

## ADULT PROGRAMS

**PRE-REGISTRATION REQUIRED**

**ADULT SOCCER:** 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. Two smaller fields may be used to meet enrollment demands.

Women 25+      5:30-6:30pm      Shovlin Field  
 Men 25+        6:30-8:00pm      Shovlin Field



Wednesdays      June 23 – August 25, 2010      Fee: \$15.00

**35+ MEN'S PICK UP BASKETBALL:** Now extended into the summer, come enjoy recreational games of basketball outdoors at the Eldredge Court. No referees, no scorers, just honor calls and sportsmanship. Different teams will be formed each week.



Men 35+      Sundays      8:00-10:00pm      Eldredge Courts

Session I June 20 – August 29, 2010 (no 7/4)      Fee: \$15.00

**BODY CONDITIONING:** Learn the proper exercise techniques to maximize your workout. A low impact cardio workout as well as floor work are incorporated into the classes. Classes are on-going and can be joined at any time for a pro-rated fee as long as space is available. Children are not allowed in the hall during classes. Instructors: Bernie Girard & Geri Givani

Location: Swift Gym      Ages: HS Students – Adults

Mondays, Wednesdays & Fridays      8:45-9:45am      Fee:\$58.00

Session I: June 28– Sept. 3 2010 (no class 8/9)

**BODY BLAST:** On Monday's the group will do the Upper Body Blast which uses weights and bands to sculpt the upper body. Some ab work may be included. On Wednesday the group will concentrate on the Lower Body Blast to sculpt and strengthen the legs, thighs, butt & abs. Mat work will take place with props. Instructors: Bernie-Mon. & Geri-Wed.

Location: Swift Gym      Ages: HS Students – Adults

Upper Body      Mondays      9:45-10:00am      \$33.00  
 Lower Body      Wednesdays      9:45-10:00am      \$37.00

Session I: June 28 –Sept. 1, 2010 (no class 8/9)



### **MULTI CLASS DISCOUNT**

Join one class and get the next (lower priced class) at half the cost. Add a third class (lower priced class) and take half off that class too!! Discount applies to Body Conditioning and Body Blast classes.

## SUMMER CONCERT SERIES



All summer concerts will be held at **Academy Field** on Thursdays. All ages are welcomed to attend. Bring a lawn chair or blanket to sit on. In case of rain the concerts will take place in the Swift Gym. All concerts are free of charge.

Parents are reminded to have their children seated with them.

We do not encourage pets at the concerts.

Location: Academy Field      Time: 6:30-8:00pm

<b>Nightlife Orchestra-Big Band</b>	July 1 <sup>st</sup>
<b>Bill Harley-Children's Singer</b>	July 8 <sup>th</sup>
<b>Rockin Soul Horns- R&amp;B, Soul, MoTown</b>	July 15 <sup>th</sup>
<b>John Connors &amp; the Irish Express</b>	July 22 <sup>nd</sup>
<b>Billy Shears Band-Beatles</b>	July 29 <sup>th</sup>

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

Get your form to the office before May 14<sup>th</sup> for your best chance at getting into class.

**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.

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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.

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Participant's Signature
Date

**REGISTRATION**  
 First day of registration begins on  
 5/14/10  
 by mail or hand delivery.  
 Forms can be mailed or delivered prior to 5/14/10  
 for the lottery registration.  
**DO NOT DELAY**