

Winter/Spring '26~'27

contents

general information
2 - 4

work for avon rec
4

special interest
5

april break camps
6

tot programs
7 - 8

youth programs
9 - 13

did you know?
huckleberry hill
11

america 250
special programs
14

adult programs
14 - 15

programs at the
senior center
16

AVON
RECREATION
& PARKS

NEW!

Our MISSION

The Avon Recreation and Parks Department is committed to equitable access to exceptional parks, diverse recreational opportunities, and meaningful community experiences that enhance quality of life, promote connection, and support the well-being of residents.

AVON RECREATION & PARKS

OFFICE

60 West Main Street, Building 6
Avon, CT 06001

Phone: (860) 409-4332

Cancellation Line: (860) 409-4365

Web Address: www.avonct.gov

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 Support:
Chris Kohanski - ckohanski@avonct.gov

Recreation Assistant:
Ethan Pancoast - epancoast@avonct.gov

AVON SENIOR CENTER/ COMMUNITY ROOM

635 West Avon Road
Avon, CT 06001

Phone: (860) 675-4355

Hours: Monday – Friday: 9:00 a.m. – 4:00 p.m.

Facebook Page

Director of Social and Senior Services:
Jennifer Bennett - jbennett@avonct.gov

Senior Center Administrative Secretary:
Lynn Collins - lcollins@avonct.gov

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

Department Policies

General Registration Information:

- The grade listed for programs indicates the grade your child is in this 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.

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 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.







Thank You!

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

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

A BIG SHOUT OUT TO OUR TRUNK HOSTS WHO PARTICIPATED IN THE EVENT AND HANDED OUT CANDY!

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







REQUEST FOR SUMMER PROPOSALS

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

INSTRUCTORS INTERESTED IN RUNNING SUMMER PROGRAMS must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **4:30 p.m. on Monday, February 1, 2027.** Proposal forms are available on our website: **avonrec.com**. Scroll down until you see "Request for Proposals". Click on the writing below the picture and all the details and forms can be found there. Proposals can be emailed to **lkiesewetter@avonct.gov**, or mailed/ dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.

AVON ORGANIZATIONS

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

Avon Boys and Girls Travel Basketball	avoncttravelbasketball@gmail.com
Avon Little League	avonlittleleaguect@gmail.com
Avon Soccer Club	avontravelsoccer@gmail.com avonsoccerrec@gmail.com
Avon, Canton, Farmington Youth Hockey Association (ACFYHA)	communications@acfyha.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

We're Hiring!

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

Mark your calendars and apply early!

APPLICATION DEADLINE: MARCH 31st

SYCAMORE HILLS POOL

- Assistant Aquatics Director
- Water Safety Instructors (WSI)
- Gate Attendants
- Lifeguards
- Swim Team Coaches



SUMMER CAMP

- Director
- Assistant Director
- Recreation Leaders FT/PT
- Para Educators



A MESSAGE FROM The Director

As we watch the last leaves fall and the landscape settles into the quiet of winter, it is a natural time to pause and reflect on the year behind us. Our parks, facilities, and trails have been filled with activity, our programs have brought people together, and our community has continued to show its support for Avon Recreation and Parks. Thank you to everyone who participated, volunteered, attended an event, or simply enjoyed the places that make Avon special.

Thank you to all of our volunteers who give their time throughout the year to support our programs and events. A special thank you to our Trunk or Treat hosts and volunteer flag football coaches. Your willingness to get involved helps make these opportunities possible, and we appreciate your continued support.

This year, we are also proud to introduce our new department mission statement, reaffirming our commitment to equitable access to exceptional parks, diverse recreational opportunities, and meaningful community experiences that strengthen connections and enhance quality of life for all residents.

I would like to recognize the Avon Recreation and Parks Committee for its role in developing our new mission statement. Their input helped establish a shared direction for the department and will continue to guide our work and priorities moving forward.

Our commitment to the community also includes caring for the parks and natural resources that make Avon special. At Huckleberry Hill, grant funding through the Connecticut DEEP Resilient Forestry Practices Grant will support forest management work to improve forest health, wildlife habitat, and long-term resilience. This effort reflects the stewardship goals outlined in our Forest Management Plan and our responsibility to care for these spaces for future generations.

As we look ahead to winter and spring, our staff is preparing another season of programs, athletics, fitness opportunities, and special events. I encourage you to explore the brochure, try something new, and make the most of all that Avon Recreation and Parks has to offer.

Visit avonrec.com for program information, registration, and upcoming events. We look forward to seeing you in our parks and programs this season!

Jen Filer, CPRP
Director of Recreation & Parks

Building Community Through Recreation and Play!

FEBRUARY 12–20
AVON Restaurant Week Returns!

Avon's Restaurant Week is back for its third year, bringing a full week of great food and community spirit. From February 12–20, 2027, participating restaurants across town will offer special menus and creative dishes crafted just for the occasion.

Stay tuned for details!





ENVISION AVON 2037
Help Create a Vision for Avon's Future!

The Town of Avon is seeking input from residents to help establish a shared vision for the Town's Plan of Conservation and Development (POCD) update. Avon last updated their POCD in 2016. The State requires that municipalities update their POCDs every ten years to establish a vision and objectives that address housing, economic development, parks and open space, historical and natural resources, and sustainability, among other topics. Please visit the project website and complete the survey to help shape Avon's future! Scan the QR Code or visit https://tinyurl.com/avon2037

- Visit the Project Website
- Complete the Survey
- Help Shape Avon's Future!

Community Garden Plots

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

FOOD EXPLORERS:
Spring Baking
APRIL BREAK CAMP



Boys and girls ages 8 - 12 - 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. Please wear close toed shoes and bring a full water bottle and a nut-free snack.

Mon-Fri: **4/12-4/16, 9am-12pm, $195**
Location: **Countryside Building**
Instructor: **Food Explorers Staff**



CT SPORTS NETWORK
APRIL BREAK Soccer Camp

Boys and girls ages 4 - 15 - ***CT Soccer Network will provide players aged 4 - 15 years old and of all abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community.*** Campers will be exposed to individual foot skills, technical drills, tactical practices, small-sided games and scrimmages. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, FUN!

All campers should have shin guards, soccer cleats **AND sneakers** in case we need to move indoors. Campers should also bring water and a snack each day, or lunch if full day. We recommend that campers arrive at camp with sunscreen already applied, and bring additional sunscreen to apply as needed. Please pack a rain jacket.

Ages 4-5: **Mon-Fri, 4/12 - 4/16, 9-10:30am, $125**
Grades 1-8: ***Half Day Options:*** **Mon-Fri, 4/12 - 4/16, 9-11:45am OR 12:15-3pm, $225**
Grades 1-8 ***Full Day:*** **Mon-Fri, 4/12 - 4/16, 9am-3pm, $365**
Location: **Pine Grove School Fields**
Instructor: **CT Sports Network**



Coach Cap
APRIL BREAK ENRICHMENT

Boys and girls grades K - 5 - Gear up for an action-packed week at April Break Sports Enrichment with Coach Cap! Designed to keep young athletes active, inspired, and engaged, this morning camp combines fundamental skill training with high-energy games across five favorite sports: Flag football, lacrosse, basketball, t-ball, kickball plus includes invasion games and cooperative games! Participants should wear sneakers and athletic clothes (bring layers/be ready for April weather conditions), and bring a full reusable water bottle.

Mon-Fri: **4/12 - 4/16, 8:30-11:30am, $260**
Location: **Pine Grove Gym/Playground**
Instructor: **Coach Christopher Capobianco**

INTELLIDANCE TYKES

Boys and girls ages 1 - 2 - As little ones begin to explore the world, Intellidance Tykes provides a joyful outlet for their growing curiosity and energy. This caregiver-and-me movement class uses music, props, songs, and creative dance to support early rhythm, coordination, balance, and spatial awareness for crawlers and early walkers. Children build foundational gross motor and social-emotional skills through interactive activities, guided movement sequences,and playful repetition while caregivers actively participate to support bonding, confidence, and shared discovery. Participants should wear comfy clothes, grippy socks, and have water. Sign up by class! ***Parent/Guardian participation is required.***

Register by class: **Tuesdays/Thursdays, 1/21, 2/2, 2/11, 3/2, 3/11, 3/23, 4/8, 4/27, 10-10:45am, $35/class**
Location: **Countryside Building**
Instructor: **Stephanie Evarts**

INTELLIDANCE TOTS

Boys and girls ages 3 - 5 - 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. Participants should wear comfy clothes, grippy socks, and have water. Sign up by class! ***Parent/Guardian participation is required.***

Register by class: **Tuesdays/Thursdays: 1/26, 2/4, 2/23, 3/4, 3/16, 3/25, 4/20, 4/29, 10-10:45am, $35/class**
Location: **Countryside Building**
Instructor: **Stephanie Evarts**

LITTLE LEAPS Ballet/Tap Class

Boys and girls ages 3 - 6 - This ballet/tap combo class, taught by a professional ballerina from New England Ballet Theatre (NEBT), 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: **1/29 - 3/26 *(no 3/19)*, 4:25-5:10pm, $155**
Location: **Avon Senior Center Community Room**
Instructor: **Emily Wiseman from NEBT**



Tiny Food Explorers!

Boys and girls ages 3 - 5 - Little chefs will have a blast in this hands-on cooking class designed just for them! Simple, fun steps and lots of creativity, kids will make tasty treats like Breakfast Tacos, Apple Pie Parfaits, Chocolate Fruit Pizzas, and Pizza Quesadillas. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. This class is for children ages 3-5 and their caregiver ***(caregiver required to attend)***. Please wear closed toed shoexws and bring a full water bottle.

Monday: **2/8- 3/8 *(no 2/15)*, 10-11am, $100**
Location: **Countryside Building**
Instructor: **Food Explorers Staff**



PRETZEL KIDS Yoga

Boys and girls ages 2 - 5 - Join us for Pretzel Kids Yoga, where every class is a new adventure! Each week features a fun, engaging theme that children will bring to life through creative yoga poses, movement games, breathing exercises, and relaxation activities. This playful, interactive class helps children develop body awareness, balance, coordination, motor planning, strength, focus, and self-regulation, all while having fun and exploring the world of yoga. More than just a yoga class, Pretzel Kids is an empowering space where children can build resilience, grow their confidence, and feel free to simply be themselves! Participants should wear comfy clothes, grippy socks, and have water.

Register by class: **Thursdays, 1/28, 2/25, 3/18, 4/22, 10-10:30am, $28/class**
Location: **Countryside Building**
Instructor: **Stephanie Evarts**



Skyhawks Multi-Sports for Tots

Boys and girls ages 2 - 5 - Begin an athletic journey with Multi-Sport Tots! This program offers a variety of sports (soccer, basketball, baseball) with fun, age-appropriate activities, enhancing balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork! ***Parent participation is required with children 3.5 years and younger.*** Participants should wear comfortable clothes, sneakers and bring a water bottle.

Age 2: **Saturday, 1/23 - 3/6 *(no 2/20)*, 9-9:45am, $125**
Age 3: **Saturday, 1/23 - 3/6 *(no 2/20)*, 10-10:45am, $125**
Ages 4-5: **Saturday, 1/23 - 3/6 *(no 2/20)*, 11-11:45am, $125**
Location: **Avon Senior Center Community Room**
Instructor: **Skyhawks Staff**

Soccer Shots Mini

Boys and girls age 2 - 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. ***Guardians must stay for class.*** Visit soccershots.com for more information. Any classes cancelled due to weather will be made up at the end of the sessions up to a maximum of 1 class. Participants should wear sneakers (cleats and shin guards are not necessary) and bring a water bottle.

Saturday: **4/10 - 5/22, 8:30-9am, $130**
Location: **Roaring Brook School Fields**
Instructor: **Soccer Shots Staff**



Soccer Shots®
The Children's Soccer Experience

Soccer Shots Classic

Boys and girls ages 3 - 5 - 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. ***Guardians must stay for class.*** Visit soccershots.com for more information.

Any classes cancelled due to weather will be made up at the end of the sessions up to a maximum of 1 class. Participants should wear sneakers (cleats and shin guards are not necessary) and bring a water bottle.

Option 1: **Saturday, 4/10 - 5/22, 9:15-10am, $130**
Option 2: **Saturday, 4/10 - 5/22, 10:15-11am, $130**
Option 3: **Saturday, 4/10 - 5/22, 11:15-12pm, $130**
Location: **Roaring Brook School Fields**
Instructor: **Soccer Shots Staff**



Acting Classes

Boys and girls grades K - 9 - Performing Arts Programs offers fun, creative acting classes for Grades K-4 and 5-9. 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, 2/4 - 3/18, 5:05-5:50pm, $210**
5 - 9: **Thursday, 2/4 - 3/18, 6-6:50pm, $210**
Location: **Avon Senior Center Community Room**
Instructor: **Michael Lamb and Performing Arts**

Singing Class:

VOICE AND MUSICAL THEATER

Boys and girls grades K - 9 - A fun, skill-building class that combines singing, vocal technique, musical-theater repertoire, character work, and performance skills. Students will sing together as a group while learning age-appropriate musical theater songs. Students who would like to sing independently will also have opportunities to do so, but solo singing is always optional and never required. The class is designed to provide a supportive, encouraging environment where students can develop their voices, build confidence, strengthen musicianship, and grow more comfortable performing on stage. Participants should bring water and wear comfortable clothes. For more program information visit joinperformingarts.org.

K - 4: **Thursday, 2/4 - 3/18, 4:25-5pm, $210**
5 - 9: **Thursday, 2/4 - 3/18, 7-7:45pm, $210**
Location: **Avon Senior Center Community Room**
Instructor: **Michael Lamb and Performing Arts**



CT SPORTS NETWORK

Spring Soccer Clinics

Boys and girls ages 6 - 12 - The CSN staff will teach each player to fulfill their true soccer potential in a fun filled environment. Whether you are taking your first steps in soccer or a youngster with aspirations of playing in High School, the Soccer Network has a place for you. Players will be exposed to individual foot skills, technical drills, tactical practices, small-sided games and scrimmages. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, FUN! Players should have shin guards, athletic shoes and soccer cleats, a soccer ball and water with them each week. Please bring a rain jacket. Any classes cancelled due to weather will be made up at the end of the session up to a maximum of 1 class.

Ages 6-8: **Tuesday, 4/6 - 6/1 *(no 4/13)*, 5-6pm, $230**
Ages 9-12: **Tuesday, 4/6 - 6/1 *(no 4/13)*, 6-7pm, $230**
Location: **Pine Grove School Fields**
Instructor: **CT Sports Network Staff**

CT SPORTS NETWORK

Spring Volleyball Clinics

INTERMEDIATE/ADVANCED

Boys/girls and adults ages 13+ - CT Sports Network will be holding volleyball clinics for intermediate and advanced players starting from 13 years old and also offering an Adult class as well! The clinics are open to experienced players who may be looking for a 'more advanced' clinic within a developmental environment allowing the players to evolve and improve without the stress and 'fear of failure' that a club or team environment might portray. Class will include a 13–15-year-old clinic, a high school clinic (ages 16-18) and an introductory adult class - that may be more suited to players looking to gain some more knowledge or skills in a fun and learning environment. Our certified coaches will focus on teaching skills, rotations, game scenarios and can break down specific topics to help each player thrive in a positive holistic class. All participants should have athletic shoes and clothes, a full water bottle, and you may also wish to bring your knee/elbow pads as well.

Ages 13-15: **Thursday, 4/8 - 6/3 *(no 4/15, 6/10)*, 5-6pm, $230**
Ages 16-18: **Thursday, 4/8 - 6/3 *(no 4/15, 6/10)*, 6-7pm, $230**
Ages 19+: **Thursday, 4/8 - 6/3 *(no 4/15, 6/10)*, 7-8pm, $230**
Location: **Avon Middle School Gym**
Instructor: **CT Sports Network**

ESCOUT ANIMATION AND DEVELOP GAMES (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 through 4. In this interactive course, students are introduced to code puzzles, learn how to express and apply computing steps, and build and play with code blocks (Animation, music/sound blocks). Build fun games and animations using Events, Conditional and Repetition concepts. Participants will need a laptop or tablet. Headphones are optional.

Winter and Spring Session Options Available!
Visit AvonRec.com for details.

ESCOUT ANIMATION AND DEVELOP GAMES (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.

Winter and Spring Session Options Available!
Visit AvonRec.com for details.

ESCOUT HANDS ON SCIENCE WITH MICRO:BIT

Boys and girls grades 4 - 9 - In this program, we explore either block coding or Python programming to create engaging science experiments. Utilizing the built-in Micro:bit sensors, including accelerometer, light, gestures, and motion detection, students will construct practical projects. These projects include a step counter, a dice roller for board games, an animal tracker, a water bottle alert, a plant watering system, and many more exciting science experiments. Participants will need a laptop or Chromebook. Headphones are optional.

Winter and Spring Session Options Available!
Visit AvonRec.com for details.

ESCOUT DEVELOP GAMES USING PYTHON (LEVEL 1)

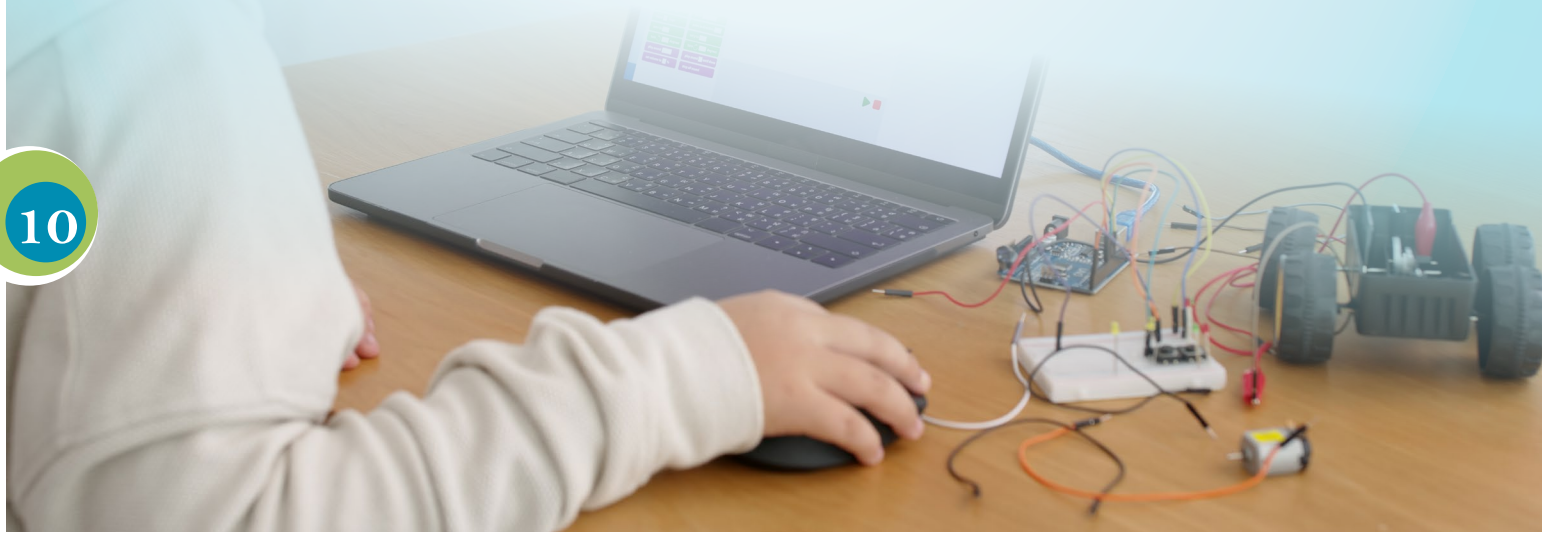
Boys and girls grades 5 - 8 - This course is an introductory guide to foundational computing skills, serving as a seamless transition from block coding and text-based programming. Participants will delve into the basics of Python, covering variables, loops, and functions. Using these skills, they will create visually striking artwork, simulations, and interactive games such as Guess, Bounce! and Race. Participants will need a laptop or tablet. Headphones are optional.

Winter and Spring Session Options Available!
Visit AvonRec.com for details.

AI DISCOVERIES

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.

Winter and Spring Session Options Available!
Visit AvonRec.com for details.





FOOD EXPLORERS:
Chocolatey Creations!

Boys and girls grades 2 - 5 - Dive into a chocolate-filled adventure where kids create irresistible treats like Chocolate Brownie Cheesecakes, Chocolate Monkey Bread, Mocha Latte Trifles, and Chocolate Chip Dippers. This class is all about creativity, fun, and plenty of chocolatey goodness in every bite! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Please wear close toed shoes and bring a full water bottle.

Monday: **2/1-3/1 *(no 2/15)*, 4:30-5:30pm, $100**
Location: **Countryside Building**
Instructor: **Food Explorers Staff**

FOOD EXPLORERS:
Spring Desserts!

Boys and girls grades 2 - 5 - Celebrate the season with fresh, fruity, and fun desserts! In this hands-on cooking class, kids will create spring-inspired sweets like Raspberry Cheesecake Pies, Lemon Sugar Cookie Trifles, Apricot Croissant Bites and Peach Melba Crumbles. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. Please wear close toed shoes and bring a full water bottle.

Tuesday: **4/20-5/11, 4:30-5:30pm, $100**
Location: **Countryside Building**
Instructor: **Food Explorers Staff**

DID YOU KNOW?
DISCOVER HUCKLEBERRY HILL RECREATION AREA!

Tucked away in western Avon, Huckleberry Hill Recreation Area is one of the Town's natural treasures! Spanning approximately 313 acres, this beautiful property features a diverse landscape of forests, wetlands, streams, and scenic trails. Huckleberry Hill offers residents a wonderful opportunity to enjoy hiking, wildlife observation, and the natural beauty right here in Avon.

Huckleberry Hill also plays an important role in supporting local wildlife and biodiversity. Its connection to the nearby Found Land Conservation Area creates an important wildlife corridor, providing habitat for deer, wild turkeys, black bears, and numerous bird species. Hawley Brook winds through the property, supporting wetlands and a variety of native plants and wildlife.

Healthy forests don't happen by chance! Active forest management is an important part of protecting our natural resources. Through thoughtful, science-based practices, the Town works to encourage healthy tree growth, improve wildlife habitat, manage invasive species, and strengthen the forest's ability to withstand storms, pests, and disease. Huckleberry Hill is a great example of why continued stewardship of our open spaces is so important!

Sources:
Ferrucci & Walicki Land Management LLC, 2023.
"Avon, CT Recreation and Parks Master Plan Update", Weston & Sampson, August 2024.



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 of the Celebrate! West Hartford 5K! MPower Youth Running will prepare them to do just that. Modeled after popular Couch-to-5K plans, MPower's training program is designed for all levels of runners: from beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games, and core strength exercises. For more information, please visit www.MPowerYouthSports.com. Race registration is not included in the program fee. In case of inclement weather, the program will be held indoors. Participants should wear running shoes, or sneakers, comfortable clothes, and bring a water bottle.

Option 1: **Tuesday, 4/20-6/1, 5-6pm, $95**
Option 2: **Wednesday, 4/21-6/2, 5-6pm, $95**
Location: **Roaring Brook School Fields**
Instructor: **Krissy Mok and staff**

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 and instructed by Gino Caro, a professional speed coach with experience coaching youth, high school, NCAA and NFL teams and individuals. Participants should wear running shoes or sneakers, comfortable clothes, and bring a water bottle.

Thursday: **4/22-6/3, 5-6pm, $95**
Location: **Roaring Brook School Fields**
Instructor: **Gino Caro and staff**



Futsal Indoor Street Soccer

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 offers something different from traditional soccer programs. Visit www.Futsalstreet.soccer to see more of what we do! Participants should wear athletic attire, sneakers, and bring a full water bottle.

Age 2-5: **Thursday, 2/25-4/8 *(no 3/18)*, 4:30-5:15pm, $175**
Age 6-10: **Thursday, 2/25-4/8 *(no 3/18)*, 5:15-6:15pm, $175**
Location: **Pine Grove School Gym**
Instructor: **Futsal Street Sports Staff**



MPower Track and Field

Boys and girls ages 10 - 14 - This exciting program is designed to be a fun and informative introduction to the sport of track and field. It is appropriate for both new and seasoned athletes. Track & Field is a variety of different athletic competitions that take place on an athletic track. The track events are races that include sprints, hurdles, relays and longer runs. The field events include the high jump, long jump, shot put, javelin and discus. We'll focus on form, technique, safety and most importantly, FUN! Running, jumping and throwing are fundamental skills for young athletes. Our program can help strengthen those skills for other sports and/or spark a new interest in the sport of Track and Field. The season will culminate in a full track meet with our West Hartford program on Sunday, June 6 from 9am-11am. Participants should wear running shoes or sneakers, comfortable clothes, and bring a water bottle.

Sunday: **4/25-6/6 *(no 5/30)*, 11am-12:15pm (6/6 from 9-11am), $95**
Location: **Avon High School Track**
Instructor: **Krissy Mok and staff**

Petite Pirouettes

Boys and girls ages 7 - 12 - This ballet class, taught by a professional ballerina from New England Ballet Theatre in Avon, introduces dancers ages 7–12 to the foundational elements of classical ballet in a fun, supportive, and age-appropriate environment. Students will learn basic ballet positions, terminology, and movement patterns while developing coordination, posture, musicality, and discipline. Each class balances structured technique with creative movement, allowing dancers to explore self-expression through dance. Whether your child is trying ballet for the first time or continuing from an earlier level, this class builds confidence, encourages artistry, and sets the stage for a lifelong love of ballet! The program will culminate in a short dance performed for parents at the last class! Participants should wear comfortable clothes, dance shoes are optional, if no dance shoes wear non-slip socks or bare feet and bring a full water bottle.

Friday: **1/29 - 3/26 *(no 3/19)*, 5:10-5:55pm, $155**
Location: **Avon Senior Center Community Room**
Instructor: **Emily Wiseman from NEBT**



SafeSitter 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 Note Pad for Babysitting Jobs for each student. Please note: this course teaches CPR, but it is NOT a CPR certification course, and no certification will be distributed. Participants should wear comfortable clothing and bring a water bottle and a nut-free lunch that does not need to be refrigerated.

OPTION 1: **Saturday, 3/20, 9am-2:30pm, $170**
OPTION 2: **Saturday, 5/15, 9am-2:30pm, $170**
Location: **Avon Senior Center Craft Room**
Instructor: **CPR Training Professionals LLC**



Skyhawks Tennis Clinic

Boys and girls ages 7 - 12 - Serve up fun with Skyhawks Tennis! This program elevates tennis skills by focusing on the techniques of forehand, backhand and scoring while utilizing practice sessions and match play to develop consistent, well-rounded players. Each session also fosters personal growth, emphasizing sportsmanship and perseverance. Participants should wear sneakers and bring a water bottle and a tennis racquet. Please note: As this program is outdoors, classes may be postponed due to unpredictable spring weather. We do our best to make up all classes, but it is not a guarantee.

Ages 7-9: **Tuesday, 4/27-6/1, 5-6pm, $145**
Ages 10-12: **Tuesday, 4/27-6/1, 6:15-7:15pm, $145**
Location: **Sycamore Hills Tennis Courts**
Instructor: **Skyhawks 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. Participants should wear athletic clothes, sneakers and bring a water bottle. Knee pads optional.

Ages 8-11: **Tuesday, 3/2-4/20 *(no 3/9, 4/13)*, 5-6:30pm, $165**
Ages 12-14: **Tuesday, 3/2-4/20 *(no 3/9, 4/13)*, 6:30-8pm, $165**
Location: **Avon Middle School Gym**
Instructor: **Skyhawks Staff**



THURSDAY, FEBRUARY 11, 2PM

Avon Library Community Room

A visit with Elizabeth "Mumbet" Freeman (1744-1829), the first enslaved African American to file and win a freedom suit in Massachusetts. Mumbet was born enslaved in New York State, later moving with her enslavers to Sheffield, MA before the American Revolution. She is buried in Stockbridge, MA. She will be portrayed by Tammy Denease founder of Hidden Women, LLC, West Hartford, CT.

Event sponsored by the Avon Historical Society, Avon Free Public Library and Avon Senior Center.

No charge to attend.



14

MONDAY, MAY 17, 6PM

Avon Library Community Room

Screening and discussion of the award-winning short documentary *"Reverence: Reclaiming the Forgotten"* with John Mills, a CT genealogist who uncovers forgotten stories of formerly enslaved people, reconnects descendants with their ancestors all while challenging how America remembers its past.

Sponsored by the Avon Historical Society and Avon Free Public Library.

Facebook Page **Instagram Page**

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

adult programs

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 and bring a water bottle.

Friday: **1/29 - 3/26 *(no 3/19)*, 6-7pm, $185**
Location: **Avon Senior Center Community Room**
Instructor: **Emily Wiseman from NEBT**



Mandalas! Art Class

Anyone 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, 2/8, 6-8pm, $60**
Option 2: **Monday, 4/5, 6-8pm, $60**
Location: **Avon Senior Center Craft Room**
Instructor: **Amy Crose**

Body Scrub and Bath Bomb 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. Students also get the chance to build their 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, plus a 3oz bath bomb! Participants should wear comfy clothes they can get dirty and bring a water bottle.

OPTION 1: **Tuesday, 5/4, 6pm-8pm, $48**
OPTION 2: **Tuesday, 5/11, 6pm-8pm, $48**
Location: **Avon Senior Center Craft Room**
Instructor: **Barbara Szostek, Canton Soap Works**

Soap Making Workshop

Ages 12+ During this two session workshop, 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. The first session will focus on basics while the second class will go more in depth. Class includes five 2.5oz. handcrafted soaps per session and the recipe. Please bring your soap mold back to the second class to reuse! Participants should wear comfy clothes they can get dirty and bring a water bottle.

Tuesdays: **3/30 AND 4/6, 6pm-8pm, $62**
Location: **Avon Senior Center Craft Room**
Instructor: **Barbara Szostek, Canton Soap Works**



WINTER/SPRING
Hiking Series

Open to all! Explore Avon and nearby communities with Avon Recreation and Parks and the Avon Land Trust. Join us for a monthly guided group hike and discover local parks, open spaces, and trails. Whether you're an experienced hiker or simply looking to spend more time outdoors, all experience levels are welcome.

Hikes follow a social pace and generally cover 3–4 miles over 2–3 hours on moderate trails. One hike may offer an option to shorten the route. Participants should wear appropriate hiking boots and bring water and hiking poles if desired.

Registration is required. Register online at **avonrec.com** to receive hike details and any schedule updates.

Dates: **January 2, February 13, and March 7**
Start Time: **10:00am**
Fee: **Free**

MEETING LOCATIONS:

- **January 2 – Thompson and Osborne, Senior Center parking lot**
- **February 13 – Fisher Meadows, north parking lot near Country Club Road**
- **March 7 – Wellner, parking lot behind Wellner**

Meeting locations and hike details are subject to change. Registered participants will receive updates by email.

Usai Reiki First Degree

Ages 18+ - Reiki is a gentle relaxation technique dating back to the 1800s, used to reduce stress, ease anxiety, and support overall well-being. In this hands-on course, participants learn the history and principles of Reiki, a complete self-Reiki session, and workable daily tools for establishing a disciplined self-practice. No prior experience is necessary. Each participant receives a Reiki attunement and certificate, and leaves with the skills and confidence to practice Reiki on self and family/friends. Please wear comfortable clothes and shoes, snacks/beverages/meals for the 6 hour class (no alcohol), a blanket/yoga mat, a notebook and writing utensil. Taught by Punyapriya (Benu) Gopal, MD, a physician and Reiki Master Teacher who coordinates the nation's oldest hospital-based Reiki program at Hartford HealthCare.

Sunday: **1/31 *(snow date 2/7)*, 10:30am-4:30pm, $245**
Location: **Avon Senior Center Community Room**
Instructor: **Punyapriya (Benu) Gopal, MD**

WAVE

(Women Against Violence Everywhere)
SELF DEFENSE

For women ages 14+ - Do you go on walks alone? Do you hike alone? Do you shop at the mall alone? Are you ever home alone? If you answered yes to any of the above questions, then this class is for you! Grab a few friends or bring your daughter and come learn how to defend yourself. The WAVE women's self-defense program is a comprehensive program that deals with real-life scenarios and situations. This is a no-frills class that incorporates martial arts moves for self-defense. Participants should wear sneakers and loose, comfortable clothing. No skirts or open-toe shoes/winter boots/heels. Bring a full water bottle.

Wednesday: **3/17, 6:30-8:30pm, $35**
Location: **205 Old Farms Road (Avon Kempo & Aikido Academy)**
Instructor: **Dominick Violante**

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

Session 1: **Tues/Thurs, 1/7 – 2/25, 9:30-10:30am, $84**
Session 2: **Tues/Thurs, 3/16 – 5/6, 9:30-10:30am, $89**
Location: **Valley Community Baptist Church Room 305**
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 has created a simple, safe and effective program to prevent bone loss and improve balance. Many people have enjoyed learning the program and have gained significant health benefits from a program that is especially suited to seniors and people suffering from arthritis and osteoporosis. Come see what Tai Chi can do for you! Participants should wear comfortable clothes and shoes and bring a water bottle.

Session 1: **Wednesday, 1/13 – 3/17, 4-5pm, $63**
Session 2: **Wednesday, 4/14 – 6/23 *(no 5/12)*, 4-5pm, $63**
Location: **Community Room at 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 to 30-minute Zumba class and move into 30 minutes of cardio drumming on a stability ball. This class focuses on cardio, toning, coordination, and mindfulness. This class is for all adults looking to have fun while exercising. Layered clothing and smooth-soled shoes are recommended. Please bring a towel and water to class. Equipment for cardio drumming will be provided.

Session 1: **Monday, 1/11-3/29 *(no 1/18, 2/15)*, 5:30-6:30pm, $57**
Session 2: **Monday, 4/19-6/28 *(no 5/31)*, 5:30-6:30pm, $57**
Location: **Community Room at Avon Senior Center**
Instructor: **Denise L.**

ZUMBA®

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. 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.

Session 1: **Wednesday, 1/13–3/31 *(no 1/20, 2/17)*, 5:30-6:30pm, $70**
Session 2: **Wednesday, 4/21–6/30 *(no 6/2)*, 5:30-6:30pm, $70**
Location: **Community Room at Avon Senior Center**
Instructor: **Denise L.**

Mahjong for Beginners

For ages 18+ - Join the craze! Learn the basics of American Mahjong. It's fun, challenging and social. We will focus on naming the tiles, reading and understanding the card, categories, choosing a hand and the rules of the game. There will be 4 sessions and it is IMPORTANT to attend all sessions. Each session we will cover: recognizing and naming tiles, learning the different categories on the card, passing and calling for tiles, how jokers are used, how to pick a hand from the card and how to switch hands. Bring a water bottle.

Session 1: **Friday, 1/8-1/29, 10am-12pm, $67**
Session 2: **Friday, 2/19-3/12, 10am-12pm, $67**
Location: **Avon Senior Center**
Instructor: **Barbara Davis**

