



**AVON**  
**RECREATION**  
**& PARKS**

*2016* **FALL PROGRAMS**

**CONTENTS**

general information  
2 - 3

special interest  
drop in activities  
4 - 5

winter sports  
6

youth classes &  
activities  
7 - 8

swim lessons  
7

youth sport leagues  
9 - 11

active adult  
programs & classes  
11 - 15

important  
dates to remember  
16

*photo by Alex Trujillo*

## OFFICE

60 West Main Street  
Avon, CT 06001

## CONTACT

**Phone:** (860) 409-4332

**Fax:** (860) 409-4334

**Cancellation Line:** (860) 409-4365

**Web Address:** [www.avonrec.com](http://www.avonrec.com)

**Town Web Address:** [www.avonct.gov](http://www.avonct.gov)

**Email:** [avonrec@avonct.gov](mailto:avonrec@avonct.gov)

**Facebook Page:**

<https://www.facebook.com/pages/Avon-Recreation-and-Park-Department/340561826133921>

## STAFF

### Director

**Ruth Checko** - [rchecko@avonct.gov](mailto:rchecko@avonct.gov)

### Administrative Coordinator

**Sharon Brummert** - [sbrummert@avonct.gov](mailto:sbrummert@avonct.gov)

### Administrative Secretary:

**Usha Srivel** - [usrivel@avonct.gov](mailto:usrivel@avonct.gov)

### Recreation Consultant - Programs

**Bonnie Daly** - [recdaly@comcast.net](mailto:recdaly@comcast.net)

### Avon Senior Center/Community Room

635 West Avon Road

Avon, CT 06001

(860) 675-4353

**Facebook Page:** <https://www.facebook.com/pages/Avon-Senior-Center/214325558664784>

### Avon Senior Center Office Hours:

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

### Senior Center Coordinator

**Jennifer Bennett** - [jbennett@avonct.gov](mailto:jbennett@avonct.gov)

### Senior Center

#### Administrative Secretary

**Keisha Freckleton** –  
[kfreckleton@avonct.gov](mailto:kfreckleton@avonct.gov)

2

Brochure Design by:

Cheryl Gioielli, [Gioielli-Design.com](http://Gioielli-Design.com)

## Recreation Mission Statement

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.

[www.AvonRec.com](http://www.AvonRec.com) (860) 409-4332



## DEPARTMENT POLICIES

### REFUNDS

Refunds of 100% can be requested up to one business day after the first class (except for those classes that state a specific cancellation date). After that time, no refunds will be issued. Refunds due to a medical condition require a doctor's note.

### CANCELLATION INFORMATION

Cancellations due to inclement weather will not be made up unless otherwise noted. Cancellations due to circumstances beyond our control will not be made up or refunded. To learn of cancellations:

- Recreation Cancellation Line after 8:30 a.m. (860) 409-4365
- WFSB Early Warning Network
- Email Blasts to [myrec.com](http://myrec.com) account holders

Remember, if the Avon Public Schools have an early dismissal or closing, all recreation activities will be cancelled.

### WAIVER OF PARTICIPATION BY PARENT OR SELF:

When registering for a program, you hereby agree to release, discharge and hold harmless the Town of Avon, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability or damage that may occur during either your participation or the participation of your minor child in the recreational activities. You understand that participation in any recreational or sport activity involves risk, and you grant permission to the Town of Avon to utilize any medical emergency services it deems necessary to treat any injuries that you or your minor child may incur. You further understand that the Town of Avon does not provide insurance for recreational program participants.

### PHOTO RELEASE:

You understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. You hereby release and permit the Town of Avon to utilize for said promotional purposes any photographs and/or videotapes of you or your minor child engaged in the recreational activities.

### SPECIAL ACCOMMODATIONS

The Avon Recreation and Parks Department welcomes persons with disabilities in all programs and services. If you require reasonable accommodations to a recreation program in order to participate, please indicate this on your registration form and call the Recreation and Parks Department at least 2 weeks prior to the start of the program at 860-409-4332.

### FINANCIAL ASSISTANCE

Confidential program subsidy is available for those with financial needs through the Social Services Department by calling (860) 409-4358.

### DISCOUNTS

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

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

## PARKS

### DUMPSTERS

Avon Parks 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. All pet waste must be picked up and pet waste bags must be taken with you when you leave the park.

### LIGHTS AT AMS TENNIS COURTS

The Tennis Courts at AMS now have lights. Players can turn on lights at the court in 1-hour intervals up to 10:00 p.m.

## REGISTRATION DATES & PROCEDURES

### ONLINE REGISTRATIONS

- 1) Go to [www.avonrec.com](http://www.avonrec.com) and click the link to create an account.
- 2) Create an account along with a user name and password for one adult family member. Once your account is set up, add all other members of your family.
- 3) Once an account is created you can access your account 24/7, view program information, register for programs, view account history, and receive email blasts on programs.

Please verify and update any information for all household members, including home address, email addresses (for all adults), home phones, cell phones, medical information, emergency contact and grades (for all children).

### GENERAL REGISTRATION INFORMATION

The grade listed for programs indicates the grade your child is currently in (2016/2017 school year).

PLEASE register early and on time! Minimum and maximum enrollments are listed for each activity and must be enforced to ensure the quality of the program.

PLEASE NOTE: If the minimums for a program are not met one week prior to the start of the program, the program will be cancelled and you will be refunded 100%.

**Program fees will not be pro-rated for any reason!**

**THE RECREATION AND PARKS DEPARTMENT RESERVES THE RIGHT TO CANCEL ANY PROGRAM DUE TO LOW ENROLLMENT.**

### DROP BOX

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

**WE DO NOT ACCEPT PHONE REGISTRATIONS!!**

## general information



## REQUEST FOR WINTER/SPRING PROPOSALS

The Town of Avon is seeking written responses to a Request for Proposals (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 **4:30 p.m. on Monday, November 14, 2016**. Proposal forms are available by accessing the Town's web page at [www.avonct.gov](http://www.avonct.gov) under "Opportunities" Public Bids and RFP's or at the Avon Recreation and Parks Office. Proposals must be submitted in a sealed envelope marked "Proposal for Recreation Programs".



**Our Winter/Spring Brochure will not be mailed to Avon residents, but will be available online December 27, 2016.**

[www.AvonRec.com](http://www.AvonRec.com)



3

*Thank You!*



**Allstate**  
You're in good hands.



The Avon Recreation and Parks Department would like to thank Jennifer Johnson and Allstate Insurance Company for sponsoring Family Movie Night at Sycamore Hills Park this summer.

2016 FALL PROGRAMS



# 2nd Annual HELP YOUR NEIGHBOR DAY FAIR!

The charity that we will be highlighting is “**READ TO GROW**”. This organization brings books for babies – providing every baby born in Connecticut with a new book and every new mother with a literary packet. They also offer books for siblings at home.

In addition, this organization provides books for kids through the early childhood literacy program.

## WHAT CAN YOU DO TO HELP?

Bring gently used books, purchase new books or give a donation for us to be able to purchase bilingual books.

*Drop books or donations at the Recreation Booth at Avon Day, or bring them to the Recreation and Parks Office or the Avon Senior Center August 29th through September 30th.*

We will also be collecting baby food for the local food banks.

Thank you for your help.  
See you at Avon Day or sooner!



## special interest



### Fit Kids Fun Camp

**Don't let the kids get bored over December vacation!** Join us for this fun and exciting program! Children will enjoy arts and crafts, games, sports, physical fitness activities, obstacle courses and more! Please bring a drink and a non-refrigerated lunch each day. Wear comfortable clothes, sneakers and bring outdoor clothing, for outside fun weather permitting.  
**Min: 10/Max: 35**

**Dates:** 12/27/16 – 12/30/16

**Time:** 9:00 a.m. – 3:00 p.m.

**Days:** Tuesday – Friday  
for 2, 3 or 4 days

**Location:** Roaring Brook  
School – Gym

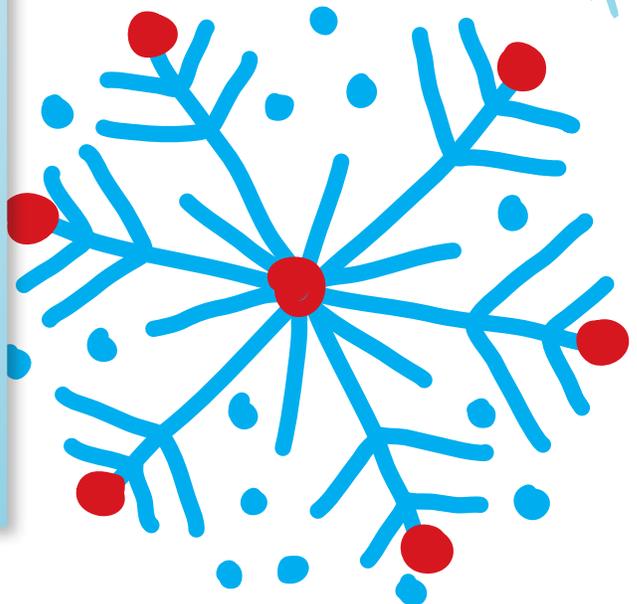
**Instructor:** Fit Kids Fun Camp Staff

**Grades:** K – 5

**Fee:** 2 days – \$95.00

3 days – \$135.00

4 days – \$176.00





## Holiday Extravaganza Grades K – 4

For younger children, we offer a day of activities, including tennis instruction, swim instruction, supervised free swim, and an array of games in our kids' gym, plus arts and crafts and cooking. Bring a bathing suit, towel, lunch, snack and wear sneakers (a must) and a racquet if you have one.

**Min:** 10/**Max:** 20

**Dates:** 12/27/16 – 12/29/16

**Time:** 9:00 a.m. – 3:00 p.m.

**Days:** Tuesday, Wednesday, Thursday

**Location:** Farmington Farms

**Instructor:** Farmington Farms Staff

**Grades:** K – 4

**Fee:** \$255.00/3 days



## Holiday Sports Camp Grades 5 – 8

Enjoy a fun filled day of activities including tennis instruction, supervised swimming, basketball, volleyball and intro to pickleball. Bring a bathing suit, towel, lunch, snack and wear sneakers (a must) and a racquet if you have one.

**Min:** 10/**Max:** 20

**Dates:** 12/27/16 – 12/29/16

**Time:** 9:00 a.m. – 3:00 p.m.

**Days:** Tuesday, Wednesday, Thursday

**Location:** Farmington Farms

**Instructor:** Farmington Farms Staff

**Grades:** 5 – 8

**Fee:** \$255.00/3 days

## Drop-In Activities – Pay at the Door

### MEN'S OVER 35 BASKETBALL

**Dates:** 10/17/16 – 3/27/17

*(No games 12/26, 1/2, 1/16 or 2/20)*

**Time:** 8:00 p.m. – 9:45 p.m.

**Day:** Monday

**Location:** Avon Middle School – Large Gym

**Fee:** \$5.00 at the door

### MEN'S OPEN BASKETBALL

*(age 18 and out of high school)*

**Dates:** 10/19/16 – 3/29/17

*(No games 11/23 or 12/28)*

**Time:** 8:00 p.m. – 9:45 p.m.

**Day:** Wednesday

**Location:** Avon Middle School – Large Gym

**Fee:** \$5.00 at the door

### PICKLEBALL CO-ED DROP-IN

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. This game was invented in the mid-1960s as a children's backyard pastime but quickly became popular among adults as a fun game for players of all skill levels.

**Dates:** 9/15/16 – 11/17/16

**Time:** 7:30 p.m. – 9:00 p.m.

**Day:** Thursday

**Location:** Avon Middle School – Large Gym

**Supervisor:** Joe Bowman

**Fee:** \$5 at the door



# Ski Ride

\* LESSONS \* RENTALS \*  
at Ski Sundown

Registration for this program is October 3, 2016 – November 11, 2016. **When registering online you will be prompted to print out and complete a Ski Sundown waiver form.** This form will need to be returned to the Recreation and Parks Dept. within 2 weeks of your online registration date or Nov. 11, whichever comes first in order for your registration to be fully confirmed. **Registration ends Nov. 11 or when all available spots are taken.**

Ski Sundown Registration/Waiver Forms can be mailed to: Avon Recreation and Parks Department, Ski Program, 60 West Main Street, Avon, CT 06001, faxed to (860) 409-4334, scanned and emailed to [avonrec@avonct.gov](mailto:avonrec@avonct.gov) or returned in person to the Recreation and Parks Office, Monday – Friday, 8:30 a.m. – 4:30 p.m.

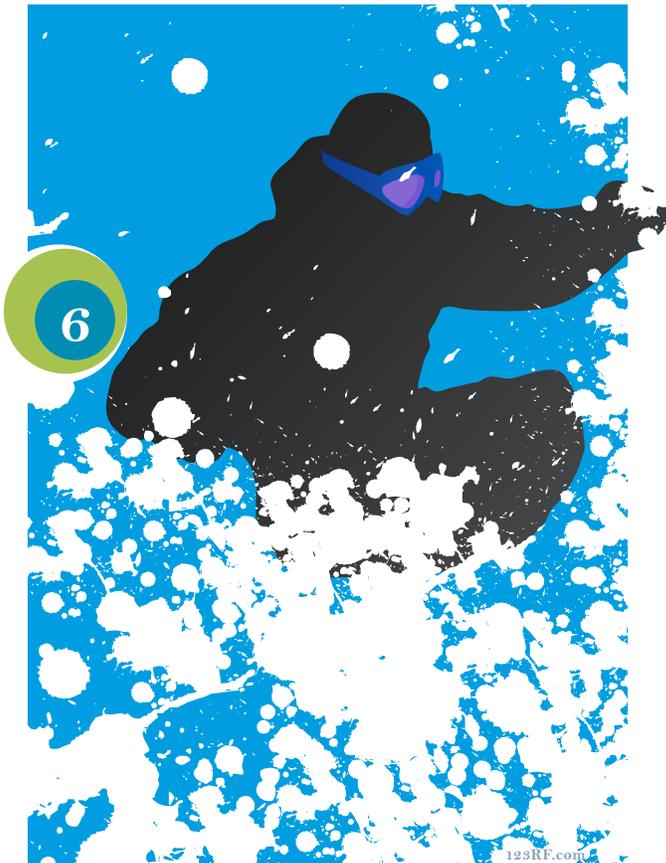


## Babysitting Safety 101

This is an entry level course intended to teach age appropriate skills necessary to care for children. The course focuses on safety with emphasis on prevention. Students will earn a Babysitter Safety Certificate upon completion of course. Certification will be through LifeSafe Services, an American Heart Association Training Center. Please bring a drink and a snack and wear comfortable clothes.

**Min: 10/Max: 15**

**Date:** 12/3/16  
**Time:** 10:00 a.m. – 2:00 p.m.  
**Day:** Saturday  
**Location:** Thompson Brook School Cafeteria  
**Instructor:** LifeSafe Services Instructor  
**Grades:** 5 and up  
**Fee:** \$72.00



## Ski Safety Meeting

All 5th graders and any new participants to our program **MUST** attend a Ski Safety Meeting along with their parents. The Ski Safety meeting will be held on Wednesday, November 30, 2016 at Thompson Brook School at 6:30 p.m.

Ski/Snowboard Lessons are optional but your child will not receive any instruction from Ski Sundown staff or our chaperones.

**Dates:** 1/3/17 – 1/31/17  
**Time:** 2:45 p.m. – 7:30 p.m.  
*(Bus pick up from AHS & AMS and drop off at AMS)*

**Day:** Tuesday  
**Grades:** 7 – 12 (AMS/AHS)

**Dates:** 1/5/17 – 2/2/17  
**Time:** 3:20 p.m. – 7:45 p.m.  
*(Bus pick up from TBS and drop off at TBS)*

**Day:** Thursday  
**Grades:** 5 – 6 (TBS)

*Pricing will be available online beginning September 30, 2016.*

**SOCCKER SHOTS – The World's Greatest Game**

Soccer Shots sessions are professionally designed and led by Director Shannon Perry, certified youth coach and former professional player. Each 40 minute weekly session creatively introduces your child to the sport of soccer. Character development, physical skills and fun are guaranteed in this exciting program. Each Soccer Shots session incorporates the following: Basic soccer skills, exclusive Soccer Shots games, word of the day, use of imagination, coordination, balance and agility development. Each student should wear sneakers and bring a water bottle.

**Min: 10/Max: 15**

**Date:** 9/10/16 – 10/29/16

**Time:** 9:00 a.m. – 9:45 a.m.

**Day:** Saturday

**Location:** Roaring Brook School – Field

**Instructor:** Shannon Perry

**Ages:** 3 – 4

**Fee:** \$113.00

**Date:** 9/10/16 – 10/29/16

**Time:** 10:00 a.m. – 10:45 a.m.

**Day:** Saturday

**Location:** Roaring Brook School – Field

**Instructor:** Shannon Perry

**Ages:** 4 ½ – Kindergarten

**Fee:** \$113.00

**RHYTHMIC GYMNASTICS – GIRLS**

Rhythmic gymnastics is a European sport that teaches grace, flexibility, discipline and fun. With the equipment that we have, it is fun for all girls to dance and strengthen their core muscles. For more information, visit our website: [www.ctrgclub.com](http://www.ctrgclub.com). Please wear leotards, leggings, shorts and sneakers.

**Min: 8/Max: 12**

**Dates:** 10/7/16 – 12/2/16

(No class 11/25)

**Time:** 5:00 p.m. – 5:45 p.m.

**Day:** Friday

**Location:** Avon Middle School – Small Gym

**Instructor:** Mila Villion and Staff

**Grades:** K – 6

**Fee:** \$89.00

**Swim Lessons**

Group swimming lessons will be taught by trained Water Safety Instructors.

**Min: 4/Max: 6**

See below for a description of the different levels:

**LEVEL 1**

Instructor works with swimmers to get them comfortable in the water and to gain basic aquatic skills. *Bubbles will be used in this class.*

**LEVEL 2**

Swimmers improve basic front and back crawl, along with submerging their faces in the water. *Bubbles will be used in this class.*

**LEVEL 3**

Swimmers learn freestyle with rotary breathing and elementary backstroke, along with the kicks for upper level strokes. *Bubbles (floatation devices) may be used in this class.*

**LEVEL 1**

**Date:** 11/6/16 – 12/18/16

(No class 11/27)

**Time:** 9:00 a.m. – 9:30 a.m. or

10:00 a.m. – 10:30 a.m.

**Day:** Sunday

**Location:** Farmington Farms – Pool

**Instructor:** Farmington Farms Staff

**Ages:** 4 and up

**Fee:** \$100.00

**LEVEL 2**

**Dates:** 11/6/16 – 12/18/16

(No class 11/27)

**Time:** 9:30 a.m. – 10:00 a.m.

**Day:** Sunday

**Location:** Farmington Farms – Pool

**Instructor:** Farmington Farms Staff

**Ages:** 4 and up

**Fee:** \$100.00

**LEVEL 3**

**Dates:** 11/6/16 – 12/18/16

(No class 11/27)

**Time:** 10:30 a.m. – 11:00 a.m.

**Day:** Sunday

**Location:** Farmington Farms – Pool

**Instructor:** Farmington Farms Staff

**Ages:** 4 and up

**Fee:** \$100.00





## Tennis – Juniors

Fun is the goal! This class is designed for new players and those with some experience. Footwork and hand, eye coordination drills are introduced to develop general athletic ability. Children will also be taught court positioning, score keeping, and etiquette. The program will cover all shots and basic skills needed for rapid improvement. USTA approved, low compression, age appropriate balls will be used to promote ease of play and faster success. Students must wear sneakers and a warm-up suit. Racquets may be available upon request, but bring your own racquet if you have one.

**Min:** 5/**Max:** 8

8

**Dates:** 10/23/16 – 11/20/16  
**Time:** 11:30 a.m. – 12:00 p.m.  
**Day:** Sunday  
**Location:** Farmington Farms – Tennis Courts

**Instructor:** Farmington Farms Staff  
**Grades:** K – 1  
**Fee:** \$57.00

**Dates:** 10/23/16 – 11/20/16  
**Time:** 12:00 p.m. – 1:00 p.m.  
**Day:** Sunday  
**Location:** Farmington Farms – Tennis Courts  
**Instructor:** Farmington Farms Staff  
**Grades:** 2 – 3  
**Fee:** \$93.00

**Dates:** 10/23/16 – 11/20/16  
**Time:** 1:00 p.m. – 2:00 p.m.  
**Day:** Sunday  
**Location:** Farmington Farms – Tennis Courts  
**Instructor:** Farmington Farms Staff  
**Grades:** 4 – 6  
**Fee:** \$93.00



## AFTER SCHOOL TENNIS FUNDAMENTALS – YOUTH

Girls and boys will learn or improve upon their ground strokes, volleys, serves, footwork and overhead smashes. Drills, games and activities will vary each week. This class is designed to introduce and advance skill development. Please wear sneakers and bring a water bottle and racquet if you have one.

**Min:** 6/**Max:** 18

**Dates:** 9/14/16 – 10/5/16  
**Time:** 4:00 p.m. – 5:00 p.m.  
**Day:** Wednesday  
**Location:** Avon Middle School – Tennis Courts  
**Instructor:** Kim Moretti, Varsity Coach, Avon High School  
**Grades:** 2 – 3  
**Fee:** \$61.00

**Dates:** 9/14/16 – 10/5/16  
**Time:** 5:00 p.m. – 6:00 p.m.  
**Day:** Wednesday  
**Location:** Avon Middle School – Tennis Courts  
**Instructor:** Kim Moretti, Varsity Coach, Avon High School  
**Grades:** 4 – 6  
**Fee:** \$61.00

**Dates:** 9/14/16 – 10/5/16  
**Time:** 6:00 p.m. – 7:00 p.m.  
**Day:** Wednesday  
**Location:** Avon Middle School – Tennis Courts  
**Instructor:** Kim Moretti, Varsity Coach, Avon High School  
**Grades:** 7 – 8  
**Fee:** \$61.00

## TUMBLE BUNNIES

Tumble Bunnies is a pre-school movement and gymnastics program for children. Jump, stretch, roll, slide, balance, run, walk, swing, climb and more. Learn gymnastic skills and have fun! Some of the activities include under-over concepts, hoops and parachutes. Children should wear comfortable clothing and sneakers.

**Min:** 4/**Max:** 15

**Dates:** 9/28/16 – 11/9/16  
*(No class 10/12)*  
**Time:** 5:00 p.m. – 5:40 p.m.  
**Day:** Wednesday  
**Location:** Roaring Brook School – Gym  
**Instructor:** Tumble Bunny Staff  
**Ages:** 2 – 3  
**Fee:** \$90.00

**Dates:** 9/28/16 – 11/9/16  
*(No class 10/12)*  
**Time:** 5:45 p.m. – 6:25 p.m.  
**Day:** Wednesday  
**Location:** Roaring Brook School – Gym  
**Instructor:** Tumble Bunny Staff  
**Ages:** 3 ½ – 6 ½  
**Fee:** \$90.00



## YOUTH SPORT LEAGUES

### FARMINGTON VALLEY NFL FLAG FOOTBALL LEAGUE

This is a NON-CONTACT NFL Flag Program and backed by USA Football and is a recreation league. There is a full set of rules for each division developed by NFL Flag and the Avon Recreation and Parks Department. 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.

Fundamental skills of football will be taught while incorporating values of teamwork, responsibility, and sportsmanship.

**Towns Involved:** Avon, Burlington, Canton, Farmington, Granby, Simsbury, West Hartford and surrounding towns.

**Eligibility:** Boys and Girls from Grades 1 – 12 (Grade entering in the fall of 2016)

#### DIVISIONS:

**Coed:** Grade 1, Grade 2, Grade 3, Grade 4, Grades 5 & 6 – grades may be combined if needed.

**Boys:** Grades 7 & 8, Grades 9 & 10, Grades 11 & 12.

**Girls:** Grades 7 & 8, Grades 9 & 10, Grades 11 & 12.

*Volunteer Head and Assistant Coaches are needed!*

**Dates:** 8/24/16 – 11/1/16

Practices are held ONE weeknight per week at the coaches' discretion. Games are ONE, 44-minute, 5v5 game and will be held on Sundays.

**Location:** Avon Middle School

**Fee:** \$120.00 per registrant

**Team Size:** 8-9 per team

Registration ends on August 1, 2016.



### FIELD HOCKEY – Farmington Valley Fall League

The league will consist of teams in each division from the participating Towns – Avon, Canton,

Farmington, Granby, and Simsbury. This is a recreation travel league, so there are no tryouts or cuts. Limits will only be placed on the number of players on each team; first-come, first-served. Playing time for each player will be regulated within the one hour of game time (split into 4 quarters).

Grades 5/6 will play 8 v 8 on a small sided field – no goalie, no goals (cones will be used). Grades 7/8 will play 11 v 11 on a regulation field with a goalie (fully equipped by the League) and regulation goals.

Full sets of “Rules” for each division are being developed at this time.

Practices are held Wednesdays beginning August 24, 2016 at Avon Middle School and games will be held on Sundays beginning September 11, 2016. Home games will be played at the Avon High School and Away games are to be determined.

Each player must bring a field hockey stick, cleats/sneakers (cleats preferred), mouth guard, shin guards, proper eye protection, and their own water bottle (plastic only). A reversible game jersey will be provided.

*Volunteer Head and Assistant Coaches are needed!!!*

**Dates:** 9/11/16 – 10/23/16  
(No games 10/9; Make-up dates are 10/30 and 11/6)

**Time:** 2:30 p.m. – 3:45 p.m.

**Day:** Wednesday (practices) and Sunday (games)

**Location:** Avon Middle School Multi-Purpose Field (practices) and Avon High School Field Hockey Field (games)

**Grades:** 5 – 6

**Fee:** \$89.00

**Dates:** 9/11/16 – 10/23/16  
(No games 10/9; Make-up dates are 10/30 and 11/6)

**Time:** 4:00 p.m. – 5:45 p.m.

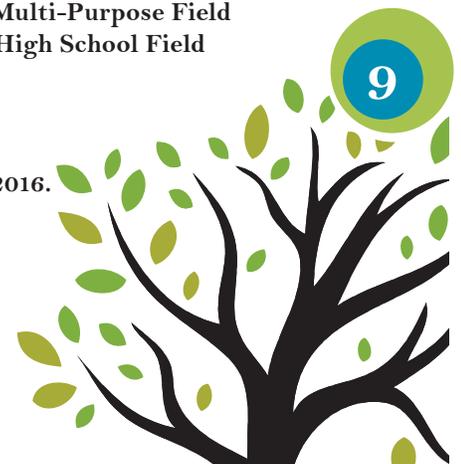
**Day:** Wednesday (practices) and Sunday (games)

**Location:** Avon Middle School Multi-Purpose Field (practices) and Avon High School Field Hockey Field (games)

**Grades:** 7 – 8

**Fee:** \$109.00

Registration ends on August 12, 2016.



## VOLLEYBALL FALL LEAGUE: GIRLS – GRADES 7 & 8

This program is designed for Grade 7 & 8 girls interested in learning and competing in a competitive, recreation volleyball league. It is the Recreation and Parks Department's intention to teach both volunteer/parent coaches and the players the skills and strategies of competitive volleyball at the Middle School level. This league will mimic the philosophy of recreation basketball in that the skill development will be the greatest emphasis. Gym sneakers, shorts, tee shirts, and knee-pads are required. Uniform T-shirts will be provided once the teams are chosen and games begin. All other equipment will be supplied.

A mandatory introductory/rating session will be held on Thursday, September 15, 2016. Coaches ONLY Meeting/Player Draft to follow ratings.

**Grade 7 rating:** 6:00 p.m. – 7:00 p.m.  
**Grade 8 rating:** 7:00 p.m. – 8:00 p.m.

Practices and games will be between 5:00 p.m. and 7:00 p.m. based upon an alternating schedule, number of teams, etc. An 8 to 10 game schedule will be determined by the number of players/teams.

**Min: 32/Max: 40**

**Dates:** 9/13/16 – 11/15/16  
(No games 10/11 or 11/8;  
Make-up date is 11/17)

**Time:** 5:00 p.m. – 7:00 p.m.

**Days:** Tuesdays and Thursdays

**Location:** Avon Middle School – Gym

**Coach:** Glenn Lazinski

**Grades:** 7 – 8

**Fee:** \$120.00

*Registration ends on September 9, 2016.*



## RECREATION YOUTH BASKETBALL

This is a recreational basketball program for boys and girls. Rules are designed for participation and clinical skill development for all involved. This is not a practice league. Players MUST be able to commit to a one-hour practice one night/week plus a game on Saturday. Games will be competitive to the extent that scores will be kept - standings will not.

**Registration is August 29 – September 30, 2016.** Please register online at [www.avonrec.com](http://www.avonrec.com). There will be a \$15 discount for the 3rd and 4th child enrolled in the same program.

Registration deadline is 4:30 p.m. on Friday, September 30, 2016. Late registrations subject to a \$25 late fee may be accepted beginning October 1st, if space allows. Call 860-409-4332. No registrations will be accepted after November 7, 2016!

**Grades K-1 Fee: \$65.00**

**Grades 2-3 Fee: \$85.00**

**Grades 4-8 Fee: \$130.00**

### Refunds:

August 29 – October 28..... 100%  
October 29 – November 13 ..... 80%  
After November 13..... No Refunds

*The Coaches Meeting & Draft will be on Monday, November 14, 2016 at the Avon Middle School from 6:00 p.m. – 8:00 p.m.* Those players not attending the rating will **NOT BE DRAFTED** and will be replaced by someone from the waiting list. No coaches or players will be paired. Assistants must be obtained from the parents/guardians of the players drafted.

*Youth Basketball Coaches Needed! Please indicate if you are interested in a Head Coach or Assistant Coach role.* All coaches must be signed up by September 30, 2016, agree to a background check, concussion training and attend a coaches meeting on Monday, November 14, 2016 from 6:00 p.m. – 8:00 p.m. at the Avon Middle School.

We are willing to hold a training session for new coaches. Please contact the Recreation Department to reserve your spot. The meeting will be held in conjunction with the Coaches Meeting if there is enough interest.



### GRADES K – 1

*New! Volunteer coaches are needed for this program. Boys and girls will play at Roaring Brook School. Only register for one session.*

**Dates:** 12/6/16 – 1/31/17  
(No game 12/27)

**Session 1:** 4:30 p.m. – 5:15 p.m.

**Session 2:** 5:30 p.m. – 6:15 p.m.

**Day:** Tuesday

**Location:** Roaring Brook School Gym

**Fee:** \$65.00

**Dates:** 12/1/16 – 1/26/17  
(No game 12/29)

**Session 3:** 4:30 p.m. – 5:15 p.m.

**Session 4:** 5:30 p.m. – 6:15 p.m.

**Day:** Thursday

**Location:** Roaring Brook School Gym

**Fee:** \$65.00



**GRADES 2 – 3**

Boys and girls will play at Pine Grove School on a rotating schedule between 4:30 p.m., 5:30 p.m. & 6:30 p.m. Players should be available for all time slots as every week will be different.

**Boys Grade 2** will play on **Wednesdays 12/7/16 – 2/15/17**  
(No game 12/28).

**Boys Grade 3** will play on **Tuesdays 12/6/16 – 2/14/17**  
(No game 12/27).

**Girls Grade 2–3** will play on **Thursdays 12/8/16 – 2/16/17**  
(No game 12/29).

Players will be evaluated in a non-competitive, short session in order to form balanced teams. We will do our best to accommodate carpooling requests up until October 7, 2016, but there is **no guarantee**. Players should wear sneakers and basketballs will be provided.

**Mandatory Rating Sessions – Pine Grove School:**

**GIRLS GRADE 3 – Monday, October 17, 2016**

**All Girls: 6:15 p.m. – 7:15 p.m.**

**BOYS GRADE 3 – Monday, October 24, 2016**

**A–L: 6:15 p.m. – 7:15 p.m.**

**M–Z: 7:15 p.m. – 8:15 p.m.**

**GRADES 4 – 8**

**Weeknight practices begin November 28, 2016.**

Weekly team practices and scrimmages. Night, time and location of practice will be at coach's discretion to be determined at a later date.

**Saturday games begin December 10, 2016.** 12/10/16 – 3/4/17  
(No games 12/24, 12/31 or 2/18). 10 games for the season with no breaks.

**Official League Play** – Game schedules, once set, will not be altered for any reason other than inclement weather. Make-up date: Saturday, March 11, 2017.

Players will be evaluated in a non-competitive, short session in order to form balanced teams. Players should wear sneakers and basketballs will be provided.

**Mandatory Rating Sessions – Thompson Brook School:**

**BOYS GRADES 4–8 – SATURDAY, OCTOBER 29**

**Grade 4: 8:30 a.m. – 9:15 a.m.**

**Grade 5: 9:30 a.m. – 10:15 a.m.**

**Grade 6: 10:30 a.m. – 11:15 a.m.**

**Grade 7: 11:30 a.m. – 12:15 p.m.**

**Grade 8: 12:30 p.m. – 1:30 p.m.**

**GIRLS GRADES 4–8 – TUESDAY, NOVEMBER 1**

**Grade 4–5: 6:00 p.m. – 7:00 p.m.**

**Grade 6–8: 7:15 p.m. – 8:15 p.m.**



**ACTIVE ADULT CLASSES**

**INDOOR ROWING**

Group indoor rowing classes are similar to spinning classes, except that every major muscle group is involved. Each class is designed to burn fat and improve cardio, strength and overall fitness and to have fun while doing it! Classes are offered to all levels of experience and each rower will work at his/her own intensity. Group indoor rowing classes are never the same experience with a great variety of indoor rowing workouts. Classes are limited in size for the instructor to provide individual attention to each rower. Please wear exercise clothes and bring a water bottle.

**Min: 4/Max: 10**

**Dates: 9/17/16 – 10/29/16**  
(No class 10/8)

**Time: 8:00 a.m. – 9:00 a.m.**

**Day: Saturday**

**Location: Power 10 Indoor Rowing Center**  
(395 West Avon Road, Avon)

**Instructor: Power 10 Staff**

**Fee: \$78.00 Senior Fee: \$70.20**

**Dates: 9/20/16 – 10/13/16**

**Time: 5:30 p.m. – 6:30 p.m.**

**Days: Tuesday and Thursday**

**Location: Power 10 Indoor Rowing Center**  
(395 West Avon Road, Avon)

**Instructor: Power 10 Staff**

**Fee: \$99.00 Senior Fee: \$89.10**

**INTRODUCTION TO PICKLEBALL – CO-ED**

Learn the hottest new racquet sport of 2016. The class covers specialized shot making required to play, scoring, positioning and strategy. Wear comfortable clothing and sneakers and bring a water bottle.

**Min: 4/Max: 12**

**Dates: 10/20/16 – 11/17/16**

**Time: 1:00 p.m. – 2:00 p.m.**

**Day: Thursday**

**Location: Farmington Farms**

**Instructor: Farmington Farms Staff**

**Fee: \$106.00 Senior Fee: \$95.40**





**TAZ'S FITNESS CHALLENGE**

This high intensity, low impact class varies with cardiovascular, interval & strength training. Enjoy an athletic workout incorporating hi-lo aerobics with a resistance training challenge using weights, body bars and bands. Bring your own mat, water bottle, hand held weights, body bar and wear sneakers.

**Min: 24/Max: 30**

**Dates:** 9/26/16 – 12/21/16  
(No class 10/3, 10/10, 10/12 or 11/25)

**Time:** 8:15 a.m. – 9:15 a.m.

**Days:** Monday, Wednesday & Friday

**Location:** Valley Community Baptist Church

**Instructor:** Terri Ziemnicki

**Fee:** \$113.00 **Senior Fee:** \$101.70



**TAZ LOW IMPACT AEROBICS**

This is an easy to follow low impact workout (120 beats per minutes to the music). Cardiovascular and strength training workout as well as floor work and stretching. A full body cardio strength workout for various fitness levels.

**Min: 18/Max: 25**

**Dates:** 9/26/16 – 12/21/16  
(No class 10/3, 10/10, 10/12 or 11/25)

**Time:** 9:25 a.m. – 10:25 a.m.

**Days:** Monday, Wednesday & Friday

**Location:** Valley Community Baptist Church

**Instructor:** Terri Ziemnicki

**Fee:** \$143.00 **Senior Fee:** \$128.70

**TENNIS FUNDAMENTALS**

Adults will learn or improve their ground strokes, volleys, serves, footwork and overhead smashes. Drills, games and activities will vary each week. This class is designed to introduce and advance skill development. Please wear sneakers and bring a water bottle and racquet if you have one.

**Min: 6/Max: 20**

**Date:** 9/14/16 – 10/5/16

**Time:** 7:00 p.m. – 8:00 p.m.

**Day:** Wednesday

**Location:** Avon Middle School – Tennis Courts

**Instructor:** Kim Moretti, Varsity Coach, Avon High School

**Fee:** \$89.00 **Senior Fee:** \$80.10

**TENNIS – ADULT CO-ED**

This is an instructional clinic for beginner or intermediate tennis players. The goal is to develop a total tennis player. Beginners will learn the forehand, backhand, volley and serve. Basic strategies and scoring will be discussed. Learn how to get a rally started properly. Emphasis will be on proper stroke, production, basic positioning. Each student will leave with a better understanding of the game. Please wear sneakers and bring your own racquet.

Sunday Lessons: **Min: 5/Max: 8;**

Tuesday Lessons: **Min: 3/Max: 4**

**Dates:** 10/23/16 – 11/20/16

**Time:** 2:00 p.m. – 3:00 p.m.

**Day:** Sunday

**Location:** Farmington Farms – Tennis Courts

**Instructor:** Farmington Farms Staff

**Level:** Beginners/Low Intermediates

**Fee:** \$93.00 **Senior Fee:** \$83.70

**Dates:** 11/1/16 – 12/13/16

(No class 11/8)

**Time:** 6:00 p.m. – 7:00 p.m.

**Day:** Tuesday

**Location:** Farmington Farms – Tennis Courts

**Instructor:** Farmington Farms Staff

**Level:** Beginners

**Fee:** \$84.00 **Senior Fee:** \$75.60

**Date:** 11/1/16 – 12/13/16

(No class 11/8)

**Time:** 7:00 p.m. – 8:00 p.m.

**Day:** Tuesday

**Location:** Farmington Farms – Tennis Courts

**Instructor:** Farmington Farms Staff

**Level:** Intermediates

**Fee:** \$84.00 **Senior Fee:** \$75.60



**TENNIS – WOMEN**

This is an instructional clinic for beginner or intermediate tennis players. The goal is to develop a total tennis player. Beginners will learn the forehand, backhand, volley and serve. Basic strategies and scoring will be discussed. Learn how to get a rally started properly. Emphasis will be on proper stroke, production, basic positioning. Each student will leave with a better understanding of the game. Please wear sneakers and bring your own racquet.

**Min: 3/Max: 4**

**Date:** 10/31/16 – 12/5/16

**Time:** 9:30 a.m. – 10:30 a.m.

**Day:** Monday

**Location:** Farmington Farms – Tennis Courts

**Instructor:** Farmington Farms Staff

**Group:** Women

**Fee:** \$84.00 **Senior Fee:** \$75.60

**WATER EXERCISE/WATER WALKING – ADULT**

An active class that has low impact on the body while still strengthening muscle tone. This includes aerobic activity and strength training.

**Min: 6/Max: 12**

**Date:** 11/10/16 – 12/22/16  
(No class 11/24)

**Time:** 12:30 p.m. – 1:15 p.m.

**Day:** Thursdays

**Location:** Farmington Farms – Pool

**Instructor:** Farmington Farms Staff

**Fee:** \$84.00

**Senior Fee:** \$75.60



**WAVE (Women Against Violence Everywhere)**

The WAVE women's self-defense program is a comprehensive program that deals with real life scenarios and situations. The program teaches participants the proper way to deal with threatening and dangerous situations that may arise. Wear loose comfortable clothing. No open toed shoes or skirts.

**Min: 10/Max: 40**

**Date:** 11/14/16

**Time:** 6:30 p.m. – 8:30 p.m.

**Day:** Monday

**Location:** Community Room at Avon Senior Center

**Instructor:** Master Dominick Violante

**Ages:** Women in Grade 9 – Adults

**Fee:** \$38.00

**ZUMBA CARDIO PARTY**

Zumba Fitness is a fusion of Latin and international music combined with a cardio workout. The class combines elements of fitness, cardio muscle conditioning, balance-core and flexibility. Take the "work" out of workout, have fun and enjoy the Party! Instructor will distribute a waiver form at first class. Wear workout clothing and non-grip sneakers and bring a water bottle.

**Min: 5/Max: 24**

**Dates:** 10/4/16 – 12/1/16  
(No class 11/8 or 11/24)

**Time:** 6:15 p.m. – 7:15 p.m.

**Days:** Tuesdays and Thursdays

**Location:** Community Room at Avon Senior Center

**Instructor:** Laura Mensi

**Fee:** \$72.00 **Senior Fee:** \$64.80

**YOGA**

This class is designed to increase flexibility and strength which will reshape muscles and joints. Yoga improves posture, range of motion and balance while relieving tension, stress and increasing body awareness. Each class will consist of warm-up poses, postures, proper breathing and relaxation. This class is for all levels and ages. Wear loose, comfortable clothing, bring a mat and a water bottle.

**Min: 12/Max: 25**

**SESSION 1:**

**Dates:** 9/14/16 – 11/9/16  
(No class 10/12)

**Time:** 6:30 p.m. – 7:30 p.m.

**Day:** Wednesday

**Location:** Community Room at Avon Senior Center

**Instructor:** Nancy Brooks

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

**SESSION 2:**

**Dates:** 11/30/16 – 1/25/17  
(12/7 class will be held at the Avon Free Public Library; No class 12/28)

**Time:** 6:30 p.m. – 7:30 p.m.

**Day:** Wednesday

**Location:** Community Room at Avon Senior Center

**Instructor:** Nancy Brooks

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

**YOGA (EARLY BIRDS)**

This class is designed to increase flexibility and strength which will reshape muscles and joints. Yoga improves posture, range of motion and balance while relieving tension, stress and increasing body awareness. Each class will consist of warm-up poses, postures, proper breathing and relaxation. This class is for all levels and ages. Wear loose, comfortable clothing, bring a mat and a water bottle.

**Min: 8/Max: 15**

**Dates:** 10/19/16 – 12/21/16

**Time:** 9:30 a.m. – 10:30 a.m.

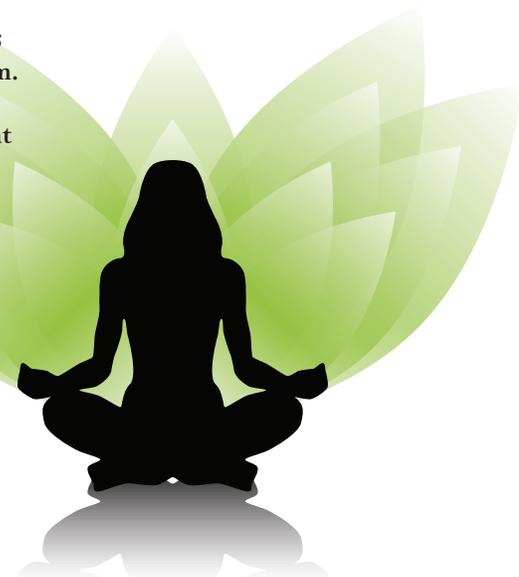
**Day:** Wednesday

**Location:** Community Room at Avon Senior Center

**Instructor:** Nancy Brooks

**Fee:** \$94.00

**Senior Fee:** \$84.60



## Activities Sponsored by the AVON Senior Center

Trips offered through the Avon Senior Center are open to Seniors and non-Seniors.

For details, please visit:

<http://www.avonct.gov/senior-center/pages/trips>

### ANGEL MAKING

This beautiful angel can adorn your mantel, table centerpiece, or would be a wonderful holiday gift! There will be a sample of the finished product and step-by-step instruction using a basic form to adorn with papier mâché, substance with cloth and lace instead of paper. After it is completely dry, the instructor can spray paint them gold for you, or you may do it (instructor will do this outside in a box). **Min: 6/Max: N/A**

**Dates:** 12/6/16 – 12/20/16

**Time:** 6:00 p.m. – 8:00 p.m.

**Day:** Tuesday

**Location:** Avon Senior Center – Craft Room

**Instructor:** Bonita Rothmann

**Fee:** \$64.00 **Senior Fee:** \$57.60

### BALLROOM FOR BEGINNERS

Students will learn the Foxtrot, Waltz, Rumba and Swing for Beginners.

**Min: 4/Max: 10**

**Dates:** 9/13/16 – 10/18/16

**Time:** 7:00 p.m. – 7:45 p.m.

**Day:** Tuesday

**Location:** Fred Astaire Ballroom Dance Studio  
(16 Cheryl Drive, Canton)

**Instructor:** Studio Instructors

**Fee:** \$84.00 **Senior Fee:** \$75.60

14

### BEGINNER BRIDGE 101

Instruction and play of 4 boards each class session, followed by a lay down of hands and a review of bids and play. There will be handouts. Each subsequent session will begin with questions and review.

**Min: 4/Max: 16**

#### SESSION 1:

**Dates:** 9/16/16 – 10/21/16

**Time:** 9:30 a.m. – 11:30 a.m.

**Day:** Friday

**Location:** Community Room at Avon Senior Center

**Instructor:** Jan Rosow

**Fee:** \$91.00 **Senior Fee:** \$81.90

#### SESSION 2:

**Dates:** 11/1/16 – 12/13/16

**Time:** 9:30 a.m. – 11:30 a.m.

**Day:** Tuesday

**Location:** Community Room at Avon Senior Center

**Instructor:** Jan Rosow

**Fee:** \$91.00 **Senior Fee:** \$81.90

### CENTERPIECES

There will be two holiday centerpieces on display. Step-by-step instruction will be demonstrated using artificial or fresh evergreens. A bow will be demonstrated as well to adorn your beautiful centerpiece. We use pine cones, branches that are already painted silver or gold, and everyone that comes to your home this holiday season will marvel at your handiwork!

**Min: 6/Max: N/A**

**Date:** 10/13/16

**Time:** 2:00 p.m. – 4:00 p.m.

**Day:** Thursday

**Location:** Avon Senior Center – Craft Room

**Instructor:** Bonita Rothmann

**Fee:** \$35.00 **Senior Fee:** \$31.50

### GLASS PAINTING

Sample wine glasses and bottle candles will be provided to paint, or you may bring your own item from home. You can watch the instructor demo step-by-step and follow along, or be free to delve into your creativity and design your own!

**Min: 6/Max: N/A**

**Date:** 9/20/16

**Time:** 6:00 p.m. – 8:00 p.m.

**Day:** Tuesday

**Location:** Avon Senior Center – Craft Room

**Instructor:** Bonita Rothmann

**Fee:** \$35.00 **Senior Fee:** \$31.50

### JEWELRY MAKING

We will be making bracelets and necklaces. Students must bring their own supplies.

**Min: 6/Max: N/A**

#### SESSION 1:

**Dates:** 10/21/16

**Time:** 1:00 p.m. – 3:00 p.m.

**Day:** Friday

**Location:** Avon Senior Center – Craft Room

**Instructor:** Bonita Rothmann

**Fee:** \$35.00 **Senior Fee:** \$31.50

#### SESSION 2:

**Dates:** 11/18/16

**Time:** 1:00 p.m. – 3:00 p.m.

**Day:** Friday

**Location:** Avon Senior Center – Craft Room

**Instructor:** Bonita Rothmann

**Fee:** \$35.00 **Senior Fee:** \$31.50

**WREATH MAKING**

We will be making a holiday wreath for your front door, or for inside your home. There will be materials and samples of fake greens or live cut branches. I will demonstrate step by step, including making a professional bow. The instructor will provide all materials.

**Min: 6/Max: N/A**

**SESSION 1:**

**Date:** 11/10/16  
**Time:** 2:00 p.m. – 4:00 p.m.  
**Day:** Thursday  
**Location:** Avon Senior Center – Craft Room  
**Instructor:** Bonita Rothmann  
**Fee:** \$35.00     **Senior Fee:** \$31.50

**SESSION 2:**

**Dates:** 11/15/16  
**Time:** 6:00 p.m. – 8:00 p.m.  
**Day:** Tuesday  
**Location:** Avon Senior Center – Craft Room  
**Instructor:** Bonita Rothmann  
**Fee:** \$35.00     **Senior Fee:** \$31.50



**TAI CHI**

Tai Chi has been proven through scientific study to improve joint health, strengthen muscle, increase flexibility and reduce stress-based illnesses. This program is especially suited for seniors and people suffering from arthritis and osteoporosis.

**Min: 10/Max: 20**

**Dates:** 9/7/16 – 12/14/16  
*(No class 10/12 or 11/23)*  
**Time:** 2:30 p.m. – 3:30 p.m.  
**Day:** Wednesday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Ken Zaborowski  
**Fee:** \$80.00     **Senior Fee:** \$72.00



**ZUMBA GOLD**

No experience necessary, just a willingness to have fun. A total body workout, set to Latin and international rhythms and dance steps. Designed for the adult beginner to baby boomer, or any person that wants to start a fitness routine. Come and enjoy the health benefits of this feel good, low impact aerobic workout.

**Min: 8/Max: 16**

**MONDAYS**

**Dates:** 9/19/16 – 12/12/16  
*(No class 10/3 or 10/10)*  
**Time:** 3:30 p.m. – 4:30 p.m.  
**Day:** Monday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Denise Lipka  
**Fee:** \$62.00     **Senior Fee:** 55.80

**WEDNESDAYS**

**Dates:** 9/21/16 – 12/14/16  
*(No class 10/12 or 11/16)*  
**Time:** 6:30 p.m. – 7:30 p.m.  
**Day:** Wednesday  
**Location:** Countryside Park  
**Instructor:** Denise Lipka  
**Fee:** \$62.00     **Senior Fee:** \$55.80

# Important Dates to Remember



## AFTER SCHOOL SKI PROGRAM at Ski Sundown

### Registration Dates:

- ☞ October 3, 2016 – November 11, 2016  
(Or when all available spots are taken)

### Program Dates:

- ☞ Avon Middle School and Avon High School  
January 3, 2017 – January 31, 2017 (Tuesdays)
- ☞ Thompson Brook School  
January 5, 2017 – February 2, 2017 (Thursdays)

### Ski Safety Meeting:

- ☞ Required Attendance by all 5th Graders and any new participants to our program along with their parents
- ☞ Wednesday, November 30, 2016 at 6:30 p.m. at Thompson Brook School

## VOLLEYBALL FALL LEAGUE – Girls Grades 7 & 8

### Registration:

- ☞ Ends September 9, 2016

### Program Dates:

- ☞ September 13, 2016 – November 15, 2016  
(Tuesdays and Thursdays)

### Introductory/Rating Session:

- ☞ Grade 7 Rating: 6:00 p.m. – 7:00 p.m.
- ☞ Grade 8 Rating: 7:00 p.m. – 8:00 p.m.



## RECREATION YOUTH BASKETBALL

### Registration:

- ☞ August 29, 2016 – September 30, 2016

### Program Dates:

- ☞ Grades K – 1  
December 6, 2016 – January 31, 2017 (Tuesdays)  
OR  
December 1, 2016 – January 26, 2017 (Thursdays)
- ☞ Boys Grade 2  
December 7, 2016 – February 15, 2017 (Wednesdays)
- ☞ Boys Grade 3  
December 6, 2016 – February 14, 2017 (Tuesdays)

### Mandatory Rating Session:

- Boys Grade 3 – Monday, October 24, 2016  
A–L: 6:15 p.m. – 7:15 p.m.  
M–Z: 7:15 p.m. – 8:15 p.m.

- ☞ Girls Grades 2 – 3

December 8, 2016 – February 16, 2017 (Thursdays)

### Mandatory Rating Session:

- Girls Grade 3 – Monday, October 17, 2016  
All Girls: 6:15 p.m. – 7:15 p.m.

- ☞ Boys and Girls Grades 4 – 8

December 10, 2016 – March 4, 2017 (Saturday Games)

### Mandatory Rating Session:

- Boys Grades 4–8 – Saturday, October 29  
Grade 4: 8:30 a.m. – 9:15 a.m.  
Grade 5: 9:30 a.m. – 10:15 a.m.  
Grade 6: 10:30 a.m. – 11:15 a.m.  
Grade 7: 11:30 a.m. – 12:15 p.m.  
Grade 8: 12:30 p.m. – 1:30 p.m.

- Girls Grades 4–8 – Tuesday, November 1

Grade 4–5: 6:00 p.m. – 7:00 p.m.  
Grade 6–8: 7:15 p.m. – 8:15 p.m.