

Adult & Senior Programs

Due to the limited number of people we can enroll in class there will be no multi-class discounts this session. Check with your physician prior to participating. Children are not allowed in the facility during classes. ALL EXERCISE CLASSES REQUIRE YOU TO BRING YOUR OWN MAT, WEIGHTS, WATER BOTTLE & SNEAKERS.

BODY CONDITIONING

Course Code# FI0026

Learn the proper exercise techniques to maximize your workout. An easy to follow low-impact aerobic workout gets your heart pumping. Strength and balance training and a stretch are also incorporated into the classes. The routines change regularly so your mind and body are constantly challenged. Instructors: Michelle Anderson & Amy Eberle

Adults & Seniors Mon, Wed & Fri 9:00-10:00am Swift Gym \$93 14 weeks
 Session I September 9 – December 18, 2020 (NO 9/28, 10/12, 11/11, 11/27)



BODY BARRE WORKOUT

Course Code# FI0027

Join us for Body Barre, a hybrid workout combining ballet inspired movements with elements of pilates, dance, strength & most importantly, balance. Workouts will include flexibility training, core strengthening & calorie burning with light cardio. Participants will quickly learn how effective a tool gravity is at building strength! Instructor: Amy Eberle

Adults & Seniors Mondays 10:00-10:45am Swift Gym \$53 12 weeks
 Session I September 14 – December 14, 2020 (NO 9/28, 10/12)



DEFINE YOURSELF!

Balance, strength & stamina are important for overall health, movement & fall prevention. This total body strength & toning class will improve all of that. All levels are welcome as we develop the strength & core stability needed to keep us agile and strong. Participants must be able to get down on the floor. Instructor: Michelle Anderson

Adults & Seniors Wednesdays 10:00-10:45am Swift Gym \$61 14 weeks Course Code# FI0028
 Adults & Seniors Fridays 10:00-10:45am Swift Gym \$61 14 weeks Course Code# FI0029
 Session I September 9 – December 18, 2020 (NO 11/11, 11/27)



ZUMBA FITNESS

The Zumba program fuses hypnotic Latin and international music for a fun and effective aerobic-dance workout. Easy to follow, calorie burning dance-fit program. Bring a face towel. (Mat & weights not needed.) Instructor: Natalie Thibodeau

16 yrs to Adults Tuesdays 5:15-6:15pm Swift Gym \$35 12 weeks Course Code# FI0031
 16 yrs to Adults Saturdays 9:30-10:30am Swift Gym \$35 12 weeks Course Code# FI0032
 Session I September 12 – December 19, 2020 (NO 9/19, 11/3, 11/7, 11/10, 11/14)



STRETCH & RELAX

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: Natalie Thibodeau

Adult & Seniors Tuesdays 4:00-5:00pm Swift Community Cn \$53 12 weeks
 Session I September 15 – December 15, 2020 (NO 11/3, 11/10) Course Code# FI0030



YOGA

Nurish your body, quiet your mind, and leave feeling stretched, relaxed and invigorated. This all level yoga class is perfect for those who are interested in learning the basics of yoga in a gentle and encouraging atmosphere and also excellent to reconnect to the foundations of their practice. Bring a yoga mat, strap, 2 yoga blocks, & towel to class. Participants must be able to get on the floor.

Adults & Seniors	Mondays	9:15-10:15am	Parks & Rec. Office	\$85	12 weeks	Jessie
HS Students & Adults	Tuesdays	6:45- 7:45pm	Swift Community Cnt	\$85	12 weeks	Jessie
HS Students & Adults	Wednesdays	5:30- 6:30pm	Frenchtown School	\$85	12 weeks	Raeanne

Session I September 9 – December 14, 2020 (NO 9/28, 10/12, 11/3, 11/11, 11/25)



FALL WREATH-MAKING WORKSHOP

Learn to make a beautiful fall wreath for your home. Using artificial flowers, a grapevine wreath, ribbon, gourds and other material you can let your creativity determine the final look. Instructor: Mary Kiernan

Ages 18+ Wed, Oct. 14th 10-12:00pm Parks & Rec Office \$35 Course Code# FII0059



HOLIDAY CENTERPIECE/GARLAND WORKSHOP

Learn to make a festive centerpiece or garland from real greens and a mix of artificial flowers, greens, holiday décor, ornaments, ribbon and more. Instructor: Mary Kiernan



Ages 18+ Wed, Dec. 9th 10-12:00pm Parks & Rec Office \$35 Course Code# FII0060

EXPLORING ALCOHOL INK

Alcohol ink is a vividly-colored, alcohol-based dye that is liquid, translucent, permanent and fast drying. Alcohol ink is specifically formulated to create interesting patterns & effects on a variety of materials. In this workshop series you will create a number of projects including ceramic coasters, greeting cards, landscapes and dazzling sun catchers over 4 weeks. Includes all materials and supplies. Instructor: Jessica Nolan



Ages 18 & over Mondays 10:45-12:45pm Parks & Rec Office \$140 Course Code#FI0060
Session I September 14 – October 19, 2020 (NO 9/28, 10/12)

THE RAMBLERS-HIKING GROUP

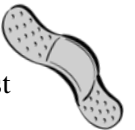
Don your hiking shoes and trek through some of the most beautiful wildlife, nature preserves and open spaces in Rhode Island. Different trails and areas will be selected each week. Participants will meet at the Frenchtown Park parking lot and head out. *If the COVID social distancing permits we will use the bus, otherwise participants will have to drive to the location.* Sign up by the week or for all 9 hikes.



Ages 18+ Thursdays 9-@12:00pm Frenchtown Park \$5/hike 9 weeks
Session I September 10 – November 5, 2020 Course Code# FI0050-58

FIRST AID, CPR & AED CLASS

This class 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.



Ages 16 & over Thurs, Oct. 15, 2020 6-9:00pm Police Comm. Rm \$60 Course Code# FI0059

ADULT TENNIS LESSONS

A certified USTA instructor will teach participants coordination, ball control, movement, footwork, forehand, backhand, serving and volleying. Cardio classes incorporates a workout into drills and instruction. You must have your own racquet and wear sneakers. Instructor: Kristen Coker



Tennis Beginner Tuesdays 9:30-10:30am Frenchtown Courts \$60 6 weeks Course Code# FI0040
Tennis Intermediate Tuesdays 10:45-11:45am Frenchtown Courts \$60 6 weeks Course Code# FI0041
Cardio Beginner Thursdays 9:30-10:30am Frenchtown Courts \$60 6 weeks Course Code# FI0042
Cardio Intermediate Thursdays 10:45-11:45am Frenchtown Courts \$60 6 weeks Course Code# FI0043
Session I – September 8 – October 15, 2020

TENNIS DRILL & PLAY for Intermediate/Advanced Players

This class is 30 minutes of tennis drills followed by 45 minutes of coached match play to improve your game. Participants must have their own racquet & wear sneakers. Instructor: Kristen Coker



Ages 18+ Mondays 9:15-10:30am HS Municipal Courts \$75 6 weeks
Session I September 14 – November 2, 2020 (NO 9/28, 10/12) Course Code# FI0046

PICKLEBALL LESSONS

Come learn the popular game of pickleball. Students will learn the rules, basic strategy, and strokes of pickleball. Must bring your own racquet. Rainouts may be made up on other days in the week. Instructor: Kristen Coker



Session I – Outdoors – September 9 – October 15, 2020

Ages 18+ Wednesdays 4:15-5:15pm Academy Courts \$60 6wks Course Code# FI0047
Ages 18+ Wednesdays 5:30-6:30pm Academy Courts \$60 6wks Course Code# FI0048
Ages 18+ Thursdays 12:00-1:00pm Frenchtown Courts \$60 6wks Course Code# FI0049

Session II – Indoors – November 4 – December 9, 2020 (NO class 11/11)

Ages 18+ Wednesdays 5:30-6:30pm Swift Community Cnt \$50 5wks Course Code# FII0047
Ages 18+ Wednesdays 6:45-7:45pm Swift Community Cnt \$50 5wks Course Code# FII0048