

### AVC Program Descriptions for August 2024

Program Name	Date	Time	Price	Description
Addison's Artists	Wednesday, 8/21	6:00 – 7:30 pm	\$10	This month we are making zippered pencil cases and crazy pen & pencil toppers! You can customize yours with a wide array of color themes! We will be using felt, zippers, special zipper pulls, trims & embellishments to make amazing zippered pouches and pencil creations that will be the envy of the school!
Addison Village Club for Lifelong Learning	Tuesday, 8/13 Tuesday, 8/27	12:00 – 1:30 pm	Free	A new club to celebrate learning and authentic dialogue! Club participants 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 <a href="mailto:Barbara.Ketchum@addisonvillageclub.com">Barbara.Ketchum@addisonvillageclub.com</a> with any questions!
After-School Snack Grab	Wednesday, 8/14	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!
 BACK TO SCHOOL BASH	Friday, 8/2	4:00 – 8:30 pm	Free	School's almost back in session, but the party is ON at AVC! At our annual Back to School BASH, the DJ will be setting the party mood with great music, and the Face Painter will get the kids looking festive to head out to 4 bounce houses & obstacle courses! We have 5 amazing food vendors who will have tasty treats for every palate. Make sure to stop by the rock painting station to create something unique for yourself – or to donate to Ana's Rock Garden in North Solerno Park!
Basic Essentials of Pickleball	Saturdays, 8/10 – 8/31	8:30 – 10:00 am	\$80	Group-style lessons on Saturdays in August. (10th, 17th, 24th & 31st) Get a great foundation and build skills to play Pickleball.
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.
Beginner Tennis Clinic - Adults	Saturdays	8:00 – 9:30 am	\$25	Group style lessons for beginner tennis players.
<b>BIG RED BUS</b>	Saturday, 8/10	10:00 am – 3:00 pm	Free	Donate blood, save a life, and get gifts! No appointment necessary, or sign up in advance at <a href="http://oneblood.org/donate-now">oneblood.org/donate-now</a> and use sponsor code 65939.
BINGO	Wednesday, 8/14	6:00 – 7:30 pm	\$5	Play 7 rounds of BINGO & win great prizes! Refreshments are served, adults only. August's theme is ENDLESS SUMMER – every prize will celebrate summer and the great state of Florida!
Bunco Club	Thursday, 8/8	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. August is <b>Tropical Bunco</b> – wear your Hawaiian shirts and island wear! Bring a snack/dessert/drink to share! 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.
Choose Your Pickleball Drill	Mondays	8:30 – 10:00 am	\$60	The class selects the skill/drill to work on in a group setting. Every Monday from 8:30am-10am (12th, 19th & 26th). 3 Week session \$60 per person. Max of 8 Players
Discover SCUBA	Saturday, 8/3	9:00 am – 3:00 pm	Free	Learn about SCUBA & give it a try in the Club Pool with experts from Space Coast Dive Center! All the gear will be supplied - just come ready to enjoy learning to breathe underwater! You must reserve your FREE time slot in advance. Ages 10 and over only.
Family Game Night	Friday, 8/23	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 <b>THURSDAY!</b>	Thursday, 8/1	Starting at 4:00 pm	Variable	The first Friday of the month is a special Food Truck Friday! This month we're doing it on a <b>THURSDAY</b> with <b>Smashtown Burgers</b> . Be sure to come back the first Friday of every month!
Ikebana Club – Open House	Thursday, 8/22	5:00 – 7:00 pm	Free	You are invited to this open house-style club meeting to get a sneak peak at future meetings! We will be serving green tea and Japanese sweets! See Ikebana demonstrated by Bia Ades, Hijiri Ikenobo, Shihan Master 1st Grade. This event is totally free, but please sign up in advance!
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.
Poker Club	Wednesday, 8/21	1:00 – 3:00 pm	Free	A new club for everyone who loves the game of poker or who would like to learn how to play! This is intended as a low-stakes, social-friendly game! Please join us for the first club meeting this month!
Read Between the Wines Book Club	Friday, 8/19	6:30 – 8:00 pm	Free	Read the book of the month and discuss while enjoying a glass of wine. August's Discussion: "The Teacher," by Freida McFadden. This club meeting is FREE and you may contact Club Leader, Pam Sowell, at <a href="mailto:PSowell@hotmail.com">PSowell@hotmail.com</a> 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.
Story Time with Miss Barbara	Friday, 8/16	10:00 – 10:30 am	Free	Come and listen to books read aloud by Miss Barbara. This month we are reading stories all about back to school! Light refreshments will be served. This event is totally free, and there is no registration required!
Tennis Social	Saturday, 8/24	5:00 – 7:30 am	Free	Coach Ken wants to say, “THANK YOU!” to all the tennis players & tennis families! Join us for this fun social for all ages to have refreshments and maybe even win a prize! If you haven't yet joined in the tennis fun at AVC - this is your chance to meet the coach and other people who love to play! This event is totally free, but please register in advance!
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.
“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, 8/10 – 8/31	11:00 am – 12:00 pm	\$60	Group-style lessons for youth (ages 10 – 16) on Saturdays in August (10th, 17th, 24th & 31st). 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 <a href="mailto:socconnell73@outlook.com">socconnell73@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.
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.