


AVC Program Descriptions for January 2024

Program Name	Date	Time	Price	Description
Addison's Artists	Friday, 1/12	6:00 – 8:30 pm	\$10	Let's make a snowman! We are going to create stuffed snowmen using socks, all kinds of embellishments, and lots of stuffing!
Addison Motorcycle Riders Club	Saturday, 1/20	2:00 – 3:00 pm	Free	A club for people who love motorcycles! Join us to meet fellow enthusiasts & plan rides.
Adult Social	Friday, 1/26	6:00 – 8:30 pm	Free	Join us for this first social of the new year including music, drinks, hors d'oeuvres, and socializing. 21+ This event is FREE – but please register in advance.
After-School Snack Grab	Wednesday, 1/10	2:30 pm	Free	We prepare 120 (or more!) 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 January. (13th, 20th & 27th) 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.
BIG RED BUS	Saturday, 1/13	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 oneblood.org/donate-now and use sponsor code 65939
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 – Beginner (2.0-3.0)	Wednesdays	9:00 – 10:30 am	\$80	4-week session on Wednesdays in January (10th, 17th, 24th & 31st). 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 – Intermediate (3.0-4.0)	Mondays	9:00 – 10:30 am	\$80	4-week session on Mondays in January (8th, 15th, 22nd & 29th). 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.
Food Truck Friday!	Friday, 1/5	Starting at 3:30 pm	Variable	The first Friday of the month we are doing a special Food Truck Friday! This month, we have Apollos 22. 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 1/13 – 3/2/24	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.
 NEW YEAR'S DAY	Monday, 1/1	CLOSED ALL DAY		We will be closed on New Year's Day, but we'll see you Tuesday, 1/2 at 8am!
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, 1/19	6:30 – 8:00 pm	Free	Read the book of the month and discuss while enjoying a glass of wine. January's Discussion: "Destiny of the Republic: A Tale of Madness, Medicine and the Murder of a President" by Candice Millard
"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.
Winter Break Camp	Tuesday – Friday 1/2 – 1/5	9:00 am – 3:00 pm	\$125	It's AVC's FIRST Winter Break Camp just for kids ages 5-12! We'll have lots of fun playing games, doing crafts, and making friends. Register in advance.
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 January (13th, 20th & 27th). 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 soconnell73@outlook.com
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