

# Spring 2024 Programs

The mission of the Sky High Adventure Center is to facilitate and support the development of healthy, active lifestyles for people of all ages in Averill Park and surrounding communities.



## Chair Yoga with Kim Favro

**Dates:** Thurs, 4/18 to 5/23

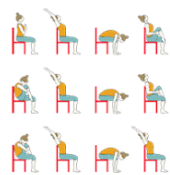
**Time:** 5:30PM-6:30PM

**Participants:** Ages 16 & up

**Capacity:** 12

**Cost:** \$70/6 weeks, \$15 walk-in

Want to get back into Yoga or try Yoga for the 1st time? Chair Yoga just might be for you! Join experienced Yoga instructor, Kim Favro (500 Hr. Certified Teacher, RYT 200), and enjoy the physical, mental and spiritual benefits of less strenuous Chair Yoga.



## Kids Summer Tennis Camp



**Dates:** Mon to Thurs

**Session 1:** 7/8 to 7/11

**Session 2:** 7/15 to 7/18

**Time:** 9:00AM to 12:30PM

**Participants:** Ages 7 to 12

**Capacity:** 25

**Cost:** \$175/week, \$300/2

weeks, partial scholarships are available

**Location:** APHS Tennis Courts.

This is a fun Summer Tennis Camp for young beginners with "The Tennis Coach" Joe Behson. Junior racquets are highly recommended and will be provided if campers do not have one. Campers should bring a light lunch, snacks & water. All campers will receive a Tennis Camp t-shirt.

## Let Your Artistic Talent Shine



John Hebert is a former Marvel Comics illustrator who has drawn Punisher, X-Men, Jonny Quest and many more! He will teach general drawing and figure drawing.

**Dates:** Tues, 4/16-5/21

**Time:** 5:00PM- 6:00PM

**Participants:** Middle & High School students

**Capacity:** 12

**Cost:** \$60

## Building Healthy Habits



**Dates:** Tues, 4/23 to 6/11 (no class 5/21 & 6/4)

**Time:** 5:30PM to 6:30PM

**Participants:** Families w/ youth, 3rd grade & up

**Capacity:** 12

**Cost:** Free, donations appreciated

Felisha Chandler, Building Healthy Habits Educator from Cornell Cooperative Extension of Rensselaer County will teach families how to prepare healthy and cost efficient meals. Recipes shared at every class as well as nutritional newsletter. Participants will have a chance to win a gift at the end of the class series. Lessons are fun and interactive.

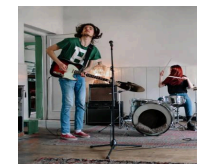
## Open Mic Night

**Date:** Wed, 4/24

**Time:** 5:30PM-7:30PM

**Cost:** Free, donations appreciated

Attention musicians, singers and entertainers of all ages. There is a lot of talent in our community and SHAC is the new place for people to rehearse, perform and showcase their talents. The performance space includes a PA system, speakers, a mixer, microphones and stands, and necessary cables.



## Surfing for Beginners

**Dates:** Friday, 4/29

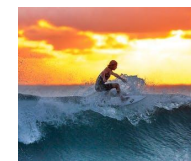
**Time:** 6:30PM- 8:00PM

**Participants:** All ages

**Capacity:** 12

**Cost:** Free, donations appreciated

John Bell, a retired NYS engineer, took up surfing in his mid-40s and hasn't stopped since! Join him as he presents an overview of surfing, demonstration, and how to start.



**How to Register** Scan QR code; visit <https://SHACcenter.org/> OR complete separate paper form

**Donations for programs will go to development of future SHAC programs and facilities.**

**Questions? Please contact [jbehson@nycap.rr.com](mailto:jbehson@nycap.rr.com)**

## Spring 2024 Programs



### Energy Boosting Thyroid Balancing Workshop

**Dates:** Tuesday, 4/30

**Time:** 6:00PM- 7:00PM

**Capacity:** 9

**Cost:** Free, donations appreciated

Are you tired of being tired all the time? Could it be your thyroid? Join Grace Loney, Certified Integrative Nutrition Health Coach, as she teaches you the pillars used to overcome constant fatigue, stubborn weight, crippling stress & anxiety as well as discovering strategies to achieve sustained energy and confidence.

### Outdoor Cycling for Everyone

**Dates:** Tues, 4/9 to 5/28

**Time:** 6:00PM-7:30PM (sunset)

**Participants:** Ages 11 & up

**Capacity:** 16

**Cost:** Free, donations appreciated



Coaches John and Kathy have been coaching cycling, spinning and triathlon for decades. We will ride local backroads & review riding

safety/principles, training, endurance and fitness. Show up at 5:45pm rain or shine. Indoor option if bad weather. Equipment needed: Bicycle, Helmet, Lights for front and back of bicycle, repair kit with extra tube for your tire, Heart rate monitor(optional), water bottle carrier and bottles.

### Spring Ahead with SHAC!!! Spring Into Summer-Spring Fling

**Saturday, May 18th 11am-4pm**

**Repair Cafe(9am-12 noon)**

**Live Music, Fun Kids Activities, Sports Swap,  
Raffles, Food & Fun for the whole family!**

### Archery Lessons and Friday Fun



**Dates:** Fri, 4/26 to 5/31

**Time:** 6:30PM- 7:30PM

**Participants:** Ages 9 & up

**Capacity:** 12

**Cost:** \$110 or \$20 per night

National Archery in Schools

Program (NASP) Certified Instructors, Jeanne Bubie, John Slyer and Craig McMillen will offer introductory youth & adult archery opportunities & practice. All equipment will be provided.

### Bring Your Own Device Tech Help

**Dates:** Wed, 4/17

**Time:** 1:00PM- 2:00PM

**Participants:** Adults

**Cost:** Free, donations appreciated

Michelle St. Louis, Cornell

Cooperative Extension's Digital

Literacy Resource Educator, will provide

personalized assistance to help you get the most out of your cell phone, laptop, or tablet.



### Movie Nights

**Dates:** Fri, 4/26, 5/31 & 6/14

**Time:** 6:00PM- 8:00PM

**Participants:** All ages

**Cost:** Free, \$10 STEM kit option

Registration Required. Sponsored by Girl Scout Service Unit 51 and Girl Scout Troop 1052. Bring your blanket/chair. Food available for purchase.



*This flyer is distributed by the Averill Park School District as a community service to students and parents for information purposes only. This program is not affiliated with, nor endorsed in any way by the Averill Park CSD. Students are not required to attend.*

### O.W.L. Academy Homeschool Open House

**Dates:** Thurs, 5/30

**Time:** 10:30AM- 12:00PM

**Participants:** Families, ages 4+

Do you want to be part of a long-term consistent community? Enjoy being involved in your child's education? O.W.L. Academy is a family centered homeschool group with classes held on Thurs, Sept to May, 10am to 2pm at SHAC!



### Women's Circle

**Dates:** Thurs, 4/25, 5/23, 6/27

**Time:** 5:30PM to 6:30PM

**Capacity:** 10

**Cost:** Free, donations appreciated

A group for women, run by women.

How often are you caring for others and not yourself? Living in a linear world can be exhausting and even cause burn-out. This is a group where women can gather, connect, and hold space for one another. Conversations center around reconnecting with the divine feminine, being seen and heard, reclaiming your power, as well as honoring and caring for your body, mind and soul.



**How to Register** Scan QR code; visit

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