



Avalon Recreation  
Association

# Avalon Angle

## 2025

Greetings Avalon Members!

The Avalon Board of Directors and Management Team are excited to kick off the 2025 season and are looking forward to another fun-filled summer. This starts with the Avalon Open House on Sunday May 4<sup>th</sup> from 2-4 pm. With the pool opening just round the corner on May 24<sup>th</sup>, this year's Avalon Angle provides all the information you need to ensure that you can take advantage of all that Avalon has to offer.

A busy Spring has included many improvement projects around the club. Notably, the entire pool deck is being resurfaced to give the pool area a fresh, clean look. This comes on the heels of painting and roofing the main club house and is complemented by a new roof on the pavilion and front gate. New flags on the lower pool and lane lines for swim meets have been purchased as well. All together our club pool area is revitalized and ready to host members this summer!

Racquet sports keep the club active year-round. The tennis program has grown leaps and bounds, in large part due to our tennis pro, Monica Sgritta. With a heavy slate of clinics, Monica is a regular voice heard on the lower tennis courts as she instructs young and old, new and advanced players alike. The tennis fervor is also built on our many, avid USTA and suburban league tennis players - the Spring season is well underway, and our teams bring fierce competition. Now, a year after completion, the tennis pavilion serves as a central gathering area for teams. Fit with tables, chairs, and now an outdoor TV, the pavilion is an area to socialize and take in matches on our upper tennis courts. Be sure to check out information on the Avalon tennis program in this year's Angle.

The Board is very excited to welcome Heath Allen as Head Swim Coach. Heath is a familiar face and has served as assistant swim coach with Avalon for several years. We expect he will be right at home as he steps into the head coach role. Additionally, we are happy to welcome back Coach Martha Commander for her 19th season as Head Dive Coach! Martha has helped make diving a staple of Avalon aquatics with divers excelling in regional and state competition. Best of luck to our coaches and aquatics teams this season!

Avalon will again offer swim lessons this summer for the kids who aren't quite yet ready for the aquatics teams. For the adults, morning lap swim will start in mid-June and run through mid-August. More details about all the Aquatics teams and offerings can be found below. Additionally, you will find more important information about Gator Camp, social events, important dates, guest and nanny passes, and more.

For nearly 70 years, Avalon has provided a fun, relaxing, and family-friendly atmosphere to generations of members. An essential element for operations is sufficient insurance coverage. Recently the Board made a challenging decision to prohibit alcohol consumption (with the exception of special events) in order to retain insurance and maintain operations. While we understand this may present an inconvenience, this move was necessary to keep the club open and thriving - for another 70 years and beyond!

Cheers,  
Avalon Board of Directors

## **Managers' Report**

I would like to take this opportunity to welcome all Avalon members and guests to the upcoming summer activity season. It is hard to imagine, but this is our 68th year of operation. Over these many years, Avalon's goal has always been to create an environment of rest and enjoyment for all members and their guests. The staff and I are looking forward to another safe, enjoyable summer of relaxation with family and friends.

I always enjoy the pleasure of seeing the many familiar faces once again after the long winter months. I consider the greatest strength of Avalon is 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.

The Avalon family would like to welcome our new head swim coach Heath Allen. Heath brings a wealth of knowledge and experience to our strong swim team program. Returning is his excellent assistant coach, Ashley Cryer. New to the coaching staff are outstanding swimmers Jaleh Javadpour, Lilly Chang and Helena Freiden.

Veteran Martha Commander will continue to serve as our very capable dive team head coach. Martha has positively represented Avalon's dive team as a participant and coach for many years. Helping Martha this year will be our own excellent home-grown divers Skylar Daniel, Maggie Wallace, Grady Brookshier and Francis Fischi.

Our very successful Gator Camp program will be run under the leadership of directors Page Brookshire and Michelle Gay. They and their staff are delightful with children.

Our ARA tennis pro Monica Sgritta has taken our tennis activities to new heights with her outstanding coaching and program development. She has, over the last few years, led our tennis-related activities with great enthusiasm and professionalism. She is committed to providing high levels of instruction for all ages and ability levels.

We also want to welcome back our very capable swim lesson/clinic instructor, Anne Van Lenten and her assistant Ashley Cryer. Anne is an exceptional swim instructor with significant experience and possesses a very good rapport with children of all ability levels and their parents.

We have some new facilities developments of note that took place in the off season. First, we replaced the swim team starting block anchors that needed replacement because of age and will provide complete stability and safety for our swim team members. We also plan to resurface the concrete pool decks. They will provide a strong acrylic surface and will result in a beautiful uniform color. Along with the pool decks, we are going to resurface courts 6, 7, and 8. Light poles located on the west side of court 5 are also being replaced due to storm damage from last August. These two poles will have state of the art LED lights to provide outstanding and efficient

lighting for the courts. We also replaced damaged pipe hangers in the lower pump room and installed a water fill bypass in the upper pump room.

This year, we are opening Memorial Day weekend (Saturday May 24 to Monday May 26), and the operating hours will be 11 am to 8 pm. Regular pre-season hours of operation from 12 pm to 7 pm will go into effect from Tuesday May 27 to Thursday May 29. Starting Friday May 30 through Sunday, August 17, the hours of operation will be 11 am to 9 pm. Please see our [website](#) for the operating hours associated with the remainder of the season through Labor Day.

We will continue our very popular Friday evening grilling starting June 6. On most Friday nights through August 15, we will be grilling hamburgers, cheeseburgers and hotdogs for sale for members and guests between the hours of 5:30 to 7:30 PM at very reasonable prices. Bring down your family and friends on Fridays to relax by the pool and enjoy a fresh grilled burger and/or hotdog.

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

- The speed limit on Avalon property is 5 mph at all times.
- 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.
- The Adolf Room is available for rental during the summer swim season only. See the [ARA website](#) for more details.
- Members are encouraged to get updates on all Avalon activities on our [website](#) or on [Instagram](#)
- Shutting down the pool area on the last day of the season is hard for some, but because many of our staff are now starting school long before Labor Day, 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.

My primary objective and greatest priority continues to be an ongoing commitment to facility safety. We have three managers who are Certified Pool & Spa Operators with the National Pool and Hot Tub Alliance and one manager who is a Certified Food Protection Manager. I ask that members assist in this overall commitment to facility safety 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!

Ronnie Cox  
General Manager ARA

## **Pool Hours & Important Pool Dates**

### **Pool Hours**

Opening Weekend (Sat 5/24 – Mon 5/26): 11am – 8pm

Pre-Season (Tue 5/27 – Thurs 5/29): 12pm – 7pm

Regular Season (Fri 5/30 – Sun 8/17): 11am – 9pm

End of Season (Mon 8/18 – Mon 9/1): Hours will be communicated at a later date.

### **Important Pool Dates**

Sat May 24 – Opening Day

Mon June 9 – Home Swim Meet (pools close at 4pm)

Thurs June 12 – Home Dive Meet at 1pm (upper pool closes at noon, lower pool remains open)

Thurs June 19 – Home Dive Meet at 1pm (upper pool closes at noon, lower pool remains open)

Mon June 23 – Home Swim Meet (pools close at 4pm)

Fri June 27 – Ladies Night (pool closes at 6pm)

Mon July 7 – Home Swim Meet (pools close at 4pm)

Tues July 8 – Home Dive Meet at 1pm (upper pool closes at noon, lower pool remains open)

Fri July 11 – Adult Social (pool closes at 5:30)

Mon July 14 – Girls Dive Champs 9am (upper pool closed, lower pool remains open)

Tues July 15 – Boys Dive Champs 9am (upper pool closed, lower pool remains open)

Thurs Aug 21 – Men's Sausage Fest (pool closes at 6pm)

Mon Sep 1 – Closing Day

## Summer Events

### MAY

**4<sup>TH</sup>** - SUNDAY - 2-4 PM - OPEN HOUSE

**26<sup>TH</sup>** - MONDAY - STARTING AT NOON - MEMORIAL DAY COOKOUT

**30<sup>TH</sup>** - FRIDAY - STARTING AT 4 PM - LAST DAY OF SCHOOL PIZZA PARTY \$

### JUNE

**8<sup>TH</sup>** - SUNDAY - 12-3 PM - FOOD TRUCK SUNDAY

**15<sup>TH</sup>** - SUNDAY - STARTING AT NOON - FATHER'S DAY FUN

**20<sup>TH</sup>** - FRIDAY - 5-8 PM - FOOD TRUCK FRIDAY / FLOAT NIGHT

**27<sup>TH</sup>** - FRIDAY - STARTING AT 7 PM - LADY'S NIGHT SOCIAL \$

### JULY

**4<sup>TH</sup>** - FRIDAY - STARTING AT NOON - FOURTH OF JULY FUN AND PARADE

**11<sup>TH</sup>** - FRIDAY - STARTING AT 7 PM - ADULT SOCIAL

**18<sup>TH</sup>** - FRIDAY - 5-8 PM - FOOD TRUCK FRIDAY

**24<sup>TH</sup>** - THURSDAY - 5-9 PM - MIDDLE SCHOOL SOCIAL \$

**27<sup>TH</sup>** - SUNDAY - 12-3 PM - FOOD TRUCK SUNDAY

### AUGUST

**7<sup>TH</sup>** - THURSDAY - 5-7 PM ELEMENTARY SCHOOL SOCIAL \$

**15<sup>TH</sup>** - FRIDAY - 5-8 PM - FOOD TRUCK FRIDAY / FLOAT NIGHT

**21<sup>ST</sup>** - THURSDAY - STARTING AT 7 PM - SAUSAGE FEST \$

**24<sup>TH</sup>** - SUNDAY - 12-3 PM - FOOD TRUCK SUNDAY

### SEPTEMBER

**1<sup>ST</sup>** - MONDAY - STARTING AT NOON - SUNDAE FUN DAY

## **Avalon Tennis**

Avalon tennis is in full swing!

Develop your game with Club Pro Monica Sgritta. We offer clinics and lessons designed for all levels. Never played? Rusty game? Ready to take your game to the next level? There's a clinic for you! Register today!

We are also offering two new weeklong junior camps for 7–17-year-olds: August 5-9 & Aug 12-16 from 9-11:30 am.

Sign up for clinics and camps is available on the website: <https://www.avalonclub.org/tennisclinics/>

We'll be hosting Round Robin Socials throughout the season. Sign up for these fun events through our [website](#):

- Memorial Day
- 4th of July
- Labor Day
- Turkey Bowl

Avalon also plans to host the Autumn Cup again this year and we are working on other potential tournaments to be held at Avalon in 2025.

Court reservations for tennis and pickleball can be made on [reservemycourt.com](https://reservemycourt.com).  
Avalon's code is ARA510.

Looking for a birthday, anniversary or special occasion gift, we offer tennis gift certificates. Tennis court keys (\$5) and ball machine keys (\$100 for the year) can be purchased in the Avalon or Tennis office, or by contacting Monica: [avalontennisdirector@gmail.com](mailto:avalontennisdirector@gmail.com)

The tennis restroom code is 512.

## **Swim Team**

My name is Heath Allen and I'm excited to be joining the Avalon Gators for my second season. I started swimming with the James River River Rats when I was 6 years old. Around that time, I started swimming year-round at SEVA in Newport News Virginia. During my high school years at Woodberry Forest School, I swam every season of every year and was a captain in my senior year. My coaching experience began at Woodberry Forest in 2014 where I stayed for four years, and in that period our team hosted the state championship meet three times which were some of the most fun experiences in my life! I'm excited to begin coaching at Avalon and look forward to getting to know everyone and seeing some great swimming! Go Gators!

**Assistant Coaches** - Jaleh Javadpour, Lilly Chang, & Helena Freiden **Pre-Team Coach** -Ashley Cryer

### **2025 Swim Team Practice Schedule**

#### **Pre-Season May 12th - May 30th**

8 & Under 4:15-5:00 PM

9-10 Year Olds 5:00-6:00 PM

11-18 Year Olds 6:00-7:00 PM

#### **Regular Season Starts June 2nd (Monday)**

##### **Monday, Wednesday-Friday Mornings:**

**\*\*No Tuesday Mornings\*\***

8 & Under 8:15-9:00 AM

9-10 Year Olds 9:00-10:00 AM

11-18 Year Olds 10:00-11:00 AM

##### **Tuesday-Friday Afternoons:**

**\*\*No Monday Afternoons\*\***

Pre-Team 3:00-3:30 PM

8 & Under 3:30-4:15 PM

9-10 Year Olds 4:15-5:15 PM

11-18 Year Olds 5:15-6:15 PM

### **2025 Swim Meet Schedule**

Monday, June 2 @ Hermitage

Monday, June 9 vs. Ridgetop

Monday, June 16 @ Kanawha

Monday, June 23 vs. Southampton

Monday, June 30 @ Country Club of Virginia

Monday, July 7 vs. Three Chopt

Wednesday, July 16 Champs @ CSAC (Collegiate School Aquatic Center)

Sunday, July 13 – Swim Team Banquet 6 PM

#### **New 8 & Under Swim Evaluations**

Saturday, May 10 @ NOVA Regency - 2:30 PM



## **Dive Team**

We are pleased to announce that Martha Commander will be returning as our Head Coach. Martha has been the Head Coach at Avalon for 19 years. We are excited to have Maggie Wallace back as our assistant coach this year! Maggie joined the Avalon Dive Team when she was a mite diver and was on the team for many years. We will also have Frances Fischi and Grady Brookshier returning as assistant coaches. Both Frances and Grady have been Avalon divers for many years and have been assistant coaches for the last two years. We are pleased to have Skyler Daniel join our assistant coaches this year. Skylar has been on the Avalon Dive Team for many years too! We are very fortunate to have these experienced and fun coaches as our leaders.

Please register your child for the Dive Team on the [Avalon website](#) and complete the JRAC waiver to participate. Parents will be asked to sign up for 2 “jobs” when they register. Some jobs involve helping at a meet and others involve providing snacks, water, popsicles, donuts, etc.

### **Dive Team Practice Schedule**

Dive practice begins on Tuesday, May 27<sup>th</sup>. Come to the practices that are most convenient for you. The practice schedule is as follows:

#### **May 27th- May 30th**

Monday-Friday – 4:15 to 5:00 or 5:00 to 5:45

#### **June 2 –July 9<sup>th</sup>**

Mondays – 9:00 to 11:00

Tuesdays- 9:00 to 11:00 and 4:00 to 5:30

Wednesdays-9:00 to 11:00 and 4:00 to 5:30

Thursdays-9:00 to 11:00 – Meets are in the afternoon starting at 1:00

Fridays – 9:00 to 11:00

### **Dive Meet Schedule**

1<sup>st</sup> meet – Thursday, June 12th -1:00 at Avalon versus CCV

2<sup>nd</sup> meet - Thursday, June 19th – 1:00 at Avalon versus Burkwood

3<sup>rd</sup> meet - Thursday, June 26th – 1:00 at Woodmont

4<sup>th</sup> meet - TUESDAY, July 1st– 1:00 at Three Chopt

5<sup>th</sup> meet – TUESDAY, July 8<sup>th</sup> -1:00 at Avalon versus Kanawha

Monday, July 14th – 9:00 –Girls Champs at Avalon

Tuesday, July 15th – 9:00 –Boys Champs at Avalon

Thursday, July 17<sup>th</sup> – 6:30 – Dive Team Dessert Banquet

Please mark your calendars with the above dates. Our coaches work very hard with the children and look forward to seeing them perform in meets so please try to schedule camps and vacations at times that will not conflict with the dive schedule. Contact Len Archer [[poohsnacks@aol.com](mailto:poohsnacks@aol.com)] with questions.

## **Swim Lessons**

\$50 Member / \$65 Non-Member per week (4 lessons). Classes must have a minimum of 3 participants.

Please register on the [ARA website](#) through your Community Pass Account. Payment is due at the time of registration.

Private lessons and adult private lessons upon request. Private lessons are scheduled with the lessons coordinator by calling 804-564-6070 or emailing [araswimlessons@gmail.com](mailto:araswimlessons@gmail.com). Registration and payment is made **AFTER** the lesson has concluded in CommunityPass. \*Scheduled private lessons missed will result in a lesson fee.

Contact [ARASwimLessons@gmail.com](mailto:ARASwimLessons@gmail.com) with questions.

### **About the Instructors:**

**Anne Van Lenten** has been involved in the swimming world since infancy. She grew up swimming for her local swim team, The Dahlgren Sharks, was a founding member of the RAYS USS swim team, a lifeguard, a Red Cross water safety instructor, and a JRAC swim coach. Currently, she is a second grade teacher at Maybeury Elementary School, a USA-S referee, starter, chief judge, and strokes and turns official, a NCAA and VHSL swim official, parent of a former W&L Collegiate swimmer, a current DSF high school swimmer, and a current NOVA swimmer. Anne enjoys being a part of the Avalon swim family as the swim lesson coordinator and as a swim instructor.

**Ashley Cryer** has been a member of the Avalon Gators swim team since 2011, a member of the Tuckahoe Tiger Sharks, and the DSF high school swim team. She is a certified YMCA swim instructor and returning Avalon swim instructor. She is a graduate of DS Freeman High School and is a rising junior at The University of Virginia. Ashley has a passion for helping children learn water safety through having fun in the water.

### **Group Lesson Schedule:**

|        |                   |
|--------|-------------------|
| Week 1 | June 9 - June 12  |
| Week 2 | June 16 - June 19 |
| Week 3 | June 23 - June 26 |
| Week 4 | June 30 - July 3  |
| Week 5 | July 7 - July 10  |
| Week 6 | July 14 - July 17 |
| Week 7 | July 21 - July 24 |

\*Fridays will be inclement weather make-up days.\*

| <p><b>Level 1</b><br/>9:00 -9:30<br/>Mon. - Thurs.<br/>ages 3 -5</p>  | <p><b>Level 2</b><br/>9:30 - 10:00<br/>Mon.- Thurs.<br/>ages 4 -8</p>  | <p><b>Level 3</b><br/>10:00 - 10:40<br/>Mon.-Thurs.<br/>ages 5 -10</p>   |
|---|--|--|
| <p>This level is for swimmers who have never had lessons or are not comfortable doing the skills listed below.<br/>Skills taught:</p> <ul style="list-style-type: none"> <li>● Get face/eyes wet unassisted</li> <li>● Blows bubbles</li> <li>● Submerses head completely under water</li> <li>● Comfortably floats on back with or without instructor's help</li> <li>● Kicks on kickboard, but with help</li> <li>● Kicks on back, but with help</li> <li>● Jumps from the side to the instructor</li> <li>● Streamline to and from the wall unassisted</li> <li>● Retrieves objects from underwater</li> </ul> | <p>This level is for swimmers who are comfortable in the water.<br/>Skills taught:</p> <ul style="list-style-type: none"> <li>● Begin basic strokes – freestyle, backstroke</li> <li>● Kicks on breast unassisted</li> <li>● Kicks on back unassisted</li> <li>● Begins rhythmic breathing</li> <li>● Swims ½ length of pool unassisted</li> <li>● Rotates from breast to back</li> <li>● Retrieves objects from underwater</li> <li>● Treading water</li> </ul> | <p>This level is for swimmers who have mastered Level 1 &amp; 2 skills and can serve as a bridge to pre-team or swim team.<br/>Skills taught:</p> <ul style="list-style-type: none"> <li>● Demonstrated mastery of all Level 2 skills; progress to 25 yards freestyle and backstroke</li> <li>● Diving, flips in water/flip turns</li> <li>● 25 yards legal breaststroke kick with kickboard</li> <li>● 25 yards legal breaststroke kick with arms (1 kick/1 pull with glide)</li> <li>● Retrieves objects from deep water</li> <li>● Treading water</li> <li>● Intro to diving</li> </ul> |

## **Avalon Adult Morning Swim**

Avalon will again offer adult morning swim this summer! Adult morning swim offers members aged 18 and over the opportunity to use the pool for lap swim in the mornings before the pool opens for regular activities. This is an unstructured, open swim time. Lane lines will be in place and lifeguards are on duty.

### **The Details**

- Dates: June 9<sup>th</sup> through August 15<sup>th</sup>
- Days: every Monday, Wednesday, and Friday
- Time: 6:15am to 8:15am
- Cost: \$45 individual, \$65 couple
- Who: Avalon members aged 18 and older only

Please register on the [ARA website](#) through your Community Pass Account. Payment is due at the time of registration.

## **Gator Camp 2025**

### ***Dive into summer fun at Gator Camp!***

*Gator camp is a week-long camp for children ages 5-10. Camp activities include swimming, tennis instruction with Avalon coaches, games, arts & crafts, and most of all, FUN! Camp runs from 9am-1pm, Monday through Friday. Campers will need a bathing suit, towel, goggles, sunscreen, tennis racket (not required), a snack, and a bag lunch. Popsicles are provided at Gator Camp!*

#### **Fees:**

The cost for members is \$210 per week per child.

The cost for non-members is \$230 per week per child.

There is a \$10 sibling discount for child number two (or for each additional sibling) if they sign up for the same week.

\*Daily member drop in fee is \$55/day with advance registration

\*Daily non-member drop in fee is \$65/day with advance registration.

\*Drop in availability is determined by weather and occupancy numbers.

#### **Payment:**

Registration is now closed. There is currently a wait list for Gator Camp every week. Click the "waitlist" link on the [Gator Camp page](#) of the Avalon website to be added. Full payment is due May 15. 50% is due at the time of registration, and the remaining 50% is due by May 15th.

**Schedule:** Monday-Friday, 9am-1pm

Week 1: June 9-13

Week 2: June 16-June 20

Week 3: June 23-July 27

Week 4: June 30-July 4

Week 5: July 7-July 11

Week 6: July 14-July 18

Thank you for your continued support of Gator Camp! We are looking forward to another great summer of camp! ~ Page & Michelle, [AvalonGatorCamp@gmail.com](mailto:AvalonGatorCamp@gmail.com)



## **Other Info**

### **Social Media**

Don't forget to follow our Instagram pages. [AvalonClubRichmond](#) is our main page and [Avalon.Gators](#) is our dedicated Swim & Dive Team page.

### **Nanny Passes**

Nanny passes for your baby sitter can be purchased via [Community Pass](#) for \$30. They are good for the entire season. If you use multiple babysitters, you only need to purchase one pass.

### **Pool Guest Fee**

Avalon charges a \$5 per person guest fee for pool use. Guests must be accompanied by an Avalon member. Guest fees are payable at the front gate.

### **Tennis Guest Fee**

Avalon charges a \$5 per person tennis guest fee. Guests must be accompanied by an Avalon member. Guest fees payments can be made via Venmo to @avalon-tennis.