



Fall '26

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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

Registration Website: avonrec.com

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:

Terese Cerins - tcerins@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

Department Policies

General Registration Information:

- ☞ The grade listed for programs indicates the grade your child is in this 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 **\$25.00 administrative fee** on top of the program fee.
- ☞ Please sign up early to avoid classes being canceled due to low enrollment or being filled prior to the registration end date. All programs, classes, leagues etc. are filled on a first-come, first-served basis.
- ☞ Waitlisted participants will **ONLY** be notified if there is an opening in the program.
- ☞ Once registered, an email confirmation will be sent to the “billing email address” including a receipt and program dates, times, and locations.
- ☞ In the event we cancel a program in its entirety, you will receive a full refund.
- ☞ Program fees will not be 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 (860) 409-4365
 - * Email blasts to avonrec.com account holders
 - * Website banners at www.avonrec.com

ARRIVAL & PICK-UP TIMES:

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

FINANCIAL ASSISTANCE:

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

general information

DISCOUNTS:

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

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 www.avonrec.com and click the link to create an account.
- 2) Create an account along with a username and password for one adult family member. Then add all other members of your family who reside in your household. *If you receive a message that your email or phone number is already in use, please **do not** set up a new account. Contact our office to reset your password or request a password reset online.*

Please make sure you "OPT-IN" to receive email notifications by selecting the check boxes next to each of these under Email Notification on your account:

- * Receive Email Notification for Cancellations
- * Receive Email Notification for Registrations / General
- * Confirm Email Address
- * Email Address Active

Our office and our instructors mainly communicate through email. **If you do not "Opt-in", YOU WILL NOT RECEIVE IMPORTANT EMAILS** including program cancellations, program changes, and registration announcements. Additionally, please make sure "the primary parent" email address is valid and current.

- 3) Once your account is set up, you will be able to access your account 24/7, view program information, register for programs, view account history, and receive email blasts on programs.

CURRENT ACCOUNT HOLDERS:

Please be sure to frequently verify and update account information for all household members including home address, email addresses (for all adults), home phones, cell phones, medical information, primary parent, emergency contact and grades.

PHOTO RELEASE:

You understand that for promotional purposes the Town may video and/or take photographs of participants enrolled in recreation activities, classes or programs. Upon registering, you hereby release and permit the Town of Avon to 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.

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.**

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.

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.**

Recreation and Parks Committee

Mildred McNeill - Chair
Norman K. Sondheimer - Vice Chair
Jennifer Das - Member
Brian Farrell - Member
Scott Johnson - Member
Kelly Nevins - Member
Jackie Paul - Member

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Thank You!

The Avon Recreation and Parks Department would like to thank:

All the volunteers who donated their time to the Avon & Farmington 250 Celebration back in June!

We had thousands of people attend and couldn't do it without you.

© Dan Butler Photography



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



REQUEST FOR WINTER/SPRING PROPOSALS

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

Instructors interested in running programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **Monday, September 28, 2026**. Proposal forms are available at the Avon Recreation and Parks Office or on our website – www.avonrec.com. Scroll down until you see the Request for Proposals. Click on the writing below the picture and all the details and forms can be found there. Proposals can be emailed to lkiesewetter@avonct.gov, mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.

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www.AvonRec.com (860) 409-4332

Dear Town of Avon Residents,

As we welcome the fall season, I want to take a moment to reflect on what has been an incredible summer for the Avon community. Whether you attended a concert, spent time at Sycamore Hills Pool, participated in one of our camps, explored our parks and trails, or joined us for a community event, thank you for making Avon Recreation and Parks such an important part of your summer.

One of the season's greatest highlights was the Avon-Farmington CT 250 Celebration. On behalf of the Recreation and Parks Department, thank you to our generous sponsors, dedicated volunteers, community organizations, performers, vendors, and the many Town departments whose collaboration made this event possible. Most importantly, thank you to the thousands of residents and visitors who joined us for an unforgettable evening celebrating our shared history and community spirit. Seeing so many people come together reminded us of what makes Avon such a special place to live, work, and recreate.

As we transition into fall, our Recreation and Parks staff is excited to offer another season of programs, events, and opportunities for residents of all ages. From youth sports and enrichment programs to fitness classes and seasonal events, we hope you will continue making recreation a part of your family's life.

One of our favorite fall traditions will be returning soon: our annual Trunk or Treat event! This community favorite continues to grow each year thanks to the creativity and generosity of local businesses, organizations, and residents who help create a fun and memorable event for Avon families. We encourage anyone interested in participating to join us this year.

As the seasons change, I encourage residents to get outside and enjoy all that Avon's parks, trails, and open spaces have to offer. Fall is a beautiful time of year to explore our community, spend time with family and friends, and experience the many places that make Avon such a special place to live.

Thank you for your continued support of Avon Recreation and Parks. Visit avonrec.com for registration information and follow us on social media for program updates, event announcements, and opportunities to get involved.

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

Warm regards,

Jen Filer, CPRP

Director of Recreation and Parks

BUILDING COMMUNITY THROUGH RECREATION AND PLAY!

YOUTH SPORTS AND OTHER CONTACTS

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

Avon Boys and Girls Travel Basketball
avoncttravelbasketball@gmail.com

Avon Little League
avonlittleleaguect@gmail.com

Avon Soccer Club
avontravelsoccer@gmail.com

Avon Youth Lacrosse
avonyouthlax@gmail.com

Avon Boy Scouts
admin@avontroop274.org

Garden Club of Avon
thegardenclubofavon@gmail.com

Avon Land Trust
trustavonland@gmail.com

TRUNK OR TREAT

Saturday, October 24, 11AM - 1PM



TRUNK HOST

Calling all families, friends, businesses, and local organizations!! Want to get involved in this year's Trunk or Treat?? We are now accepting registrations for "Trunk Hosts". There is no fee to register as a trunk host. Trunk hosts will be responsible for decorating the trunk of their car and bringing candy to pass out to the trick-or-treaters. Creativity and fun are encouraged! If you own a business, you are welcome to put signage on your trunk to show that your trunk is sponsored. We will have a best-decorated trunk contest for all participating. Registration ends October 9th or once all spots have been filled.

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



Join us this Halloween for our
"TRUNK OR TREAT" event!

Lots of spook-tacular fun, trunk-or-treating, a hayride, and inflatables!

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

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

Date: 10/24/2026 (1 day event)
Time: 11:00 a.m. – 1:00 p.m.
Day: Saturday
Location: Sycamore Recreation Area



Halloween Family Movie Night



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

Sponsored by Jennifer Johnson Daubert from Allstate!

Date: 10/30/2026 (1 day event)
Time: 6:00 p.m. – approx. 8:00 p.m.
Day: Friday
Location: Sycamore Hills Recreation Area
Fee: Free!



Letters to the North Pole

Receive a letter from the North Pole!

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

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

To ensure a timely response, letters will only be accepted between 11/30 - 12/10.

This special event is free for all to participate in!



Holiday Decorating Contest

Celebrate the season by showing off your holiday spirit! Avon Recreation and Parks invites residents to join our town-wide Holiday Decorating Contest, where the community votes for their favorite residential displays. Whether you go all out with lights, design a charming doorway, or showcase a unique theme, this is your chance to shine and be creative.



How It Works

- * **Submit Your Residence by: December 10, 2026**
(Entries received after this date cannot be included on the community map.)
- * **Voting Runs: December 14 – December 30, 2026**
- * **Link to vote will be shared through e-blast and on social media on Dec 14 or earlier.**
- * **Residences will be listed by address only**
(no names shared).
- * **Winners in each category will receive a trophy + \$100 Avon Recreation gift card to use toward any Avon Rec program!**
- * **One residence can enter multiple categories, however the same residence cannot win more than one category.**
- * **See avonrec.com for more information!**

Puzzle Together: A Friendly Holiday Showdown!

Do you love jigsaw puzzles? Thrive on a little friendly competition? Celebrate the holidays with a fun night out!

Grab your team (2-4 people) and race against the clock (and other teams) to complete the same 500-piece Galison “Merryville” puzzle in just two hours. The fastest team will win an Avon Recreation gift card, but every team gets to keep their puzzle as a keepsake of the evening!

Enjoy light snacks and water while you piece it all together, and get ready for a fun, fast-paced night of teamwork and laughs!

Event Details:

- 🌀 **December 7th, 2026 from 5:30pm-7:30pm**
- 🌀 **Only one team member needs to register**
- 🌀 **Teams should have between 2-4 participants**
- 🌀 **Feel free to bring puzzle tools (sorting trays, mats, organizers, etc.)**
- 🌀 **Children ages 10+ are welcome**
- 🌀 **Participants under 18 must be on a team with an adult**
- 🌀 **\$35 per team (regardless of size)**
- 🌀 **Participants are welcome to stay and finish their puzzle even if a team wins with remaining time.**



Don't miss this exciting opportunity to test your puzzle skills and be part of the celebration!

Ski Sundown

After-School Ski Program at Ski Sundown for Avon Middle School Students and Thompson Brook School Students

SKI * SNOWBOARD * LESSONS * RENTALS

Join us for after-school skiing or snowboarding this winter at Ski Sundown in New Hartford! Transportation is provided for all participants directly from their school to the mountain and back via coach bus.

Registration for this program will open in/around late September. Please look for MyRec email blasts which will alert you of registration opening. More information on registration, including program dates, times, and fees, will be online at avonrec.com soon.

PLEASE NOTE:

- * All skiers/snowboarders must wear helmets. Equipment rentals do not include helmets.
- * **ALL NEW PARTICIPANTS** and their parent/guardian must attend a MANDATORY Ski Safety Meeting.
- * Dates posted online are subject to change depending on weather/snow conditions.
- * We will need some parent chaperones! If you are able and willing, chaperones are needed for both schools from 2:30pm-7:45pm to ride the bus with the kids to the mountain and back. Parent chaperones receive a chaperone pass to ski for the evening. We cannot run this program without chaperones. More information will be posted on avonrec.com.



AVON
RECREATION
& **PARKS**

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We the People of the United States, in Order to form a more perfect Union, insure domestic Tranquillity, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do hereby establish this Constitution for the United States of America. 1776.

REVOLUTIONARY EVENTS

PRESENTED BY AVON'S AMERICA 250 COMMITTEE!

SEPTEMBER

AVON'S AMERICA 250 COMMEMORATION SECOND HISTORY WEEKEND

All events free, unless otherwise noted:

THURSDAY, SEPTEMBER 17

TAVERN NIGHT WITH RICHARD DONAHUE

Revolutionary War era tavern music and singing

6:30PM – AVON LIBRARY COMMUNITY ROOM.

Refreshments provided.

SATURDAY, SEPTEMBER 19

“PRINTING REVOLUTION”

Looking at the role of the printing press and the printers themselves printing rebellion & revolution, as well as the technology of printing itself being ‘revolutionary’; with a focus on the New England Colonial period 1638-1787

11:00AM – 4:00PM – AVON LIBRARY ATRIUM.

HANDS ON printing 11:00 – 3:00pm for all ages!!

Drop in event. **No RSVP required.**

“CATO IN THE REVOLUTION:

SPIES, SLAVERY, CHURCH AND CHOCOLATE”

Presentation by historian and author Claire Bellerjeau

1:00-2:30PM – AVON LIBRARY COMMUNITY ROOM.

Cato was an enslaved man who aided a Patriot spy during the American Revolution.

RSVP on Library website.

“REMEMBER LISS”

Presentation (reprised) by historian and author Claire Bellerjeau

3:00-4:00PM – AVON LIBRARY COMMUNITY ROOM.

Liss was an enslaved woman who crosses path with many prominent figures during the American Revolution.

RSVP on Library website.

“PATRIOTIC SALUTE: VOICES OF LIBERTY”

Four-part event by Playhouse 44

6:30PM – AVON SENIOR CENTER

Songs, Poems, Satire, Singalong and Snacks!

RSVP to: info@playhouse44.org

OCTOBER

SATURDAY & SUNDAY, OCTOBER 17 & 18

AVON CONGREGATIONAL CHURCH

QUILT SHOW & CRAFT FAIR

Celebrating America's 250th Anniversary

SATURDAY, OCTOBER 17 – 10:00AM-4:00PM

SUNDAY, OCTOBER 18 – 11:00AM-4:00PM

View antique, traditional & modern quilts.

Raffle, vendors and café on site.

\$10 admission, kids free.

NOVEMBER

MONDAY, NOVEMBER 2

6:30PM PRESENTATION by Avon resident Jennifer Matos, Administrator, Museum of Connecticut History in Hartford, about their yearlong exhibit entitled “*Connecticut's Revolution.*”

The exhibit runs from July 4, 2026 to July 9, 2027.

It explores the ideas and experiences of CT people who made history during the Revolution.

6:30PM – AVON LIBRARY COMMUNITY ROOM.

RSVP on Library website.



Thank You to Our Sponsors!

★ Fireworks Sponsors



Avon Village Family Dentistry

★ Stage Sponsors



★ Shuttle & Kids Zone Sponsors



★ Gold Sponsors



★ Silver and Below Sponsors



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Thank you to our private donors as well!

*Avon & Farmington
Celebration*

Past, Present, Party

Thank you to our community organizations:

American Cancer Society
Avon Boys Scouts - Troop 274
Avon Cub Scouts - Pack 122
Avon Food Pantry
Avon Land Trust
Avon Sustainability Commission
Avon VFW
CT Army National Guard
Convention of the State Action
Dollars for Scholars
Farmington Chabad
Farmington Garden Club
Farmington Green Efforts
Farmington Historical Society
Farmington Land Trust
Farmington Library
Girl Scouts of Connecticut
H.O.P.E Partners of Farmington
Hillstead Museum
New England Smart Energy
Our Lady of Knock Parish
Playhouse 44
Prince Thomas of Savoy
TOA Agewell
Unionville Museum
Unionville Lion's Club

Thank you to our committee members:

Erin Barthel
Abby Boretto
Norm Sondheimer
Brian FX Connolly
Heather Maguire
Rafeena Bacchus Lee



Credit to Dan Butler Photography

toddler/preschool programs



Intellidance Tots

Boys and girls ages 18 mos - 4 yrs - Intellidance Tots is designed for active toddlers who are ready to jump, twirl, and express themselves with confidence! This caregiver-and-me creative movement class uses music, props, and imaginative play to explore dance in a fun and engaging way. Children develop coordination, rhythm, balance, and body awareness as they learn simple movement patterns and themed dance activities. Each class builds confidence, creativity, and joyful self-expression while encouraging growing independence. This class builds on foundational skills from Tykes by introducing more complex movements, combinations, and sequences. At the end of the 6-week session, each child receives a special take-home keepsake to celebrate our time together. Participants should wear comfy clothes, socks, and have water. **Parents/guardians are required to stay for this program.**

OPTION 1: Tuesday, 9/22-10/27, 10:30am-11:15am, \$159
OPTION 2: Thursday, 9/24-10/29, 10:30am-11:15am, \$159
Location: Countryside Building
Instructors: Stephanie Dickson

SOCCER SHOTS MINI

Boys and girls 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. Visit www.soccershots.com for more information. Parents must remain on site during program. Participants should bring a water bottle and wear sneakers. Cleats and shin guards are not required. Any classes canceled due to weather will be made up at the end of the sessions up to a maximum of 1 class.

Saturday: 9/12-11/7 (no 10/10), 8:30am-9am, \$126
Location: Roaring Brook School Fields
Instructors: Soccer Shots Staff



The Children's Soccer Experience

SOCCER SHOTS CLASSIC

Boys and girls ages 3 - 5 - Soccer Shots sessions are professionally designed by Soccer Shots and overseen by Executive Director Shannon Perry. All staff are trained by Soccer Shots. Each session creatively introduces your child to soccer in a fun, imaginative, and energetic way. Character development, physical skills, agility, teamwork, and fun are guaranteed in this program. Our goal is to leave a lasting and positive impact on each child while building stronger youth beyond the game. On our soccer island adventures, we will dribble, pass, score goals, and celebrate the joy of learning the beautiful game. Visit www.soccershots.com for more information. Participants should bring a water bottle and wear sneakers. Cleats and shin guards are not required. Any classes canceled due to weather will be made up at the end of the sessions up to a maximum of 1 class.

OPTION 1: Saturday, 9/12-11/7 (no 10/10), 9:15am-10am, \$126
OPTION 2: Saturday, 9/12-11/7 (no 10/10), 10:15am-11am, \$126
OPTION 3: Saturday, 9/12-11/7 (no 10/10), 11:15am-12pm, \$126
Location: Roaring Brook School Fields
Instructors: Soccer Shots Staff

Skyhawks Multi-SportTots

Boys and girls ages 2 - 5 - Begin an athletic journey with Multi-SportTots! This program offers a variety of sports including, baseball, basketball and soccer through age-appropriate games and activities to enhance balance, hand/eye coordination, fitness, sport skills and child development. **Parent participation required for ages 2-3.5 years.** Participants should bring a water bottle and wear comfortable clothes and sneakers.

Age 2: Saturday, 9/12-10/17, 9am-9:45am, \$115
Age 3: Saturday, 9/12-10/17, 10am-10:45am, \$115
Ages 4-5: Saturday, 9/12-10/17, 11am-11:45am, \$115
Location: Sycamore Hills Rec Area
Instructors: Skyhawks Staff

PRETZEL KIDS Yoga

Boys and girls ages 3 - 5 - Pretzel Kids Yoga is an engaging and playful yoga class designed to introduce 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! At the end of the 6-week session, each child receives a special take-home keepsake to celebrate our time together. Participants should wear comfy clothes, socks, and have water.

Monday: 9/28-11/9 (no 10/12), 3:30pm-4pm, \$149
Location: Countryside Building
Instructors: Stephanie Dickson

Little Leaps BALLET/TAP CLASS

For boys and girls ages 3 - 6 - This ballet/tap combo class, taught by a professional ballerina, will foster dancers' creativity and imagination while learning the fundamentals of ballet and tap dance vocabulary. Children will learn foundational ballet and tap steps, musicality, spatial awareness, coordination, and gross motor skills. This class is taught using imagery, props, fun games, and music. Children in this age group will dance independently. The program will culminate in a short dance performed for parents at the last class! Participants should wear comfortable clothes, dance shoes are optional, if no dance shoes wear non-slip socks or bare feet for ballet and sneakers for tap and bring a water bottle.

Friday: 9/18-12/18 (no 10/2, 10/9, 10/30, 11/13, 11/27, 12/4), 4:15pm-5pm, \$150
Location: Avon Senior Center
Instructor: Emily Wiseman from NEBT

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© Sparrow Drone Aerial Services

DID YOU KNOW? History of Avon

Alot of us may already know that Avon is home to the oldest human occupation site in southern New England, uncovered by the recent bridge construction at Old Farms Road. The Paleoindian site at this location dates to around 12,500 years ago - WOW!

Our small town of Avon only became "Avon" in 1830, when it was incorporated, but there has been so much history on Avon land before that point. The Indigenous Tunxis peoples had villages along the Farmington River. The Town of Farmington was established in 1645, but the "land att Nod" (Avon!) broke

off from Farmington in 1750 and became "Northington". As the population of Northington grew, residents petitioned in 1830 to incorporate as the Town of Avon, potentially referencing the Avon River in England.

2030 will be Avon's 200th anniversary as an official town, but our history dates back much further! Make sure you get out in town and explore everything we have to offer including parks, recreation areas, culture, and varied history.

Sources: "History of Avon, Connecticut" by Nora Howard, Avon Town Historian (2021, revised 2024)

Acting Classes

Boys and girls grades K - 8 - Performing Arts Programs offers fun, creative acting classes for Grades K-4 and 5-8. Students will explore theater games, improvisation exercises, imagination work, stage skills, teamwork, and concentration exercises in a positive, affirming, confidence-building environment. Returning students will always work on and learn new things! Participants should bring water and wear comfortable clothes. For more program information visit joinperformingarts.org.

K-4: Thursday, 10/1-11/12, 5:05pm-6pm, \$200

5-8: Thursday, 10/1-11/12, 6:05pm-7pm, \$200

Location: Avon Senior Center

Instructor: Michael Lamb and Performing Arts

LITTLE HOOPS BASKETBALL CLINIC

Boys and girls grades K - 1 - This is an instructor-led, co-ed basketball clinic for grades K - 1 that will focus on learning basic skills such as dribbling, passing, and shooting. Children will learn the game of basketball in a fun, non-competitive and safe learning environment. There are no coaches, referees, practices, or games. Each player will be given a basketball to keep! Please register early to avoid missing out. **You may only register your child for one time slot for the fall session.** Please make note of the time slot that you registered for. Participants should wear gym clothes and sneakers and bring a water bottle.

OPTION 1: Wednesday, 9/23-11/4 (no 10/14), 4:45pm-5:30pm, \$85

OPTION 2: Wednesday, 9/23-11/4 (no 10/14), 5:35pm-6:20pm, \$85

Location: Roaring Brook School Gym

Instructor: Jim Keller and Staff

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SAFE SITTER Babysitter Course

Boys and girls ages 11 - 14 - Safe Sitter is a program where you will learn life-saving skills so you can be safe if you're home alone or watching younger children. You will play fun games and do some role-playing exercises - you even get to use manikins to practice choking rescue! Your parents will feel better knowing you're prepared to handle whatever situation comes up! The cost includes a cinch sack with a Student Handbook and Completion card, small First Aid Kit and Important Information Note Pad for Babysitting jobs for each student. **Please note** that the class will teach CPR, but a CPR certification is not included. 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 the class starts.

OPTION 1: Saturday, 10/3, 9am-2:30pm, \$164

OPTION 2: Saturday, 12/19, 9am-2:30pm, \$164

Location: Avon Senior Center Craft Room

Instructor: CPR Training Professionals Staff



ANIMATION & INTERACTIVE GAMES (WITH SCRATCH) LEVELS 1-2

Boys and girls 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, 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.

OPTION 1: Monday, 9/14-11/9 (no 10/12), 5:30pm-6:30pm, \$145

OPTION 2: Tuesday, 9/15-11/3, 5:30pm-6:30pm, \$145

Location: Online via Zoom

Instructor: eScout Academy Staff

ANIMATION & INTERACTIVE GAMES (WITH SCRATCH) LEVEL 3

Boys and girls grades 4 - 5 - 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.

OPTION 1: Tuesday, 9/15-11/3, 5:30pm-6:30pm, \$157

OPTION 2: Wednesday, 9/16-11/4, 5:30pm-6:30pm, \$157

Location: Online via Zoom

Instructor: eScout Academy Staff

AI DISCOVERIES (GRADES 6-8)

Boys and girls grades 6 - 8 - AI Discoveries is an engaging middle school course that puts AI literacy at the center, helping students learn not only how to use AI tools, but also how to think critically about them. Through hands-on projects, students will create apps, games, and AI-powered experiences while exploring how artificial intelligence is shaping our everyday lives. Along the way, they will develop creativity, problem-solving, digital literacy, and responsible technology skills. No prior coding experience is required. Headphones are optional.

Tuesday: 9/15-11/3, 5:30pm-6:30pm, \$139

Location: Online via Zoom

Instructor: eScout Academy Staff



Youth Community Voices Choir

Boys and girls ages 7 - 12 - Community Voices Youth Choir is a 9-week community choir program for children ages 7-12. Students meet once weekly for nine weeks for 75-minute rehearsals to develop their singing voice, build musical skills, and prepare for a live concert performance on December 8th at 6pm. No audition or prior experience required. All skill levels welcome! Returning students will always work on and learn new things! Participants should bring water and wear comfortable clothes. For more program information visit joinperformingarts.org

Tuesday: 9/29-12/1 (no 11/3), 5:15pm-6:30pm, \$375
Location: Avon Senior Center
Instructor: Michael Lamb and Performing Arts



Futsal Street Soccer Clinics (Minis and Regular)

Boys and girls ages 2 - 10 - 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 delivers a far different experience than traditional soccer programs. Visit www.Futsalstreet.soccer to see more of what we do!

Ages 2-4: Tuesday, 9/15-10/20, 10am-10:45am, \$120
Location: Sycamore Recreation Area
Ages 2-5: Thursday, 10/29-11/19, 4:30pm-5:15pm, \$95
Ages 6-10: Thursday, 10/29-11/19, 5:15pm-6:15pm, \$120
Location: Pine Grove School Gym
Instructor: Futsal Street Sports Staff

FIELD HOCKEY CLINIC FOR GIRLS

Girls grades 3 - 4 - This 4-day clinic is being run by Avon High School's Head Field Hockey Coach, Terri Ziemnicki. Coach Z will introduce all the basic skills and fundamentals in a fun and motivating way. Each day will incorporate gameplay. All levels are welcome! Participants should wear shin guards and a mouth guard and bring water and a stick (if you have one).

Sunday: 9/20-10/18 (no 10/11), 4pm-5pm, \$60
Location: Avon High School Turf
Instructor: Terri Ziemnicki



FOOD EXPLORERS: Fall Desserts!

Boys and girls ages 7 - 11 - Get ready for a deliciously cozy adventure where young chefs will mix, bake, drizzle, and decorate their way through the sweetest flavors of the season. Crafting recipes such as Salted Caramel Apple Cookie Trifles, Pumpkin Pie Granola Cups, Cinnamon Sugar Dippers, and Apple Cheesecake Eggrolls. 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.

Thursday: 10/22-11/12, 4:30pm-5:30pm, \$95
Location: Countryside Building
Instructor: Food Explorers Staff

PETITE PIROUETTES Early Ballet Class

For boys and girls ages 7 - 12 - This ballet class, taught by a professional ballerina, introduces dancers 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.

Friday: 9/18-12/18 (no 10/2, 10/9, 10/30, 11/13, 11/27, 12/4), 5:10pm-5:55pm, \$150
Location: Avon Senior Center
Instructor: Emily Wiseman from NEBT



MPower Youth Running

Boys and girls grades 1 - 8 - 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 at the goal race: MPower Youth Running Festival! MPower Youth Running will prepare them to do just that. Modeled after popular Couch-to-5K plans, MPower's training program is designed for all levels of runners: from beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games, and core strength exercises. For more information, please visit www.MPowerYouthSports.com. The program fee includes a t-shirt. Participants should wear running shoes or sneakers and bring a water bottle. In the event of inclement weather, the program may be held inside a school gym.

OPTION 1: Tuesday, 9/15-10/27, 5pm-6pm, \$89
OPTION 2: Thursday, 9/17-10/29, 5pm-6pm, \$89
Location: Roaring Brook School Fields
Instructor: Krissy Mok and Staff

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MPower Speed Clinic

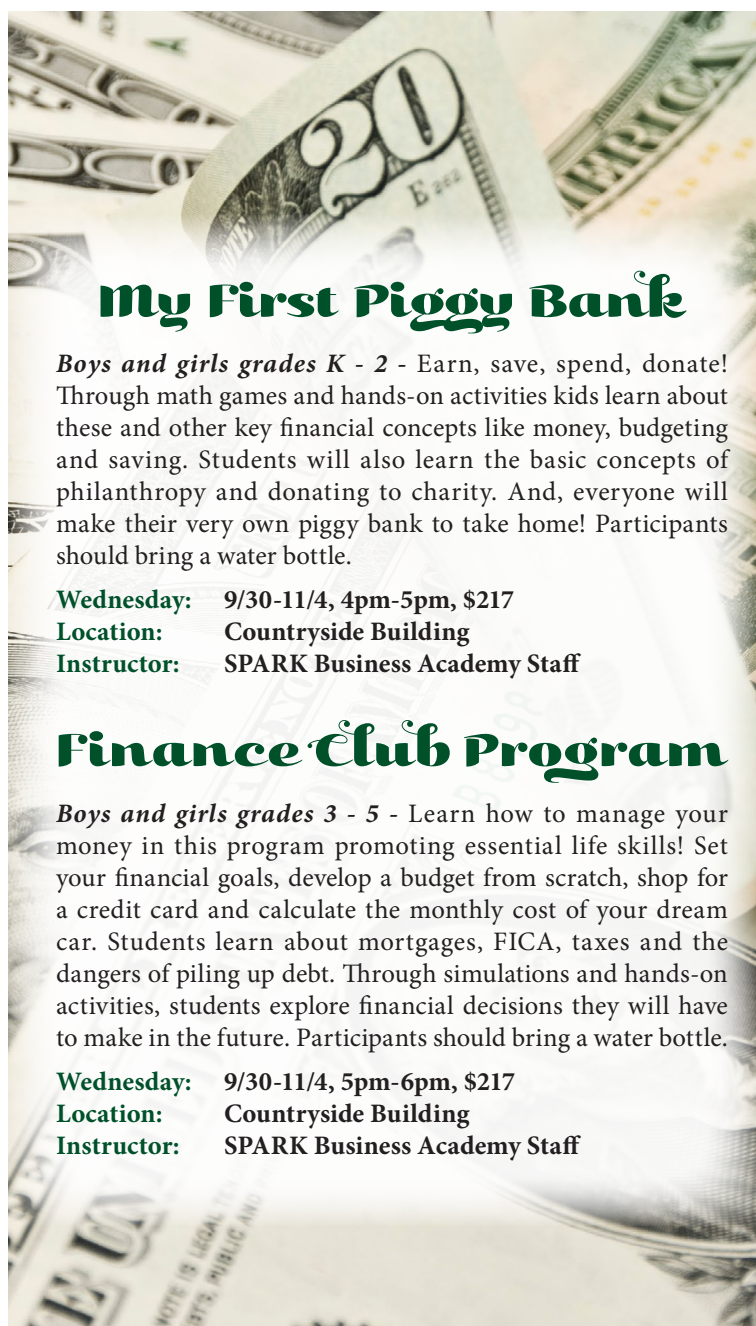
Boys and girls ages 10 - 14 - MPower's Speed Training Program is designed to build speed and agility. Through correct training and education, youth will realize greater confidence, physical fitness and athletic potential. The goal of this program is to uncover, nurture and hone existing skills and endless potential. Both experienced athletes and novices alike will benefit. MPower's Speed Training Program is designed by Gino Caro, a professional speed coach with experience coaching youth, high school, NCAA and NFL teams and individuals. Participants should wear running shoes or sneakers and bring a water bottle.

Wednesday 9/16-10/28, 5pm-6pm, \$89
Location: Roaring Brook School Fields
Instructor: Gino Caro and Staff

Skyhawks Volleyball Clinic

Boys and girls ages 8 - 14 - Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members. Basic skills will be learned and the clinic will culminate with scrimmages. This program is designed for the beginning to intermediate player. Participants should bring water and wear gym sneakers and athletic clothes. Knee/elbow pads are optional.

Ages 8-10: Tuesday, 10/6-11/17 (no 11/3), 5pm-6:25pm, \$125
Ages 11-14: Tuesday, 10/6-11/17 (no 11/3), 6:30pm-8pm, \$125
Location: Avon Middle School Gym
Instructor: Skyhawks Staff



My First Piggy Bank

Boys and girls grades K - 2 - Earn, save, spend, donate! Through math games and hands-on activities kids learn about these and other key financial concepts like money, budgeting and saving. Students will also learn the basic concepts of philanthropy and donating to charity. And, everyone will make their very own piggy bank to take home! Participants should bring a water bottle.

Wednesday: 9/30-11/4, 4pm-5pm, \$217
Location: Countryside Building
Instructor: SPARK Business Academy Staff

Finance Club Program

Boys and girls grades 3 - 5 - Learn how to manage your money in this program promoting essential life skills! Set your financial goals, develop a budget from scratch, shop for a credit card and calculate the monthly cost of your dream car. Students learn about mortgages, FICA, taxes and the dangers of piling up debt. Through simulations and hands-on activities, students explore financial decisions they will have to make in the future. Participants should bring a water bottle.

Wednesday: 9/30-11/4, 5pm-6pm, \$217
Location: Countryside Building
Instructor: SPARK Business Academy Staff



Introduction to Mandalas

Ages 12+ - 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 can bring drinks/snacks!

- OPTION 1:** Monday, 10/19, 6pm-8pm, \$60
OPTION 2: Monday, 12/14, 6pm-8pm, \$60
Location: Avon Senior Center - Craft Room
Instructor: Amy Crose, Mandala Minds and Wellness

Body Scrub Workshop

Ages 12+ - Students will learn how to measure, mix, and create a personalized body scrub using plant-based ingredients, scented oils, and natural colorants. You'll learn the art of the perfect polish and walk away with a custom 8oz. jar of your creation and the recipe to keep the spa vibes going at home. Participants should wear comfy clothes they can get dirty and bring a water bottle.

- OPTION 1:** Tuesday, 9/15, 7pm-9pm, \$46
OPTION 2: Tuesday, 11/17, 7pm-9pm, \$46
Location: Avon Senior Center Craft Room
Instructor: Barbara Szostek, Canton Soap Works

Soap Making Workshop

Ages 12+ - Students will learn how to measure, mix, and create personalized soaps using plant-based ingredients, scented oils, and natural colorants. Dive into the world of clean beauty and transform raw materials into a masterpiece of lather. Class includes five 2oz. handcrafted soaps and the recipe. Participants should wear comfy clothes they can get dirty and bring a water bottle.

- OPTION 1:** Wednesday, 9/16, 7pm-9pm, \$59
OPTION 2: Wednesday, 11/18, 7pm-9pm, \$59
Location: Avon Senior Center Craft Room
Instructor: Barbara Szostek, Canton Soap Works

Bath Bomb Workshop

Ages 12+ - Get ready to make a splash! Join us for a hands-on session where chemistry meets creativity to create the ultimate bathtub explosion. You'll learn how to build your own bath bombs from scratch using plant-based materials and aromatic oils. You'll head home with a custom bath bomb and the official recipe so you can turn your bathroom into a spa whenever you need a reset. Participants should wear comfy clothes they can get dirty and bring a water bottle.

- OPTION 1:** Thursday, 9/17, 7pm-9pm, \$33
OPTION 2: Thursday, 11/19, 7pm-9pm, \$33
Location: Avon Senior Center Craft Room
Instructor: Barbara Szostek, Canton Soap Works

Dahlia Fall and Winter Care Workshop

Ages 10+ - This workshop welcomes the dahlia curious, as well as experienced gardeners to the dahlia beds themselves! Learn to care for, dig, divide and store dahlias. Hands-on demonstrations, instruction and practice will provide all the tips you'll ever need to confidently grow these highly impressive and rewarding beauties. Each participant will receive 5 tubers from the garden, winter-prepped and ready to plant next year! This workshop is held outdoors in the garden. Participants should wear yard work clothes and bring garden gloves, a water bottle and a snack if necessary.

- Saturday** 10/24 (rain date 10/25), 10am-1pm, \$100
Location: Provided upon registration
Instructor: Kimberly Gordon, Dahlias Fore Days



FARMINGTON VALLEY RECREATION

Youth Basketball League

For Boys and Girls in Grades 2 – 8

Again this year, Avon Recreation and Parks is partnering with neighboring Farmington Valley towns for our Boys and Girls grades 2 – 8 league to expand the size, competition, and network of our league. The program will focus on skills, fundamentals, and gameplay. Players will be grouped into teams within grade-appropriate brackets based on registrations. Rules are designed for participation and clinical skill development for all involved. We will be using certified professional referees for our games. **Please note that this is a recreational league and sportsmanship and skill development is our priority.**

REGISTRATION: 8/26 – 10/7

- ⦿ No registrations will be accepted after October 7, 2026 as we must order jerseys.

Fee: \$145

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

Refunds:

October 7 and after No Refunds

LEAGUE COMMITMENT:

This is not a practice league. Players **MUST** be able to commit to a one-hour practice, 1 night/week plus a game on Saturday. Limited availability to practice may impact your child's ability to participate. Please ensure that you have correctly indicated your child's availability at registration.

Practices: Weeknights starting 11/30/26. No practices will be held during Winter Vacation (Dec. 23 – Jan. 1).

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Games: Saturdays 12/5/26 – 2/6/27 (No games on 12/26, 1/2; No home games on 1/16 and 2/13). Dates are subject to change based on the school schedule and number of teams.

Teams/Schedule: Days, times, and locations for practices and games will depend on your team assignment. Team assignments and the practice/game schedule will be released no earlier than mid-November.

TEAM REQUESTS POLICY:

Please note that we do not accept any requests to have your child paired with a specific coach or another player. Teams are created based on availability to practice, grade, and rating.



MANDATORY RATING SESSIONS FOR GRADES 5 – 8:

Players in grades 5 – 8 will be evaluated in non-competitive, rating sessions to form balanced teams (Grade 2-4 players do not have a rating session). Players should wear sneakers. Basketballs will be provided. Volunteer coaches must attend the rating for the division they are coaching!

BOYS GRADES 5 – 8

SATURDAY, NOVEMBER 7
Avon Middle School Gym

Grades 7-8: 8:30 a.m. – 9:15 a.m.

Grade 5-6: 9:30 a.m. – 10:30 a.m.

GIRLS GRADES 5 – 8

SATURDAY, NOVEMBER 7
Avon Middle School Gym

Grades 5-6: 10:45 a.m. – 11:30 a.m.

Grades 7-8: 11:45 a.m. – 12:30 p.m.

VOLUNTEER AS A COACH!

Youth Basketball Coaches and Assistant Coaches are parent volunteers. Please indicate if you are interested in volunteering as a Head Coach or Assistant Coach for your son or daughter's team on their registration form. We cannot run the program without volunteer coaches!

All coaches must agree to a background check, concussion training, and attend a mandatory coaches' meeting. The Coaches' Meeting & Draft will be on **Thursday, November 12, 2026, at the Avon Middle School – Cafeteria from 6:30 p.m. – 8:00 p.m.** There is only a draft for grades 5-8.

First-time coaches (for our program) will also need to attend a coaches' training. We will cover drills, rules, etc. This Training Session will be held on **Wednesday, November 18, 2026, at Pine Grove School – Gymnasium from 6 p.m. – 7:30 p.m.**



FARMINGTON VALLEY NFL Flag Football League

This is a NON-CONTACT NFL Flag Program backed by USA Football. **This is a recreation league.** No previous experience is necessary. There is a full set of rules for each division developed by NFL Flag and the Rec and Park Dept.

Our mission is to ensure a fun experience by providing physical activity and encouraging full participation in a non-contact flag football league. Fundamental skills of football will be taught while incorporating values of teamwork, responsibility, and sportsmanship. Every participant will be given the chance to learn the fundamental skills of every position and be able to apply those skills in games. The league will ensure an environment of safety, respect, and fair play.

VOLUNTEER HEAD AND ASSISTANT COACHES ARE NEEDED!

- ✦ Each player must bring cleats/sneakers (cleats preferred), mouth guard, and their own water bottle. A reversible NFL game jersey and flag belts will be provided.
- ✦ Registration is now open.
- ✦ Registration will close August 20th FIRM. We need to have time to order jerseys.
- ✦ Mandatory Player Ratings for Grades 5-9 on August 23 at Avon Middle School. Division 5-6: 1pm-2pm, Division 7-9: 2:15pm-3:15pm
- ✦ Game on 11/1 (playoffs 11/7 and 11/8).
- ✦ See avonrec.com for more information

FARMINGTON VALLEY Field Hockey League

For Girls Grades 5 - 6

The league will consist of teams from the following participating Towns - Avon, Farmington, Granby, Harwinton, Simsbury and Wethersfield.

This is a recreation travel league, so there are no tryouts, cuts, etc. Limits will only be placed on the number of players on each team based upon a first-come, first-served basis. More players will result in more teams as long as the minimum number for each team can be met. If necessary, and possible, players from other towns may be included once their town registrations are complete.

The goal is to get everyone involved. Playing time for each player will be regulated within the one-hour of game time (split into four, 15-min quarters). Girls will play 8 v 8 on half of a regular size field hockey field. Field length goes sideline to sideline – no goalie, no goals (cones will be used).

VOLUNTEER HEAD AND ASSISTANT COACHES ARE NEEDED!

- ✦ Practices start week of August 31
- ✦ Games 9/13 - 10/25 (no 10/11)
- ✦ \$129/per registrant
- ✦ See avonrec.com for more information



adult programs

Fall Hiking Series

For anyone - Discover Avon's hiking trails by joining hike leaders Tom, Norm, and/or Jeff for a fun, stress-free group hike! This hiking group is the perfect opportunity to explore/learn about Avon's parks and hiking trails, advance your hiking skills, and hike with great company. All levels welcomed. Hikes will be led at a social pace, 2-3 hours, 3-4 miles, on easy or moderate trails. Participants should wear hiking boots and bring hiking poles and water. **Registration is required.** Register online at www.avonrec.com to receive emails on hike details and updates. Co-sponsored by the Avon Land Trust.

Various Dates: 9/5, 10/3, 10/17, 11/7, 12/5, 10am start (except for 10/3 - 9am), free to join

Location: Will be announced for each hike

Adult Ballet

Ages 18+ - 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.

Friday: 9/18-12/18 (no 10/2, 10/9, 10/30, 11/13, 11/27, 12/4), 6pm-7pm, \$180

Location: Avon Senior Center

Instructor: Emily Wiseman from NEBT

programs at the senior center

Gentle Essentrics

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. All exercises will be made accessible. Participants should bring a water bottle and mat and wear comfortable clothing. A stretch band is optional.

OPTION 1: Tuesdays & Thursdays, 10/6-11/5, 9:30am-10:30am, \$63

OPTION 2: Tuesdays & Thursdays, 11/10-12/17 (no 11/26), 9:30am-10:30am, \$63

Location: Valley Community Baptist Church Room 305

Instructor: Gene and Deborah Trovato

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Tai Chi

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 and bring a water bottle.

Wednesday: 9/30-12/16 (no 11/11), 4pm-5pm, \$69

Location: Avon Senior Center Community Room

Instructor: Ken Zaborowski



Zumba Cardio Beats

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.

Monday: 11/2-12/21, 5:30pm-6:30pm, \$47

Location: Avon Senior Center Community Room

Instructor: Denise L.

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.

Wednesday: 11/4-12/23, (no 11/11, 11/25) 5:30pm-6:30pm, \$45

Location: Avon Senior Center Community Room

Instructor: Denise L.