

Adult & Senior Programs

Multi-class discount!

Sign up for two or more classes, pay the higher class fee and receive \$10 off the additional lower priced class(es). Classes that are eligible for this discount are Body Conditioning, Stability Ball Workout, Define Yourself and Stretch & Relax. Classes are on-going and can be joined at any time. Pro-rated fees of 1/2 off the original price will apply only after the session is half way over *as long as space is available*. Check with your physician prior to participating. Children are not allowed in the gym during classes. Bring a water bottle to class.

Ages: Adults & Seniors

Session I: January 2- March 15, 2019 (no 2/18) **Session II:** March 25- June 7, 2019 (no 5/27)

BODY CONDITIONING

Learn the proper exercise techniques to maximize your workout. An easy to follow low-impact aerobic workout gets your heart pumping. Strength and balance training and a stretch are also incorporated into the classes. The routines change regularly so your mind and body are constantly challenged. Bring a water bottle, sneakers, and a positive attitude. If you want to use 5lb. weights please bring them. Instructors: Michelle Anderson & Daryl Brazo



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|----------------------------------|----------------------------------|-----------|----------------------|----------|
| Mondays, Wednesdays, Fridays | 9:00-10:00am | Swift Gym | \$60 | 11 weeks |
| Session I : Course Code# WIN0024 | Session II: Course Code# SPR0024 | | (Dates listed above) | |

STABILITY BALL WORKOUT

This class incorporates the use of a stability ball for core strength and to improve balance. Participants will be required to bring their own stability ball to and from class. Instructor: Daryl Brazo

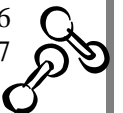


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|---|--|-----------|----------------------|
| Mondays | 10:00-10:45am | Swift Gym | (Dates listed above) |
| Session I : \$40 (9 wks) Course Code# WIN0025 | Session II: \$45 (10 wks) Course Code# SPR0025 | | |

DEFINE YOURSELF!

Balance, strength & stamina are important for overall health, movement & fall prevention. This total body strength & toning class will improve all of that. All levels are welcome as we develop the strength & core stability needed to keep us agile and strong. Weights up to 5lbs. are provided. If you want 8-10 lbs weights please bring them. Participants must be able to get down on the floor. Instructor: Michelle Anderson (Dates listed above) 11 weeks

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|------------|---------------|-----------|------|----------------------|------------|
| | | | | Session I | Session II |
| Wednesdays | 10:00-10:45am | Swift Gym | \$45 | Course Code# WIN0026 | SPR0026 |
| Fridays | 10:00-10:45am | Swift Gym | \$45 | Course Code# WIN0027 | SPR0027 |



STRETCH & RELAX

Stretching is an important exercise to keep your body limber and flexible. Join the class as they receive a full body stretch with a gentle and slow flow of static stretches and breathing. Stretching is important for people who exercise on a regular basis. This class is great for older adults to improve muscle control and balance. Participants must be able to get on the floor. Bring a mat if you have one and a water bottle to class. Instructor: Natalie Thibodeau

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|--|--------------|---------------------|-----------------------|--|
| Thursdays | 9:15-10:15am | Parks & Rec. Office | | |
| Session I January 3 – March 14, 2019 (no 2/21) | | \$50 (10 wks) | Course Code# WIN0028 | |
| Session II April 4- June 6, 2019 (no 4/18) | | \$45 (9 wks) | Course Code # SPR0028 | |



ZUMBA FITNESS

Fee: See below for individual & multi class discounts

10 & 11 weeks

The Zumba program fuses hypnotic Latin and international music for a fun and effective aerobic-dance workout. Easy to follow, calorie burning dance-fit program. Bring a water bottle, face towel, a sense of humor, and a smile.

Instructor: Natalie Thibodeau

| | | | | | Session I | Session II |
|------------------|-----------|--------------|-----------|---------------|-----------|------------|
| 16 yrs to Adults | Tuesdays | 5:15-6:15pm | Swift Gym | Course Code# | WIN0029 | SPR0029 |
| 16 yrs to Adults | Thursdays | 5:15-6:15pm | Swift Gym | Course Code# | WIN0030 | SPR0030 |
| 16 yrs to Adults | Saturdays | 9:30-10:30am | Swift Gym | Course Code # | WIN0031 | SPR0031 |

Session I January 3 – March 16, 2019 \$25/class or take 2 classes for \$40, take all 3 classes for \$52

Session II April 2 – June 8, 2019 \$28/class or take 2 classes for \$44, take all 3 classes for \$58



HULA HOOP FITNESS

“Hooping” is an evolving form of movement, fitness & meditation. We explore off body hooping, moving within the space of the hoop and rhythm. Even if you couldn't hoop as a kid I promise you will have a better experience using larger "adult sized" hoops. The bigger and heavier the hoop is, the easier it is to keep up! Hoops are available to use, but if you have a hoop please bring it with you. Instructor: Jessie Jewels

| 16yrs to Adults | Tuesdays | 6:30-7:30pm | Swift Gym | | | |
|-----------------|----------------------------|-------------|-----------|--------------|---------|--|
| Session I | January 8 – March 12, 2019 | 10 weeks | \$63 | Course Code# | WIN0032 | |
| Session II | March 26 – June 4, 2019 | 11 weeks | \$69 | Course Code# | SPR0032 | |



BELLY DANCING

Shimmy, shake and undulate! Have fun while gaining flexibility, strengthening muscle and burning calories. You will also learn about the rich culture and history of this ancient art form. All body types welcome! No prior dance experience required. Wear comfy clothes, you do not have to show your belly. Hip scarves/coin belts will be provided.

Instructor: Jessie Jewels

| 16yrs to Adults | Tuesdays | 7:30-8:30pm | Swift Gym | | | |
|-----------------|----------------------------|-------------|-----------|--------------|---------|--|
| Session I | January 8 – March 12, 2019 | 10 weeks | \$63 | Course Code# | WIN0033 | |
| Session II | March 26 – June 4, 2019 | 11 weeks | \$69 | Course Code# | SPR0033 | |



PILATES

This Pilates Mat Class helps tone, lengthen and elongate the muscles as well as strengthen your core- the Powerhouse, the Girdle of Strength! The class focuses on proper form, how to find a breathing rhythm that works for your movement as you enhance your balance and overall strength. Participants must be able to get down on the floor. Foam mats available, but you may bring your own and a water bottle. Instructor: Lori Mars

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|------------------|---------|---------------|---------------------|------|-------|
| Adults & Seniors | Mondays | 10:00-11:00am | Parks & Rec. Office | \$44 | 8 wks |
| Adults & Seniors | Fridays | 10:00-11:00am | Parks & Rec. Office | \$44 | 8 wks |



| | | | Session I | Session II |
|------------|---|--|----------------------|------------|
| Session I | January 7 – March 11, 2019 (no 1/21, 2/18 & 2/22) | | Course Code# WIN0034 | SPR0034 |
| Session II | March 25 – May 24, 2019 (no 4/15 & 4/19) | | Course Code# WIN0035 | SPR0035 |

YOGA

Come and join this Yoga class where the benefits are endless. Through stretches and poses you will develop your muscle tone and balance utilizing proper breath and positions. Bring a yoga mat, towel, and water to class and if you have them straps and a block. Participants must be able to get on the floor. The instructor is a 200hr instructor & has experience teaching community yoga classes. Instructor: Kim Cross

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|------------------|--|---------------|---------------------|---------|---------|
| Adults & Seniors | Wednesdays | 10:30-11:30am | Parks & Rec. Office | \$58 | 8 weeks |
| Session I | January 9 – March 13, 2019 (no 2/13, 2/20) | | Course Code# | WIN0036 | |



FLASHLIGHT HIKE

Don your flashlights and hiking shoes as the group goes out to explore Frenchtown Park “After Hours”! The guided hike will listen to the sounds of the nighttime forest as they make their way through the park. At the conclusion of the hike the group will be provided with a small snack and beverages. Bring your own lawn chair.

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|-----------------|----------------------|-------------|-----------------|-----|--------------|---------|
| Agens 18 & over | Friday, May 17, 2019 | 8:00-9:15pm | Frenchtown Park | \$5 | Course Code# | SPR0054 |
|-----------------|----------------------|-------------|-----------------|-----|--------------|---------|



THE RAMBLERS-HIKING GROUP

Don your hiking shoes and trek through some of the most beautiful wildlife, nature preserves and open spaces in Rhode Island. Different trails and areas will be selected each week. One hike may include an ideal place to bird watch, another may provide views of the Bay. Participants will meet at the Frenchtown Park parking lot and head off in the Parks & Recreation bus. Sign up by the week or for all 9 hikes. Space is limited on the bus. For a list of scheduled hikes contact the Parks & Recreation Office as the date draws near.



Ages 18 & over Thursdays 9:15-@12:00pm Frenchtown Park \$5/hike 9 weeks
Session II March 28 – May 30, 2019 (no hike 4/18) Course Code# SPR0045-SPR0053

PICKLEBALL LESSONS

Come learn the fast growing popular game of pickleball. Students will learn the rules, basic strategy, and strokes of pickleball. Please bring your own racquet-limited racquets available for use in class. Instructor: Kristen Coker



Session I –Indoors January 10 – February 14, 2019

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|---------------|-----------|-------------|-----------|------|-------|----------------------|
| Ages 10-17yrs | Thursdays | 6:45-7:45pm | Swift Gym | \$60 | 6 wks | Course Code# WIN0038 |
| Ages 18+yrs | Thursdays | 7:45-8:45pm | Swift Gym | \$60 | 6 wks | Course Code# WIN0039 |

Session II-Outdoors March 27- May 8, 2019 (no class 4/17)

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|---------------|------------|-------------|----------------|------|-------|----------------------|
| Ages 10-17yrs | Wednesdays | 4:00-5:00pm | Academy Courts | \$60 | 6 wks | Course Code# SPR0038 |
| Ages 18+ yrs | Wednesdays | 5:00-6:00pm | Academy Courts | \$60 | 6 wks | Course Code# SPR0039 |

ADULT TENNIS LESSONS

A certified USTA instructor will teach participants coordination, ball control, movement, footwork, forehand, backhand, serving and volleying. You must have your own racquet and wear sneakers. Instructor: Kristen Coker

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|--------------|----------|---------------|-------------------|------|-------|----------------------|
| Beginner | Tuesdays | 9:30-10:30am | Frenchtown Courts | \$60 | 6 wks | Course Code# SPR0036 |
| Intermediate | Tuesdays | 10:30-11:30am | Frenchtown Courts | \$60 | 6 wks | Course Code# SPR0037 |

Session II March 26 – May 7, 2019 (no 4/16)



TENNIS DRILL & PLAY for Intermediate/Advanced Players

This is a class with 30 minutes of tennis drills followed by 45 minutes of coached match play for the more advanced and intermediate player so you can improve your game. Participants must have their own racquet and wear sneakers. Instructor: Kristen Coker



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| Ages 18 & Over | Mondays | 9:30-10:45am | HS Municipal Courts | \$75 | 6 weeks |
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Session II March 25 – May 6, 2019 (no class 4/15) Course Code# SPR0040

ADULT CARDIO TENNIS

This is a high-energy tennis class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate full-body workout. Participants must have their own racquet and wear sneakers.



Instructor: Kristen Coker

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| Beginner | Thursdays | 9:30-10:30am | Frenchtown Courts | \$60 | 6 wks | Course Code# SPR0041 |
| Beginner | Saturdays | 9:30-10:30am | HS Municipal Courts | \$60 | 6 wks | Course Code# SPR0042 |
| Intermediate | Thursdays | 10:30-11:30am | Frenchtown Courts | \$60 | 6 wks | Course Code# SPR0043 |
| Intermediate | Saturdays | 8:30-9:30am | HS Municipal Courts | \$60 | 6 wks | Course Code# SPR0044 |

Session II March 28 – May 11, 2019 (no 4/18, 4/20)

ADULT SOFTBALL LEAGUE

Mens' teams interested in entering the summer adult softball league are required to attend the annual meeting which takes place in March. (date TBD) Check with the office as the date draws near for specifics. Individuals looking to join a team are encouraged to attend the meeting to meet the team managers. New teams should call the office and provide a team contact so information can be sent directly. Rosters and league fees due at meeting.



FIRST AID, CPR & AED CLASS

This class will certify new people and re-certify current card holders in First Aid, CPR and AED (automated external defibrillator). This is an American Heart Association course. Learn these valuable lessons including first aid, adult, child, and infant CPR, as well as how to use an AED. This is a great class for parents, coaches, teachers, the elderly and caregivers. Instructor: CPR in RI Staff



Ages 16 & over Wednesday, Feb. 27, 2019 6:00-9:00pm Police Comm. Rm \$66 Course Code# WIN0040



VIDEO PAINT-A-LONG WITH BOB ROSS

Come join the group as they watch, listen and paint along to the video with television personality and painting instructor, Bob Ross. The group will paint a seascape with a lighthouse. Those with little to no experience are encouraged to join! All materials will be provided. Sure to be fun night of painting and laughs.

Ages 18 & over Wednesday, Jan. 30, 2019 7:00-8:15pm Parks & Rec. Office \$53 Course Code# WIN0052



MAKE YOUR OWN CORN HOLE GAME

Building a corn hole set is a fairly easy woodworking project that participants can finish during this one day workshop. This bean-bag toss game is fun and easy for the whole family to play. All materials to build the boards are included. Instructor: Keith Doucette (EGHS Technology & Engineering Teacher)



Ages: 18 & over Saturday, January 12, 2019 11:30am HS Wood Shop \$75 Course Code# WIN0061

EAST GREENWICH SENIOR CENTER

The Senior Center located in the Swift Community Center offers a meal site, informational programs, activity programs, trips and exercise classes for seniors 55+ and adults with disabilities. Call Charlotte Markey, Senior Center Manager for more information 886-8669, ext. 1 or log onto the Town's website.



EAST GREENWICH COMMUNITY RESOURCE DIVISION

Did you know? The Community Services & Parks Department has a Community Resource Manager that can help assist local residents in need. If you or someone you know requires assistance, please contact Rachel Longo at 886-8669, ext. 4



Pick-up Athletic Nights

Pre-registration required

Adult players must pre-register to ensure that players are from East Greenwich, to avoid the hassle of paying each day, and to have emergency information on all participants. (Limited enrollment.) Come to the gym or court and play recreational games of basketball, volleyball, or badminton. No referees, no standings, just honor calls and sportsmanship. Different teams are formed each week.

21-34 MEN'S PICK-UP BASKETBALL Fee: \$35
Men 21-34 yrs Tuesdays 8:30-10pm Cole Gym

Course Code# WIN0054
Session I: January 8- April 9, 2019



35+ MEN'S PICK-UP BASKETBALL Fee: \$35
Session I January 7- February 27, 2019 (no 1/21 & 2/18)
Session II March 4- June 3, 2019 (no 5/27)

8:00-10:00pm High School Gym
Mon. & Wed. Course Code# WIN0055
Mondays Course Code# SPR0055



18+ CO-ED PICK-UP VOLLEYBALL Fee: \$35
Co-ed 18 & up Tuesdays 6:30-8:30pm Cole Gym

Course Code# WIN0056
Session I: January 8- April 9, 2019

18+ CO-ED PICK-UP BADMINTON (doubles play)
Session I January 9 - March 13, 2019
Session II March 27 - May 29, 2019

Fee: \$25 8:00-10:00pm Cole Gym
Wednesdays Course Code# WIN0057
Wednesdays Course Code# SPR0057



Adult and Senior Trips

Come join the group as we head out to explore some great spots. All trips depart from Frenchtown Park's parking lot on Frenchtown Road, behind the Parks & Recreation Office. Space on the Town bus is limited so sign up early!

WICKHAM PARK TOUR

Course Code# SPR0058

A non-profit, private foundation whose property extends into both Manchester and East Hartford, Connecticut. The park contains 280 acres of gardens, open fields, woodlands, ponds, picnic areas, sports facilities, and other attractions. During the facility tour staff will point out key attractions within the park, including a discussion about the development of the ornamental gardens. Bring a picnic lunch. The price includes tour, transportation & admission.

Date: Tuesday, April 23, 2019 Time: 9:00am- 2:00pm Fee: \$5.00 Refund Deadline: 4/16/19



KINNEY AZALEA GARDEN TOUR

Course Code# SPR0059

The Garden is the end product of the efforts of 4 generations of horticulturalists and educators. The University of Rhode Island's first botany professor, Lorenzo Kinney Sr., began planting conifers on his son's newly purchased land in the 1920's. To this day the garden is open for the public to enjoy! The price includes tour, transportation & admission.

Date: Tuesday, May 14, 2019 Time: 9:00am-11:15am Fee: \$5.00 Refund Deadline: 5/7/19



ROTCH-JONES-DUFF HOUSE & GARDEN MUSEUM TOUR

Course Code# SPR0060

As a legacy of New Bedford's whaling supremacy this house has been added to the National Register of Historical Places in 2005. The group will receive a tour of both the house and garden that has impacted New Bedford for generations. Tour includes walking up a flight of stairs. Video of 2nd floor is shown to those unable to climb the staircase. Bring a picnic lunch to be enjoyed on the grounds. The price includes tour, transportation & admission.

Date: Tuesday, June 11, 2019 Time: 9:00am-12:30pm Fee: \$6.00 Refund Deadline: 6/4/19



Family Special Events



DADDY DO MY UP DO

Course Code# WIN0059

Dads and daughters come join the class as a professional stylist takes the time to teach the group different popular hair styles. With professional guidance dads will get to learn how easy it is to style their little ones hair, and the little ones will no longer dread having dad do their hair! Instructor: Stylists from Kenneth Cote

6 yrs & over w/Dad Sunday, Feb. 10, 2019 1:00-3:00pm Parks and Rec.Office \$15/pair



EG VIRTUAL RACE

Course Code# WIN0060

During the winter months it can be hard to stay active, join the Recreation Division and track your miles this winter! A virtual race is a race that can be run or walked at any location on your schedule. You can walk, use the treadmill, run outside or participate in an actual road race. Those who participate will receive a EG Virtual Race certificate, with the winners receiving a Parks and Recreation gift card! Pre-Registration is required for the Department to track miles!

All ages January 2-March16, 2019 FREE



STORY BOOK HIKE

Course Code# SPR0061

Come join the group on a hike of Frenchtown Park. On this hike, the group will search for pages from a picture book and read them along the way. It's a wonderful way for families to explore the park and learn a little bit about nature. Instructor: Recreation Staff

3yrs & over/w parent Saturday, April 27, 2019 9:00-10:15am Frenchtown Park \$5/family



EXPLORING EG- BOESCH FARM

Course Code# SPR0062

The group will meet at Boesch Farm on South Road for a guided walk through the woods. Maps will be provided to each family. Currently, the Briggs-Boesch Farm serves as the southern anchor of the Town's greenway system, providing publicly accessible trails throughout the property's fields and forests. Besides the farm fields and varied woodland, the property contains several historic structures and an historic cemetery. In June 2003, the farmstead was added to the National Register of Historic Place. This hike is 2 miles in length. Instructor: Recreation Staff

Families Saturday, May 11, 2019 9:00-10:45am Boesch Farm \$5/family

