



Summer '24

contents

general information 2 - 3	youth programs 22 - 23
special interest 4 - 5	fall leagues 24
special events 6	adult programs 25
aquatics 7 - 9	senior programs 25 - 27
avon summer camps 10 - 12	trips 27
specialty camps 13 - 21	free family movie night 28



Our MISSION

The Avon Recreation and Parks Department is committed to providing opportunities to participate in recreational programs and have access to parks so that people of all ages and abilities can stay active and enjoy the benefits of a healthier life.

OFFICE

60 West Main Street
Avon, CT 06001

Phone: (860) 409-4332

Cancellation Line: (860) 409-4365

Sycamore Hills Pool: (860) 673-5696

Web Address: <https://www.avonct.gov/recreation-and-parks-department>

Email: avonrec@avonct.gov

Facebook: [Link](#)

Office Hours:

Monday – Friday: 8:30 a.m. – 4:30 p.m.

Summer Office Hours (6/24-8/23):

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

Friday: 8:00 a.m. – 12:30 p.m.

Director

Ruth Checko - rchecko@avonct.gov

Administrative Coordinator

Sharon Henry - shenry@avonct.gov

Administrative Secretary:

Tanuja Miura - tmiura@avonct.gov

AVON SENIOR CENTER/ COMMUNITY ROOM

635 West Avon Road, Avon, CT 06001

Phone: (860) 675-4355

Facebook: [Link](#)

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

Senior Center Coordinator

Jennifer Bennett - jbennett@avonct.gov

Senior Center Administrative Secretary:

Elizabeth Shaffer - eshaffer@avonct.gov

Brochure Design by:

Cheryl Gioielli, Gioielli-Design.com

2



DEPARTMENT POLICIES

General Registration Information:

- ☀ Registration for all Summer programs in this brochure begins on Friday, April 12th (unless otherwise noted).
- ☀ The grade listed for programs indicates the grade your child is entering in the Fall 2024/2025 school year.
- ☀ **Our program registrations close one week 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 cancelled due to low enrollment or 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, you will receive a full refund.
- ☀ Program fees will not be pro-rated for any reason.
- ☀ Certain programs are open to Avon residents only. Those programs that are open to non-residents will have a fee listed that is 10% more than the resident fee.

REFUNDS:

- ☀ **Refunds of 100% can be requested up to three business days prior to the first class** (except for those programs 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.

CANCELLATIONS:

- ☀ In case of inclement weather or other circumstances beyond our control, we will make every effort to reschedule the activity.
- ☀ Cancellation information can be obtained by the following methods:
 - * Recreation Cancellation Line after 8:30 a.m. (860) 409-4365
 - * WFSB Early Warning Network; NBC CT Storm Tracker
 - * Email blasts to myrec.com account holders

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.

general information

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).

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

ONLINE REGISTRATIONS:

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

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

- * Receive Email Notification for Cancellations
- * Receive Email Notification for Registrations / General
- * 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 utilize for said promotional purposes any photographs and/or videos of you or your minor child engaged in the recreational activities.

SPECIAL ACCOMMODATIONS:

The Avon Recreation and Parks Department welcomes persons with medical conditions and/or disabilities in all programs and services. If you or your child require reasonable accommodations to a recreation program to participate, please indicate this when you register online under the “Medical Information” section of your account and call the Recreation and Parks Department **at least 3 weeks prior** to the start of the program at 860-409-4332. We will do our best to accommodate your needs. If you need to complete a Medical Plan, the form will be available on <https://avonct.myrec.com/info/> under General Info → Department Info → Forms → Medical/Non-Medical Plan Policies and Procedures. Please be aware that if you fail to or choose not to notify us of any issues that require accommodations, it may delay or inhibit you or your child from participating in the program.

PARKS – Dumpsters:

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



If you are bringing your pet with you to enjoy the parks, please remember that all dogs must be on leash no more than 6 feet in length. **All pet waste must be picked up and pet waste bags must be taken with you when you leave the park.**

DROP BOX:

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

LIGHTS AT AMS TENNIS COURTS:

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

WI-FI AT SYCAMORE HILLS POOL:

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



REQUEST FOR FALL PROPOSALS

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

Instructors interested in running fall programs must submit proposals to the Avon Recreation and Parks Office, 60 West Main Street, Avon, CT 06001 by **4:30 p.m. on Friday, June 14, 2024**. Proposal forms are available at the Avon Recreation and Parks Office or on **our website**. Scroll down until you see Request for Proposals. Click on the writing below the picture and all of the details and forms can be found there. Proposals can be emailed to **avonrec@avonct.gov**, mailed or dropped off to the Avon Recreation and Parks Department, 60 West Main Street, Avon, CT 06001.



SYCAMORE HILLS POOL OPENS Saturday, June 8, 2024

Sycamore Hills Recreation Area

635 West Avon Rd., Avon, CT 06001

Pool Phone: (860) 673-5696 : [Daily Pool Schedule](#)

SWIM MEMBERSHIPS

Household Fee:	\$172.00
Individual Fee:	\$ 91.00
Avon Resident Senior Fee (60+):	\$ 32.00

Limited # of Memberships will be available for purchase by Farmington residents.

DAILY FEES FOR NON-MEMBERS (all ages)*

Residents:	\$7.00/person
Non-residents:	\$10.00/person

*Daily Fees are payable by cash or check, or credit cards.

4

Please pick up your pool badges at the Pool Office starting June 8th, at noon when the pool opens.

www.AvonRec.com (860) 409-4332

special interests



WESTWOODS GOLF COURSE

SEASON GOLF PASS

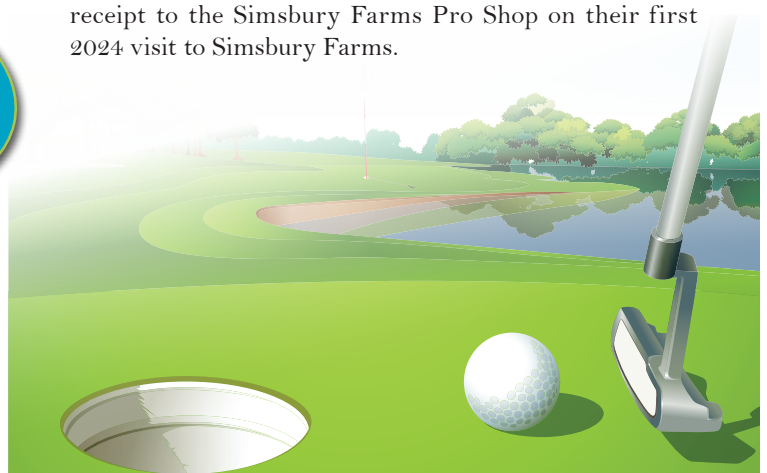
The Town of Farmington will be offering Avon Residents a limited number of season passes to the Westwoods Golf Course. The passes will be offered at the Farmington resident rates. **Enrollment is at the Westwoods Golf Course in the club house, 14 Westwoods Drive, Farmington.** For more information please call 860-675-2548.

SIMSBURY FARMS GOLF COURSE



SEASON GOLF PASS

Through this promotion with the Town of Simsbury, Avon residents are able to purchase season passes to the Simsbury Farms Golf Course at the Simsbury resident rates. **Enrollment is online at www.avonrec.com.** Customers will need to bring a printed copy of their receipt to the Simsbury Farms Pro Shop on their first 2024 visit to Simsbury Farms.



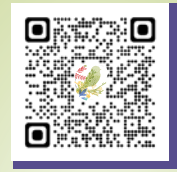
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HOST A BLOCK PARTY!

CALLING ALL AVON RESIDENTS!

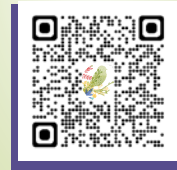
Block parties are a great way to build community and bring your neighborhood together, and we want to help you do it!

Now through the end of August, block party organizers who submit a photo of their block party will be entered into a raffle to win a \$100 AvonRec gift certificate!



[Block Party Request Form](#)

[Tips For Organizing A Block Party](#)



2023 Block Party Contest Winner

Submit name, phone number, street name, and photo to avonrec@avonct.gov to be entered for the drawing. For questions call 860.409.4332 or email avonrec@avon.ct.gov.



Summer Concert

Free outdoor concert by *Juice Box* featuring Motown, R&B, Funk, Disco and songs from the 70's right up to today's top hits. Think DJ but in live band form! Bring lawn chairs, bug spray, snacks, and enjoy the evening!

Date: 8/7*
Time: 5:00 pm – 8:00 pm
Day: Wednesday*
Location: Sycamore Hills Recreation Area
Fee: Free!

*Rain Date: Thursday, 8/8



special events



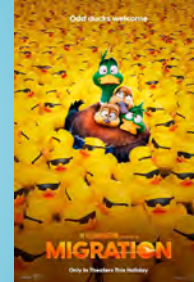
Family Movie Nights

Free outdoor movies this summer. See back cover for movies and schedule!

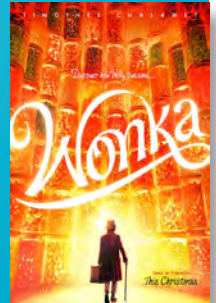
Dates: 6/21, 7/12, 8/16
Time: Dusk – 10:00 p.m. (approximately)
Will start at 7:00 p.m. if moved indoors
Day: Friday
Location: Sycamore Hills Recreation Area
Fee: Free!



June 21, 2024



July 12, 2024



August 16, 2024



Family FUN NIGHT
5:15 relay races (across area)
5:45 splash contest (diving board)
6:15 hula hoop contest & games (across area)
6:45 noodle races (pool lap lanes)
7:15 water balloon toss (across area)

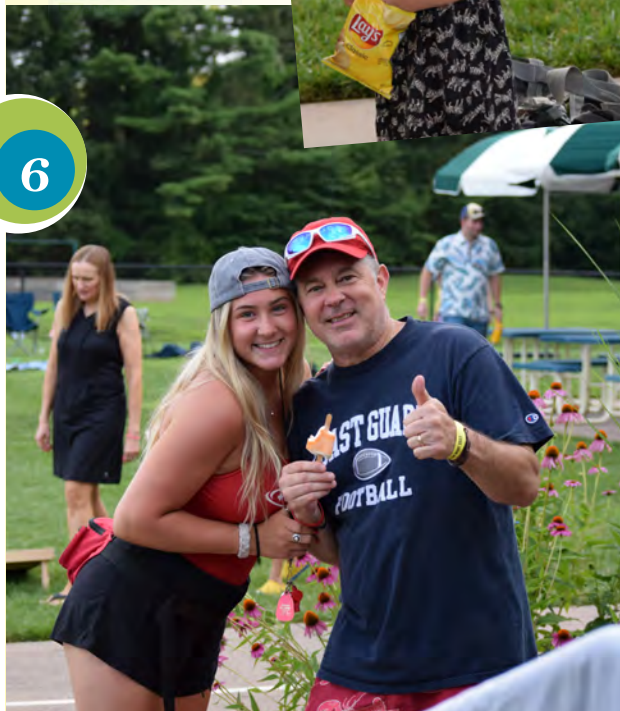
Family Fun Night

Join us for a night of family fun and entertainment at Sycamore Hills Pool! We will have music, pool games and lots of great fun! Hamburgers and hot dogs will be served. Registration is required for everyone. Open to Avon residents only. Admission is \$5 per person for all, regardless of if you have a pool membership. **Min: 50/Max: 200**

Registration closes July 7 or when all spots are filled.

Date: 7/19
(Rain date 7/20)
Time: 5:00 pm – 8:00 pm
Day: Friday
Location: Sycamore Hills Pool
Fee: \$5.00 (per person)

6





Swim Lessons

Swim lessons are 35 minutes long and will meet for 9 classes over a 2-week period: Monday - Friday the first week and Monday - Thursday the second week. Friday of the second week will be a make-up if a lesson is cancelled by the Recreation Department.

Swim lessons are supervised by American Red Cross certified Water Safety Instructors. Level descriptions are there to guide you in determining the appropriate level for your child. You can view your child's past swim lesson levels by logging into your online account and going to the link "2023 Swim Lesson Pass/Fail List".

Lessons are cancelled for heavy rain, lightning, or thunder. If the weather is not suitable for lessons to take place in the water, the class will meet for a safety day on land.

To get the member discount for swim lessons, you must register for your 2024 swim membership **first** so your swim lesson registration can recognize that you have a swim membership. The discount will be shown on the payment screen when you checkout.

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

SESSION 1

Monday, June 17 – Thursday, June 27

9:40 a.m. – 10:15 a.m. Level 3, 4, 5/6	10:20 a.m. – 10:55 a.m. Level 2, 3, 4	11:00 a.m. – 11:35 a.m. Level 1, 2, 3	11:40 a.m. – 12:15 p.m. Level 1, 2 Parent/Child	6:45 p.m. – 7:30 p.m. Adult Lessons Option 1
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SESSION 2

Monday, July 1 – Friday, July 12 (no class 7/4, make-up is 7/12)

9:40 a.m. – 10:15 a.m. Level 3, 4, 5/6	10:20 a.m. – 10:55 a.m. Level 2, 3, 4	11:00 a.m. – 11:35 a.m. Level 1, 2, 3	11:40 a.m. – 12:15 p.m. Level 1, 2 Parent/Child	6:45 p.m. – 7:30 p.m. Adult Lessons Option 2 <i>*Will not meet on Swim Meet Day 7/10</i>
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SESSION 3

Monday, July 15 – Thursday, July 25

9:40 a.m. – 10:15 a.m. Level 3, 4, 5/6	10:20 a.m. – 10:55 a.m. Level 2, 3, 4	11:00 a.m. – 11:35 a.m. Level 1, 2, 3	11:40 a.m. – 12:15 p.m. Level 1, 2, Parent/Child
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FEES:

Lessons:	\$46 Members;	\$60 Non-members
Adult Lessons Session 1:	\$56 Members;	\$70 Non-members
Adult Lessons Session 2:	\$48 Members;	\$62 Non-members

Swim Level Descriptions

- Parent/Child:** Children enjoy water related activities while learning to feel safe in the water. One adult must be in the water with their child at all times.
- Level 1:** This is an introduction to water skills class. Students will learn skills such as bobs, glides, back floats, front floats, flutter kicks and scoops. The exit assessment skills can be performed with assistance..
- Level 2:** This is a fundamental aquatics skills class. Students will learn to independently tread water, float on their back/front and swim on their front/back
- Level 3:** This is a stroke development skill class. Students will learn to independently tread water, jump into deep water, and be introduced to strokes such as elementary backstroke and front crawl.
- Level 4:** This is a stroke improvement class. Students will learn to swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards. Students will also be introduced to strokes such as breaststroke, butterfly, sidestroke and how to perform open turns.
- Level 5/6:** This is a stroke refinement class. Students will work on shallow angle dives, swimming 50 yards of front crawl and elementary backstroke, learn proper turns, and refine breaststroke and back crawl. This is an advanced options class. Student will work on all swim strokes and skills, along with working towards being able to swim 20 laps continuously.

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

Swim diapers are available for purchase at Sycamore Hills Pool.



Developed for older teens and adults, our program gives adult swimmers at every level the opportunity to improve their skills in a safe environment under the guidance of a trained instructor. The program allows swimmers to progress at their own pace, mastering one set of skills before moving on to the next. Swim instructors will help you work toward your personal goals..

Min: 5/Max: 8

Lessons are 45 minutes.

OPTION 1:

Dates: 6/17/24 – 6/27/24 (9 classes)
Time: 6:45 p.m. – 7:30 p.m.
Location: Sycamore Hills Pool
Instructor: Sycamore Hills Pool Staff
Member Fee: \$56.00
N/M Fee: \$70.00

OPTION 2:

Dates: 7/1/24 – 7/12/24 (8 classes)
 (No class 7/4, 7/10)
Time: 6:45 p.m. – 7:30 p.m.
Location: Sycamore Hills Pool
Instructor: Sycamore Hills Pool Staff
Member Fee: \$48.00
N/M Fee: \$62.00



Sensory Swim

This swim block is designed to give kids and adults with a disability time to enjoy Sycamore Pool in a sensory-friendly environment. This swim block will have a limited capacity to provide a quieter and calmer swim experience. Sensory toys will be provided for use. All children must be accompanied by an adult in the pool. Siblings are welcome. Registration is required for everyone. **Min: 6/ Max:30**

Dates: 6/15, 7/13, 8/10
Time: 10:45 a.m. – 11:45 a.m.
Days: Saturdays
Location: Sycamore Hills Pool
Fee: Resident \$5.00 per person, per date
 Non-Resident \$6.00 per person, per date



Swim Team Ages 7-18

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

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

In addition to practices, there will be 3 swim meets at Sycamore Hills Pool – July 10, 17, and 24.

Participants must purchase their own swimsuits and caps. Ribbons will be included. The last practice will be a pizza party with games. **Min: 50/Max: 70**

PRACTICE SCHEDULE – SYCAMORE HILLS POOL

Dates: June 24 – July 25
 (No practice on 7/4)
Times: 8:30 a.m. – 9:30 a.m. (Mornings); or
 7:30 p.m. – 8:30 p.m. (Evenings)
Days: Monday – Thursday
Fee: \$145.00 *
 There is a \$15 discount off the 3rd and 4th child registered in the same family.

SWIM MEET SCHEDULE

Dates: 07/10 – Sycamore Hills Pool
 07/17 – Sycamore Hills Pool
 07/24 – Sycamore Hills Pool



Party Policy for Sycamore Hills Pool

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

Party Rules:

- ☺ Hosts must be Avon residents or Avon youth groups
 - ☺ The day of, hosts and guests must check in with the Gate Attendant upon arrival
 - ☺ The party must be confined to the open space between the picnic tables and the baby pool.
 - ☺ Hosts may bring food, pop-up tents, folding tables, chairs, and coolers.
 - ☺ If needed, upon request, staff will open the back gate and allow the host to pull their car up to unload equipment.
 - ☺ No equipment or refrigeration will be provided by the Recreation and Parks Department.
 - ☺ All department picnic tables, pop-up tents, and other existing features are reserved for the public and staff.
 - ☺ Adults are responsible for children’s behavior and supervision.
 - ☺ Alcohol is not permitted.
- To view all [Sycamore Hills Pool Rules](#) and [Public Place Regulations](#) click these links.

Fee: \$50.00, plus daily admission for anyone who does not have a pool membership.

Maximum Duration: 4 hours

Maximum #: 25 people



Summer Fun Camp

Entering Grades 1-4

Open to Avon Residents Only

Come join us for an amazing summer of camp fun and exploration! Each session will consist of camp games, themed crafts and activities, free play time at Pine Grove School's playscape, swimming at Sycamore Hills Pool 3-4 times a week, and special guest entertainment! Swimming is fully supervised by our American Red Cross Certified lifeguards. Participants can sign up for one week at a time or for all seven sessions. Sessions fill up fast, so register early!
Min: 40 / Max: 60

Time: 9:00 a.m. – 3:00 p.m.
Days: Monday – Friday
 (*Session 2 will run Monday - Wednesday)
Location: Pine Grove School
Grades: 1 – 4
Fee: \$205 (*Session 2 - \$123)

Extended Care for all 5 days will be available for \$30 per session from 3:00-4:00 pm. (*Session 2 fee: \$18)

Refund Policy: Registration closes 1 week before the start of each session. Once registration closes, no refunds will be issued.

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



10



Themes and Special Guest Entertainment:

SESSION 1: JUNE 24 – JUNE 28

Theme of the week: Carnival

- ⊙ “Carnival Games” inflatables
- ⊙ “Outdoor Laser Tag” by Laser Tag Adventures

SESSION 2: JULY 1– JULY 3 (No Camp July 4 or 5)

Theme of the week: Stars and Stripes

- ⊙ “Foam Party” by Rolling Video Games

SESSION 3: JULY 8 – JULY 12

Theme of the week: REPTILES

- ⊙ “Reptiles and Amphibians Show” by New Jersey Snake Man
- ⊙ “Comedy Juggling Show” by Bryson Lang

SESSION 4: JULY 15 – JULY 19

Theme of the week: Animal Adventures

- ⊙ “Exotic Animal Show” by Curious Creatures
- ⊙ “Tropical 6 in 1” waterslide / inflatable combo

SESSION 5: JULY 22 – JULY 26

Theme of the week: Circus

- ⊙ “Magic Show” by Ed Popielarczyk
- ⊙ “Circus Skills Exploration Workshop” by Circus Moves

SESSION 6: JULY 29 – AUGUST 2

Theme of the week: Crazy Science

- ⊙ “Fire and Ice” by Mad Science of Western New England
- ⊙ “Outdoor Laser Tag” by Laser Tag Adventures

SESSION 7: AUGUST 5 – AUGUST 9

Theme of the week: PARTY FUN

- ⊙ “Hula Hoop Dance Party” by Creative Game Parties
- ⊙ “End of Summer Party @ Sycamore Hills” with inflatables, games, cook-out, and more!

Adventure Camp

Entering Grades 5-8

Open to Avon Residents Only!

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

Min: 28/Max: 40

Time: 8:45 a.m. – 3:45 p.m.

Days: Monday – Friday

(*Session 2 will run Monday - Wednesday)

Session 1: June 24 – June 28

Field Trips:

- ⊙ “Quassy”: amusement and waterpark
- ⊙ “The Cave”: mini golf, laser tag, high ropes course, and more
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “The Adventure Park at Storrs”: high ropes course and zip-line adventure
- ⊙ “Nomads Adventure Quest”: arcade, laser tag, rock-climbing, and more

Session 2: July 1 – July 3

(No Camp July 4 or 5)

Field Trips:

- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “IT Adventure Ropes Course”: largest indoor ropes course in the world
- ⊙ “Hammonasset State Park”: beach fun and games

Session 3: July 8 – July 12

Field Trips:

- ⊙ “Quassy”: amusement and waterpark
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “CT Sun Camp Day”: WNBA game
- ⊙ “Brownstone”: rock climbing, zip lines, waterslide, and more
- ⊙ “Connecticut Science Center”: exhibits and 3D movie

Session 4: July 15 – July 19

Field Trips:

- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “Black Hall Outfitters”: kayaking and stand up paddleboarding
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “Laser Planet Plus”: laser tag and bumper cars
- ⊙ “Thrillz High Flying Adventure Park”: obstacle course and trampoline park



AM Drop-off/

PM Pick-up: Sycamore Hills Recreation Area

Grades: 5 – 8

Fee: \$385.00 (*Session 2 - \$231)

***Please Note:** Our Adventure Camp is not a typical summer camp. This camp has weekly field trips involving swimming, heights, and loud/busy environments.

Refund Policy: Registration closes 1 week before the start of each session. Once registration closes, no refunds will be issued.

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



Session 5: July 22 – July 26

Field Trips:

- ⊙ “Quassy”: amusement and waterpark
- ⊙ “Sports Center of CT”: laser tag, arcade, golf range, ice skating, and more
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “The Adventure Park at the Discovery Museum”: high ropes course and zip-line adventure
- ⊙ “Powder Ridge Mountain Park and Resort”: mountain biking, tubing, games, and more

Session 6: July 29 – August 2

Field Trips:

- ⊙ “Lake Compounce”: amusement and waterpark
- ⊙ “Mystic Aquarium”: exhibits and live show
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “Brownstone”: rock climbing, zip lines, waterslide, and more
- ⊙ “Sonny’s Place”: outdoor mini-golf, driving range, go-karts & more

Session 7: August 5 – August 9

Field Trips:

- ⊙ “Quassy”: amusement and waterpark
- ⊙ “Riverside Reptiles”: exhibits and wild workshop
- ⊙ “Hammonasset State Park”: beach fun and games
- ⊙ “Collinsville Canoe & Kayak”: kayaking and stand up paddleboarding
- ⊙ “End of Summer Party @ Sycamore Hills”: inflatables, games, cook-out, and more!

ADVENTURE CAMP CALENDAR 2024



THRILL



Discover



Fun in the Sun



ADVENTURE



Play



MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SESSION 1

6/24 - 6/28



SESSION 2

7/1 - 7/3



SESSION 3

7/8 - 7/12



SESSION 4

7/15 - 7/19



SESSION 5

7/22-7/26



SESSION 6

7/29 - 8/2



SESSION 7

8/5 - 8/9



specialty camps

AVON FALCONS CO-ED BASKETBALL CAMP

Boys and girls entering grades 1 – 4 – Join Coach Faucher and Coach Pedra from Avon High School Athletics for an exciting basketball camp! This camp will focus on building basketball fundamentals in a fun environment. Athletes will enjoy a full week of individual skill-building, exciting gameplay, guest speakers, and team-building exercises. Participants should wear basketball gear and sneakers and bring a basketball (with name on it), a water bottle and snack. **Min: 20/Max: 40**

- Dates:** 7/29/24 – 8/2/24 (5 classes)
- Time:** 9:00 a.m. – 12:00 p.m.
- Days:** Monday – Friday
- Location:** Roaring Brook School – Gym
- Instructors:** Drew Faucher and Kris Pedra
- Grades:** 1 – 4
- Resident Fee:** \$120.00
- NR Fee:** \$132.00



AVON FALCONS BOYS BASKETBALL CAMP

Boys entering grades 4 – 9 – Come join Coach Pedra and members of the Avon High School Basketball team for a great week of basketball! Student-athletes will enjoy a full week of individual skill-building, proper shooting technique, exciting game play, guest speakers, and game strategy. Awards, prizes and game T-shirts will be provided. Go Falcons! Participants should wear basketball gear and sneakers and bring a basketball (with name on it), a water bottle and snack. **Min: 25/Max: 65**

- Dates:** 7/22/24 – 7/26/24 (5 classes)
- Time:** 8:00 a.m. – 12:00 p.m.
- Days:** Monday – Friday
- Location:** Avon High School – Gyms
- Instructors:** Kris Pedra and Staff
- Grades:** 4 – 9
- Resident Fee:** \$145.00
- NR Fee:** \$159.50



AVON FALCONS GIRLS BASKETBALL CAMP

Girls entering grades 4 – 9 – Come join Coach Faucher for a great week of basketball with both current and former Avon High School basketball players. Each day we will implement drills that will help you become a more confident player, with an emphasis on individual skill development as well as team offensive/defensive concepts. Players will also get to test their skills in competitive games and contests. Awards, prizes and game T-shirts will be provided. We look forward to working with you and teaching you how to play the Avon Falcon Way! Participants should wear athletic attire, basketball shoes and bring a basketball (with name on it), a water bottle and snack. **Min: 15/Max: 60**

- Dates:** 7/15/24 – 7/19/24 (5 classes)
- Time:** 8:00 a.m. – 12:00 p.m.
- Days:** Monday – Friday
- Location:** Avon High School – Gyms
- Instructors:** Drew Faucher and Staff
- Grades:** 4 – 9
- Resident Fee:** \$138.00
- NR Fee:** \$151.80





**MINI SOCCER SHOTS
FUN IN THE SUN CAMP**

Boys and girls aged 2 – Mini Soccer Shots Fun in the Sun Summer Camp will provide campers with an opportunity to develop their soccer skills, their character, and their creativity. During the week we will have a whole lot of soccer. In addition, there will be a variety of age-appropriate learning such as crafts, team building exercises, and snack time. There might even be soccer story time! Mini Camp will be introducing children to fundamental soccer principles, such as using your feet, dribbling, and basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. Every participant will receive a Soccer Shots summer camp t-shirt! Participants should wear athletic clothing and cleats, and bring a water bottle, a small snack, and sunscreen.

Min: 10/Max: 30

Dates: 7/15/24 – 7/18/24 (4 classes)
(Make-up on 7/19 if needed)

Time: 8:30 a.m. – 9:00 a.m.

Days: Monday – Thursday

Location: Thompson Brook School - Field

Instructor: Shannon Perry and Staff

Ages: 2

Resident Fee: \$101.00

NR Fee: \$111.10

**SOCCER SHOTS
FUN IN THE SUN CAMP**

Boys and girls ages 3 – 6 – Soccer Shots Fun in the Sun Summer Camp will provide campers with an opportunity to develop their soccer skills, their character, and their creativity. During the week we will have a whole lot of soccer. In addition, we will have a variety of other age-appropriate learning such as crafts, team building exercises, and snack time– we might even have a soccer story time! Younger campers will utilize creative and imaginative games to work on basic soccer skills like dribbling, passing, and shooting. Older campers will focus on individual skill, tactical concepts, fitness, and leadership, providing an opportunity for children to be challenged through fun games and team interaction. Every participant will receive a Soccer Shots summer camp t-shirt! Participants should wear athletic clothing and cleats, and bring a water bottle, a small snack and sunscreen. **Min: 10/Max: 30**

Dates: 7/15/24 – 7/18/24 (4 classes)
(Make-up on 7/19 if needed)

Time: 9:00 a.m. – 11:30 a.m.

Days: Monday – Thursday

Location: Thompson Brook School - Field

Instructors: Shannon Perry and Staff

Ages: 3 – 6

Resident Fee: \$232.00

NR Fee: \$255.20



Building Up S.T.E.A.M. Using LEGO®



Boys and Girls entering grades K – 1 (must be at least 5 yrs. old) – Join E.Y.E.S. (Exceptional Youth Educational Services) for a fun week of STEAM (science, technology, engineering, arts, and mathematics) exploration. It's never too early to begin using the engineering design process! Children are working independently and cooperatively as they begin to explore simple machines using LEGO® Duplo® early childhood materials. There will be 2 or 3 motion-based projects introduced each day of the week with additional challenge activities for all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets showcasing what they built to share with family and continue the learning process outside of camp. Projects may include wedge launchers, scissor lifts, and drumming machines. **Min: 8/Max: 16**

Dates: 6/24/24 – 6/28/24 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Roaring Brook School – Library
Instructors: Exceptional Youth Education Services
Grades: K – 1 (must be at least 5 yrs. old)
Resident Fee: \$162.00
NR Fee: \$178.20

S.T.E.A.M. Works Using LEGO®

Boys and Girls entering grades 2 – 5 – Join E.Y.E.S. (Exceptional Youth Educational Services) for a fun week of STEAM (science, technology, engineering, arts, and mathematics) exploration. It's time to explore the engineering design process! Children are working with standard LEGO® materials to problem-solve engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. There will be 2-3 projects introduced each day of the week with additional challenge activities to accommodate all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets that demonstrate what they are building so they can share with family and continue the learning process outside of camp. Projects include drawbridges, flywheel cars, and amusement park rides. **Min: 8/Max: 16**

Dates: 6/24/24 – 6/28/24 (5 classes)
Time: 1:00 p.m. – 4:00 p.m.
Days: Monday – Friday
Location: Roaring Brook School – Library
Instructors: Exceptional Youth Education Services
Grades: 2 – 5
Resident Fee: \$162.00
NR Fee: \$178.20





Circuit Makers 101

Boys and girls entering grades 1 – 3 - Let's get creative with electricity! In this junior electronics class, students will gain experience with creating their own electronics, designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create many projects that they can be proud of, and each class day includes a take-home project. Participants should bring a snack for the mid-class break (peanut free). **Min: 8/Max: 20**

Dates: 7/15/24 – 7/19/24 (5 classes)
Time: 8:30 a.m. – 11:30 a.m.
Days: Monday – Friday
Location: Avon Middle School – Library
Instructor: Circuit Labs Staff
Grades: 1 – 3
Resident Fee: \$201.00
NR Fee: \$221.10

16

new!

App Inventors

Boys and girls entering grades 4 – 7 - Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea and just need to know how to make it? In this no experience-required camp, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We also explore wireless communication by building custom Bluetooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects of creating great apps and have the opportunity to build apps of their own with the support of Circuit Lab instructors. **Min: 8/Max: 20**

Dates: 7/15/24 – 7/19/24 (5 classes)
Time: 12:30 p.m. – 3:30 p.m.
Days: Monday – Friday
Location: Avon Middle School – Library
Instructor: Circuit Labs Staff
Grades: 4 – 7
Resident Fee: \$201.00
NR Fee: \$221.10



SKYHAWKS FLAG FOOTBALL CAMP

Boys and girls entering grades 2 – 7 - Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum developed by experts from USA Football, coaches will teach skills like passing, receiving, kicking, and flag-pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. Participants should wear athletic clothes and sneakers and bring a water bottle, two snacks and sunscreen. **Min: 10/Max: 30**

Dates: 7/8/24 – 7/12/24 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Field/Gym
Instructor: Skyhawks Sports Academy Staff
Grades: 2 – 7
Resident Fee: \$209.00
NR Fee: \$229.90



FOOD EXPLORERS

Pasta Week

Boys and girls entering grades 4 – 7 – Join Food Explorers for an entire week of pasta making! Every day, you'll make your own pasta dough from scratch and turn it into a delicious meal along with a fresh salad. You will be making recipes like homemade ravioli, bowties and fettuccine with a from scratch sauce. All recipes are nut free but do contain eggs, dairy and gluten. **Min: 6/Max: 12**

- Dates:** 8/5/24 – 8/9/24 (5 classes)
- Time:** 9:00 a.m. – 12:00 p.m.
- Days:** Monday – Friday
- Location:** Avon Fire Station, Company 4
- Instructor:** Food Explorers Staff
- Grades:** 4 – 7
- Resident Fee:** \$182.00
- NR Fee:** \$200.20

Cupcake Spectacular

Boys and girls entering grades 2– 5 – Join Food Explorers for a cupcake spectacular! Each day you will be making two brand new recipes from homemade cake, homemade frosting and delicious toppings. You'll make recipes like cookie dough, blackberry white chocolate, brownies, and strawberry shortcake. All recipes are nut free but do contain eggs, dairy and gluten. **Min: 6/Max: 12**

- Dates:** 8/5/24 – 8/9/24 (5 classes)
- Time:** 1:00 p.m. – 4:00 p.m.
- Days:** Monday – Friday
- Location:** Avon Fire Station, Company 4
- Instructor:** Food Explorers Staff
- Grades:** 2 – 5
- Resident Fee:** \$182.00
- NR Fee:** \$200.20

Cookie Crazy Junior

Boys and girls entering grades 2– 4 – Join Food Explorers for a week of over-the-top cookies! Forget everything you know about cookies because this week we're stepping it up a notch. Each day you will make two cookie recipes with frostings, glazes, jams, edible cookie dough bites and more. You will be making recipes like cookie nachos, caramel cheesecake cookies, French silk pie cookies and blueberry crumble cookies. All recipes are nut free but do contain eggs, dairy and gluten. **Min: 6/Max: 12**

- Dates:** 8/12/24 – 8/16/24 (5 classes)
- Time:** 9:00 a.m. – 12:00 p.m.
- Days:** Monday – Friday
- Location:** Avon Fire Station, Company 4
- Instructor:** Food Explorers Staff
- Grades:** 2 – 4
- Resident Fee:** \$182.00
- NR Fee:** \$200.20



Cookie Crazy

Boys and girls entering grades 5– 8 – Join Food Explorers for a week of over-the-top cookies! Forget everything you know about cookies because this week we’re stepping it up a notch. Each day you will make two cookie recipes with frostings, glazes, jams, edible cookie dough bites and more. You’ll be making recipes like peach cobbler cookies, chocolate chip cookie dough, cherry sundae cookies and key lime pie cookies. All recipes are nut free but do contain eggs, dairy and gluten. **Min: 6/Max: 12**

Dates: 8/12/24 – 8/16/24 (5 classes)
Time: 1:00 p.m. – 4:00 p.m.
Days: Monday – Friday
Location: Avon Fire Station, Company 4
Instructor: Food Explorers Staff
Grades: 5– 8
Resident Fee: \$182.00
NR Fee: \$200.20



18

Summer Baking Adventure

Boys and girls entering grades 3– 6 – Join Food Explorers for a week of hands-on baking! Explore advanced baking techniques like homemade dough, homemade pie crust and intricately decorated shortbread cookies. With recipes like mini apple lattice pies, strawberry twists, pear cinnamon rolls and pizza from scratch, these recipes are full of skill building and exploration. All recipes are nut free but do contain eggs, dairy and gluten. **Min: 6/Max: 12**

Dates: 8/19/24 – 8/23/24 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon Fire Station, Company 4
Instructor: Food Explorers Staff
Grades: 3– 6
Resident Fee: \$182.00
NR Fee: \$200.20



From Scratch

Boys and girls entering grades 5– 8 – Join Food Explorers for a week of from-scratch cooking! Each day you will be making two recipes completely from scratch. We’re talking about homemade tortillas, homemade pasta, homemade naan bread and more. Learn all about complex cooking techniques and skills in this hands-on camp. All recipes are nut free but do contain eggs, dairy and gluten. **Min: 6/Max: 12**

Dates: 8/19/24 – 8/23/24 (5 classes)
Time: 1:00 p.m. – 4:00 p.m.
Days: Monday – Friday
Location: Avon Fire Station, Company 4
Instructor: Food Explorers Staff
Grades: 5– 8
Resident Fee: \$182.00
NR Fee: \$200.20



**CT SOCCER NETWORK
MINI SOCCER STARS SUMMER CAMP**

Boys and girls ages 4 and 5 – CT SOCCER NETWORK is offering a shortened camp option for players aged 4 and 5 years old. The camp is run by professional coaches adhering to an age specific curriculum, which includes hundreds of touches on the ball and encourages players to develop within a holistic environment. Players will evolve through repetition and FUN based activities. Sessions will be run within a ‘child’s fantasy world’ to help players relate to the games and skills taught each day. Skills taught through the week include dribbling, passing, and shooting. Participants should wear cleats and athletic wear and bring a water bottle, snack, sunscreen, and sneakers (to wear in gym in case of rain). We recommend that campers arrive at camp with sunscreen already applied, as well as with additional sunscreen to apply as needed.
Min: 10/Max: 30

- Dates:** 6/24/24 – 6/28/24 (5 classes)
- Time:** 9:00 a.m. – 10:30 a.m.
- Days:** Monday – Friday
- Location:** Avon Middle School – Field/Gym
- Instructor:** CT Soccer Network Staff
- Ages:** 4-5 years
- Resident Fee:** \$137.00
- NR Fee:** \$150.70

CT SOCCER NETWORK SUMMER CAMP

Boys and girls entering grades 1 – 8 – CT SOCCER NETWORK will provide players of all abilities the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community. CT Soccer Network is synonymous with high-quality soccer education and boasts one of the most highly qualified and experienced staff in the state of Connecticut. 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 that promotes good sportsmanship, teamwork and most of all, FUN! Participants should wear cleats and athletic wear and bring a water bottle, snack, sunscreen, and sneakers (to wear in gym in case of rain) and a lunch if full day. We recommend that campers arrive at camp with sunscreen already applied, as well as with additional sunscreen to apply as needed. **Min: 10/Max: 30**

A.M. HALF DAY CAMP:

- Dates:** 6/24/24 – 6/28/24 (5 classes)
- Time:** 9:00 a.m. – 11:45 a.m.
- Days:** Monday – Friday
- Location:** Avon Middle School – Field/Gym
- Instructor:** CT Soccer Network Staff
- Grades:** 1 – 8
- Resident Fee:** \$222.00
- NR Fee:** \$244.20

P.M. HALF DAY CAMP:

- Dates:** 6/24/24 – 6/28/24 (5 classes)
- Time:** 12:15 p.m. – 3:00 p.m.
- Days:** Monday – Friday
- Location:** Avon Middle School – Field/Gym
- Instructor:** CT Soccer Network Staff
- Grades:** 1 – 8
- Resident Fee:** \$222.00
- NR Fee:** \$244.20

FULL DAY CAMP:

- Dates:** 6/24/24 – 6/28/24 (5 classes)
- Time:** 9:00 a.m. – 3:00 p.m.
- Days:** Monday – Friday
- Location:** Avon Middle School – Field/Gym
- Instructor:** CT Soccer Network Staff
- Grades:** 1 – 8
- Resident Fee:** \$342.00
- NR Fee:** \$376.20





SKYHAWKS TENNIS CAMP

Boys and girls entering grades 1 – 9 – Whether your child is a beginner or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Participants should wear athletic attire and bring a water bottle, two snacks, sunscreen, and a tennis racquet. **Min: 6/Max: 24**

GRADES 1 – 3:

Dates: 7/22/24 – 7/26/24 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Tennis Courts/Gym
Instructor: Skyhawks Sports Academy Staff
Grades: 1 – 3
Resident Fee: \$199.00
NR Fee: \$218.90

GRADES 4 – 6:

Dates: 7/29/24 – 8/2/24 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Tennis Courts/Gym
Instructor: Skyhawks Sports Academy Staff
Grades: 4 – 6
Resident Fee: \$199.00
NR Fee: \$218.90

GRADES 7 – 9:

Dates: 7/29/24 – 8/2/24 (5 classes)
Time: 12:00 p.m. – 3:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Tennis Courts/Gym
Instructor: Skyhawks Sports Academy Staff
Grades: 7 – 9
Resident Fee: \$199.00
NR Fee: \$218.90



specialty camps continued



SKYHAWKS TRACK AND FIELD CAMP

Boys and girls entering grades 3 – 7 – The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump, and various running and relay events. Participants should wear athletic attire and bring a water bottle, two snacks and sunscreen. **Min: 8/Max: 30**

Dates: 8/5/24 – 8/9/24 (5 classes)
Time: 9:00 a.m. – 12:00 p.m.
Days: Monday – Friday
Location: Avon High School – Track/Gym
Instructor: Skyhawks Sports Academy Staff
Grades: 3 – 7
Resident Fee: \$199.00
NR Fee: \$218.90



SKYHAWKS BEGINNER VOLLEYBALL CAMP

Boys and girls entering grades 5 – 9 – Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting, and serving. Participants should wear athletic attire and bring a water bottle, two snacks and a lunch. **Min: 8/Max: 24**

Dates: 7/15/24 – 7/19/24 (5 classes)
Time: 9:00 a.m. – 1:00 p.m.
Days: Monday – Friday
Location: Avon Middle School – Gymnasium
Instructor: Skyhawks Sports Academy Staff
Grades: 5 – 9
Resident Fee: \$224.00
NR Fee: \$246.40

21



youth programs



Anime Art

Boys and girls entering grades 5 – 8 – Calling all anime and manga enthusiasts! Whether you are looking to advance your drawing skills or are a beginner looking to learn how to draw anime-style caricatures, this class is for you! Art instructor Sofia will walk you through step-by-step how to design/draw original anime characters. The last class will include a pizza party to reward students for their hard work and a mini art showcase to show off their final designs! Participants should bring Faber Castell wooden pencils or Staedtler Mars pencils, a fine line eraser and a mixed media sketchbook. Optional: inking pens (gel, ballpoint, etc.).

Min: 6/**Max:** 16

Dates: 6/8/24 – 7/13/24 (6 classes)

Time: 12:30 p.m. – 2:00 p.m.

Day: Saturdays

Location: Avon Senior Center – Craft Room

Instructor: Sofia Oyola Morales

Grades: 5 – 8

Resident Fee: \$71.00

NR Fee: \$78.10

Cartoon Drawing

Boys and girls entering grades 1 – 4 – Do you love to draw? Join us for this fun hour-long cartoon drawing session. Learn how to draw characters from your favorite shows and even design your own characters! Beginners welcomed. Art instructor Sofia will teach the basics and help advance your technique along the way. The last class will include a pizza party to reward students for their hard work and a mini art showcase to show off their final designs! Participants should bring pencils, eraser, colored pencils or crayons, and a sketch book. **Min:** 6/**Max:** 13

Dates: 6/8/24 – 7/13/24 (6 classes)

Time: 11:00 a.m. – 12:00 p.m.

Day: Saturdays

Location: Avon Senior Center – Craft Room

Instructor: Sofia Oyola Morales

Grades: 1 – 4

Resident Fee: \$62.00

NR Fee: \$68.20



Avon Field Hockey Clinic

Girls entering grades 3 – 8 – Join Coach Terri Ziemnicki, Avon High School's Varsity Field Hockey Coach, and standout college player Rebecca Berman for this fun summer field hockey clinic for grades 3-8. Coach Z takes her 38 years of coaching experience in Avon along with Coach Rebecca's skill and excitement to pass along her passion for the game to lead this great clinic. All levels of experience are welcome, even if you have never played before. Come be a part of a great sport, learn some new skills, play some games on the turf, and check out this exciting clinic. Participants should wear sneakers/cleats and bring a field hockey stick (if you have one), shin guards, mouth guard, water bottle and goggles.

Min: 10/**Max:** 30

Dates: Session 1: 6/24/24 – 6/27/24

Session 2: 7/22/24 – 7/25/24

(4 classes each session)

Time: 6:00 p.m. – 7:15 p.m.

Days: Monday – Thursday

Location: Avon High School – Turf Field

Instructors: Terri Ziemnicki and Rebecca Berman

Grades: 3 – 8

Resident Fee: \$57.00

NR Fee: \$62.70



SAFE @Home



Boys and girls entering grades 4 – 6 – Safe@Home is a program designed for students in grades 4 to 6 to prepare them to be safe when they are home alone. Students will learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter First Aid chart and learn a system to help them assess and respond to injuries and illnesses. The cost includes a Safe@Home booklet with a first aid chart and what to do/whom to call information. Participants should wear comfortable clothes.
Min: 6/Max: 10

Date: 6/21/24 (1 class)
Time: 4:30 p.m. – 6:00 p.m.
Day: Friday
Location: Community Room at Avon Senior Center
Instructor: CPR Training Professionals
Grades: 4 – 6
Resident Fee: \$70.00
NR Fee: \$77.00

Safe Sitter Babysitter Course

Boys and girls ages 11 –14 – Safe Sitter is a program for 11–14-year-olds to learn life-saving skills so they can be safe when home alone or watching younger children. Participants will play fun games and do some role-playing exercises - including using mannequins to practice choking rescue! The cost includes a cinch sack with a Student Handbook and Completion Card, LED Flashlight, Bandage Dispenser, and Important Information Note Pad for Babysitting Jobs for each student. Please note that the class will teach CPR, but a CPR certification is not included. Students should bring a non-refrigerated bag lunch and wear comfortable clothing.
Min: 6/Max: 10

Date: 7/13/24 (1 class)
Time: 9:00 a.m. – 2:00 p.m.
Day: Saturday
Location: Community Room at Avon Senior Center
Instructor: CPR Training Professionals
Ages: 11 – 14
Resident Fee: \$164.00
NR Fee: \$180.40



Zumba® Kids!

Boys and girls entering grades 2 – 5 – Come join Meghan for a super fun class where we will experience music and dance steps from around the world! Zumba® Kids is a 45-minute dance aerobics class designed exclusively for kids ages 7-11. Each class will be a high-energy dance party with choreographed, kid-friendly routines and all the music kids love like hip-hop, reggaeton, cumbia, and more. Are you ready to get your groove on? Participants should wear comfortable clothes and sneakers and bring a water bottle.
Min: 5/Max: 10

Dates: 6/11/24 – 7/9/24 (4 classes)
(No class on 6/25)
Time: 4:15 p.m. – 5:00 p.m.
Day: Tuesdays
Location: Community Room at Avon Senior Center
Instructor: Meghan Ryan
Grades: 2 – 5
Resident Fee: \$43.00
NR Fee: \$47.30



Fall LEAGUES

REGISTRATIONS FOR THE FOLLOWING **FALL** LEAGUES BEGINS APRIL 12.
Please go to our website (www.avonrec.com) for detailed information and fees.



FARMINGTON VALLEY **Field Hockey** LEAGUE for Grades 5-6 (Girls)

- This is a recreation travel league, so there are no tryouts, cuts, etc. The goal is to get everyone involved.
- Towns involved: Avon, Farmington, Granby, Harwinton, Simsbury, and Wethersfield
- Practices will be on Wednesday evenings from 5:15 p.m. – 6:30 p.m. and will begin August 28 (date subject to change).
- Games (6 games) will be played on Sundays at 2:30 p.m. from September 8 – October 20, 2024. (No game on October 13); Rain date if needed: October 27
- Each player must bring a field hockey stick, cleats, mouth guard, shin guards, proper eye protection, and their own water bottle (plastic only). A reversible game jersey will be provided. No jewelry allowed during games.
- There will be a Coaches & Officials meeting on Wednesday, September 4, 2024, from 5:30 p.m. – 6:00 p.m. at Avon High School on the grass field hockey field.
- Volunteer Head and Assistant Coaches are needed!!!
- Registration will end on Wednesday, August 21, 2024.
- Fee: \$120.00
- Min: 12/Max: 36

FARMINGTON VALLEY **NFL FLAG FOOTBALL** LEAGUE for Grades 1-12 (Co-ed)

- This is a NON-CONTACT NFL Flag Football Program and backed by USA Football. This is a recreation league. Fundamental skills of football will be taught while incorporating values of teamwork, responsibility, and sportsmanship. Every participant will be given the chance to learn the fundamental skills of every position and be able to apply those skills in games.
- Towns involved: Avon, Burlington, Canton, Farmington, Granby, Simsbury, and surrounding towns
- Divisions: Grades 1 – 2, Grades 3 – 4, Grades 5 – 6, Grades 7 – 8, and Grades 9 – 12.
- New player ratings: Sunday, August 11 at Avon Middle School
- One weeknight practice per team per week will be held September 3 – November 1
- Games are 44-minute 5 v 5 and will be held on Sundays, September 8 – November 3 (regular game schedule); No game 10/13
- Volunteer Coaches are needed!!!
- Registration ends August 9, 2024 (FIRM – as jerseys and equipment need to be ordered in time for first game).
- Fee: \$145.00



adult programs



Zumba® w/Meghan

Come join Meghan for a super fun hour of dance where we will move our bodies to routines set to Latin and international inspired songs! This dance class features high and low-intensity intervals that help improve cardiovascular fitness. There's no experience needed, just come ready to move and groove, and burn calories while doing it! The choreography is repetitive, and you will be getting a great workout while dancing to awesome music! Participants should wear comfortable clothes and sneakers and bring a water bottle. **Min: 5/Max: 18**

SESSION 1:

Dates: 6/11/24 – 7/9/24 (4 classes)
(No class on 6/25)
Time: 5:15 p.m. – 6:15 p.m.
Day: Tuesdays
Location: Community Room at Avon Senior Center
Instructor: Meghan Ryan
Resident Fee: \$43.00 **Senior Fee:** \$38.70
NR Fee: \$47.30

SESSION 2:

Dates: 8/1/24 – 9/5/24 (5 classes)
(No class on 8/15)
Time: 4:45 p.m. – 5:45 p.m.
Day: Thursdays
Location: Community Room at Avon Senior Center
Instructor: Meghan Ryan
Resident Fee: \$54.00 **Senior Fee:** \$48.60
NR Fee: \$59.40



senior programs



Afro Dance Fitness

Come experience this truly unique form of exercise. You will learn basic Central African dance moves while getting a full body workout. Try something new while having fun! Participants should wear comfortable clothing and sneakers. **Min: 10/Max: 20**

FREE DEMO CLASS: 6/21/24, 10:30 a.m. – 11:30 a.m.

Dates: 7/10/24 – 9/13/24 (20 classes)
Time: 10:30 a.m. – 11:30 a.m.
Day: Wednesday and Friday
Location: Community Room at Avon Senior Center
Instructor: Jolie Cayer
Ages: 18 and up
Fee: \$111.00 **Senior Fee:** \$99.90
NR Fee: \$122.10



25

Summer '24

Badminton

Come and play badminton at Avon Senior Center. All levels of play are welcome. This activity is informal group play without instruction. There are three sessions available: Tuesday, Wednesday, and Thursday. You can sign up for one or more sessions. Participants should wear comfortable shoes and clothing and bring a water bottle. **Min: 8/Max: 8**

TUESDAYS:

Dates: 6/18/24 – 9/10/24 (12 classes)
(No class on 6/25)

Time: 6:30 p.m. – 8:30 p.m.

Day: Tuesday

Location: Community Room at Avon Senior Center

Instructor: Senior Center Staff

Ages: 25 and up

Fee: \$75.00 **Senior Fee:** \$67.50

NR Fee: \$82.50

WEDNESDAYS:

Dates: 6/19/24 – 9/11/24 (12 classes)
(No class on 6/26)

Time: 6:30 p.m. – 8:30 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Senior Center Staff

Ages: 25 and up

Fee: \$75.00 **Senior Fee:** \$67.50

NR Fee: \$82.50

THURSDAYS:

Dates: 6/20/24 – 9/12/24 (11 classes)
(No class on 7/4 or 7/25)

Time: 6:30 p.m. – 8:00 p.m.

Day: Thursday

Location: Community Room at Avon Senior Center

Instructor: Senior Center Staff

Ages: 25 and up

Fee: \$70.00 **Senior Fee:** \$63.00

NR Fee: \$77.00



Tai Chi

Tai Chi has been proven through scientific study to improve joint health, strengthen muscle, increase flexibility, and reduce stress-based illnesses. Australia's Doctor Paul Lam, a practicing M.D., and Tai Chi expert himself, and a team of Tai Chi and medical experts have created a simple, safe, and effective program to prevent bone loss and improve balance. Many people have enjoyed learning the program and have gained significant health benefits from a program that is especially suited to seniors and people suffering from arthritis and osteoporosis. Come see what Tai Chi can do for you! Participants should wear comfortable clothes and shoes. **Min: 10/Max: 20**

Dates: 6/19/24 – 9/11/24 (12 classes)
(No class on 6/26)

Time: 4:00 p.m. – 5:00 p.m.

Day: Wednesday

Location: Community Room at Avon Senior Center

Instructor: Ken Zaborowski

Ages: 18 and up

Resident Fee: \$71.00 **Senior Fee:** \$63.90

NR Fee: \$78.10



Zumba® Cardio Beats

This is a medium-intensity hybrid Zumba and cardio drumming class. We will warm up with a 20-30-minute Zumba class and move into 30 minutes of cardio drumming on a stability ball. This class focuses on cardio, toning, coordination, and mindfulness. This class is for all adults looking to have fun while exercising. Layered clothing and smooth-soled shoes are recommended. Participants should bring a towel and water bottle to class. Equipment for cardio drumming will be provided. **Min: 10/Max: 15**

- Dates:** 6/17/24 – 9/9/24 (12 classes)
(No class on 9/2)
- Time:** 5:30 p.m. – 6:30 p.m.
- Day:** Monday
- Location:** Community Room at Avon Senior Center
- Instructor:** Denise Lipka
- Ages:** 18 and up
- Resident Fee:** \$81.00 **Senior Fee:** \$72.90
- NR Fee:** \$89.10

Zumba Gold™

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

- Min: 8/Max: 15**
- Dates:** 6/19/24 – 9/11/24 (12 classes)
(No class on 6/26)
- Time:** 5:30 p.m. – 6:30 p.m.
- Day:** Wednesday
- Location:** Community Room at Avon Senior Center
- Instructor:** Denise Lipka
- Ages:** 18 and up
- Resident Fee:** \$86.00 **Senior Fee:** \$77.40
- NR Fee:** \$94.60



Croatia

SPAIN'S CLASSICS

Explore Spain's priceless treasures of art, history and culture set against a backdrop of sunny Mediterranean shores and grand mountain ranges. Explore the wonders of the Prado Museum. See the Cathedral of Seville, the third largest in the world. Enjoy reserved seating at a flamenco show. Visit the exotic and expansive Alhambra palace.

- DATES:** 11/01/24 – 11/12/24
- Fee:** \$4299.00 per person (double occupancy) including airfare from NYC

ALPINE LAKES AND SCENIC TRAINS

Cruise through Lago Maggiore and visit one of the beautiful Borromean Islands.

Stroll the lakeside boulevards of St. Moritz. Journey through the Bernina Pass on one of the world's most scenic railways.

- DATES:** 05/15/25 – 05/25/25
- Fee:** \$5999.00 per person (double occupancy) including airfare from NYC

CROATIA AND IT'S ISLANDS

Stand before the breathtaking waterfalls in Krka National Park. Explore the Old City of Dubrovnik with a local expert. Learn about Dalmatian winemaking in a unique viticulture museum. Enjoy a 7-Night Adriatic Cruise.

- DATES:** 10/03/25 – 10/14/25
- Fee:** \$5999.00 per person (double occupancy) including airfare from NYC



Family Movie Nights this Summer at Sycamore Hills Recreation Area

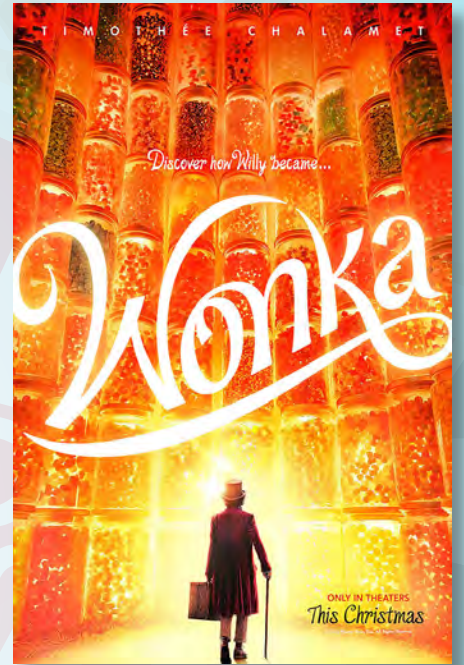
Movies will begin at dusk. However, in the event of inclement weather, they will be held indoors in the Community Room at the Avon Senior Center and will begin at 7:00 PM.



June 21, 2024



July 12, 2024



August 16, 2024

Movies licensed by Swank Motion Pictures, Inc.

28

Movie Projector, Screen and Giveaways provided by:



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