



East Greenwich Community Services & Parks Dept. 2020 FALL RECREATION PROGRAMS

ALL PROGRAMS ARE SUBJECT TO CHANGE BASED ON WHAT COVID PHASE AND STANDARDS ARE IN PLACE. PARTICIPANTS SHOULD EXPECT TO BE SCREENED FOR COVID SYMPTOMS AND RECENT TRAVEL. CLASSES WILL HAVE LIMITED ENROLLMENT.

ON-LINE REGISTRATION ACCEPTED

PRE-APPROVED ACCOUNT FOR EAST GREENWICH RESIDENTS*

In order to access the on-line registration, you must have a pre-approved password protected account. To get a pre-approved, on-line account set up, you must submit the request form (available on the Town web page) with the household information and a password to the Parks & Recreation office **ahead of time**. This is the time to provide your child's Pick up and Release Information and all family members' medical information.

Once it has been verified you will receive an email noting your account is all set up and you are ready to go. Please allow the office about 1 week to process your request. That means if you want to be ready to sign up on the first day registration is open, then **get your request in now!**

ALREADY HAVE AN ACCOUNT

You may begin as soon as registration is activated for the season. Go to www.eastgreenwichri.com, click on the **Parks & Recreation link on the home page and then click on the link to the registration site**. Once there- sign in with your email & password beginning at 8:45am on August 26, 2020. *If you need to add or change pick up people, medical information, etc. then please fill out a change of information form at the office*. Forgot your password-go to the Parks & Recreation registration website- click on the "sign in" button, then click "forgot my password" and it will be sent to the email address connected to the account.

PICK-UP & RELEASE POLICY – required for all non-parent participation classes for children younger than 7th grade

A. PICK-UP & RELEASE INFORMATION: The people allowed to pick-up your child at the end of each class need to be listed on your registration or online account form. Include all friends, family members, nannies, babysitters, spouse, etc. who you are authorizing to pick up your child. People NOT listed will NOT be allowed to sign out your child at the end of class. *To change this information after your account is set up and after the roster has been printed, the child's parent must fill out a Change of Information form at the office or with the instructor.*

All people picking up are required to show photo ID each time.

B. WALKERS: If you choose not to have your child signed out and you give us permission to release him/her as a walker, then indicate that in that section as "ALLOWED TO WALK".

MEDICAL INFORMATION: If you or your child has any medical issues (allergies, physical difficulties, etc.) then note that along with any helpful information. Is he/she bringing an Epi-pen or inhaler? A medical waiver will be required and can be downloaded from the web site.

Non-residents: To insure that East Greenwich residents are given preference in classes, non-residents will not be allowed to sign-up on-line. Non-residents can still submit paper forms and will be placed on a wait list. If space is available as the class date draws near, then you will be contacted by the office for payment.

1127 Frenchtown Road, PO Box 111, East Greenwich, RI 02818 401-886-8626, ext. 1
TDD (401) 886-8626 via RI Relay #711 (800-745-5555 TTY)
www.eastgreenwichri.com

AGES/GRADE REQUIREMENT: Participants must be the appropriate age and/or grade by the first day of the class.

PAYMENTS ACCEPTED: Cash, check or Credit Card ***All credit card transactions will be charged a processing fee and are billed directly to your credit card. The processing fee is 2.5% of the total charge or a minimum of \$1.95. Processing fees are not refundable.*

PAPER REGISTRATIONS

The office still accepts paper registrations. Simply get your form to the office **before** the first day of registration, August 26, 2020, and we will begin enrolling them lottery style on the 26th. Your best chance at getting your class selection will be via the on-line registration as classes will fill on a first come basis and the office can only process forms one at a time. Walk in registrations processed on the spot will not be accepted until August 28th.

REFUND POLICY

The deadline for cancellations, transfers and program changes is one week prior to the start of the class, unless otherwise noted. NO refunds will be given after that date. If you or your child becomes injured, ill, unavailable, disinterested, etc. after this date and your spot can be filled with someone on our wait list then you may receive a partial refund. Please notify the office as soon as possible so that we can attempt to reach someone. Once you make a refund request your spot is now available for other registrants and you can NO longer attend class. A minimum of one day’s advanced notice is needed. All refunds will be sent a paper check from the Town’s Finance Dept. Credit card processing fees are not refundable.

CAMPERSHIPS

Camperships will be provided to those on public assistance. Please submit your registration form to the Parks & Recreation office before the 1st registration date along with proof of need (i.e. housing statement, SNAP card, SSI document, etc.) Payment will be worked out with each person. If you have an extenuating circumstance please submit a letter explaining your situation.

CANCELLATION POLICY – In the event of inclement weather or if you are questioning if a class will be held due to a storm, then you can check the class status by calling 401-886-8626. If class is cancelled there will be a cancellation message. Just because the EG Schools cancel-does not mean the Parks & Recreation programs are cancelled. If staff are able to, then they will attempt to contact participants via email or phone calls. Many times there are several factors which prohibit staff from contacting every individual personally.

*East Greenwich residents are those residing within the cooperate boundaries of the Town of East Greenwich. Proof of residency may be required. Are you a registered voter in EG, is your car registered in EG, is your child currently eligible to enroll in an EG public school, do you have a renter’s agreement at an EG home?

Youth & Teen Programs

YOUTH TENNIS LESSONS

Come learn coordination, ball control, movement, footwork, forehand, backhand, serving and volleying. You must have your own age-appropriate racquet and wear sneakers. (Class times may be shortened as daylight allows for make-ups.) Instructor: Kristen Coker



Grades K-2	Thursdays	4:00-4:30pm	Frenchtown Courts	\$45	6wks	Course Code# FI0008
Grades K-2	Thursdays	4:30-5:00pm	Frenchtown Courts	\$45	6wks	Course Code# FI0009
Grades 3-5	Thursdays	5:00-6:00pm	Frenchtown Courts	\$60	6wks	Course Code# FI0010
Grades 6-12	Thursdays	3:00-4:00pm	Frenchtown Courts	\$60	6wks	Course Code# FI0011
Session I – September 10 – October 15, 2020						

LITTLE YOGIS

This playful class encourages self-expression. We combine simple yoga poses with engaging songs, games and stories that exercise social, sensory and motor skills while increasing flexibility. Must be potty trained. Bring a mat to class. Instructor: Raeann Boyd

Ages 3-5yrs	Wednesdays	2:15-3:00pm	Parks & Rec. Office	\$75	6 weeks	Course Code# FI0005
Session I September 9 – October 14, 2020						Course Code# FII0005
Session II October 28 – December 9, 2020 (NO 11/11)						



TEEN YOGA

Through stretches and poses, teens will develop muscle tone and balance, utilizing proper breath and positions. Bring a yoga mat, towel and water to class. Instructor: Raeann Boyd

Ages 12-17 yrs	Wednesdays	3:30-4:30pm	Parks & Rec. Office	\$75	6 weeks
Session I	September 9 – October 14, 2020				Course Code# FI0006
Session II	October 28 – December 9, 2020 (NO 11/11)				Course Code# FII0006



FARM FRIENDS

Taking place at Historic Casey Farm in North Kingstown, RI. Each week children explore a different area on the farm, chickens, pigs, cows, vegetables, etc., through themed activities. Each class will conclude with a quick craft incorporating what the children learned that day! Parent Participation required. Instructor: Casey Farm Staff

Ages 3-6yrs w/parents	Wednesdays	10:00-11:00am	Casey Farm	\$60	10 weeks
Session I	September 16 – December 2, 2020 (NO 11/11, 11/25)				Course Code# FI0013



MESSY CRAFTS

Spend the afternoon creating art projects. Get your creative juices flowing as you glue, paint, cut, sculpt and more. Great for practicing fine motor skills and inspiring creativity. Please wear old clothes you are not afraid to soil or bring an apron. NO parent participation. Must be potty trained. Instructor: Parks & Rec. Staff

Ages 3-5yrs	Mondays	1:30-2:15pm	Parks & Rec. Office	\$40	8 weeks
Session I	September 14 – November 16, 2020 (NO 9/28, 10/12)				Course Code# FI0014



ARTISTIC MINDS

Enjoy some quality arts and crafts time. Each class participants build, create, experiment and use their imagination as they cut, paint, sculpt and construct a masterpiece! Please wear old clothes you are not afraid to soil or bring an apron. Instructor: Parks & Rec. Staff

Ages 5-8yrs	Thursday	4:00-4:45pm	Parks & Rec. Office	\$50	6 weeks
Session I	September 10 – October 15, 2020				Course Code# FI0015
Session II	October 29 – December 10, 2020 (NO 11/26)				Course Code# FII0015



YOUTH HOLIDAY CENTERPIECE/GARLAND WORKSHOP

Learn to make a playful centerpiece or garland from real greens and a mix of artificial flowers, greens, holiday décor, ornaments, ribbon and more. This will make a great gift or use to decorate. Instructor: Mary Keirnan

Ages 8-12	Tues, Dec 15 th	4:00-5:00pm	Parks & Rec. Office	\$22	Course Code# FII0018
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STORIES AND PUPPETS

Your preschooler will make stories come alive in this hands-on theater class! Every week, Ms. Valerie will read a new story and show the participants how to transform one of the characters from the story into a unique puppet. Each participant will make their own puppet, and the class will then perform an original adaptation of the story using the puppets they created. By the end of the session, everyone will have created six new puppets! Must be potty trained.

Instructor: Experiments in Theater Staff

Ages 3 ½ -5 yrs	Thursdays	Parks & Rec. Office	\$67	6 weeks
Session I	September 10-October 15, 2020	9:30-10:30am		Course Code# FI0016
Session I	September 10-October 15, 2020	1:00-2:00pm		Course Code# FI0017



BROADWAY BABIES

An EG Parks and Rec favorite, Broadway Babies is perfect for young performers who love to sing, dance and imitate the stars of stage and screen! Participants will be introduced to primary singing techniques like proper breathing, vocal exercises and stage presence and everyone will learn and perform one or more Broadway songs. Must be potty trained.

Instructor: Experiments in Theater Staff

Ages 3 ½ -5 yrs	Thursdays	Parks & Rec. Office	\$67	6 weeks
Session II	October 29 – December 10 (no class 11/26)	9:30-10:30am		Course Code# FII0016
Session II	October 29 – December 10 (no class 11/26)	1:00-2:00pm		Course Code# FII0017



Adult & Senior Programs

Due to the limited number of people we can enroll in class there will be no multi-class discounts this session. Check with your physician prior to participating. Children are not allowed in the facility during classes. ALL EXERCISE CLASSES REQUIRE YOU TO BRING YOUR OWN MAT, WEIGHTS, WATER BOTTLE & SNEAKERS.

BODY CONDITIONING

Course Code# FI0026

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. Instructors: Michelle Anderson & Amy Eberle

Adults & Seniors Mon, Wed & Fri 9:00-10:00am Swift Gym \$93 14 weeks
 Session I September 9 – December 18, 2020 (NO 9/28, 10/12, 11/11, 11/27)



BODY BARRE WORKOUT

Course Code# FI0027

Join us for Body Barre, a hybrid workout combining ballet inspired movements with elements of pilates, dance, strength & most importantly, balance. Workouts will include flexibility training, core strengthening & calorie burning with light cardio. Participants will quickly learn how effective a tool gravity is at building strength! Instructor: Amy Eberle

Adults & Seniors Mondays 10:00-10:45am Swift Gym \$53 12 weeks
 Session I September 14 – December 14, 2020 (NO 9/28, 10/12)



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. Participants must be able to get down on the floor. Instructor: Michelle Anderson

Adults & Seniors Wednesdays 10:00-10:45am Swift Gym \$61 14 weeks Course Code# FI0028
 Adults & Seniors Fridays 10:00-10:45am Swift Gym \$61 14 weeks Course Code# FI0029
 Session I September 9 – December 18, 2020 (NO 11/11, 11/27)



ZUMBA FITNESS

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 face towel. (Mat & weights not needed.) Instructor: Natalie Thibodeau

16 yrs to Adults Tuesdays 5:15-6:15pm Swift Gym \$35 12 weeks Course Code# FI0031
 16 yrs to Adults Saturdays 9:30-10:30am Swift Gym \$35 12 weeks Course Code# FI0032
 Session I September 12 – December 19, 2020 (NO 9/19, 11/3, 11/7, 11/10, 11/14)



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. Instructor: Natalie Thibodeau

Adult & Seniors Tuesdays 4:00-5:00pm Swift Community Cn \$53 12 weeks
 Session I September 15 – December 15, 2020 (NO 11/3, 11/10) Course Code# FI0030



YOGA

Nurish your body, quiet your mind, and leave feeling stretched, relaxed and invigorated. This all level yoga class is perfect for those who are interested in learning the basics of yoga in a gentle and encouraging atmosphere and also excellent to reconnect to the foundations of their practice. Bring a yoga mat, strap, 2 yoga blocks, & towel to class. Participants must be able to get on the floor.

Adults & Seniors	Mondays	9:15-10:15am	Parks & Rec. Office	\$85	12 weeks	Jessie
HS Students & Adults	Tuesdays	6:45- 7:45pm	Swift Community Cnt	\$85	12 weeks	Jessie
HS Students & Adults	Wednesdays	5:30- 6:30pm	Frenchtown School	\$85	12 weeks	Raeanne

Session I September 9 – December 14, 2020 (NO 9/28, 10/12, 11/3, 11/11, 11/25)



FALL WREATH-MAKING WORKSHOP

Learn to make a beautiful fall wreath for your home. Using artificial flowers, a grapevine wreath, ribbon, gourds and other material you can let your creativity determine the final look. Instructor: Mary Kiernan

Ages 18+ Wed, Oct. 14th 10-12:00pm Parks & Rec Office \$35 Course Code# FII0059



HOLIDAY CENTERPIECE/GARLAND WORKSHOP

Learn to make a festive centerpiece or garland from real greens and a mix of artificial flowers, greens, holiday décor, ornaments, ribbon and more. Instructor: Mary Kiernan



Ages 18+ Wed, Dec. 9th 10-12:00pm Parks & Rec Office \$35 Course Code# FII0060

EXPLORING ALCOHOL INK

Alcohol ink is a vividly-colored, alcohol-based dye that is liquid, translucent, permanent and fast drying. Alcohol ink is specifically formulated to create interesting patterns & effects on a variety of materials. In this workshop series you will create a number of projects including ceramic coasters, greeting cards, landscapes and dazzling sun catchers over 4 weeks. Includes all materials and supplies. Instructor: Jessica Nolan



Ages 18 & over Mondays 10:45-12:45pm Parks & Rec Office \$140 Course Code#FI0060
Session I September 14 – October 19, 2020 (NO 9/28, 10/12)

THE RAMBLERS-HIKING GROUP

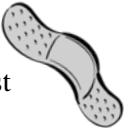
Don your hiking shoes and trek through some of the most beautiful wildlife, nature preserves and open spaces in Rhode Island. Different trails and areas will be selected each week. Participants will meet at the Frenchtown Park parking lot and head out. *If the COVID social distancing permits we will use the bus, otherwise participants will have to drive to the location.* Sign up by the week or for all 9 hikes.



Ages 18+ Thursdays 9-@12:00pm Frenchtown Park \$5/hike 9 weeks
Session I September 10 – November 5, 2020 Course Code# FI0050-58

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.



Ages 16 & over Thurs, Oct. 15, 2020 6-9:00pm Police Comm. Rm \$60 Course Code# FI0059

ADULT TENNIS LESSONS

A certified USTA instructor will teach participants coordination, ball control, movement, footwork, forehand, backhand, serving and volleying. Cardio classes incorporates a workout into drills and instruction. You must have your own racquet and wear sneakers. Instructor: Kristen Coker



Tennis Beginner Tuesdays 9:30-10:30am Frenchtown Courts \$60 6 weeks Course Code# FI0040
Tennis Intermediate Tuesdays 10:45-11:45am Frenchtown Courts \$60 6 weeks Course Code# FI0041
Cardio Beginner Thursdays 9:30-10:30am Frenchtown Courts \$60 6 weeks Course Code# FI0042
Cardio Intermediate Thursdays 10:45-11:45am Frenchtown Courts \$60 6 weeks Course Code# FI0043
Session I – September 8 – October 15, 2020

TENNIS DRILL & PLAY for Intermediate/Advanced Players

This class is 30 minutes of tennis drills followed by 45 minutes of coached match play to improve your game. Participants must have their own racquet & wear sneakers. Instructor: Kristen Coker



Ages 18+ Mondays 9:15-10:30am HS Municipal Courts \$75 6 weeks
Session I September 14 – November 2, 2020 (NO 9/28, 10/12) Course Code# FI0046

PICKLEBALL LESSONS

Come learn the popular game of pickleball. Students will learn the rules, basic strategy, and strokes of pickleball. Must bring your own racquet. Rainouts may be made up on other days in the week. Instructor: Kristen Coker



Session I – Outdoors – September 9 – October 15, 2020

Ages 18+ Wednesdays 4:15-5:15pm Academy Courts \$60 6wks Course Code# FI0047
Ages 18+ Wednesdays 5:30-6:30pm Academy Courts \$60 6wks Course Code# FI0048
Ages 18+ Thursdays 12:00-1:00pm Frenchtown Courts \$60 6wks Course Code# FI0049

Session II – Indoors – November 4 – December 9, 2020 (NO class 11/11)

Ages 18+ Wednesdays 5:30-6:30pm Swift Community Cnt \$50 5wks Course Code# FII0047
Ages 18+ Wednesdays 6:45-7:45pm Swift Community Cnt \$50 5wks Course Code# FII0048



2020 FALL PAPER REGISTRATION FORM



One form per household. Please print clearly so we can accurately enter the information.
The Primary Account Holder (Head of Household) is the adult who will be paying for and signing up him/herself, custodial minor children and/or adult family members who reside at the same address.

Primary Account Holder/Head of Household Information (please print)		
First Name		Last Name
Date of Birth	Gender	Email
Street		City, State, Zip Code
Primary Phone		Alt Phone
Medical Information: (ie. allergies, etc. please elaborate)		
Emergency Contact (please print) List someone other than the HOH or Spouse as they will be contacted first.		
Name	Phone No.	Relationship

ADULTS (18 & over) TO ADD TO YOUR ACCOUNT: Must have the same legal residence as Primary Account holder. All adults MUST sign the waiver at the end of the application.			
First Name		Last Name	Check if Spouse
Date of Birth	Gender	Email	Phone
Medical Information: (ie. allergies, etc. please elaborate)			
First Name		Last Name	Check if Spouse
Date of Birth	Gender	Email	Phone
Medical Information: (ie. allergies, etc. please elaborate)			

CUSTODIAL MINORS (under 18) TO ADD TO YOUR ACCOUNT: Same legal residence as Primary Account holder.			
First Name		Last Name	
Date of Birth	Gender	Grade	
Medical Information: (ie. allergies, etc. please elaborate)			
First Name		Last Name	
Date of Birth	Gender	Grade	
Medical Information: (ie. allergies, etc. please elaborate)			

PICK UP AUTHORIZATION: IF YOU HAVE CHILDREN ENROLLED IN A CLASS WITH PARTICIPANTS YOUNGER THAN 7 th grade and it's NOT a parent participation class, then they are REQUIRED to be signed out after each class by you, your emergency contact or pre-authorized people listed here and must show a PHOTO ID each time. Please list below the people who will be allowed to pick up your child/children. <i>You do not need to list the Primary Account Holder's name or the Emergency Contact's name as they will be allowed to sign out your child. Please include any other parent, spouse, sibling, neighbor, grandparent, sitter, or nanny who will be picking up your child.</i> If the name does not appear here, then your child WILL NOT be released to him/her. Changes to this information must be filled out in-person at the office or with the head instructor by the Parent/Guardian. PHONE CALLS AND NOTES SENT IN WILL NOT BE ACCEPTED. Please plan ahead.	
First & Last Name	Phone
First & Last Name	Phone
First & Last Name	Phone

WALKER'S PERMISSION

My child/children _____ are allowed to walk or bike home after the
List child/children's name
 activity- Yes _____ No _____ If you indicate yes, then no one will be required to sign out your child.

PHOTO RELEASE

Occasionally the Town or the media will take photographs or video of programs, classes, or events to use in promotion of and/or in publications promoting the Department and its programs in various media genre including social media. I will allow photographs or videos to be taken of myself and/or my child(ren). Yes _____ No _____

SPECIAL CONSIDERATIONS-Let us know about any special circumstances we should be aware of. (ex. Financial need)

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CLASS INFORMATION-List below the classes you wish to sign up for.

Participant's Name	Program Name	Session (I , II)	Day	Time	Fee

ASSUMPTION OF THE RISK, WAIVER & RELEASE OF LIABILITY. All participants and their guardians through participation in these programs acknowledge an assumption of risk of injury and agree to hold harmless, indemnify and release the Town of East Greenwich, its staff and volunteers from all liability. Without in any way limiting the scope of the foregoing assumption of risk and waiver & release of liability, all participants specifically acknowledge, assume, and release the Town from any and all liability that is any way related to risks resulting from the COVID-19 novel coronavirus pandemic. My signature acknowledges that I have read the flyer rules, regulations, refund policy and risk assumption and will abide by them.

Participant's Signature _____ Date _____
 (Parent or guardian must sign if under 18)

2nd Adult Participant's Signature _____ Date _____

Town of East Greenwich Parks & Recreation Dept. PO Box 111 East Greenwich, RI 02818
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PRSR STD US Postage Paid North Kingstown RI, 02852 Permit No. 175
