

## 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, Sculpting with Weights, & On the Ball.

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. Bring a water bottle to class. (No classes 10/10, 11/11 & 11/25)

**BODY CONDITIONING** Fee: \$70.00  
15 weeks Min. 20/Max.40



This aerobics is a low impact workout as well as floor work to include upper & lower body toning, abs & a stretch. Instructors: Bernadette Girard & Michelle Anderson.

Adults & Seniors Mon, Wed & Fri 9-10am Swift Gym  
Session I September 12 – December 23, 2011

**STRETCH & RELAXATION** Fee: \$42.00  
14 weeks Min. 11 9/Max. 20



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: Bernie Girard

Adults & Seniors Mondays 10-10:45am Swift Gym  
Session I September 12 – December 19, 2011

**SCULPTING WITH WEIGHTS** Fee: \$45.00  
15 weeks Min. 10/Max. 20



This class will develop muscular strength & endurance as well as functional movement using a variety of exercises. Weights and tubing will be used to strengthen the entire body. Participants must be able to get down on the floor. Instructor: Michelle Anderson

Adults & Seniors Wednesdays 10-10:45am Swift Gym  
Session I Sept. 14 – Dec. 21, 2011

### ON THE BALL

13 weeks



Fee: \$40.00  
Min. 10/Max. 10

Shake up your fitness routine. This specialty class challenges strength and balance through a series of exercises performed on a stability ball. Participants must bring their own ball to class. Appropriate ball size based on height-4'11"-5'4" (21" ball) 5'5"-5'11" (25" ball). Instructor: Michelle Anderson

Adults & Seniors Fridays 10-10:45am Swift Gym  
Session I September 16 – December 23, 2011

### PERSONAL STRENGTH TRAINING 101

Fee: \$40.00 3 weeks Min. 3/Max. 5

Quality not quantity is the key to results in strength and balance training. New and seasoned exercisers will benefit from this small group training class with individual attention. We will focus on proper form, body awareness and controlled technique while using weights, tubes, Bosu trainer and body weight. This confidence building class will enhance your success as you continue with exercise at home or in a group fitness class. Instructor: Michelle Anderson

Adults Thursdays 10:30-11:30am Parks & Rec. Office

Session I September 8 – September 22, 2011  
Session II November 3- November 17, 2011



### PILATES

14 weeks



Fee: \$140.00  
Min. 4/Max 15

This introduction/beginner pilates course will focus on 6 key principles-concentration, centering, control, breath, flow and precision. Regular Pilates practice helps improve posture, balance, flexibility and gives the body an overall sense of well being. This mat class will introduce the fundamentals of Pilates as the group works towards a precision and flow while increasing the level of difficulty gradually. Bring to class a mat, towel and water. Instructor: Sue-Ellen Bouvard

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

Session I Sept. 8 – Dec. 15, 2011 (No class 11/24)

**MIX & MATCH the Zumba classes in the same session for a savings: 1 class for \$36, or 2 for \$60**

**ZUMBA FITNESS** Fee: 1 class \$36/2 classes \$60  
16 weeks Min. 15/Max. 25

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 calories.. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor, and a smile. Instructor: TBD



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

Session I Sept. 6 – Dec. 22, 2011 (No classes 11/24)

**YOGA** 7 weeks Min. 5/Max.12  
Fee: 1 class-\$70.00 / 2 classes same session-\$105

New and experienced yoga students will enjoy this Hatha and Ashtanga yoga class. Build core strength, develop endurance, integrate focus and flexibility while capturing the essence of 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 9:15-10:30am Parks & Rec Office  
18 & over Thursdays 7:00-8:15pm Swift Gym

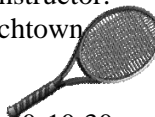
Session I September 6 – October 20, 2011  
Session II November 1 – December 15, 2011



**ADULT TENNIS LESSONS** Fee: \$60.00  
6 weeks Min. 3/Max. 8



Certified USTA instructors will teach participants coordination, ball control, movement, footwork, forehand, backhand, serving and volleying. You must have your own racquet and wear sneakers. Instructor: Coastal Quick Tennis Staff Location: Frenchtown Courts



Adult Beginner/Intermediate Wednesdays 9:30-10:30a  
Adult Intermediate/Advanced Wednesdays 10:30-11:30a

Session I September 14 – October 19, 2011

## THE RAMBLERS-HIKING GROUP

Fee: \$5/hike 7 weeks Min.8/Max.14

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 Frenchtown Park Parking lot and head off in the Parks & Recreation van. Sign up by the week or for all 7 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 I September 22 – November 3, 2011

## THE MOUNTAINEERS-HIKING GROUP

Fee: \$5/hike 5 dates Min.10 /Max.14

For the more adventurous hiker, 5 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 are usually over 4 miles and upwards of 6 miles. 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 9/13, 9/27, 10/11, 10/25, 11/08

## NEW YORK CITY TRIP

Fee: \$115.00  
1 day Min. 20/Max 44

Our trip is back!! We're off to the Big Apple to see the Radio City Rockettes' perform their Holiday Spectacular Show. This year's show is new with 3D live cutting-edge technology that has the scenery extending beyond the stage. The traditional Wooden Soldiers and Living Nativity will be enhanced by this updated show. East Greenwich residents may sign up one friend from out of town to join them (a signed registration form must be received from the guest.) Due to the unexpected nature of the New York City traffic we can not guarantee our arrival time, so plan accordingly if booking lunch reservations.



Date: Wednesday, November 30, 2011 Ages: 12 & up  
7:00am Depart Frenchtown Park Parking Lot  
2:00pm Show Time (1.5 hours-no intermission)  
9:00pm Return to East Greenwich

## FIRST AID, CPR & AED CLASSES

Fee: see below

Min. 6/Max. 20

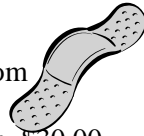
These classes will certify new people and re-certify current card holders in First Aid, CPR and AED (automated external defibrillator). This is an American Heart Association course. Learn these valuable lessons including first aid, adult, child, and infant CPR, as well as how to use an AED. This is a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

Ages: 16 & over EG Police Community Room

CPR & AED Tues, October 11, 2011 6-9pm \$30.00

First Aid Tues, October 18, 2011 6-8pm \$30.00

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



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## Community Events

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### 16<sup>th</sup> SUMMER'S END CONCERT

**Friday, September 2, 2011 Eldredge Field**

The Summer Arts & Festival Organization proudly presents the RI Philharmonic, conducted by Francisco Noya. Special guest performer will be John Pagnano. Pre-concert activities include the EGHS Jazz Band, a group vocal performance by students of Phoebe Madden, and a children's and veteran's parade.

5:30pm EGHS Jazz band

6:30pm Philharmonic Rehearsal

7:30pm Phoebe Madden's Vocal Group

7:45pm Children's & Veteran's Parade

8:00pm Philharmonic Concert



For additional information visit the group's web site at [www.summersendeg.com](http://www.summersendeg.com) (Rain date: 9/3/11)

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## Pick-up Athletic Nights

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Adult 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.*

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

Time: 7:30-9:30pm Sept & 8-10pm Oct-Dec.

Session I September 12 – December 19, 2011



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

*Pre-registration required.*

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 Cole Gym Tuesdays

Time: 7:00-9:00pm

Session I September 13 – December 20, 2011



**ADULT PICK UP SOCCER** Fee: Session I \$15.00

*Pre-registration required.*

Fee: Session II \$30.00

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.) AGES: 25 & over

**MEN'S DIVISION:**

Sess. I Wed, 7:30-9pm, HS Turf -9/14-11/16/11

Sess. II Thurs, 8-9:30pm, HS Gym- 12/1 - 4/12/12



**WOMEN'S DIVISION:**

Sess. I Tues., 7:30-9pm, HS Turf - 9/13-11/15/11

Sess. II Wed, 7-9:00pm, Cole Gym- 11/30 - 4/11/12