

Youth Athletics & Fitness

SQUEAKY SNEAKERS



Fee: \$85.00
Min. 5/ Max. 12

9 weeks

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 activities. Moms and Dads can join the fun or use the program to help with transitional learning – child independence! Instructor: Program designed and taught by Teamworks Staff.

Ages 2–3½ yrs. Tuesdays 9:30-10:15am Swift Gym

Session I January 10 – March 13, 2012 (No class 2/21)

Session II March 27 – June 5, 2012 (No class 4/17, 4/24)

ALL SPORTS



Fee: \$85.00
Min. 5/ Max. 16

9 weeks

Fun Dynamic Sports Program! Class is designed to focus on motor skills, basic sport/activity 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. Instructor: Program designed and taught by Teamworks Staff.

TEAMWORKS★

Ages 3-5 yrs. Tuesdays 10:30-11:30am Swift Gym

Session I January 10 – March 13, 2012 (No class 2/21)

Session II March 27 – June 5, 2012 (No class 4/17, 4/24)

PLAY BUDDIES



Fee: \$35.00
Min. 6/Max. 12

9 weeks

Need to burn off some energy during the colder months? Join some friends as you participate in active open ended activities set up by the instructor-obstacle courses, tricycle tracks, parachute games, and more.

Instructor: TBD

Location: Swift Gym

Ages 18mos-36mos w/adult Thursdays 10:15-11:00am

Ages 3-5 Thursdays 9:15-10:00am

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

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

SELF-DEFENSE



5 weeks

Fee: \$50.00
Min. 6/Max. 15

This program will teach the youths basic moves (stance, strikes, kicks, blocks, releases) in the art of self-defense, a form of karate. The class is taught by a certified Kenpo instructor. This class helps to develop the child's coordination, self-confidence, and control. Instructor: Ocean State Martial Arts

Ages 6-12 Tuesday 3:45-4:45pm Swift Gym

Session I March 6 – April 3, 2012

BEGINNER SKATEBOARDING

7 weeks

Fee: \$35.00
Min.5/Max 15

CVL

CIVIL, East Greenwich's Main St. skate and snowboard shop, will be offering beginner skateboarding lessons to youth after school this Spring. Come and learn skateboarding skills and safety. Various levels of skaters practice the skills at their own pace with guidance from the instructor. All participants must have a skateboard and are required to wear helmets, knee and wrist pads. Please bring your board to Civil prior to the first class to determine suitability. Many participants' boards in the past have hindered their learning.

Grades 3-8 Wednesdays 3:45-4:45pm

Location: Skate Park-EGHS Parking lot

Session II April 25 – June 6, 2012



YOUTH TENNIS LESSONS

6 weeks

Fee: \$60.00
Min. 3/Max. 12



Pending instructor availability the Tennis lessons will be available this spring. Sign up now and we will notify you of any changes. Come learn coordination, ball control, movement, footwork, forehand, backhand, serving and volleying. You must have your own age appropriate racquet and wear sneakers. Instructor: TBD
Location: Frenchtown Courts



Ages 5-6 years Mondays 4:00-5:00pm

Ages 7-8years Mondays 5:00-6:00pm

Ages 9-10 years Wednesdays 4:00-5:00pm

Ages 11years & up Wednesdays 5:00-6:00pm

Session II April 23 – June 4, 2012 (no class 5/28)

HERSHEY TRACK & FIELD LOCAL MEET

Friday, June 8, 2012 High School Track
Ages 9-14 (Age as of 12/31/11) Rain date: 6/15/12
4:45pm Registration 5:00pm Meet Begins

PITCH, HIT & RUN LOCAL EVENT

Friday, April 27, 2012 Eldredge Field
Coed 7-8 & 9-10 yr. olds 6:30pm
Coed 11-12 & 13-14 yr. olds 7:30pm
Rain Date: TBD Age as of 7/17/12

Community Agencies

Not affiliated with Parks & Recreation

- East Greenwich Little League: www.egllri.com
- East Greenwich Youth Soccer: www.egsasoccer.com.
- East Greenwich Youth Lacrosse: www.eglax.org.
- East Greenwich Youth Basketball: www.egyb.org

Pick-up Athletic Nights

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.

HS PICK UP BASKETBALL Fee: FREE
Pre-registration required.

High School teens looking to play games of basketball are welcomed to attend. All participants will be required to play. No program when school is not in session-holidays, snow days.

HS Students High School Gym Wednesday
Session I January 4 – April 11, 2012 8:00-10:00pm

