

AVC Program Descriptions for July 2024

Program Name	Date	Time	Price	Description
Addison's Artists	Wednesday, 7/17	6:00 – 7:30 pm	\$10	This month we are making DRAGON EGGS! Yours can be magical, scary, beautiful, or any design and color you like! We will be using air dry clay, gems & embellishments to make giant decorated eggs.
Addison Village Club for Lifelong Learning	Wednesday, 7/17	12:00 – 1:30 pm	Free	A brand new club to celebrate learning and authentic dialogue! Be a part of the first meeting to help select future topics of discussion and classes. If you have an area of expertise and would like to share it, we would love to have you join us as well! This club is free to attend, but we ask that you please register in advance. Contact Barbara.Ketchum@addisonvillageclub.com with any questions!
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, 7/13 – 7/27	8:30 – 10:00 am	\$60	Group-style lessons on Saturdays in July. (13 th , 20 th & 27 th) 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	Thursday, 7/4	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, 7/10	6:00 – 7:30 pm	\$5	Play 7 rounds of BINGO & win great prizes! Refreshments are served, adults only. July's theme is BACKYARDS & BBQ BINGO – every prize is perfect for your next cookout or outdoor party!
Bourbon Class	Friday, 7/12	6:00 – 8:00 pm	\$25	Bourbon Class is back! Learn for the first time or come back for a refresher to hear about the history, legal requirements, bourbon vocabulary, and best of all – TASTE BOURBONS! Register now... space is limited! (21+ only)
Bunco Club	Saturday, 7/11	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. July is Patriotic Bunco – wear your red, white & blue! Bring a snack/dessert/drink to share! A few bottles of wine, soda & water will be provided – but feel free to bring your own "adult sippy cup!" Adults only. Please register in advance online or at the club.
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.
Food Truck Friday!	Friday, 7/5	Starting at 4:00 pm	Variable	The first Friday of the month is a special Food Truck Friday! This month, we have Appollos 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!
"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.
Read Between the Wines Book Club	Friday, 7/19	6:30 – 8:00 pm	Free	Read the book of the month and discuss while enjoying a glass of wine. July's Discussion: "America's First Daughter," by Laura Kamoie and Stephanie Dray. This club meeting is FREE and you may 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.
RED, WHITE & POOL Party!	Thursday, 7/4	12:00 – 3:00 pm	Free	It's best pool party of the year – our annual 4 th of July Pool Party! The DJ will be setting the party mood with great music, a caricature artist will be here making custom portraits, we'll have a waterslide, and an indoor sensory play area for the little ones! We have 5 amazing food vendors: Vibes, Pinch of Rodriguez, Cookie Nook, Nitro Sushi, & Cocktails 2 You. This event fills up quickly – you may want to bring along a chair for poolside lounging. We also ask that you keep pool floats & toys to an absolute minimum.
Tasty Tuesdays	Tuesdays 7/2 Carin's 7/9 Indian River Smokehouse 7/16 Space Coast Tots 7/23 Beachin' BBQ 7/30 TBD	12:00 – 3:00 pm	Variable	Every Tuesday a food truck is coming to serve up lunch to our summer camp kiddos and YOU! Plan to have a yummy lunch while relaxing by the pool!
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.
Waterslide Wednesdays	Wednesdays	10:00 am – 4:00 pm	Free	All summer long we have a waterslide planned for our summer camp kiddos on Wednesdays! But when they're not using it, it is open to ALL our club members! Plan to make a SPLASH and have fun on the slide!
"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, 7/13 – 7/27	11:00 am – 12:00 pm	\$45	Group-style lessons for youth (ages 10 – 16) on Saturdays in July (13 th , 20 th & 27 th). 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.