jazz. Each day of the week will be a different fun theme that students are invited to dress like and we will use themed props, games, and music. Students will learn musicality, spatial awareness, coordination, and gross motor skills. Children in this age group will dance independently. The program will culminate in a short dance performed for parents on the last day of camp!

THE THEMES ARE:

Monday - Bluey Day

Tuesday - Zootopia Day

Wednesday - Bring-a-Stuffie Day

Thursday - K-pop Demon Hunters Day

Friday - performance day: Dress as your favorite theme! Wear comfy clothes you can move in, dance shoes optional. If no dance shoes, barefoot/non-slip socks for ballet, sneakers for tap. Bring a water bottle and snack.

Mon-Fri, 7/27-7/31, 9am-12pm, \$250

Location: NEBT Studio, 302

W Main Street, Suite 102, Avon

Instructor: Emily Wiseman from NEBT

MY FIRST Craft Fair

Boys and girls entering grades K – 2 – Let's get crafty! 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 snack and a water bottle.

Mon-Fri, 7/6-7/10, 9am-12pm, \$232

Location: Avon Middle School

Instructor: SPARK Business Academy Staff



MY FIRST Lemonade Stand

Boys and girls entering grades K – 2 – 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 nut-free snack and a water bottle.

Mon-Fri, 8/3-8/7, 9am-12pm, \$232

Location: Pine Grove School

Instructor: SPARK Business Academy Staff



Skyhawks Volleyball

Boys and girls entering grades 5 – 9 – Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting, and serving. Participants should wear athletic attire and bring a water bottle, a nut-free snack and a non-refrigerated lunch.

Mon-Fri, 7/13-7/17, 9am-1pm, \$195
Location: Avon Middle School – Gym
Instructor: Skyhawks Sports Academy Staff

Skyhawks Tennis

Boys and girls entering grades 1 – 9 – Whether your child is a beginner or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Participants should wear athletic attire and bring a water bottle, nut-free snacks, sunscreen, and a tennis racket.

Grades 1-3: Mon-Fri, 7/20-7/24, 9am-12pm, \$175
Grades 4-6: Mon-Fri, 7/27-7/31, 9am-12pm, \$175
Grades 7-9: Mon-Fri, 7/27-7/31, 12pm-3pm, \$175
Location: Avon Middle School Tennis Courts
Instructor: Skyhawks Sports Academy Staff

Skyhawks Track and Field

Boys and girls entering grades 3 – 7 – The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump, and various running and relay events. Participants should wear athletic attire and bring a water bottle, nut-free snacks and sunscreen.

Mon-Fri, 8/3-8/7, 9am-12pm, \$175
Location: Avon High School – Track/Gym
Instructor: Skyhawks Sports Academy Staff



Skyhawks MultiSport Tot

Boys and girls ages 2 – 5 – Begin an athletic journey with Multi-SportTots! This program offers a variety of sports (soccer, basketball, baseball, etc) 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 athletic attire and bring a water bottle.

Ages 2-3: Mon-Thurs, 7/27-7/30, 4pm-4:45pm, \$99
Ages 4-5: Mon-Thurs, 7/27-7/30, 5pm-5:45pm, \$99
Location: Sycamore Hills Recreation Area
Instructor: Skyhawks Sports Academy Staff

Theater Biz Camp

Boys and girls entering grades 3 – 5 – Are you a theater fanatic? Do you love acting, props, skits and want to learn the business of theater? Join this hands-on and theatrical camp where you'll learn about skits, financing a production, the production planning process and more! This is a great opportunity to showcase your acting and theater skills while developing business savvy. Participants should bring a nut-free snack and a water bottle.

Mon-Fri, 7/6-7/10, 12pm-3pm, \$232
Location: Avon Middle School
Instructor: SPARK Business Academy Staff



youth programs



Avon Field Hockey Clinic

Girls entering grades 3 – 8 – Join Coach Terri Ziemnicki, Avon High School's Varsity Field Hockey Coach for this fun summer field hockey clinic for grades 3-8. Coach Z takes her 40 years of coaching experience in Avon along with her skill and excitement to pass along her passion for the game to lead this great clinic. All levels of experience are welcome, even if you have never played before. Come be a part of a great sport, learn some new skills, play some games on the turf, and check out this exciting clinic. Participants should wear sneakers/cleats and bring a field hockey stick (if you have one), shin guards, mouth guard, water bottle and goggles.

Tuesdays, 7/14-8/4, 5:30pm-6:30pm, \$60
Location: Avon High School - Turf
Instructor: Terri Ziemnicki

eSCOUT ANIMATION AND DEVELOP GAMES

Boys and girls entering grades 2 – 4 – 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, and build and play with code blocks (animation, music/sound blocks). Build fun games and animations using Events, Conditional and Repetition concepts.

OPTION 1: Mon-Fri, 7/6-7/10, 9:30am-11:30am, \$145
OPTION 2: Mon-Fri, 7/20-7/24, 9:30am-11:30am, \$145
Location: Online via Zoom
Instructor: eScout Academy Staff

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

Boys and girls entering grades 4 – 6 –In this program, we explore block coding programming to create engaging science experiments. Utilizing the built-in Micro:bit sensors, including accelerometer, light, gestures, and motion detection, students will construct practical projects. These projects include a step counter, a dice roller for board games, an animal tracker, a water bottle alert, a plant watering system, and many more exciting experiments. **Note: This class requires the purchase of a physical Micro:bit device (approximately \$35), which can be used for future Micro:bit series classes.*

OPTION 1: Mon-Fri, 7/6-7/10, 9:30am-11:30am, \$195
OPTION 2: Mon-Fri, 7/20-7/24, 9:30am-11:30am, \$195
Location: Online via Zoom
Instructor: eScout Academy Staff

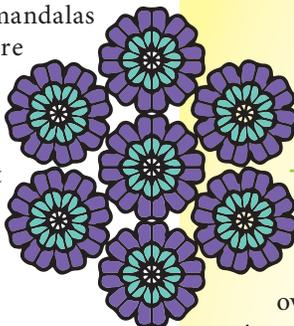
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Introduction to Mandalas

Anyone (adults too!) ages 10+ - Step into the world of mandalas with this beginner-friendly dot painting class, where creativity and mindfulness come together. Mandalas - ancient symbols of wholeness and balance - are more than just beautiful designs. They are a powerful tool for self-expression, healing and meditation, and helping us connect to the present moment and our inner selves. Participants should wear paint friendly clothes and bring a water bottle.

- OPTION 1:** Wednesday, 5/6, 6pm-8pm, \$60
OPTION 2: Wednesday, 7/15, 6pm-8pm, \$60
Location: Avon Senior Center Craft Room
Instructor: Amy Crose, Mandala Minds and Wellness



INTELLIDANCE FOR TYKES

Boys and girls ages 12mo - 23mo - As your little one begins to explore the world, Intellidance Tykes provides the perfect outlet for their growing curiosity and energy. This high-energy class blends creative dance and music to help crawlers and early walkers develop essential coordination and spatial awareness. We focus on gross motor skills and social-emotional growth through playful repetition, interactive songs, and joyful discovery. Caregivers play an active role, guiding their "tykes" through a fun-filled journey of movement and laughter. Participants should wear comfy clothes, socks, and have water. *Caregiver required to attend.*

- Thursdays,** 7/16-9/3 (No class 7/23, 8/13),
 9:30am-10:15am, \$137
Location: Countryside Park Building
Instructor: Stephanie Dickson



INTELLIDANCE FOR TOTS

Boys and girls ages 2 - 4 - Intellidance Tots is designed for active toddlers who are ready to jump, twirl, and express themselves with confidence! This program builds on foundational skills by introducing more complex movements and creative storytelling through dance and music. Children will improve their balance, rhythm, and social skills while learning to follow directions and cooperate in a group setting. It is a joyful, structured environment where your tot can burn off energy, spark their imagination, and foster a lifelong love for movement. Participants should wear comfy clothes, socks, and have water. *Caregiver required to attend.*

- Thursdays,** 7/16-9/3 (No class 7/23, 8/13),
 10:30am-11:15am, \$137
Location: Countryside Park Building
Instructor: Stephanie Dickson



MINI SOCCER SHOTS FUN IN THE SUN

Boys and girls aged 2 - Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director, Shannon Perry. Each session creatively introduces your child to soccer in a fun, imaginative, and energetic way. Character development, physical skills, agility, teamwork, and fun are guaranteed in this program. Our goal is to leave a lasting and positive impact on each child while building stronger youth beyond the game. Each session will emphasize a character word of the day such as respect, confidence, and teamwork and incorporate it into the session. On our soccer island adventures we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. Visit soccershots.com for more information. Participants should wear athletic clothing and sneakers, and bring a water bottle.

- OPTION 1:** Tuesdays, 7/7-7/28, 5:15pm-5:45pm, \$70
OPTION 2: Tuesdays, 8/4-8/25, 5:15pm-5:45pm, \$70
Location: Roaring Brook School Fields
Instructor: Shannon Perry and Staff

SOCCER SHOTS FUN IN THE SUN

Boys and girls ages 3 - 5 - Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director, Shannon Perry. Each session creatively introduces your child to soccer in a fun, imaginative, and energetic way. Character development, physical skills, agility, teamwork, and fun are guaranteed in this program. Our goal is to leave a lasting and positive impact on each child while building stronger youth beyond the game. Each session will emphasize a character word of the day such as respect, confidence, and teamwork and incorporate it into the session. On our soccer island adventures we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. Visit soccershots.com for more information. Participants should wear athletic clothing and sneakers, and bring a water bottle.

- OPTION 1:** Tuesdays, 7/7-7/28, 6pm-6:45pm, \$70
OPTION 2: Tuesdays, 8/4-8/25, 6pm-6:45pm, \$70
Location: Roaring Brook School Fields
Instructor: Shannon Perry and Staff



PRETZEL KIDS Yoga

Boys and girls ages 4 – 10 – Pretzel Kids Yoga is an engaging and playful yoga class designed to introduce school-aged children to mindfulness, movement, and body awareness in a fun and interactive way. In this dynamic class, kids will stand strong like mountains, balance like surfers, and find stillness like stars as they explore yoga through creative themes and movement. The class incorporates foundational poses, breathing exercises, and movement games to help children build strength, flexibility, and balance. This positive and supportive environment fosters relaxation, emotional regulation, and healthy habits in a way that resonates with their growing developmental needs. It's more than just a yoga class; it's an empowering space where kids can build resilience, gain confidence, and simply be themselves! Participants should wear comfy clothes, socks, and bring water.

Ages 4-7: Tuesdays, 7/14-9/1 (No class 7/21, 8/11), 10:15am-11am, \$137

Ages 8-10: Tuesdays, 7/14-9/1 (No class 7/21, 8/11), 11:15am-12pm, \$137

Location: Countryside Park Building

Instructor: Stephanie Dickson

STORY TIME Yoga

Boys and girls ages 18mo – 3 years – Spark your child's imagination through movement in this playful introduction to yoga! Each class begins with reading a story aloud while children bring the book to life through simple yoga poses that match the characters, actions, and themes in the story. This class helps develop early motor skills, balance, and body awareness while fostering a joyful connection between you and your little one. Each session ends with a gentle "quiet time" to help toddlers learn the basics of relaxation after a busy day of play. Come ready to stretch, giggle, and grow together! Participants should wear comfy clothes, socks, and have water. *Caregiver required to attend.*

Tuesdays, 7/14-9/1 (No class 7/21, 8/11), 9:30am-10am, \$90

Location: Countryside Park Building

Instructor: Stephanie Dickson

Safe Sitter Babysitter Course

Boys and girls ages 11 –14 – 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 Notepad for Babysitting Jobs for each student. Please note that the class will teach CPR, but a CPR certification is not included.

Students should bring a non-refrigerated bag lunch and wear comfortable clothing. Please fill out the Student Registration form linked below and send via email to avonrec@avonct.gov before class starts.

OPTION 1: Saturday, 6/20, 9am-2pm, \$164

OPTION 2: Saturday, 8/1, 9am-2pm, \$164

Location: Avon Senior Center

Instructor: CPR Training Professionals Staff



fall leagues

REGISTRATIONS FOR THE FOLLOWING **FALL LEAGUES** WILL BE ANNOUNCED AT A LATER DATE. Please sign up to receive email blasts via MyRec and follow us on Facebook and Instagram for the latest! Farmington Valley Field Hockey League for Girls Grades 5-6 AND Farmington Valley NFL Flag Football League for Co-ed Grades 1-9.

VOLUNTEER COACHES ARE NEEDED
for both programs!!!



Past, Present, Party!

FRIDAY, JUNE 26

4PM-9:30PM

(Rain Date Saturday, June 27)

99 THOMPSON ROAD, AVON, CT 06001

The Towns of Avon & Farmington
have partnered to host a free community celebration
in honor of America's 250th anniversary! Join us for an exciting
lineup of music entertainment, community showcases, historical
family-friendly activities, local vendors, and a spectacular
fireworks display to conclude the celebration!

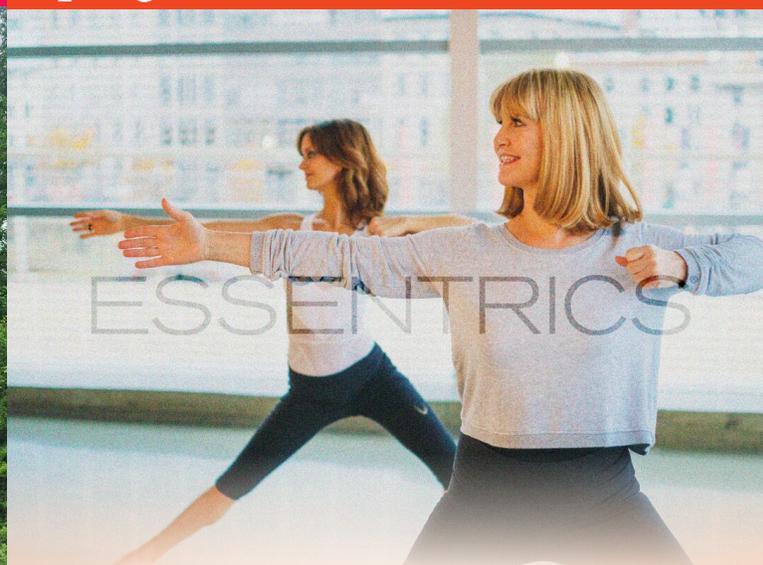
BECOME A SPONSOR OR VOLUNTEER!

We hope you will consider partnering with us to honor
America's 250th and to create a memorable experience
for both communities!



  @AvonFarmingtonCT250

AVONFARMINGTONCT250.ORG



Summer Hiking Series

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

Saturdays, 4/4, 5/2, 6/6, 7/11, 8/1, 8/29,
10am-1pm
Location: TBD - Check Our Website
Instructor: Thomas Iezzi, Norm Sondheimer,
and Jeff Grindrod

Gentle Essentrics

For ages 21+ - 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. Wear comfortable clothes and shoes, bring a mat, water bottle, and stretch band if you have one.

Dates TBD, 9:30am-10:30am, \$56
Location: Avon Senior Center
Instructor: Deborah Trovato/Gene Trovato

Tai Chi

For ages 18+ - 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.

Wednesdays, 7/22-9/16,
4pm-5pm, \$63
Location: Avon Senior Center
Instructor: Ken Zaborowski

Zumba Cardio Beats

For ages 18+ - 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.

Mondays, 6/22/-8/24,
5:30pm-6:30pm, \$57
Location: Avon Senior Center
Instructor: Denise L.



Zumba Gold

For ages 18+ - Love to dance? Enjoy the health benefits of this energetic, feel good, total body workout set to Latin and International rhythms. This is a medium intensity, low impact class, designed to be gentler on your knees. This class is perfect for anyone that is looking for a fun, aerobic exercise routine. If you love to dance, this class is for you. Participants should wear comfortable clothes, smooth-soled shoes and bring a water bottle and towel.

Wednesdays, 6/3/-8/5,
5:30pm-6:30pm, \$57
Location: Avon Senior Center
Instructor: Denise L.

aquatics



SYCAMORE HILLS POOL OPENS Monday, June 8, 2026

Sycamore Hills Recreation Area
635 West Avon Road, Avon, CT 06001
Pool Phone: (860) 673-5696

Swim Lessons

Swim lessons are 35 minutes long and will meet for 9 classes over a 2-week period: Monday - Friday the first week and Monday - Thursday the second week. Friday of the second week will be a make-up if a lesson is cancelled by the Recreation Department. Lessons are cancelled for heavy rain, lightning, or thunder. If the weather is not suitable for lessons to take place in the water, the class will meet for a safety day on land.

Swim lessons are supervised by American Red Cross certified Water Safety Instructors. Level descriptions are there to guide you in determining the appropriate level for your child.

To get the member discount for swim lessons, you must register for your 2026 swim membership **first** so your swim lesson registration can recognize that you have a swim membership. The discount will be shown on the payment screen when you checkout. **YOU MAY ONLY REGISTER FOR ONE SESSION OF SWIM LESSONS AT A TIME!**

Pool Memberships

	April 1 - May 14	May 15 and after
Household (Up to family of 5):	\$170	\$190
Additional Member (Added to a household)	\$30	\$35
Individual Fee:	\$80	\$90
Avon Resident Senior Fee (60+):	\$35	\$40

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

Residents:	\$7/person
Non-residents:	\$10/person

POOL PASSES ARE DIGITAL and will be accessible on your MyRec account or via your email. If you prefer a physical pool tag (1 required for each household member), you will need to come to the Recreation Office to purchase one for an additional fee (\$5 each).



YOU MAY ONLY REGISTER FOR ONE SESSION OF SWIM LESSONS AT A TIME!

Session 1: Monday, June 29 - Thursday, July 9

Session 2: Monday, July 13 - Thursday, July 23

Session 3: Monday, July 27 - Thursday August 6

LESSON SCHEDULE

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

FEES:

Lessons: \$55 Members; \$70 Non-members
Adult Lessons: \$25 Members; \$40 Non-members

Swim Level Descriptions

- Parent/Child:** (Ages 6 months – 3 years): This class introduces young children to the water through fun, water-related activities while helping them feel safe and comfortable. One adult must be in the water with their child at all times.
- Level 1:** **Introduction to Water Skills:** Students will learn foundational skills such as bobs, glides, front and back floats, flutter kicks, and scoops. All skills can be performed with instructor assistance.
- Level 2:** **Fundamental Aquatic Skills:** Students will build confidence by learning to tread water, float on their front and back, and swim independently. Before starting this class, swimmers should be able to enter the water and submerge independently or with minimal assistance.
- Level 3:** **Stroke Development:** Students will practice treading water, jumping into deep water, and swimming one length of the pool. They will be introduced to strokes such as elementary backstroke, front crawl, and rotary breathing. Regular swimming in deep water is required at this level.
- Level 4:** **Stroke Improvement:** Students will refine their front crawl and elementary backstroke, swimming 25 yards of each. They will also be introduced to breaststroke, butterfly, sidestroke, and open turns. Before enrolling, swimmers should be able to swim at least one lap of front crawl and elementary backstroke.
- Level 5/6:** **Stroke Refinement & Endurance:** This advanced class focuses on stroke refinement, proper turns, and endurance. Students will work on shallow angle dives, swimming 50 yards of front crawl and elementary backstroke, and refining their breaststroke and back crawl. Swimmers will also work towards continuously swimming 20 laps.
- Adaptive: All Ages**
 Private lessons in a small group and/or supportive setting provide individualized instruction tailored to each participant's needs. Lessons focus on water comfort, safety, and foundational swimming skills. Each class is 30 minutes and is adapted to meet the participant's learning pace and abilities. Once registered, please contact us at avonrec@avonct.gov to discuss how we can best support the participant's needs.
- Adult:** **Designed for older teens and adults,** this program provides a supportive environment for swimmers of all levels to improve their skills at their own pace. With guidance from trained instructors, participants can set and achieve personal swimming goals.

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

Sensory Swim

This swim block is designed to give kids and adults with a disability time to enjoy Sycamore Pool in a sensory-friendly environment. This swim block will have a limited capacity to provide a quieter and calmer swim experience. Sensory toys will be provided for use. All children must be accompanied by an adult in the pool. Siblings are welcome. Registration is required for everyone.

Dates: 7/11, 8/1, 8/15
Time: 10:45 a.m. – 11:45 a.m.
Days: Saturdays
Location: Sycamore Hills Pool
Fee: \$5 per person, per date.
NR Fee: \$6 per person, per date.



Swim Team Ages 7 – 18

Registrants must be able to demonstrate an acceptable ability to swim a minimum of four lengths of the pool (100 yards). Swim team will improve both your conditioning and form.

Swim team has 8 practice options each week (see below). All practices will be held at Sycamore Hills Pool. Coaches recommend swimmers try to attend at least three practices a week.

Championships to be announced at a later date. The last practice will be a pizza party with games.

PRACTICE SCHEDULE – SYCAMORE HILLS POOL

Dates: June 22 – July 30*
**All dates subject to change*
Times: 8:30 a.m. – 9:30 a.m. (Mornings); or
 7:30 p.m. – 8:30 p.m. (Evenings)
Days: Monday – Thursday
Fee: \$175*

There is a \$15 discount off the 3rd and 4th child registered in the same family.

Party Policy for Sycamore Hills Pool

Avon residents or Avon youth groups who are interested in holding a small party at the Sycamore Hills Pool must complete an **Application for Use of Town of Avon Public Places** and submit it to the Recreation and Parks Department with the fee at least 2 weeks prior to the event. To check availability, call the office. Any parties without a reservation will be kindly asked to leave.

Party Rules:

- ☺ Hosts must be Avon residents or Avon youth groups
- ☺ The day of, hosts and guests must check in with the Gate Attendant upon arrival
- ☺ The party must be confined to the open space between the picnic tables and the baby pool.
- ☺ Hosts may bring food, pop-up tents, folding tables, chairs, and coolers.
- ☺ No equipment or refrigeration will be provided by the Recreation and Parks Department.
- ☺ Adults are responsible for children’s behavior and supervision.
- ☺ Alcohol is not permitted.

To view all Sycamore Hills Pools Rules and Public Place Regulations [click these links](#).

Fee: \$65.00, plus daily admission for anyone who does not have a pool membership
 \$125 refundable security deposit required.

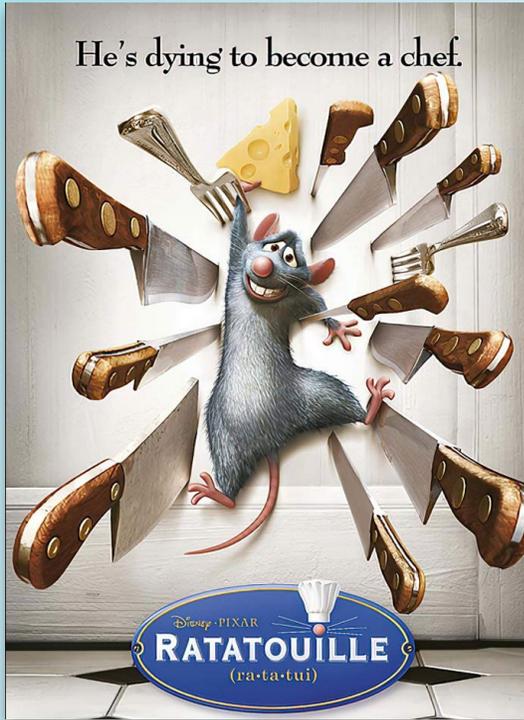
Maximum Duration: 3 hours

Maximum #: 25 people

FREE!

Family Movie Nights this Summer at Sycamore Hills Recreation Area

Movies will begin at dusk. In the event of inclement weather, movies will move into the Senior Center and start at 7pm.



JULY 31



Movies licensed by Swank Motion Pictures, Inc.

AUGUST 21

28



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



Movie Projector, Screen and Giveaways provided by:



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

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