

## AVC Program Descriptions for February 2024

Program Name	Date	Time	Price	Description
Addison's Artists	Thursday, 2/1	6:00 – 8:30 pm	\$10	Valentines Day is just around the corner, and we are making LOVE BUGS! Start with a big fuzzy, furry pom pom then add eyes, antennas, wings... and lots of other embellishments to make your own valentine pal!
After-School Snack Grab	Wednesday, 2/14	2:30 pm	Free	We are preparing 120 (or more!) Valentine's grab-n-go snacks for our students. They go fast!
Barre Fitness	Tuesdays	9:00 – 10:00 am	\$5	Barre targets specific muscles through isometric movements and is an effective way to build total body strength and improve flexibility.
Basic Essentials of Pickleball	Saturdays	9:00 – 10:30 am	\$80	Group-style lessons on Saturdays in February. (3rd, 10th, 17th & 24th) Get a great foundation and build skills to play Pickleball.
Beginner Tennis Clinic - Adults	Saturdays	8:00 – 9:30 am	\$25	Group style lessons for beginner tennis players.
<b>BIG RED BUS</b>	Saturday, 2/10	10:00 am – 3:00 pm	Free	Donate blood, save a life, and get a \$20 gift card & a long-sleeved tshirt! No appointment necessary, but you can sign up in advance at <a href="http://oneblood.org/donate-now">oneblood.org/donate-now</a> and use sponsor code 65939
Bunco Club	Thursday, 3/15	6:00 – 9:00 pm	Free	A fun dice game where players try to roll and score the most points over a series of rounds. If you are new to this game, come play as you learn! Adults only.
Cardio FIT	Wednesdays	9:00 – 9:45 am	\$5	Focus on your cardiovascular health with this class using large muscle groups and high- or low-impact exercises to raise oxygen and blood flow throughout the body.
BINGO	Wednesday, 1/10	6:00 – 7:30 pm	\$5	Play 7 rounds of BINGO & win great prizes! Refreshments are served, adults only.
Choose Your Pickleball Drill – <i>Beginner (2.0-3.0)</i>	Wednesdays	9:00 – 10:30 am	\$80	4-week session on Wednesdays in February (7th, 14th, 21st & 28th). The class selects the skill/drill to work on in a group setting. This class is for beginner players at a 2.0-3.0 skill level. Max of 8 players.
Choose Your Pickleball Drill – <i>Intermediate (3.0-4.0)</i>	Mondays	9:00 – 10:30 am	\$80	4-week session on Mondays in February (5th, 12th, 19th & 26th). The class selects the skill/drill to work on in a group setting. This class is for intermediate players at a 3.0-4.0 skill level. Max of 8 players.
Family Game Night	Friday, 2/23	6:00 – 8:30 pm	Free	Bring the whole family and play games, enjoy snacks, and have fun! This event is free, but please register in advance.
Food Truck Friday!	Friday, 2/2	Starting at 3:30 pm	Variable	The first Friday of the month we are doing a special Food Truck Friday! This month, we have <b>Beachin' BBQ</b> . Be sure to come back the first Friday of every month!
Intermediate Tennis Clinic – Adults	Saturdays	9:30 – 11:00 am	\$25	Group style lessons for intermediate tennis players.
Mahjong Club	Tuesdays Thursdays	6:30 – 8:30 pm 9:30 – 11:30 am	Free	Play Mahjong in groups of 3 or 4 – suitable for all skill levels. If you are new to Mahjong, the current club members will be happy to show you how to play!
Men's Doubles Round Robin League	Saturdays 1/20 – 3/9	9:00 am – 12:00 pm	\$30	8-Week Pickleball League for Men with a 3.0 – 3.5+ skill level. 8 doubles teams will play 2 rounds of 3 games (total of 6 games each week). 16 Players max, substitutions will be each player's responsibility.
Pilates	Thursdays	9:00 – 9:50 am	\$5	Pilates exercises develop the body through muscular effort that stems from the core. Exercises are performed on a yoga mat to promote strength, stability, and flexibility.
Read Between the Wines Book Club	Friday, 1/16	6:30 – 8:00 pm	Free	Read the book of the month and discuss while enjoying a glass of wine. February's Discussion: "The Do Over" by Sharon M. Peterson
"Red Ball" Youth Tennis Clinic	Saturdays	12:00 – 1:00 pm	\$20	Group style lessons for youth tennis players who are just beginning. Use a partial court and a "red" tennis ball that is 75% slower and a bit larger than the standard ball.
Total Body Conditioning	Mondays & Fridays	9:00 – 9:50 am	\$5	A multi-level full body workout targeting all the major muscle groups. Challenging exercises will increase strength, decrease body fat, & improve overall conditioning.
Valentine's Ikebana	Monday, 2/5	6:00 – 8:00 pm	\$15	Using the art of Japanese Flower Arranging, create a special seasonal floral arrangement! You will learn the concepts through an interactive presentation, and then create your own beautiful design to take home. ALL AGES are welcome!
Valentine Story Time	Tuesday, 2/13	10:00 – 10:30 am	Free	We are reading sweet stories all about Valentine's Day! Bring your little ones to the Club Lobby for lovely books and a treat!
Women's Doubles Round Robin League	Wednesdays 1/10 – 2/28/24	9:00 am – 12:00 pm	\$30	8-Week Pickleball League for Women with a 3.0 – 3.5 skill level. 8 doubles teams will play 2 rounds of 3 games (total of 6 games each week). 16 Players max, substitutions will be each player's responsibility.
"Yellow Ball" Youth Tennis Clinic	Saturdays	11:00 am – 12:00 pm	\$20	Group style lessons for advanced youth tennis players able to utilize the full court and a standard tennis ball.
Yoga Stretch	Mondays & Fridays	10:00 – 11:00 am	\$5	A blend of stretching and strengthening postures, breath work and guided meditation to reduce stress and help restore and maintain balance, flexibility & strength.
Youth Pickleball Clinic	Saturdays	11:00 am – 12:00 pm	\$60	Group-style lessons for youth (ages 10 – 16) on Saturdays in February (3rd, 10th, 17th & 24th). Get a great foundation and build skills to play Pickleball.

### Personal Training & Lessons

Fitness Training	Stephanie O'Connell	Personal Training must be scheduled in advance by contacting Stephanie directly at 321-474-9878 or <a href="mailto:soconnell73@outlook.com">soconnell73@outlook.com</a>
Pickleball Lessons	Griselda Allen	Pickleball lessons are available for individuals and for groups. Contact Griselda directly for availability at 321-863-8402
Tennis Lessons	Ken Moore	Tennis lessons are available for individuals and for groups. Contact the front desk at 321-237-2377 or stop by the club to schedule a lesson