

## Adult & Senior Programs

### Multi-class discount!

Sign up for two or more classes, pay the higher class fee and receive the additional lower cost class(es) at half the price. Classes that are eligible for this discount are Body Conditioning, Stretch & Relaxation, and Sculpting with Weights.

Classes are on-going and can be joined at any time for a pro-rated fee *as long as space is available*. (Classes are not pro-rated for your vacation weeks.) Check with your physician prior to participating. Children are not allowed in the gym during classes.

### REGISTRATION FOR THESE CLASSES CURRENTLY UNDERWAY

\*Session I classes will begin at the Frenchtown Baptist Church on Frenchtown Rd. until Swift Gym is ready-about Feb. 1<sup>st</sup>.

### CLASSES FILL QUICKLY

#### BODY CONDITIONING

12 weeks



Fee: \$70.00

Min. 18/Max.40

Learn the proper exercise techniques to maximize your workout. A low impact aerobic workout as well as floor work, weights and bands are incorporated into the classes and a relaxation period at the end. Classes are ongoing and can be joined at any time for a pro-rated fee as long as space is available. (Classes are not pro-rated for your vacation weeks.) Check with your physician prior to participating. Instructors: Bernadette Girard & Geri Givani

Adults & Seniors Mon, Wed & Fri 9-10am \*Swift Gym

Session I January 4 – March 26, 2010

Session II March 29 – June 18, 2010 (no class 5/31)

#### SCULPTING WITH WEIGHTS

12 weeks



Fee: \$45.00

Min.9/Max.15

This class will use weights and bands to help tone the various body muscles. Part of this class will take place on the floor. Instructor: Bernie Girard

Adults & Seniors Mondays 10-10:45am \*Swift Gym

Session I January 4 – March 22, 2010

Session II March 29 – June 14, 2010 (no class 5/31)

#### STRETCH & RELAXATION

12 weeks



Fee: \$45.00

Min. 9/Max.15

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. Instructor: Bernadette Girard

Adults & Seniors Wednesdays 10-10:45am \*Swift Gym

Session I January 6 – March 24, 2010

Session II March 31 – June 16, 2010

### MIX & MATCH the Zumba and PM Aerobic classes for a savings: 1 class for \$25, 2 for \$40, or 3 for \$60

#### ZUMBA FITNESS

8 weeks



Fee: 1 class \$25/2 classes \$40

Min. 8 /Max. 15

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. This class burns between 800 & 1,000 calories an hour. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile.



Instructor: Sean Reid

Teens & Adults Tuesdays 5:15-6:15pm Swift Gym

Teens & Adults Thursdays 5:00-6:00pm Swift Gym

Session I February 2 – March 25, 2010

Session II April 6 – May 27, 2010

#### PM AEROBICS

8 weeks



Fee: 1 class \$25/2 classes \$40

Min. 8 /Max. 15

Learn the proper exercise techniques to maximize your workout. A low impact aerobic workout as well as floor work, weights and bands are incorporated into the classes. Check with your physician prior to participating. Instructor: Geri Givani

Teens & Adults Monday 5:00-6:00pm Swift Gym

Teens & Adults Wednesday 5:15-6:15pm Swift Gym

Session I February 1 – March 24, 2010

Session II April 5 – May 26, 2010

## YOGA

9 weeks

Fee: \$90.00 for 1 class/ \$144 for 2 classes



Min. 5/Max.12

New and experience yoga students will enjoy this Hatha and Ashtanga yoga class. Build core strength, develop endurance, integrate focus and flexibility while capturing a blending mind, body & spirit. Learn the proper fundamental yoga poses and the principles of breath and alignment by participating in a flowing mat-work of poses which, with music, includes a warm up, sun salutations, work postures, balance and floor poses, and deep stretches. Finish with relaxation. You become rejuvenated for the rest of the day! Bring a yoga mat, towel, water and a foam block (if you have one.)

Instructor: Shirin Moid



18 & over Tuesdays 9:15-10:15am Parks&Rec Office

18 & over Fridays 9:15-10:15am Parks&Rec Office

Session I January 12 – March 19, 2010 (no class 2/16 & 2/19)

Session II March 30 – June 4, 2010 (no class 4/20 & 4/23)

## ADULT SKI CLUB

4 dates

Min.8/Max.12



Fee: \$35 65+yr./day

\$49 under 65 yr./day

Beat the weekend crowds and join us as we escape to Wachusett Mtn's slopes for some mid-week skiing. Transportation to and from the mountain as well as lift tickets are included. Rentals are extra and may be paid directly at the ski shop. Sign up for one or all the dates. Space is limited on the Town bus. Trips may be cancelled due to the inclement weather.

18 & over Thursdays 8:45-4:00pm Parks & Rec Office

Session I Jan. 14, Jan. 28, Feb. 11, Feb. 25, 2010

## THE RAMBLERS-HIKING GROUP

11 weeks

Fee: Free

Min.8/Max.13

Don your hiking shoes and trek through some of the most beautiful wildlife and 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 Parks & Recreation Office and head off in the Parks & Recreation van. Sign up by the week or for all 12 hikes. Space is limited on the bus. For a list of scheduled hikes contact the Parks & Recreation Office as the dates draw near.



18 & over Thursdays 9-@12:00pm Frenchtown Park

Session II March 18 – June 3, 2010 (no hikes on 4/22)

## THE MOUNTAINEERS-HIKING GROUP

Fee: Free

3 dates

Min.10 /Max.14

For the more adventurous hiker, 3 hikes have been planned to more challenging sites with longer distances and more difficult terrain and walked at a faster pace than the Ramblers' group. Hikes include a 5.5 mile hike on the Great Swamp trail on 4/27, a 6.5 mile hike on the Breatheart Pond trail on 5/18, and a 6 mile hike on the Walkabout trail 6/08. Before signing up for these hikes please evaluate your physical condition and stamina. Bring along food and water and you must wear hiking shoes-no sneakers allowed. Participants will meet at Frenchtown Park and head off in the Town van.

18 & over Tuesdays 8:45-@12:30pm

Session I 4/27/10, 5/18/10, 6/08/10



## LADIES' GOLF LESSONS

5 weeks

Fee: \$85.00

Min. 5/Max. 10

These five classes introduce beginner golfers to the game's fundamentals; grip, address, full swing motion, short game technique, rules and etiquette. Please bring your own clubs. Dress appropriately with a jacket, hat, sneakers or golf shoes. Instructor: Larry Rittman

Women 18 & up Tuesdays 9:30-10:30am

EG Golf Course-1646 Division Road

Session II May 4 – June 1, 2010



## RECREATIONAL TENNIS MATCHES

Fee: \$20.00

7 weeks



Come and play matches of tennis on EG's outdoor courts. Participants will be paired with a different player each week for recreational games-no stats., no ratings, no standings, just playing time. Men's and Ladies' singles divisions as well as a Co-ed Doubles divisions will also be formed if there is enough interest. Participants will be required to bring a can of balls to each match. \*Locations & times will be determined based on number of players.

Ladies' Singles

Tuesday

6:00-8:00pm\*

Men's Singles

Thursday

6:00-8:00pm\*

Co-ed Doubles

Wednesday

6:00-8:00pm\*

Session I April 27 – June 10, 2010



## FIRST AID, CPR & AED CLASSES

Fee: see below

Min. 6/Max. 20

These classes 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.

Ages: 16 & over EG Police Community Room

CPR & AED Tues, March 9, 2010 6-9pm \$50.00

First Aid Tues, March 16, 2010 6-8pm \$30.00

**Take both classes for a cost of only \$50.00**



## Pick-up Athletic Nights

Adult & teen players must pre-register to ensure that players are from East Greenwich, to avoid the hassle of paying each night, and to have emergency information on all participants.

### MEN'S PICK-UP BASKETBALL Fee: \$30.00

**Pre-registration required.**

Full -Wait list being accepted.

Can't get enough guys to form a team? New to town and want to meet other players, then this is for you! Come to the gym and play recreational games of basketball. No referees, no scorers, just honor calls and sportsmanship. Different teams will be formed each week. No program when school is not in session-vacation weeks, holidays, snow days, etc.

Men 35 & up High School Gym Mondays 8:00 - 10:00pm  
Session I December 7 - April 26, 2010

### CO-ED PICK UP VOLLEYBALL Fee: \$30.00

**Pre-registration required.**

Limited spaces available.

Spend the night playing recreational volleyball. Come with friends, meet new friends, or improve your game. No referees, no scorers, just honor calls and sportsmanship. No program when school is not in session-vacation weeks, holidays, snow day, etc.

Co-ed 18 & up High School Gym Tuesdays 8:00-10:00pm  
Session I December 8 - April 27, 2010

### ADULT PICK UP SOCCER Fee: \$30.00

**Pre-registration required.**

Full -Wait list being accepted.

Adults 25 & over are invited to play recreational games of pick-up soccer. Different teams will be formed each night in this casual yet fun evening. Indoor play utilizes a Futsal ball. (Limited enrollment and no program when school is not in session.)

Coed 25 & over HS New Gym Sundays 8:00-9:30pm  
Session I December 6- April 25, 2010

## REGISTRATION

First day of registration begins on **January 4, 2010**

(see the first page for details)

Mail or deliver your forms prior to 1/4/09 for your best chance of getting your class selection during the lottery registration.

EAST GREENWICH PARKS & RECREATION  
**2010 WINTER SESSIONS**  
**ADULT REGISTRATION FORM**  
 886-8626

Get your form to the office before January 4<sup>th</sup> for your best chance at getting into class. *Body Conditioning, Stretch & Relax and the Toning class registration begins-12/14/09.*

**Refunds:** Refunds must be requested no later than one week prior to class unless otherwise noted in order to receive a full refund. Cancellations after the deadline, can only be refunded if your spot can be filled by someone on the waiting list.

Consult the main brochure for more registration details in regards to out of town participants, one session per class, refunds, etc.

To register for any of the following classes, simply fill out this form (all information is vital in the event of an emergency) and return with your payment to:

**Parks & Recreation Dept.**  
**PO Box 111**  
**1127 Frenchtown Rd.**  
**East Greenwich, RI 02818**

Participant's Name	Date of Birth
Street	Home Phone
City/State/Zip	Cell/Work Phone
Emergency Name	Emergency Phone #

Please list all medical information: medications, conditions, allergies, etc. This information is important in the event of an emergency or an accident.

\_\_\_\_\_

Class/Trip Selection	Session	Day/Date	Time	Fee

All participants and their guardians, through participation in this program acknowledge an assumption of risk of injury and release the town and its staff from all liability.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

Town of East Greenwich  
 Parks & Recreation Dept.  
 PO Box 111  
 East Greenwich, RI 02818

**Make Checks Payable to**  
**East Greenwich**  
**Parks & Recreation**