


**AVC Program Descriptions for September 2024**

Program Name	Date	Time	Price	Description
Addison Village Club for Lifelong Learning	Tuesday, 9/10 Tuesday, 9/24	12:00 – 1:30 pm	Free	A club to celebrate learning and authentic dialogue! Club participants help select future topics of discussion. 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, no need to register in advance. Contact <a href="mailto:Barbara.Ketchum@addisonvillageclub.com">Barbara.Ketchum@addisonvillageclub.com</a> with any questions!
Addison's Artists	Wednesday, 9/17	6:00 – 7:30 pm	\$10	This month we are making scarecrow lanterns! Using decoupage techniques, glue, fun accessories and a flameless candle - you can create your very own glowing scarecrow just in time for fall!
Addison Motorcycle Riders Club	Saturday, 3/16	2:00 – 3:00 pm	Free	A club for people who love motorcycles! Join us to meet fellow enthusiasts & plan rides.
After-School Snack Grab	Wednesday, 9/11	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!
Basic Essentials of Pickleball	Saturdays, 9/7 – 9/28	8:30 – 10:00 am	\$80	Group-style lessons on Saturdays in September. (7th, 14th, 21st & 28th) 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, 9/21	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, 9/11	6:00 – 7:30 pm	\$5	Play 7 rounds of BINGO & win great prizes! Refreshments are served, adults only. September's theme is Sports FANatics! – every prize will be something to help you play or celebrate your love of sports! Wear your favorite team/sport attire!
Bunco Club	Thursday, 9/5	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. September is <b>80's Bunco</b> – come dressed up with lots of hairspray and neon! 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	\$80	The class selects the skill/drill to work on in a group setting. Every Monday from 8:30am-10am (9th, 16th, 23 <sup>rd</sup> & 30th). Max of 8 Players
<b>Fall Adult Social</b> 	Friday, 9/27	6:00 – 8:30 pm	Free	Join us for a lovely evening just for adults! Heavy hors d'oeuvres, beverages, entertainment and a even a few prizes! This event is free, but please register in advance!
"Fall Prevention" Class <i>Taught by Health First</i>	Tuesday, 9/10	11:30 am – 12:30 pm	Free	Balance and fall prevention. If you or someone you know has fallen, you're not alone. More than one in four people age 65 years or older falls each year. The risk of falling and fall-related problems rises with age—but they can be prevented. Join us for a free course that will teach you of the prevalence of falls and their serious consequences as well as ways to reduce your risks of falling.
First Friday Food Truck	Friday, 9/6	Starting at 4:00 pm	Variable	The first Friday of the month is a special Food Truck Friday! This month we have two great vendors - <b>Sagi &amp; Kiquo's Hot Dogs</b> & <b>The Cookie Nook</b> . Be sure to come back the first Friday of every month!
Ikebana Club – Open House	Thursday, 9/12	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	Wednesdays	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 a friendly game every Wednesday!
Poker Club – in the <b>EVENING</b>	Friday, 9/6	6:30 – 8:30 pm	Free	You asked – and we programmed it! A Poker Club meeting in the EVENING 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 a friendly Friday night game!
Read Between the Wines Book Club	Friday, 9/20	6:30 – 8:00 pm	Free	Read the book of the month and discuss while enjoying a glass of wine. September's Discussion: "When I Was White," by Sarah Valentine. 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.
Rest Day Rendezvous	Monday, 9/23	6:00 – 8:00 pm	Free	Join Coach Stephanie for an evening of fun without the workout! This is a FREE event to have fun with everyone who has taken a fitness class or maybe just thought about taking one! Light refreshments, beverages, socializing, and maybe even some prizes!
"Stop the Bleed" Course <i>Taught by Health First</i>	Monday, 9/9	5:00 – 6:00 pm	Free	The number one cause of a preventable death after injury is bleeding. Please join us for a free, interactive course that will teach you how to recognize life-threatening bleeding and intervene effectively. This one-hour class includes video demonstrations, lecture, and hands-on training. Upon completion of the course, you will receive a STOP THE BLEED certificate.
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, 9/7 – 9/28	10:00 – 11:00 am	\$60	Group-style lessons for youth (ages 10 – 16) on Saturdays in September (7th, 14th, 21 <sup>st</sup> & 28th). 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.
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.