

# Youth & Teen Athletics & Fitness

## SQUEAKY SNEAKERS

This popular class offers lots of running around, following directions, developing fine and gross motor skills and playing cooperatively. Activities include games, songs, parachute games and many more. Moms and Dads can join the fun or use the program to help with transitional learning – child independence! Instructor: Teamworks Staff

Ages 2–3½ yrs      Tuesdays      9:30-10:15am      Swift Gym      \$95      9 weeks

Session I January 8– March 12, 2019 (2/19)  
Course Code# WIN0001

Session II March 26 – May 28, 2019 (no 4/16)  
Course Code# SPR0001



## ALL SPORTS



Fun dynamic sports program! Class is designed to focus on motor skills, basic sport skills, developing social skills, increasing self-esteem and having FUN! A different sport/activity is featured each week. Soccer, hockey, & t-ball to name a few of the different sports that will be the focus. Must be potty trained. Instructor: Teamworks Staff

Ages 3-5 yrs      Tuesdays      10:30-11:30am      Swift Gym      \$95      9 weeks

Session I January 8– March 12, 2019 (2/19)  
Course Code# WIN0002

Session II March 26 – May 28, 2019 (no 4/16)  
Course Code# SPR0002



## TUMBLING NINJAS

This class is designed for toddlers and their mothers, fathers, or even grandparents. Children learn the basics of becoming a ninja through jumping, playing and challenging their spatial awareness in a safe and fun environment. Walking across a balance beam, crawling down the Big Cheese mat, and hiding under a parachute are just a few of the fun-filled activities this class has to offer. Parent participation required. Instructor: Dream Big Academy

Ages 1-3 yrs w/parent      Thursdays      9:00-9:45am      Swift Gym      \$72      9 weeks

Session I January 10-March 14, 2019 (no 2/21)  
Course Code# WIN0003

Session II March 28 -May 30, 2019 (no 4/18)  
Course Code# SPR0003



## LITTLE NINJAS

This is where it all begins! The jump, cartwheel, pull-over and crawl are just some of the exciting fundamental ninja skills that will be introduced in this beginner class. Parent participation required. Instructor: Dream Big Academy

Ages 3-5 yrs w/parent      Thursdays      9:45-10:45am      Swift Gym      \$72      9 weeks

Session I January 10-March 14, 2019 (no 2/21)  
Course Code# WIN0004

Session II March 28 -May 30, 2019 (no 4/18)  
Course Code# SPR0004



## YOUTH GYMNASTICS

The forward roll, cartwheel, pull over and handstand are just some of the exciting fundamental gymnastics skills that will be introduced in this action packed class. Instructor: Dream Big Academy

Ages 5-7 yrs      Tuesdays      4:00-4:45pm      Swift Gym      \$72      9 weeks

Session I January 8 – March 5, 2019 (no 2/19)  
Course Code# WIN0005

Session II March 26- May 28, 2019 (no 4/16)  
Course Code# SPR0005



## PRE-SCHOOL TENNIS LESSONS

A fun introduction to the sport of tennis. Students are taught basic tennis strokes, movement drills and participate in tennis-like games. Students must wear sneakers and have an age-appropriate racquet. Must be potty trained. Instructor: Kristen Coker

Session I- INDOORS January 8- February 12, 2019

Ages 3-5      Tuesdays      2:15-3:00pm      Swift Gym      \$60      6wks      Course Code# WIN0007

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

Ages 3-5      Wednesdays      9:30-10:15am      Academy Courts      \$60      6wks      Course Code# SPR0007



## YOUTH & TEEN 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. Instructor: Kristen Coker



### Session I- Indoors January 11 – February 15, 2019

|             |         |             |           |      |      |                      |
|-------------|---------|-------------|-----------|------|------|----------------------|
| Ages 5-8yrs | Fridays | 4:15-5:15pm | Swift Gym | \$60 | 6wks | Course Code# WIN0008 |
|-------------|---------|-------------|-----------|------|------|----------------------|

### Session II-Outdoors March 26- May 9, 2019 (no class 4/16 & 4/18)

|               |           |             |                   |      |       |                      |
|---------------|-----------|-------------|-------------------|------|-------|----------------------|
| Ages 5-7yrs   | Tuesdays  | 4:15-5:15pm | Frenchtown Courts | \$60 | 6 wks | Course Code# SPR0008 |
| Ages 8-11yrs  | Tuesdays  | 5:15-6:15pm | Frenchtown Courts | \$60 | 6 wks | Course Code# SPR0009 |
| Ages 8-11yrs  | Thursdays | 5:15-6:15pm | Frenchtown Courts | \$60 | 6 wks | Course Code# SPR0010 |
| Ages 12-17yrs | Thursdays | 4:15-5:15pm | Frenchtown Courts | \$60 | 6 wks | Course Code# SPR0011 |

## BORROW A CLUB PROGRAM

Through a grant program with USGA, the Parks & Recreation Department has available youth golf club sets to borrow for a day. This is a great chance to introduce a youngster to the game that can be played for a lifetime. A parent must sign out the clubs and leave a \$50 deposit in the form of a check. When the clubs are returned the deposit is returned. Right handed clubs sized for youth 6-8 years, 9-11 years (one left handed set available) and 11 years & up are available. Call the office to reserve a set, fill out the reservation paperwork, leave your deposit and off you go. Check out the local links-East Greenwich Country Club, Goddard Park Golf Course, North Kingstown Municipal Golf Course, Mulligan's Island, Button Hole, and so many more.



### **Community Agencies' Contacts**

Not affiliated with Parks & Recreation

**EG Little League:** [www.egllri.com](http://www.egllri.com)

**EG Youth Soccer:** [www.egsasoccer.com](http://www.egsasoccer.com)

**EG Youth Lacrosse:** [www.eglax.org](http://www.eglax.org)

**EG Youth Basketball:** [www.eghoops.com](http://www.eghoops.com)

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## Pick-up Athletic Nights

*Pre-registration required*

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

**HIGH SCHOOL PICK-UP BASKETBALL** Fee: FREE  
HS Students      Wednesdays 8:00-10pm      HS Gym

Course Code# WIN0053  
Session I: March 6- April 10, 2019



## 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-March 16, 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

