

## Adult & Senior Programs

### Multi-class discount!

Sign up for two or more classes, pay the higher class fee and receive \$10 off the additional lower priced class(es). Classes that are eligible for this discount are Body Conditioning, Stability Ball Workout and Define Yourself. Classes are on-going and can be joined at any time. Pro-rated fees of ½ off the original price will apply only after the session is half way over *as long as space is available*. Check with your physician prior to participating. Children are not allowed in the gym during classes. Bring a water bottle to class.

**Ages:** Adults & Seniors

**Location:** Swift Gym

**Session I:** January 6, 2020–March 20, 2020 (NO 1/20, 2/17) **Session II:** March 30–June 12, 2020 (NO 5/25)

### BODY CONDITIONING

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. Bring a water bottle, sneakers, and a positive attitude. If you want to use 5lb. weights please bring them. Instructors: Michelle Anderson & TBD

Mondays, Wednesdays & Fridays	9:00-10:00am	\$61	11 weeks
Session I Course Code# WIN0026	Session II Course Code# SPR0026	(Dates listed above)	



### BODY BARRE WORKOUT

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. No equipment required; participants will quickly learn how effective a tool gravity is at building strength!

Instructor: TBD (Dates listed above)

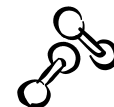
Mondays	10:00-10:45am	Fee: See below
Session I \$40 (9 wks) Course Code# WIN0027	Session II \$46 (10 wks) Course Code# SPR0027	



### 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. Weights up to 5lbs. are provided. If you want 8-10 lbs weights please bring them. Participants must be able to get down on the floor. Instructor: Michelle Anderson (Dates listed above)

		Session I (11 weeks)	Session II (11 weeks)
Wednesdays	10:00-10:45am	Course Code# WIN0028 \$43	SPR0028 \$43
Fridays	10:00-10:45am	Course Code# WIN0029 \$43	SPR0029 \$43



### 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. Bring a mat if you have one and a water bottle to class. Instructor: Natalie Thibodeau

Adults & Seniors	Thursdays	4:00-5:00pm	Swift Comm. Center	\$52	11 weeks
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Session I January 9 – March 19, 2020	Course Code# WIN0030
Session II April 2 – June 18, 2020 (NO class 4/16)	Course Code# SPR0030



### MORNING YOGA

Come and join this yoga class where the benefits are endless. Through stretches and poses you will develop your muscle tone and balance utilizing proper breath and positions. Bring a yoga mat, towel, and water to class and if you have them straps and a block. Participants must be able to get on the floor. Instructor: Glenda Kaija

Adults & Seniors	Mondays	9:15-10:15am	Parks & Rec. Office	\$67	9 weeks
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Session I January 6 – March 16, 2020 (NO class 1/20, 2/17)	Course Code# WIN0036
Session II March 30 – June 8, 2020 (NO class 4/20, 5/25)	Course Code# SPR0036



## EVENING YOGA

Have you had a long day? Want to relax? Come and join evening yoga. Through stretches and poses you develop your muscle tone and balance utilizing proper breath and positions. Bring a yoga mat, towel, and water to class and if you have them, straps and a block. Participants must be able to get on the floor. The instructor is a 200hr instructor & has experience teaching community yoga classes. Instructor: Raeann Boyd

Ages 16 & over      Wednesdays      6:30-7:30pm      Frenchtown School      \$75      11 weeks



Session I January 8 – March 18, 2020

Course Code# WIN0037

Session II April 1 – June 17, 2020 (NO class 5/13)

Course Code# SPR0037

## ZUMBA FITNESS

Fee: \$28/class or take 2 classes for \$50, take all 3 classes for \$74      10-11 weeks

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 water bottle, face towel, a sense of humor, and a smile.

Instructor: Natalie Thibodeau

					Session I	Session II
16 yrs to Adults	Tuesdays	5:15-6:15pm	Swift Gym	Course Code#	WIN0031	SPR0031
16 yrs to Adults	Thursdays	5:15-6:15pm	Swift Gym	Course Code#	WIN0032	SPR0032
16 yrs to Adults	Saturdays	9:30-10:30am	Swift Gym	Course Cod #	WIN0033	SPR0033



Session I January 7 – March 21, 2020

Session II March 31 – June 20, 2020 (NO class 4/14, 4/16, 4/18)

## HULA HOOP FITNESS

“Hooping” is an evolving form of movement, fitness & meditation. We explore off body hooping, moving within the space of the hoop and rhythm. Even if you couldn't hoop as a kid I promise you will have a better experience using larger "adult sized" hoops. The bigger and heavier the hoop is, the easier it is to keep up! Hoops are available to use, but if you have a hoop please bring it with you. Instructor: Jessie Jewels

16yrs to Adults      Tuesdays      6:30-7:30pm      Swift Gym      \$50      9 weeks

Session I January 14 – March 10, 2020

Course Code# WIN0034

Session II March 31 – June 2, 2020 (NO class 4/28)

Course Code# SPR0034



## PICKLEBALL LESSONS

Come learn the fast growing popular game of pickleball. Students will learn the rules, basic strategy, and strokes of pickleball. Must bring your own racquet. Instructor: Kristen Coker

Session I – Indoors – January 8 – March 4, 2020 (NO class 2/19)      \$80      8 weeks      Course Codes

Ages 18+      Wednesdays      5:30-6:30pm      Eldredge School      #WIN0046

Ages 18+      Wednesdays      6:30-7:30pm      Eldredge School      #WIN0047

Session II – Outdoors – April 1 – May 14, 2020 (NO class 4/22, 4/23)      \$60      6 weeks      Course Codes

Ages 18+      Wednesdays      4:30-5:30pm      Academy Courts      # SPR0046

Ages 18+      Wednesdays      5:30-6:30pm      Academy Courts      # SPR0047

Ages 18+      Thursdays      11:30-12:30pm      Frenchtown Courts      # SPR0048



## 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

Session II – March 31 – May 16, 2020 (NO class 4/21, 4/23 & 4/25)      \$60      6 weeks      Course Codes

Tennis Beginner      Tuesdays      9:30-10:30am      Frenchtown Courts      # SPR0039

Tennis Intermediate      Tuesdays      10:30-11:30am      Frenchtown Courts      # SPR0040

Cardio Beginner      Thursdays      9:30-10:30am      Frenchtown Courts      # SPR0041

Cardio Beginner      Saturdays      9:30-10:30am      HS Munipal Courts      # SPR0042

Cardio Intermediate      Thursdays      10:30-11:30am      Frenchtown Courts      # SPR0043

Cardio Intermediate      Saturdays      8:30-9:30am      HS Municipal Courts      # SPR0044



## TENNIS DRILL & PLAY for Intermediate/Advanced Players

This is a class with 30 minutes of tennis drills followed by 45 minutes of coached match play for the more advanced and intermediate player so you can improve your game. Participants must have their own racquet and wear sneakers. Instructor: Kristen Coker

Ages 18 & Over      Mondays      9:15-10:30am      HS Municipal Courts      \$75      6 weeks  
Session II March 30 – May 11, 2020 (NO class 4/20)      Course Code# SPR0045



## 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. One hike may include an ideal place to bird watch, another may provide views of the Bay. Participants will meet at the Frenchtown Park parking lot and head off in the Parks & Recreation bus. Sign up by the week or for all 9 hikes. Space is limited on the bus.

For a list of scheduled hikes contact the Parks & Recreation Office as the date draws near. Instructor: Rachel Clough

Ages 18 & over      Thursdays      9-@12:00pm      Frenchtown Park      \$5/hike      9 weeks  
Session II March 26 – May 28, 2020 (NO class 4/23)      Course Code# SPR0049-SPR0057



## INTRO TO BEEKEEPING

Do you have an interest in beekeeping? Want to learn what it takes to raise bees at home? What supplies do you need, what is really involved in the hobby of beekeeping. The who, what, when, where, why & how of beekeeping. Instructor: RI Beekeepers Association

Ages 18 & over      Tuesday      6:30-8:00pm      Parks & Rec. Office      \$5      1 day  
Session I January 6, 2019      Course Code# WIN0038



## GARDENING

This class will teach gardeners techniques to get their gardens started for the spring season. Learn about seed selection and when and how to start your plants. Learn about the make-up of a good plant bed and much more. The instructor is the owner of Graceful Gardens and brings her years of knowledge and experience to the class. Instructor: Mary Kiernan

Ages 18 & over      Wednesdays      10:30-12pm      Parks & Rec. Office      \$60      4 weeks  
Session I January 22 – February 26, 2020 (NO class 2/5, 2/19)      Course Code# WIN0039



## LEARN TO PAINT

Interested in learning the basics of painting? Join Julie and learn different painting techniques. The winter session will focus on acrylic paint while the spring session will focus on watercolors. This is an opportunity to relax, celebrate, learn and experience art like never before. You will get personal attention in a relaxed environment where everyone is looking to have fun while painting. There is no artist or painting experience necessary, so everyone can feel comfortable signing up. All supplies included. Instructor: Julie Lamin

Ages 18 & over      Tuesdays      6:30-8:30pm      Swift Comm. Center      \$35      4 weeks

Session I Acrylics: January 14 – February 4, 2020      Course Code# WIN0058  
Session II Watercolors: March 3 – March 24, 2020      Course Code# SPR0058



## 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. This is a great class for parents, coaches, teachers, the elderly and caregivers.

Ages 16 & over      Thurs, March 5, 2020      6:00-9:00pm      Police Comm. Rm      \$40      Course Code# WIN0035



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## Pick-up Athletic Nights

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Adult players must pre-register to ensure that players are from East Greenwich, to avoid the hassle of paying each day, and to have emergency information on all participants. (Limited enrollment.) Come to the gym or court and play recreational games of basketball, volleyball or badminton. NO referees, NO standings, just honor calls and sportsmanship. Different teams are formed each week. **Pre-registration required.**



**21-34 MEN'S PICK-UP BASKETBALL** Fee: \$35 Course Code# WIN0064  
Men 21-34 yrs Tuesdays 8:30-10:00pm Cole Gym Session I January 7 – April 14, 2020

**35+ MEN'S PICK-UP BASKETBALL** Fee: \$35 8:00-10:00pm HS Gym  
Session I Jan. 6 – Feb. 26, 2020 (NO class 1/20, 2/17) Mon. & Wed. Course Code# WIN0065  
Session II March 2 – June 1, 2020 (NO class 4/27, 5/25) Mondays Course Code# SPR0065

**18+ CO-ED PICK-UP VOLLEYBALL** Fee: \$35 Course Code# WIN0066  
Co-ed 18 & up Tuesdays 6:30-8:30pm Cole Gym Session I Jan. 7 – April 14, 2020



**18+ CO-ED PICK-UP BADMINTON** (doubles play) Fee: \$25 8:00-10:00pm Cole Gym  
Session I January 8 – March 11, 2020 Wednesdays Course Code# WIN0067  
Session II March 25 – May 27, 2020 Wednesdays Course Code# SPR0067



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## Mens Softball League

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### ADULT SOFTBALL LEAGUE

Mens' teams interested in entering the summer adult softball league are required to attend the annual meeting which takes place in March (date TBD). Check with the office as the date draws near for specifics. Individuals looking to join a team are encouraged to attend the meeting to meet the team managers. New teams should call the office and provide a team contact so information can be sent directly. Rosters and league fees due at meeting.



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## Adult and Senior Trips

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Come join the group as we head out to explore some great spots. All trips depart from Frenchtown Park's parking lot on Frenchtown Road, behind the Parks & Recreation Office. Space on the Town bus is limited so sign up early!

### WORLD WAR II MUSEUM

Course Code# WIN0068

Located in Wakefield, RI this museum honors the legacy of the veterans and survivors of one of history's most important time periods. Walk through the museum and immerse yourself in the history and artifacts available. The center is very interactive and focuses on preserving and sharing the personal stories of the WWII generation via multi-media presentations and tactile experiences through artifacts. They do not glorify war but rather focuses on the people and their personal stories during that time period. The price includes transportation and admission.

Date: Tuesday, February 11, 2020 Time: 9:30am-12:30pm Fee: \$10 Refund Deadline: 2/3/20

### HARVARD PEABODY MUSEUM

Course Code# WIN0069

Adventure to Massachusetts for a fun-filled day of activities. Travel to Cambridge and the Harvard Peabody Museum for a free-roam tour at one of the oldest anthropology museums in the world. Explore their two floors of exhibits that include significant collections of archaeological and ethnographic materials from around world. It is connected to the Harvard Museum of Natural History as well. Before the museum tour enjoy a picnic lunch. The price includes transportation and admission to the Harvard Peabody Museum and the Harvard Museum of Natural History. Bring a bag lunch.

Date: Tuesday, March 24, 2020 Time: 10:15am-4:00pm Fee: \$12 Refund Deadline: 3/16/20

**KENYON'S GRIST MILL**

Course Code# SPR0068

Kenyon's Grist Mill is part of Rhode Island's history as they are the state's oldest manufacturing business, dating back to 1696. What makes the grist mill unique is they still grind in their vintage, 1886 grist mill and continue using the original granite. Join us at Kenyon's Grist Mill and watch a cooking demonstration, sample Rhode Island Johnny Cakes and enjoy a tour of the mill and grinding process. The price includes transportation and tour.

Date: Tuesday, April 14, 2020

Time: 9:30am-12:00pm

Fee: \$10

Refund Deadline: 4/6/20

**LEYDEN FARM VINEYARD & WINE TASTING**

Course Code# SPR0069

Visit this local vineyard and learn about the wine making process. Enjoy some of their locally made wine during the tasting as you enjoy the farm. This vineyard was originally a Christmas tree farm and in 2010 the Leyden family began planting strawberries, blueberries and grapes amidst the trees. This fruit eventually grew and turned it into an assortment of wines, both reds and whites. The price includes transportation, tour and tasting.

Date: Friday, May 15, 2020

Time: 11:30am-2:30pm

Fee: \$12

Refund Deadline: 5/7/20

**ELIZABETH PARK GARDENS**

Course Code# SPR0070

Elizabeth Park in Hartford, CT is on the national register of historic places. Elizabeth Park offers just over one hundred acres of formal gardens, green space, recreational facilities, and walking loops. Come enjoy the beauty of the gardens and grounds. Bring your camera and picnic lunch to be enjoyed in the park. Wear walking shoes. Price includes transportation and admission.

Date: Tuesday, June 9, 2020

Time: 9:15am-2:45pm

Fee: \$5

Refund Deadline: 6/1/20