

SPRING 2016

# Avalon Angle

## Manager's Report – From Jack Cox

I would like to take this opportunity to welcome all Avalon members and guests to the upcoming summer activity season. The staff and I are looking forward to another safe, enjoyable and activity packed time of fun and relaxation. I enjoy the pleasure of seeing the many familiar faces once again after the long winter months.

I have always viewed activity surrounding Avalon as the "quiet side of excitement." While some members sit and read a good book others simultaneously splash in the pools, play tennis and comfortably converse with friends and loved ones.

I consider a great strength of Avalon to be its family friendly environment. Each year new members are coupled with the "old timers" to create a unique and special atmosphere.

Please make a point to introduce yourself to anyone you have not been acquainted with. I think you will find the relationships you can build at Avalon to be quite positive.



Speaking of new people, the Avalon family would like to extend a special welcome to our new tennis pro, **Sean Reynolds**. Sean has taught tennis at several tennis clubs around the Richmond area. He is a certified P.T.R. Tennis Professional and serves on the Virginia USTA Junior Team Tennis Committee.

Regardless if you consider yourself a novice or advanced tennis player, please avail yourself to the vast knowledge Sean brings to the game. We would like to congratulate Avalon's own home-grown **Kenley Smalkowski** who was hired to serve as our dive team head coach. Kenley has positively represented Avalon's dive team as a participant and assistant coach for many years. Helping Kenley this year will be our new assistant coach, **Joe O'Connor**.

**Jason Blake** will be returning as our head swim team coach. Assisting Jason will be **Cristina Muncy** a long time swimmer at Avalon for several years. Filling out the swim team staff will be returning coaches **Taryn Blake** and **Martha Ann Sperandio**.

Once again Gator Camp will be up and running under the leadership of **Preston Blackburn**. Preston leads a program that provides outstanding activity for children that incorporates swimming, tennis and other fun activities.

## Opening day is Saturday May 28

### Pool Hours

**May 28 - June 17**  
12 to 7 pm

**June 18 - July 30**  
11am to 9pm

**July 31 - September 5,**  
Sunday to Thursday  
10 am to 8 pm

Friday and Saturdays,  
11 am to 9 pm



Avalon Recreation  
Association

## Manager's Report (continued)

**We had several new developments related to facilities that took place over the winter.**

First, the return line in the lower pool was replaced. The drain was original to the facility. It was comprised of galvanized pipe that had eroded to a precariously thin degree. Despite a heavy construction process, a new CPVC line was installed which should improve filtration and water flow a great deal as well as provide years of quality service.

Secondly, we put up another playground/gym set for older children (ages 6-11) next to the tennis office. Our first set was installed at the end of the last swim season in the baby pool area.

The baby pool was resurfaced, and an aquatic basketball goal will be installed next to the lifeguard stand in the upper pool to add additional activity based fun for members.



## Virginia Lottery Chooses Avalon

One of the most exciting developments related to Avalon took place in April. The Virginia State Lottery was searching around central Virginia for a location to film a summer season themed commercial.

After visiting Avalon, they chose our facility. They loved the beautiful layout of our grounds and the over-all quality of our facility. This commercial will be shown all over the state promoting the Virginia Lottery.

The all-day 15 hour filming process was expansive (multiple trucks/tractor trailers of equipment, many producers, actors/actresses, writers, cameras, lighting, cords, etc.). It was a real honor to be chosen. So if you are watching TV and notice something familiar with the VA State Lottery commercial this summer...you are not seeing things, it really is Avalon!

**Keep an eye on our web site for a link to the video!**

## It's here...the summer of 2016! Next year it will only be a memory. What memories will you and your family make this year at Avalon?

### Opening Day?!

One of my favorites - the annual rite of the beginning of summer, chilly water and all. Seeing friends that you haven't had a chance to see over the "off-season".

### Swim meets?!

Avalon swimmers and divers will likely break some records this year. There will be future Division 1 NCAA swimmers and divers, and possibly an Olympian or two (we're rooting for you, Joe O'Connor...and Tyler Harris went to Olympic trials in 2012).

Or who can forget the Mites on their first 25 meter swim, giving it everything they have just to make it across the pool. And the look of pride on their faces when they finish and hop confidently out of the pool. Maybe even their first heat winner ribbon!

### Candy!

Maybe some excitement on the tennis courts. There's something memorable about those summer morning tennis games, with a misty scent just before the sun gets hot. Or maybe an evening of "family tennis" that your kids will relive one day with their children.

Join an Avalon USTA team and maybe go to Nationals (again)...that would be unforgettable! If you need to learn, Sean Reynolds loves to teach tennis!

Some day you might reminisce about the "2016 summer of pickleball"! It's the latest craze, a hybrid tennis-badminton-ping pong game for all ages. I plan to challenge some fellow Board Members.

There are movie nights, family float nights, and parties for teenagers and elementary schoolers. There's a Ladies Night Social and a 4th of July Party!

### More Candy!

Family reunions are always memorable! Try a poolside family re-union of 3 (or maybe even 4) generations, complete with a limeade for grandma and an Oreo ice cream bar for grandpa. That's a memory for the books!



If you're like me, maybe the simpler pleasures are your thing...sitting on the side of the baby pool with your toddler in your lap, dipping her feet in the water as she kicks and splashes. Those times are gone for me, but the memories are there.

One day you might reminisce about how you and your pool friends solved all of the world's problems while the kids were wearing themselves out in the pool. The kids will remember that very deep summer sleep that only comes after a long summer day outdoors swimming and climbing on the new playset.

Who can forget the mini pizzas!? Maybe not CPK, but there's something about 'em that is "unforgettable", especially when followed by an ice cream "novelty". Or maybe a timeless Snowcone from the real machine!

## Did I mention Candy?

How about memories of a summer evening poolside party with live music, beer, great food, and fantastic friends? Say no more...come to the Adult social with the rest of us and enjoy music by local favorite musician, Rick Schaffer, into the late summer evening.

If you're looking for more interactive memories...get involved! There's no better way to get to know people. Opportunities abound to pitch in and be part of the planning and implementing of the endless activities at Avalon. Just inquire.

Or just reach out and make a new friend. You never know, you might find yourself in a great conversation with a charismatic nonagerian with a half century of Avalon memories. I did.

**GO AHEAD! DIVE IN!  
MAKE SOME MEMORIES!**

## 2016 Summer Social Events

### Avalon Open House

Sunday, May 15, 2pm – 4pm

### Pool opens

Saturday, May 28, 12pm-7pm

### Memorial Day Cookout

Monday, May 30, 12pm – 2pm

### Adult Social

Friday, June 10, 7pm – 11pm

### Pizza Party

Friday, June 17, 12:30 pm

### Father's Day Fun-Day

Sunday, June 19, 3pm – 4pm

### Middle School Social

Wednesday, June 22, 7pm – 9pm

### Ladies Night Out

Thursday, June 30, 7pm – 11pm

### July 4th Parade & Cookout

Monday, July 4, 12pm – 4pm

### Family Float Night

Friday, July 15, 7pm – 9pm

### Family Float Night

Friday, August 12, 7pm – 9pm

### Family Movie Night

Friday, August 26, 8pm – 10pm

### 3rd-5th Grade Social

Monday, August 29, 5pm – 7pm

### Labor Day "Fun Day Sun-Dae"

Monday, September 5, 12 noon

### Corn-Hole Tournament

Saturday, September 17

All events subject to change  
(including cancellation due to weather).



## Gator camp 2016 Schedule

Monday – Friday  
9:00 am – 1:00 pm  
(rain or shine)

SESSION I	JUNE 20 – JUNE 24
SESSION II	JUNE 27 – JULY 1
HOLIDAY	JULY 4 – JULY 8
SESSION III	JULY 11 – JULY 15
SESSION IV	JULY 18 – JULY 22
CHAMPS!	JULY 25 – JULY 30
SESSION V	AUGUST 1 – AUGUST 5

## Gator Camp fees

- The cost for members is \$175 per week per child.
- The cost for non-members is \$195 per week per child.
- There is a \$10 sibling discount for child number two and up.
- Daily Member drop-in rate is \$40/day with advance registration.
- Daily Non-Member drop-in rate is \$50/day with advance registration

Please make checks payable to **Avalon Recreation Association**. Payment by bank check only. **Thank you for your cooperation!**

## REMEMBER

**The grill will be open every Friday night throughout the summer!**

## Swimming

### Gators Swim Team

The Avalon Gators Swim Team consists of approximately 190 swimmers who participate in the James River Aquatic Club (JRAC) league. This summer we will compete in the blue (Upper) division of JRAC. We have 4 wonderful coaches that help our swimmers have a fun and competitive season.

To participate in the Avalon swim team, a swimmer must be able to safely cross one length of the pool using any stroke. If you have a child who wants to participate in the team but needs to work on completing a length of the pool, our Mini Mites pre-team may be a good fit. This program offers more hands-on instruction with the coaches to help swimmers gain confidence to swim independently.

To learn more, please visit:  
<http://www.avalonclub.org/swim>

### Avalon Swim Lessons

For schedule and costs, please visit:  
<http://www.avalonclub.org/lessons>

Sign up for classes and private lessons by calling **Sharon Ligon** at 741-9423 or by email: **sharon.ligon@sothebysrealty.com**, or at the pool office when the pool opens on Saturday, May 28th.

There is a blue/black registration binder on the shelf to the left when you enter the pool office. You may sign up your child for the class that works for you. Again, private lessons are set up directly with the instructors.

Payment for classes/ privates can be made anytime before the class begins to the instructor or the pool office!! We must have at least four students to make a class!

If you have any questions or want a particular class to be taught, please contact me. **Summer is coming!!**

## Diving

### Gators Dive Team

The Dive Team competes with other local clubs through the summer (see the Schedule for this year's events).

Divers are taught proper diving techniques during safe and fun practices and they compete with others of their own age and skill category.

To learn more, please visit:  
<http://www.avalonclub.org/dive>

#### Age Groups

A child's age group is determined by his/her age on June 1st of the competition year. Seniors may compete until they reach their 19th birthday.

<b>MITES</b>	<b>9 AND YOUNGER</b>
<b>MIDGETS</b>	<b>10 AND 11 YEARS OLD</b>
<b>JUNIORS</b>	<b>12 AND 13 YEARS OLD</b>
<b>INTERMEDIATES</b>	<b>14 AND 15 YEARS OLD</b>
<b>SENIORS</b>	<b>16 AND OLDER</b>

Divers must be registered in order to practice and/or participate in meets. Avalon rules stipulate that children under age 9 cannot be left at the pool without supervision of a responsible person age 13 or older. This applies to dive team practice as well.

If your child is having a private lesson with one of the coaches, you must pay in the office prior to the lesson. You will be given a receipt to present to the coach at the time of the lesson.

Questions about dive team?  
Contact Len Archer at 285-9767

#### LOOKING TO KEEP IN SHAPE?

### Avalon is introducing an Adult Morning Swim

For more details, please visit:  
<http://www.avalonclub.org/morningswim/>

# Tennis at Avalon

## Tennis Lessons with Sean Reynolds

### Private Lessons

To schedule a private lesson contact the tennis office at [avalon.tennis.office@avalonclub.org](mailto:avalon.tennis.office@avalonclub.org) or call (804) 750-2726.

### Private Lesson Costs (1 hour)

	Member	Non-Member
Private	\$45/lesson	\$50/lesson
Semi-Private (2 people)	\$25/lesson	\$30/lesson

### Group Clinics

Gather 2 or more friends and schedule a group clinic! Contact the tennis office at [avalon.tennis.office@avalonclub.org](mailto:avalon.tennis.office@avalonclub.org) or 750-2726.

### Group Clinic Costs (1 hour)

	Member	Non-Member
3 people	\$20/lesson	\$25/lesson
4+ people	\$15/lesson	\$20/lesson

Payment by cash or check is due at the time of instruction. Cancellations require 24 hours advance notice.

## Ladies Suburban Teams

Avalon is proud to field Richmond Suburban Ladies Tennis League teams. If you are new to Avalon Tennis, joining a Suburban League team is a great way to meet other members and have fun! Avalon has teams for players at the beginner and intermediate levels. Suburban match play consists of singles and doubles and runs for seven weeks in the Spring and Fall.

If you are returning to Ladies Suburban please contact your team captain. If you have not played Ladies Suburban in the past but would like to, contact the tennis office.

**Please contact the tennis office at (804) 750-2726 with any questions.**

## Spring 2016 Avalon Junior Tennis Clinics

### 2016 SUMMER SESSION I - JUNE 20 - JULY 22

Registration for Session I of Avalon's summer junior tennis clinics is under way! If you are interested in pairing up tennis and swimming in the afternoon, tennis clinics will be held prior to that age group's swim practice, with a 15 minute break in between (30 minute break for ages 4-6).

**Registration is done online via [signupgenius.com](http://signupgenius.com)**

### How does it work?

Pick a day and a time (Mondays from 9:30-10:00 for example). Bring your child on that day and time for the 5 weeks of that session! Payment is due in full at the first clinic. Make ups for the same class on a different day or time will be made available as needed.

Have a question? Send an email to: [avalonrecreationtennis@gmail.com](mailto:avalonrecreationtennis@gmail.com)

### Little Reds (ages 4-6)

\$50 per session (5 weeks)  
Minimum 3, Maximum 6 (2 instructors for 5+)

### Big Reds (ages 6-8)

\$70 per session (5 weeks)  
Minimum 3, Maximum 8 (2 instructors for 5+)

### Orange Future Stars (ages 8-10)

\$90 per session (mornings - 5 weeks),  
\$70 per session (afternoons - 5 weeks)  
Minimum of 3, Maximum of 8 (2 instructors for 5+)

### Yellow (ages 11-13)

\$90 per session (5 weeks)  
Minimum 3, Maximum 8 (2 instructors for 5+)

For more information or to register contact the office at: [avalonrecreationtennis@gmail.com](mailto:avalonrecreationtennis@gmail.com)

Limited space available!

**For more details, schedules and pricing, please visit: <http://www.avalonclub.org/juniorclinics/>**

# Avalon Angle

AVALON RECREATION ASSOCIATION  
510 Heathfield Road  
Henrico, Virginia 23229

Pool Office: 804-740-8593  
Tennis Office: 804-750-2726  
Membership: 804-719-1386

## In conclusion, we would like to remind the membership of the following:

- The speed limit on Avalon property is 5 mph at all times.
- The tennis key will unlock both the tennis gate and tennis bathroom.
- Apart from Avalon's sanctioned activities, anyone on the property after 10:00 PM will be considered trespassing.
- Each member of Avalon has a responsibility to encourage others to abide by the rules governing facility use to ensure the enjoyment and safety of all members and guests.
- Consumption of alcohol is prohibited on Avalon property apart from Avalon Board sanctioned approved activities.
- The Adolf Room is available for rental during the summer swim season only. See the manager on duty for details.
- Members are encouraged to get updates on all Avalon activities on our website [www.avalonclub.org](http://www.avalonclub.org)
- Shutting down the pool area on the last day of the season is hard for some, but because many of our staff start school before Labor Day and the remainder start the day after, we want our membership to be aware of the following:  
On Labor Day the baby pool will close at 4 pm, the lower pool at 5 pm and the upper pool will close at 6 pm.

Our primary objective and greatest priority continues to be an ongoing commitment to facility safety.

Members are expected to assist in this commitment as we enjoy the summer swim season. And while it is impossible to be all things to all people, my goal is to provide an environment at Avalon that, as much as possible, safely fulfills the many expectations of our diverse membership.

Therefore, if any matter surfaces that needs management attention, please come to the office and notify us immediately.

*I hope everyone has a safe and fun season at Avalon!*

**Jack Cox, General Manager**