



**AVON**



**RECREATION**

**& PARKS**



*2015-16*  
**WINTER/  
SPRING**  
PROGRAMS

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## 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

**Darlene Tate** - [dtate@avonct.gov](mailto:dtate@avonct.gov)

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## 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.

## 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](mailto:myrec.com) account holders

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

### SPECIAL NEEDS ASSISTANCE

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 as soon as possible 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).

## 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.

### GENERAL REGISTRATION INFORMATION

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

PLEASE register early and on time!

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!

### 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!!**

*The Recreation and Parks Department reserves the right to cancel any program due to low enrollment.*



### PARKS

#### DUMPSTERS

Avon Parks are now TRASH-FREE PARKS. Trash cans are not provided. Please carry out what you carry in.

### LIGHTS AT AMS TENNIS COURTS

The lights will not be available from mid-November until mid-March, depending on the weather.

## 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 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, March 7, 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 Summer Brochure will be delivered to Avon residents, and be available online for registration starting in late April, 2016.*

**Tentative Camp start date  
June 27, 2016.**

### COMMUNITY GARDEN PLOTS

Available by calling the office in March. Plots are 35' x 35'.

Limit of 2 per family.

Fee: \$40/plot plus a \$25/deposit which is returnable at the end of the season.





## drop in activities

### Pay at the Door

#### MEN'S OVER 35 BASKETBALL

**Date:** 1/4/2016 – 4/4/2016  
**Time:** 8:00 p.m. – 9:45 p.m.  
**Day:** Monday  
**Location:** Avon Middle School  
**Fee:** \$5 at the door

*No basketball on 1/18, 2/15, or 3/7*

#### MEN'S OPEN BASKETBALL

*(age 18 and out of high school)*

**Date:** 1/6/2016 – 4/6/2016  
**Time:** 8:00 p.m. – 9:45 p.m.  
**Day:** Wednesday  
**Location:** Avon Middle School  
**Fee:** \$5 at the door

*No basketball on 3/9*

#### PICKLEBALL CO-ED DROP-IN

**Date:** 3/17/2016 –  
5/12/2016  
**Time:** 6:00 p.m. – 7:30 p.m.  
**Day:** Thursday  
**Location:** Avon Middle School  
**Fee:** \$5 at the door

*No pickleball on 4/28*



## FVAC Art Classes - Something New!

*Sign up Early – Space is limited to 10 students*

### ART FUN ON YOUR SCHOOL DAY OFF!

No school, no problem! Try something new and exciting by experimenting with different art mediums! Try your hand at painting, drawing, polymer clay, sculpture and collage. The emphasis is on fun and creativity. Please bring a lunch and snack. Minimum 5, Maximum 10 students. Dates to choose from:

**Friday, January 15, 2016** (*In-service Day*)

**Monday, February 15, 2016** (*Presidents' Day*)

**Time:** 9:00 a.m. – 3:00 p.m.  
**Extended Day:** 8:00 – 9:00 a.m. & 3:00 – 4:00 p.m.  
**Location:** Farmington Valley Arts Center  
**Instructor:** FVAC Staff  
**Grades:** 1 – 8  
**Fees:** \$90.00/day  
**Extended Day Fee:** \$20.00 for both time blocks per day

*(One fee for both blocks of time – no prorating)*

### FIT KIDS VACATION FUN CAMP

Don't let the kids get bored over March 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 sneakers and bring outdoor clothing, weather permitting.

**Date:** 3/7/2016 – 3/11/2016  
**Time:** 9:00 a.m. – 3:00 p.m.  
**Days:** Monday – Friday for 3, 4 or 5 days  
**Location:** Roaring Brook School – Gym  
**Instructor:** Fit Kids Fun Camp Staff  
**Grades:** K – 4  
**Fees:** 3 days - \$141.00  
 4 days - \$181.00  
 5 days - \$221.00



### Spring Vacation Art Camp

During the holiday break, the FVAC becomes a place where young artists unleash their creativity and develop confidence in their abilities to express their ideas. Artists will use various mediums including painting, drawing, sculpture and collage. Join us for 1 day or 5 days of creativity and fun. Please bring a snack and lunch.

**Date:** 3/7/2016 – 3/11/2016  
**Time:** 9:00 a.m. – 3:00 p.m.  
**Extended Day:** 8:00 – 9:00 a.m. & 3:00 – 4:00 p.m.  
**Days:** Monday – Friday for 1 day or 5 days  
**Location:** Farmington Valley Arts Center  
**Instructor:** FVAC Staff  
**Grades:** 1 – 8  
**Fees:** \$90.00/1 day, or \$400.00/5 days  
**Extended Day Fee:** \$20.00 for both time blocks per day

*(One fee for both blocks of time – no prorating)*



## YOUTH CLASSES & ACTIVITIES

## special events

### 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 receive a Babysitter Safety Certificate upon completion of course. Certification will be through CPR O Heart, LLC, an American Heart Association Training Center. Please bring a drink and a snack.

**Date:** 1/30/2016  
**Time:** 9:00 a.m. – 1:00 p.m.  
**Day:** Saturday  
**Location:** Thompson Brook School – Media Center  
**Instructor:** Dawna Shepler  
**Grades:** 6-12  
**Fee:** \$71.00

### Girls Rhythmic Gymnastics

This class is a basic introduction to the wonderful and fun sport of rhythmic gymnastics! While teaching grace and strengthening core muscles, student will learn how to handle various apparatus such as hoops, ropes, balls and ribbons. Please wear comfortable gym clothes and shoes.

**Date:** 2/12/2016 – 4/22/2016  
(No class on 3/11, 3/25 or 4/1)  
**Time:** 5:00 p.m. – 5:45 p.m.  
**Day:** Friday  
**Grades:** 1 - 6  
**Location:** Avon Middle School – Small Gym  
**Instructor:** Mila Villion and Rhythmic Gymnastics Staff  
**Fee:** \$78.00

### Family Fishing Program

This program will be a two day event.

**Day 1, May 9** will be **classroom** at the Avon Senior Center from 6:00 p.m. – 8:00 p.m.

**Day 2, May 14** will be a **Field Day** at Spring Lake in Fisher Meadows from 9:00 a.m. – 12:00 p.m.

#### Fishing Time = Family Time

Learn overhead casting, rod and reel combo set up, attaching a hook, review of CT Angler's guide, identification of fish, natural baits and care of catch.

On **Field Day** parents should bring snacks and/or lunch, beverages, sunscreen, baby wipes or towel, bug repellent, extra footwear and clothes.

You should also bring a cooler with ice if you plan on keeping the fish. Parents also need to bring bait and rods & reels if you have them or you can borrow from the instructor.

**Date:** 5/9/2016 and 5/14/2016  
**Time:** 6:00 p.m. – 8:00 p.m. (Monday)  
9:00 a.m. – 12:00 p.m. (Saturday)  
**Day:** Monday and Saturday  
**Location:** Avon Senior Center and Spring Lake in Fisher Meadows  
**Instructor:** DEEP Conn. Aquatic Resources Education staff  
**Grades:** Kindergarten – 8  
**Fee:** \$5.00 (per adult, no fee for children)



## Parents Night Out Without the Kids

Need a night out on your own? Bring the kids to the Community Room at the Senior Center on February 12 and enjoy some free time to yourself. Children will watch a movie, have a snack, and make a craft. You can drop children off at 6:00 p.m. and pick them up at 8:30 p.m.

**Children must be pre-registered. Registrations WILL NOT be accepted at the door.**

*Space is limited.*

**Date:** February 12, 2016  
**Time:** 6:00 p.m. – 8:30 p.m.  
**Day:** Friday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Recreation Staff  
**Grades:** K – 6  
**Fee:** \$10.00

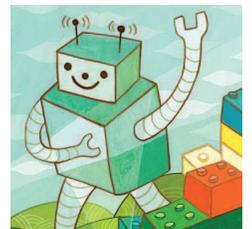
**NEW!**

### LEGO Robotics

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In LEGO Robotics, students will have a blast building and programming robots with LEGO bricks and software. They will learn how to manipulate their robots using gears, pulleys, sensors, and basic programming tools. Working in pairs they will build their problem solving and teamwork skills.

**Date:** 2/9/2016 – 3/22/2016  
(No class on 3/8)  
**Time:** 4:15 p.m. – 5:15 p.m.  
**Day:** Tuesday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Sylvan Edge Staff  
**Grades:** 4 – 6  
**Fee:** \$187.00



## youth programs

### SOCCER SHOTS – MINI INDOOR CLINIC

Mini skill program for those students who want to improve skills – work on dribbling, passing and shooting.

**Date:** 3/14/2016 – 4/4/2016  
**Time:** 5:00 p.m. – 6:00 p.m.  
**Day:** Monday  
**Ages:** Kindergarten – 2nd Grade  
**Location:** Pine Grove School  
**Instructor:** Shannon Perry  
**Fee:** \$66.00

### SOCCER SHOTS – THE WORLD'S GREATEST GAME

This camp will creatively introduce 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 bring sneakers and a water bottle with them.

**Date:** 4/23/2016 – 6/18/2016  
(No class 5/28)  
**Time:** 9:00 a.m. – 9:45 a.m.  
**Day:** Saturday  
**Ages:** 3 – 4  
**Location:** Roaring Brook School - Field  
**Instructor:** Shannon Perry  
**Fee:** \$112.00

**Date:** 4/23/2016 – 6/18/2016  
(No class 5/28)  
**Time:** 10:00 a.m. – 10:45 a.m.  
**Day:** Saturday  
**Ages:** 4 ½ - Kindergarten  
**Location:** Roaring Brook School - Field  
**Instructor:** Shannon Perry  
**Fee:** \$112.00



### TENNIS – YOUTH

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.

**Date:** 3/20/2016 – 4/24/2016  
(No class 3/27)  
**Time:** 11:30 a.m. – 12:00 p.m.  
**Day:** Sunday  
**Grades:** Kindergarten – 1  
**Location:** Farmington Farms Tennis & Athletic Club  
**Fee:** \$57.00

**Date:** 3/20/2016 – 4/24/2016  
(No class 3/27)  
**Time:** 12:00 p.m. – 1:00 p.m.  
**Day:** Sunday  
**Grades:** 2 – 3  
**Location:** Farmington Farms Tennis & Athletic Club  
**Fee:** \$93.00

**Date:** 3/20/2016 – 4/24/2016  
(No class 3/27)  
**Time:** 1:00 p.m. – 2:00 p.m.  
**Day:** Sunday  
**Grades:** 4 – 6  
**Location:** Farmington Farms Tennis & Athletic Club  
**Fee:** \$93.00

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**TENNIS FUNDAMENTALS**

Girls and boys 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.

**Date:** 5/4/2016 – 6/8/2016  
**Time:** 4:00 p.m. – 5:00 p.m. (Grades 2-3)  
 5:00 p.m. – 6:00 p.m. (Grades 4, 5, 6)  
 6:00 p.m. – 7:00 p.m. (Grades 7-8)  
**Day:** Wednesday  
**Location:** Avon Middle School Tennis Courts  
**Instructor:** Kim Moretti, Varsity  
 Avon High School  
 Coach and Staff  
**Fee:** \$72.00

**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.

**Date:** 3/23/2016 – 5/4/2016  
 (No Class on 4/20)  
**Time:** 5:00 – 5:45 p.m. (2-3 year olds)  
 5:45 – 6:25 p.m. (4 - 6 year olds)  
**Day:** Wednesday  
**Location:** Roaring Brook School – Gym  
**Instructor:** Tumble Bunny Staff  
**Fee:** \$95.00



**VIDEO GAME DESIGN (NEW)**

In Video Game Design, students will have a blast creating video games and animated stories. They will learn basic coding and programming, problem solving, logic and physics. Using kid friendly technology they will create characters, animations, sounds, and special effects.

**Date:** 2/11/2016 – 3/24/16  
 (No class 3/10)  
**Time:** 4:15 p.m. – 5:45 p.m.  
**Day:** Thursday  
**Location:** Community Room at  
 Avon Senior Center  
**Instructor:** Sylvan Edge Staff  
**Grades:** 6 – 8  
**Fee:** \$215.00



**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!

**Date:** 1/19/2016 – 4/28/2016  
 (No class on 3/8 or 3/10)  
**Time:** 6:15 – 7:15 p.m.  
**Day:** Tuesdays and Thursdays  
**For:** 8<sup>th</sup> to 12<sup>th</sup> Graders  
**Location:** Community Room at  
 Avon Senior Center  
**Instructor:** Laura Mensi  
**Fee:** \$72.00

## ACTIVE ADULT CLASSES

Seniors Age 60+ - 10% off all classes,  
unless otherwise noted.

### 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.

**Session 1:** 1/4/2016 – 4/1/2016  
(No class on 1/18, 1/22, 2/3, 2/15 or 3/25)  
**Time:** 8:15 a.m. – 9:15 a.m.  
**Day:** Monday, Wednesday & Friday  
**Location:** Valley Community Baptist Church  
**Instructor:** Terri Ziemnicki  
**Fee:** \$113.00

**Session 2:** 4/18/2016 – 6/10/2016  
(No class on 5/30)  
**Time:** 8:15 a.m. – 9:15 a.m.  
**Day:** Monday, Wednesday & Friday  
**Location:** Valley Community Baptist Church  
**Instructor:** Terri Ziemnicki  
**Fee:** \$83.00

### 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.

**Session 1:** 1/4/2016 – 4/1/2016  
(No class on 1/18, 1/22, 2/3, 2/15 or 3/25)  
**Time:** 9:25 a.m. - 10:25 a.m.  
**Day:** Monday, Wednesday & Friday  
**Location:** Valley Community Baptist Church  
**Instructor:** Terri Ziemnicki  
**Fee:** \$113.00

**Session 2:** 4/18/2016 – 6/10/2016  
(No class on 5/30)  
**Time:** 9:25 a.m. - 10:25 a.m.  
**Day:** Monday, Wednesday & Friday  
**Location:** Valley Community Baptist Church  
**Instructor:** Terri Ziemnicki  
**Fee:** \$83.00

### 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.

**Date:** 5/4/2016 – 6/8/2016  
**Time:** 7:00 p.m. – 8:00 p.m.  
**Day:** Wednesday  
**Location:** Avon Middle School Tennis Courts  
**Instructor:** Kim Moretti, Varsity Avon High School Coach and Staff  
**Fee:** \$73.00





**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 bring your own racquet.

**Who:** Beginners  
**Date:** 1/19/2016 – 3/1/2016  
*(No class on 2/16)*  
**Time:** 6:00 p.m. - 7:00 p.m.  
**Day:** Tuesday  
**Location:** Farmington Farms Athletic Club  
**Instructor:** Staff  
**Fee:** \$75.00

**Who:** Intermediates  
**Date:** 1/19/2016 – 3/1/2016  
*(No class on 2/16)*  
**Time:** 7:00 p.m. - 8:00 p.m.  
**Day:** Tuesday  
**Location:** Farmington Farms Athletic Club  
**Instructor:** Staff  
**Fee:** \$75.00

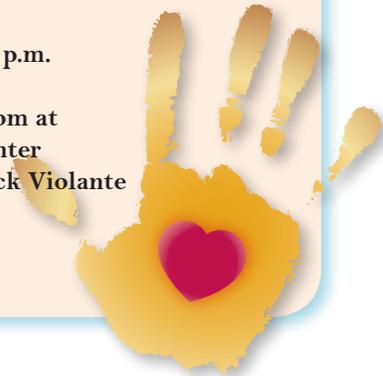
**TENNIS FOR WOMEN – MORNING GROUP**

**Who:** Women  
**Date:** 1/18/2016 – 2/29/2016  
*(No class on 2/15/2016)*  
**Time:** 9:30 a.m. – 10:30 a.m.  
**Day:** Monday  
**Location:** Farmington Farms Athletic Club  
**Instructor:** Staff  
**Fee:** \$75.00

**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.

**Who:** Women in Grade 9 - Adults  
**Date:** 3/21/2016  
**Time:** 6:30 p.m. – 8:30 p.m.  
**Day:** Monday  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Master Dominick Violante  
**Fee:** \$30.00



**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!

**Date:** 1/19/2016 – 4/28/2016  
*(No class on 3/8 or 3/10)*  
**Time:** 6:15 – 7:15 p.m.  
**Day:** Tuesdays and Thursdays  
**Location:** Community Room at Avon Senior Center  
**Instructor:** Laura Mensi  
**Fee:** \$72.00

## ACTIVITIES SPONSORED BY THE AVON SENIOR CENTER

### DRAWING

Whether you are interested in a refresher course, or drawing for the first time. Drawing is the prerequisite for all art work including all forms of painting, sculpture and mixed media.

**Session 1:** 1/20/2016 – 2/24/2016  
**Session 2:** 3/9/2016 – 4/13/2016  
**Time:** 10:00 a.m. – 12:00 p.m.  
**Day:** Wednesday  
**Location:** Avon Senior Center/  
Craft Room  
**Instructor:** Boni Rothman  
**Fee:** \$111.00

### PICTURE FRAME DECORATING

Sample frames will be displayed and step-by-step instructions or create your own, using paint, or buttons, felt, decoupage, and a variety of natural and plastic items. Frames are provided. Impress your friends and family with a creative artistic picture frame.

**Date:** 3/18/2016  
**Time:** 10:00 a.m. – 12:00 p.m.  
**Day:** Friday  
**Location:** Avon Senior Center/  
Craft Room  
**Instructor:** Boni Rothman  
**Fee:** \$49.00

### 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!

**Date:** 2/19/2016  
**Time:** 9:30 a.m. – 12:30 p.m.  
**Day:** Friday  
**Location:** Avon Senior Center/  
Craft Room  
**Instructor:** Boni Rothman  
**Fee:** \$49.00

### 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.

**Session 1:** 1/20/2016 – 3/9/2016  
(No class on 2/17 or 2/24)  
**Session 2:** 3/23/2016 – 4/27/2016  
**Time:** 2:30 p.m. – 3:30 p.m.  
**Day:** Wednesday  
**Location:** Community Room at  
Avon Senior Center  
**Instructor:** Ken Zaborowski  
**Fee:** \$53.00





## 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.

**Session 1:** 2/24/2016 – 4/13/2016

**Session 2:** 4/27/2016 – 6/22/2016  
(No Class on 5/4)

**Time:** 6:30 p.m. - 7:30 p.m.

**Day:** Wednesday

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

**Instructor:** Nancy Brooks

**Fee:** \$55.00

## 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.

### Mondays

**Session 1:** 1/25/2016 – 3/7/2016  
(No class on 2/15)

**Session 2:** 3/21/2016 – 5/2/2016  
(No class on 4/11)

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

**Day:** Monday

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

**Instructor:** Denise Lipka

**Fee:** \$50.00

### Wednesdays

**Session 1:** 1/20/2016 – 2/24/2016

**Session 2:** 3/9/2016 – 4/13/2016

**Time:** 6:00 p.m. - 7:00 p.m.

**Day:** Wednesday

**Location:** Countryside Park

**Instructor:** Denise Lipka

**Fee:** \$50.00



For additional trip information & reservations  
contact the Avon Senior Center at (860) 675-4355.

Discounts do not apply to trips.

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## 35<sup>TH</sup> ANNUAL CT FLOWER & GARDEN SHOW

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Lunch at the Chowder Pot, Admission to the show and transportation.

**Date:** Thursday, February 18, 2016  
**Fee:** \$82.00

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## FLORIDA BUS TRIP

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This is a 12 day Bus Trip to Florida – Includes accommodations, admissions to activities, breakfast and some dinners. Please see detailed information on website or call the Avon Senior Center.

**Date:** March 6, 2016 – March 17, 2016  
(12 Days)

**Cost/Person:** \$2,689.00 Single Occupancy  
\$1,929.00 Double Occupancy  
\$1,879.00 Triple Occupancy

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## ST. PATRICK'S CELEBRATION AT THE AQUA TURF

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Entertainment, lunch and transportation.

**Date:** Wednesday, March 16, 2016  
**Fee:** \$82.00

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## NEWPORT PLAYHOUSE AND CABARET RESTAURANT

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See a play, music entertainment, lunch and transportation.

**Date:** Thursday, March 31, 2016  
**Fee:** \$105.00

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## CANYON COUNTRY

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See the amazing spires and canyons of three great National Parks: Grand Canyon, Bryce and Zion. Stay two nights at a hotel overlooking stunning Lake Powell. End your journey with a two-night stay in Las Vegas where you can relax or join in the round-the-clock activities.

**Date:** April 28, 2016 – May 6, 2016  
**Cost/Person:** \$3,549.00 Single Occupancy  
\$2,899.00 Double Occupancy  
\$2,869.00 Triple Occupancy





**Address:** 60 West Main Street, Avon, CT 06001

**Fax:** (860) 409-4334 **Phone:** (860) 409-4332

**Email:** avonrec@avonct.gov

**Web Address:** www.avonrec.com

**Town Web Address:** www.avonct.gov

## Household Registration Form

(Please be sure all information is complete)

### HOUSEHOLD/ACCOUNT INFORMATION:

Last Name, First Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ Town/City: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION:

Spouse/Legal Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

### ACTIVITY REGISTRATION INFORMATION:

Participant Last Name	First Name	DOB	Gender	Grade	Activity Name	Activity Session	Fee

**TOTAL AMOUNT DUE** \$ \_\_\_\_\_

**MEDICAL:** Please list any problem/disability (learning, emotional, hearing loss, allergies, physical, etc) of which the supervisor/instructor should be made aware of in order to understand and better serve your individual needs.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WAIVER OF PARTICIPANT BY PARENT OR SELF:** I 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 my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Avon to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Avon does not provide insurance for recreational program participants. **Photo Release:** I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Avon to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaged in the above listed recreational activities.

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

**PAYMENT METHOD** (Circle One): MasterCard / VISA Discover American Express Cash Check No. \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code (on back of card) \_\_\_\_\_