




AVC Program Descriptions for May 2024

Program Name	Date	Time	Price	Description
Addison's Artists	Monday, 5/27	6:00 – 7:30 pm	\$10	The kiddos are making illuminated shadow boxes! Using mini LED lights, we will create spring scenes in shadow box frames.
After-School Snack Grab	Wednesday, 5/8	2:30 pm	Free	We are preparing 120 (or more!) grab-n-go snacks for our students. They go fast!
Aqua Fit	Thursdays	9:00 – 9:50 am	\$5	A low impact, high intensity water aerobics class where no swimming skills are needed. Improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using water resistance to cushion the feet, knees and back. Water weights are available to borrow during class.
Aqua Zumba	Tuesdays	9:00 – 9:50 am	\$5	Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! This is a low-impact, high-energy aquatic exercise. Classes are held in the Family Pool!
Barre Fitness	Tuesdays	10:00 – 11:00 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	8:30 – 10:00 am	\$80	Group-style lessons on Saturdays in May. (4th, 11th, 18th & 25th) 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, 5/4	10:00 am – 3:00 pm	Free	Donate blood, save a life, and get gifts! No appointment necessary, or sign up in advance at oneblood.org/donate-now and use sponsor code 65939.
BINGO	Wednesday, 5/8	6:00 – 7:30 pm	\$5	Play 7 rounds of BINGO & win great prizes! Refreshments are served, adults only.
Bunco Club	Thursday, 5/9	6:00 – 9:00 pm	Free <i>(optional \$5 buy-in to win prizes)</i>	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. Bring a snack/dessert/drink to share! Contact Angel Jacobs at angeldith88@yahoo.com for more info.
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.
Choose Your Pickleball Drill – <i>Beginner (2.0-3.0)</i>	Mondays	8:30 – 10:00 am	\$80	4-week session on Mondays in May (6th, 13th, 20th & 27th). 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	10:00 – 11:30 am	\$80	4-week session on Mondays in May (6th, 13th, 20th & 27th). 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, 5/3	Starting at 4:00 pm	Variable	The first Friday of the month we are doing a special Food Truck Friday! This month, we have Taco Maniacs . Be sure to come back the first Friday of every month!
Ikebana for Kids – 3 part series!	1 Saturday/month 4/13, 5/25 & 6/29	9:00 – 11:00 am	\$20 <i>(for all 3 classes)</i> \$10 <i>(one time drop-in)</i>	<u>4/13 - Class 1</u> - Kids are making air-dry clay vases, going on a nature walk to look at all the plants around us, and making a small floral arrangement to take home. <u>5/25 - Class 2</u> - Kids are painting the vases made during the first class, learning more about Ikebana flower concepts, and making a small floral arrangement to take home. <u>6/29 - Class 3</u> - Kids are building on their Ikebana skills and making arrangements in their finished vases and taking the completed projects home!
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!
	Saturday, 5/4	6:00 – 9:00 pm	FREE	It's the best party in the Galaxy! See your favorite Star Wars characters, watch Rogue One on the mega outdoor screen, visit the food trucks, bounce houses, sensory play area, and make your very own mini light saber in the kids' craft area!
Mimosas for Mom 	Sunday, 5/12	11:00 am – 1:00 pm	FREE	Let's celebrate MOM today! Stop by the club lobby any time between 11:00 am and 1:00 pm to get your complimentary mimosa! Drinks are FREE, and you must be 21+.
Mom's Social 	Friday, 5/10	6:00 – 8:00 pm	FREE	This is a special social time for moms of all ages to relax, chat, and have treats! We will have wine, snacks, and special craft/gift making stations. This event is FREE, but please register in advance!
"Orange Ball" Youth Tennis Clinic	Wednesdays	6:00 – 7:00 pm	\$20	Group style lessons for youth tennis players who have learned the basics. Orange balls have less bounce and are lighter so children can develop good techniques on a court that is a smaller area for them to cover.
Pilates	Thursdays	10:00 – 10:50 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.
Prosecco Class	Friday, 5/3	6:00 – 8:00 pm	\$25	Prosecco is a sparkling wine mostly made in the Veneto region, Italy. But there is so much more to this bubbly beverage! Learn all about Prosecco while sampling different varieties in this interactive class!
Read Between the Wines Book Club	Friday, 5/31	6:30 – 8:00 pm	Free	Read the book of the month and discuss while enjoying a glass of wine. May's Discussion: "Never Lie" by Freida McFadden. Contact Club Leader, Pam Sowell, at PSowell@hotmail.com for more information
"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.
Travel Club	Tuesday, 5/14	6:30 – 7:30 pm	Free	If you love to travel, this is the club for you! There are updates about the cruise, and new opportunities for day trips! Contact Club Leader, Gil Pohl, at GilPohl@gmail.com for more information.
"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 May (4th, 11th, 18th & 25th). Get a great foundation and build skills to play Pickleball.
Zumba	Tuesdays Thursdays	7:00 – 7:50 pm 11:00 – 11:50 am	\$5	Zumba is an aerobic dance-inspired workout that is all about having fun. This class looks and sounds more like a dance party! Suitable for all fitness levels.

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.
Swim Lessons	Angelia Hartman	One-on-one swim lessons for children and adults. Contact the front desk at 321-237-2377 or stop by the club to schedule a lesson.
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.