

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, and Kettle Bells.

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.

Session I January 2 – March 23, 2012

Session II April 2 – June 22, 2012 (no class 5/28)

BODY CONDITIONING Fee: \$70.00
12 weeks 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. If you want to use 5lbs. weights, please bring them. Instructors: Bernadette Girard & Michelle Anderson

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

STRETCH & RELAXATION Fee: \$45.00
12 weeks Min. 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 down on the floor. Instructor: Bernadette Girard

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

SCULPTING WITH WEIGHTS Fee: \$45.00
12 weeks Min.9/Max.20



Define yourself! Develop strength, endurance & functional movement using weights, tubes & bands. Challenge your body. Participants must be able to get on the floor. Instructor: Michelle Anderson

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

KETTLE BELLS

12 weeks



Fee: \$45.00
Min.9 /Max.20

Check out the craze. This class includes a warm-up & progresses to basic kettle bell lifts including the swing, squat, pull & clean and press. Core work included for a full body workout. Increase strength, get your heart rate up & improve overall fitness. Kettle bells will be provided. Instructor: Michelle Anderson.

Adults & Seniors Fridays 10-10:45am Swift Gym

MULTI-CLASS DISCOUNT:

Take both the Circuit Training and 20-20-20 Class in the same session for only \$60.00

Check with your physician prior to participating. Children are not allowed in the gym during classes. Instructor: Michelle Anderson



CIRCUIT TRAINING Fee: \$40.00
11 weeks Tuesdays Min. 8/Max. 20

Step up to the challenge of improving your heartrate and strength. This fast paced class alternates quickly between cardio/agility and strength circuits for a total body blast. Bring water, a towel and a can-do attitude. Perfect for people looking to "take it up a notch".

20-20-20 Fee: \$40.00
11 weeks  Thursdays Min.8/Max. 20

If a lean body and focused mind is your goal give this class a try. Hi/Lo cardio intervals, weight training and dynamic stretching/balance-20 minutes of each will push you to a higher fitness level. This workout has it all. Guaranteed to make you sweat.

18 & over 8:15-9:15am Swift Gym

Session I Januray 3 – March 15, 2012

Session II March 27 – June 12, 2012 (no class 4/24)

ZUMBA FITNESS 10 weeks Min.10/Max. 20
Fee: 1 class- \$36.00/ 2 classes in the same session-\$60

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. 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 & a smile.

Instructor: Natalie Thibodeau Location : Swift Gym

16 to Adults Tuesdays 5:15-6:15pm
16 to Adults Thursdays 5:15-6:15pm

Session I January 10 – March 15, 2012

Session II March 27 – June 5, 2012 (no class 4/24)



HATHA YOGA 10 weeks Min. 5/Max.12
Fee: 1 class-\$100.00/2 classes in the same session-\$150

In this Hatha Yoga class we practice to lengthen and strengthen our mind, body & soul. Class starts with a warm-up, follows with sun salutations, then moves into strength and stability poses. We practice focus, balance, strength and stability while incorporating a deep inhale and exhale. Class ends with deep stretching & relaxation. Beginner and experienced levels are welcome. Bring a yoga mat, towel, water and a foam block and straps, if you have them. Beginners & intermediates welcome. Instructor: Shirin Moid

16 & over Tuesdays 7:00-8:15pm Swift Gym
16 & over Thursdays 7:00-8:15pm Swift Gym

Session I January 10–March 15, 2012

Session II March 27 –June 5, 2012 (no class 4/24)



PILATES MAT CLASS Fee: \$90.00
9 weeks Min. 4/Max 12

Pilates is a series of exercises done with precision and flow, that allow you to lengthen and strengthen your body by recruiting many muscle groups at the same time. These exercises are designed to help you gain control and balance of your entire body. This mat class will focus on proper form, how to find a breathing rhythm that works with your movement and how to work from and strengthen your core. Bring to class a mat, towel and water. All levels are welcome.

Instructor: Sue-Ellen Bouvard

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

Session I January 12 – March 15, 2012 (No class 2/23)

Session II March 29 – May 31, 2012 (No class 4/19)



ADULT SKI CLUB Fee: \$37 65+yr./day
4 dates Min.8/Max.12 \$48 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 a ½ day lift ticket 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 inclement weather.

18 & over Thursdays 7:00-2:30pm Parks & Rec Office

Session I Jan. 12, Jan. 26, Feb. 2, Feb. 16, 2012

THE RAMBLERS-HIKING GROUP
Fee: \$5/hike 10 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 and head off in the Parks & Recreation mini bus. Sign up by the week or for all 10 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 22 – May 31, 2012 (no hikes on 4/19)

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 II 3/27, 4/10, 4/24, 5/8, 5/22



GOLF for BEGINNERS

5 weeks



Fee: \$96.00
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. (Some right handed clubs available for use during the lesson.) Dress appropriately with a jacket, hat, sneakers or golf shoes. Instructor: Larry Rittmann

*If you are a current golfer and are interested in a class, contact the office. If there is enough interest, a class may be added.

Ages: 18 & up Saturdays 10-11:00am EG Golf Course

Session II May 5 – June 2, 2012

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 & doubles divisions will be offered. (A Co-ed Doubles divisions will also be formed if there is enough interest.-do not send payment just call with your name and number.) Participants will be required to bring a can of balls to each match. *Locations & final times will be determined based on number of players.

Ladies' Singles	Tuesday	6:00-8:00pm*
Ladies' Doubles	Wednesday	6:00-8:00pm*
Men's Singles	Thursday	6:00-8:00pm*
Men's Doubles	Wednesday	6:00-8:00pm*



Session I April 24 – June 7, 2012

ADULT & SENIOR 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 & volleying. You must have your own racquet and wear sneakers. Instructor: Coastal Quick Tennis Location: Frenchtown Courts



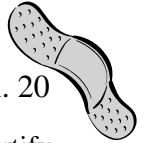
Adult Beginner/Intermediate	Wednesdays 9:30-10:30a
Adult Intermediate/Advanced	Wednesdays 10:30-11:30a
Seniors 60+ -Beginner	Thursdays 9:30-10:30am
Seniors 60+ -Intermediate	Thursdays 10:30-11:30am

Session II April 25 – May 31, 2012

FIRST AID, CPR & AED CLASSES

Fee: see below

Min. 10/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	Wed, March 7, 2012	6-9pm	\$30.00
First Aid	Wed, March 14, 2012	6-8pm	\$30.00

Take both classes for a cost of only \$50.00

Pick-up Athletic Nights

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: See Below
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- holidays, snow days.

Men 35 & up	High School Gym	Mondays
Session I	January 2 – March 26, 2012	8-10pm (12wks-\$24)
Session II	April 2 – June 11, 2012	7:30-9:30pm (10wks-\$20)

CO-ED PICK UP VOLLEYBALL Fee: \$35.00
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- holidays, snow day.

Co-ed 18 & up	Cole Gym	Tuesdays	7-9:00pm
Session I	January 3 - April 24, 2012		

ADULT PICK UP SOCCER Fee: See Below
Pre-registration required.

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. Session I is indoor play in the gym utilizing a Futsal ball. (Limited enrollment and no program when school is not in session- holidays, snow days.) Session II will be outdoors on the synthetic field.

Coed 25 & over High School

Session I-Wait list being accepted.

Session I Gym- Thursdays 8-9:30pm –Dec. 1- April 12th -\$30

Session II Turf Field- Mon. 7:30-9pm April 23–June 11th - \$15