

Youth & Teen Athletics & Fitness

SQUEAKY SNEAKERS

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

Ages 2–3½ yrs Tuesdays 9:30-10:15am Swift Comm. Center \$95 9 weeks

Session I January 7 – March 10, 2020 (NO class 2/18)

Course Code# WIN0001

Session II March 24 – June 2, 2020 (NO class 4/21, 4/28)

Course Code# SPR0001



ALL SPORTS



Fun dynamic sports program! Class is designed to focus on motor skills, basic sport 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. Must be potty trained. Instructor: Teamworks Staff

Ages 3-5 yrs Tuesdays 10:30-11:30am Swift Comm. Center \$95 9 weeks

Session I January 7 – March 10, 2020 (NO class 2/18)

Course Code# WIN0002

Session II March 24 – June 2, 2020 (NO class 4/21, 4/28)

Course Code# SPR0002



TUMBLE WITH ME

This class is focused on kids having fun and learning something new in a structured environment. Children will learn acrobatic fundamentals, balancing, tumbles, and so much more! The goal is to get younger students interacting with other children their age, work on listening, taking turns and creating a smooth transition into other class settings. Parent participation required. Instructor: Breanna McHenry

Ages 1-3 yrs w/parent Thursdays 9:00-9:45am Swift Comm. Center \$90 8 weeks

Session I January 9 – March 5, 2020 (NO class 2/20)

Course Code# WIN0003

Session II March 26 – May 21, 2020 (NO class 4/23)

Course Code# SPR0003



CREATIVE TUMBLE

Creative Tumble is designed for children who are ready to tumble on their own. Here children will learn basic tumbling and gymnastics fundamentals, balancing, imagination, balance beam, floor, rhythm and movement. Children will learn gymnastics safety as well as fine and gross motor skills. Instructor: Breanna McHenry

Ages 3-5 yrs w/parent Thursdays 10:00-10:45am Swift Comm. Center \$90 8 weeks

Session I January 9 – March 5, 2020 (NO class 2/20)

Course Code# WIN0004

Session II March 26 – May 21, 2020 (NO class 4/23)

Course Code# SPR0004



LITTLE YOGIS

This playful class encourages self-expression. We combine simple yoga poses with engaging songs, puppets and stories that exercise social, sensory and motor skills while increasing flexibility. Must be potty trained. Bring a mat to class. Instructor: Raeann Boyd

Ages 3-5yrs Mondays 2:30-3:15pm Parks & Rec. Office \$67 8 weeks

Session I January 6 – March 9, 2020 (NO class 1/20, 2/17)

Course Code# WIN0005

Session II March 23 – June 1, 2020 (NO class 4/20, 5/18, 5/25)

Course Code# SPR0005



TEEN YOGA

Through stretches and poses, teens will develop muscle tone and balance, utilizing proper breath and positions. Bring a yoga mat, towel and water to class. Instructor: Raeann Boyd

Ages 12-16 yrs Mondays 3:30-4:30pm Parks & Rec. Office \$67 8 weeks

Session I January 6–March 9, 2020 (NO class 1/20, 2/17)

Course Code# WIN0006

Session II March 23–June 1, 2020 (NO class 4/20, 5/18, 5/25)

Course Code# SPR0006



YOUTH & TEEN TENNIS LESSONS

Come learn coordination, ball control, movement, footwork, forehand, backhand, serving and volleying. You must have your own age-appropriate racquet and wear sneakers. Instructor: Kristen Coker



Session I – Indoors January 10 – March 6, 2020 (NO class 2/21)

Ages 5-8 yrs	Fridays	4:15-5:15pm	Swift Comm. Center	\$80	8 wks	Course Code# WIN0008
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Session II – Outdoors March 31 – May 14, 2020 (NO class 4/21, 4/23)

Ages 5-7yrs	Tuesdays	4:15-5:15pm	Frenchtown Courts	\$60	6wks	Course Code# SPR0008
Ages 8-11yrs	Tuesdays	5:15-6:15pm	Frenchtown Courts	\$60	6wks	Course Code# SPR0009
Ages 8-11yrs	Thursdays	5:15-6:15pm	Frenchtown Courts	\$60	6wks	Course Code# SPR0010
Ages 12-18yrs	Thursdays	4:15-5:15pm	Frenchtown Courts	\$60	6wks	Course Code# SPR0011

Youth Arts & Learning

FAMILY MUSIC TIME

This Family Music class revisits favorite nursery rhymes and songs in a way that children of all ages can relate and enjoy. The songs capture the magic of rhyming speech which lends itself to movement/play-acting games. Language skills are developed and the child's imagination is sparked in a nurturing environment and fun for all! Come prepared to sing and dance with your child(ren) and have some fun! Parent participation is required. Instructor: The Music School Staff-Beth Nichols

Ages 1-5yrs w/parent	Wednesdays	9:15-10:00am	Parks & Rec. Office	\$75/family	8 weeks	
Session I	January 8 – March 4, 2020	(NO class 2/19)		Course Code# WIN0012		
Session II	March 25 – May 20, 2020	(NO class 4/22)		Course Code# SPR0012		



WINTER AT THE FARM

Come explore winter at Historic Casey Farm in North Kingstown, RI through a series of activities and stories in their heated program room. Each week will provide an exciting craft, activity and story that will engage children in learning new facts about the winter season on the farm. Some activities will include a celebration of groundhog day and what it means, how to track animals in the snow and so much more! Some activities may be outside depending on weather. Please dress for the weather. Instructor: Casey Farm Staff

Ages 2-6yrs w/parent	Wednesdays	1:00-2:00pm	Casey Farm	\$36	6 weeks	
Session I	January 22 – March 4, 2020	(NO class 2/19)		Course Code# WIN0013		



FARM FRIENDS

The class takes place at Historic Casey Farm in North Kingstown, RI. Each week children get to explore a different area on the farm, chickens, pigs, cows, vegetables, etc. Each class will conclude with a quick craft incorporating what the children learned that day! Parent Participation required. Instructor: Casey Farm Staff

Ages 2-6yrs w/parent	Wednesdays	1:00-2:00pm	Casey Farm	\$48	8 weeks	
Session II	April 1 – May 27, 2020	(NO class 4/22)		Course Code# SPR0013		



MESSY CRAFTS

Spend the afternoon creating art projects. Get your creative juices flowing as you glue, paint, cut, sculpt and more. Great for practicing fine motor skills and inspiring creativity. Please wear old clothes you are not afraid to soil or bring an apron. NO parent participation. Must be potty trained. Instructor: Rachel Clough

Ages 3-5yrs	Mons.	1:30-2:15pm	Parks & Rec. Office	\$40	8 wks	
Session I	January 6 – March 9, 2020	(NO class 1/20, 2/17)		Course Code# WIN0014		
Session II	March 23 – May 18, 2020	(NO class 4/20)		Course Code# SPR0014		



ARTISTIC MINDS

Enjoy some quality arts and crafts time. Each class participants build, create, experiment and use their imagination as they cut, paint, sculpt and construct a masterpiece! Please wear old clothes you are not afraid to soil or bring an apron. Instructor: Parks & Rec. Staff

Ages 5-8yrs	Thurs.	4:00-4:45pm	Parks & Rec. Office	\$40	8 wks	
Session I	January 9 – March 5, 2020	(NO class 2/20)		Course Code# WIN0015		
Session II	March 26 – May 21, 2020	(NO class 4/23)		Course Code# SPR0015		



STORYBOOK HIKE

Come join the group on a hike of Frenchtown Park, on this hike the group will search for pages of a picture book and read them along the way. It's a wonderful way for families to explore the park and learn a little bit about nature. Instructor: Rachel Clough

Ages 3-5 yrs Tuesday See times below Parks & Rec. Office Picnic Table \$2 1 day

Session II May 26, 2020 9:30-10:15am Course Code# SPR0016
Session II May 26, 2020 1:30-2:15pm Course Code# SPR0017



PRE TAP & BALLET

The purpose of this class is to work on the foundations of tap and ballet. These classes are progressive in order to have a successful experience. Even at a young age children can do amazing things and really understand dance. Participants must wear active-wear. Leotard, tights and ballet and tap shoes are optional. Instructor: Breanna McHenry

Ages 3-5yrs Mondays 4:30-5:15pm Swift Comm. Center \$90 8 weeks

Session I January 6 – March 9, 2020 (NO class 1/20, 2/17) Course Code# WIN0018
Session II March 23 – June 1, 2020 (NO class 4/20, 4/27, 5/25) Course Code# SPR0018



TAP & BALLET

This class is for the beginner or child coming from Pre Tap & Ballet. Children will gain confidence and begin to learn beginner ballet & tap techniques. Prior dance experience is not required, this is a great class for beginners! Leotards are preferable, but active-wear is fine. Instructor: Breanna McHenry

Ages 5-8yrs Mondays 5:20-6:05pm Swift Comm. Center \$90 8 weeks

Session I January 6 – March 9, 2020 (NO class 1/20, 2/17) Course Code# WIN0019
Session II March 23 – June 1, 2020 (NO class 4/20, 4/27, 5/25) Course Code# SPR0019



HIP HOP

This high-energy class focuses on hip-hop dance fundamentals, breakdancing and history. Participants must wear active-wear and sneakers. Instructor: Breanna McHenry

Ages 6-10yrs Mondays 6:10-6:55pm Swift Comm. Center \$90 8 weeks

Session I January 6 – March 9, 2020 (NO class 1/20, 2/17) Course Code# WIN0020



CONTEMPORARY DANCE

Contemporary is a fusion of modern, ballet and jazz dance. Students will work on technical skills including jumps, leaps, turns, floor work and end with choreography. Students will also learn dance improvisation within the series. Instructor: Breanna McHenry

Ages 6-10yrs Mondays 6:10-6:55pm Swift Comm. Center \$90 8 weeks

Session II March 23 – June 1, 2020 (NO class 4/20, 4/27, 5/25) Course Code# SPR0020



ICE CREAM WORKSHOP

Today we visit award-winning Clementine's Ice Cream and learn how they make their delicious ice cream! Watch as Warren demonstrates how to make ice cream, waffle cones and talk about the process that goes into it. Instructor: Rachel Clough

Ages 6-12yrs Fri, April 10, 2020 9:45-11:45am Departs Parks & Rec Office \$10 Course Code# WIN0023



SAFE AT HOME WORKSHOP

This class is designed for children 8 to 12 to learn safe steps for around the home. Come learn how to be responsible and safe in any situation. Class covers family communication, internet, phone and door safety as well as fire safety. The class works in conjunction with the EG Police and Fire Departments. Instructor: Tyler Hoxsie

Ages 8-12yrs Fri., March 13, 2020 1:15-3:15pm Police Comm. Room \$12 Course Code# WIN0022



EG BABYSITTER's CLASS

This four day program is designed to teach new sitters and refresh present sitters on safe sitting techniques and qualities that make up a good sitter. Youths will be certified in CPR and First Aid as part of this course. This class is also valuable for children home alone after school or in the evening. Certificates will be awarded to those completing the four-day course. The class works in conjunction with the EG Police and Fire Departments. Instructor: Rachel Clough

Ages 10 & up Tuesdays, February 25 – March 10 4:00-5:30pm Parks & Rec. Office \$78
 & Friday, March 13 9:00-12:00pm Course Code# WIN0025



PARTY WITH US

Come celebrate your special day at Swift Gym. Choose from the themes below to make your day extra special. Pricing includes facility rental, a party activity facilitator, activity supplies, set up and break down. Parents are responsible for cake, food, utensils, paper products and favors. A three-hour block will be set aside for each party- ½ hour for set up, 1 hour for activity with the party facilitator, 1 hour for refreshments and presents, ½ hour for break down. Dates and times are subject to Swift Gym's and the facilitator's schedules so call well in advance (minimum of 2 weeks' notice) to reserve your party. Check the Town website (www.eastgreenwichri.com) for the party package information sheet for further details & descriptions of party themes.

Days: Saturdays Times: (earliest time 11am) Maximum of 15 party children

Games-Games-Games	Ages 6-12 years	\$160.00
Crafty Creations	Ages 6-12 years	\$250.00
Preschool Party	Ages 3-5 years	\$160.00

