

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, 30/15 Fitness, Define Yourself and Stretch & Relax. 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. *The gym floor will be varnished the week of September 5th, so no classes will be held that week. If you are sensitive to the varnish smells you may want to wait until a later session to sign up.*

BODY CONDITIONING

Course Code# FI0020

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 & Daryl Brazo

Adults & Seniors Mon, Wed & Fri 9:00-10:00am Swift Gym \$78 14 weeks

Session I September 12 – December 23, 2016 (No classes 10/3, 10/12, 11/11)



30/15 FITNESS

Course Code# FI0021

30 minutes of resistance training using dumbbells, tubing, weighted balls and the mat to increase your body's tone and strength followed by 15 minutes of stretching and relaxation techniques to complete your workout. Participants must be able to get down on the floor. Instructor: Daryl Brazo

Adults & Seniors Mondays 10:00-10:45am Swift Gym \$45 14 weeks

Session I September 12 – December 19, 2016 (No class 10/3)

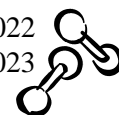


DEFINE YOURSELF!

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 you agile and strong. Weights up to 5lbs. are provided. If you want 8-10lbs weights please bring them. Participants must be able to get down on the floor. Instructor: Michelle Anderson

Adults & Seniors Wednesdays 10:00-10:45am Swift Gym \$45 14 weeks Course Code# FI0022
Adults & Seniors Fridays 10:00-10:45am Swift Gym \$45 14 weeks Course Code# FI0023

Session I September 14 – December 23, 2016 (No class 10/12, 11/11)



STRETCH & RELAX

Course Code# FI0028

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 water bottle to class. Instructor: Natalie Thibodeau

Adult & Seniors Thursdays 9:15-10:15am Parks & Rec. Office \$56 14 weeks

Session I September 15 – December 22, 2016 (No class 11/24)



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 water bottle, face towel, a sense of humor, and a smile. *The gym floor will be varnished the week of September 5th, so no classes will be held that week. If you are sensitive to the varnish smells you may want to wait until a later session to sign up.* Instructor: Natalie Thibodeau

16yrs to Adults	Tuesdays	5:15-6:15pm	Swift Gym	\$32*	13 weeks	Course Code# FI0024
16yrs to Adults	Thursdays	5:15-6:15pm	Swift Gym	\$32*	13 weeks	Course Code# FI0025
16 yrs to Adults	Saturdays	9:30-10:30am	Swift Gym	\$35*	14 weeks	Course Code# FI0026



Session I September 15 – December 20, 2016 (No classes 10/8, 11/26)

***Multi-class discount: take 2 classes for \$53, take all 3 classes for \$70.**

PILATES

Course Code# FI0027

This Pilates Mat Class will help lengthen and strengthen your muscles while improving balance, posture and flexibility. The class will focus on proper form, how to find a breathing rhythm that works for your movement and how to work from and strengthen your core. Participants must be able to get down on the floor. Foam mats available, but you may bring your own and a water bottle. Instructor: Lori Mars

Adults & Seniors	Mondays	10:00-11:00am	Parks & Recreation Office	\$60	12 weeks
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Session I September 12 – December 12, 2016 (No class 10/3, 10/10)



YOGA

Course Code# FI0019

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. The instructor is a 200hr instructor & has experience teaching community yoga classes. Instructor: Kim Cross

Adults & Seniors	Fridays	9:00-10:00am	Parks & Recreation Office	\$65	9 weeks
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Session I September 9 – November 4, 2016



ADULT TENNIS LESSONS

Certified USTA instructors will teach participants coordination, ball control, movement, footwork, forehand, backhand, serving and volleying. You must have your own racquet and wear sneakers. Enjoy the refurbished courts, funded in part with a grant from USTA. Instructor: Coastal Quick Tennis Staff

Beginner	Tuesdays	9:30-10:30am	Frenchtown Courts	\$60	6 weeks	Course Code# FI0029
Intermediate	Tuesdays	10:30-11:30am	Frenchtown Courts	\$60	6 weeks	Course Code# FI0030

Session I September 20 – October 25, 2016



THE RAMBLERS-HIKING GROUP

Course Code# FI0031-38 & FII0031-32

Don your hiking shoes and trek through some of the most beautiful wildlife and 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 10 hikes. Space is limited on the bus. For a list of scheduled hikes contact the Parks & Recreation Office as the dates draw near.

18 & over	Thursdays	9-@12:00pm	Frenchtown Park	\$5/hike	10 weeks
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Session I September 8 – November 10, 2016



FIRST AID, CPR & AED CLASSES Police Community Room \$30 per class*

These classes 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.

CPR & AED Ages 16 & over Tuesday, October 18, 2016 6-9pm Course Code# FII0036
 First Aid Ages 16 & over Tuesday, October 25, 2016 6-8pm Course Code# FII0037

**Take both classes for a cost of only \$50.00*



Pick-up Athletic Nights

Adult & teen 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, court or field and play recreational games of basketball, volleyball, soccer, badminton, pickleball, and flag football. No referees, no standings, just honor calls and sportsmanship. Different teams are formed each week.

SESSION I September 6 – December 23, 2016 (no 9/5, 10/3, 10/10, 10/12)* Pre-registration required.

MEN'S PICK-UP BASKETBALL

Men 35 yrs & up Mondays 8:00-10pm HS Gym* \$32 Course Code# FI0042



CO-ED PICK UP VOLLEYBALL

Co-ed 18 & up Tuesdays 6:30-8:30pm Cole Gym* \$40 Course Code# FI0043



CO-ED PICK UP BADMINTON (doubles play)

Co-ed 18 & over Wednesdays 8:00-10:00pm Cole Gym* \$37 Course Code#FI0045



CO-ED PICK UP PICKLEBALL (doubles play)

Co-ed 18 & over Tuesdays 5:00-7:00pm Academy Courts \$20 Course Code#FI0046
 Session I: September 6 – October 11, 2016 (end time will adjust with earlier sunset times)



MEN'S FLAG FOOTBALL

Ages 35 & up Sundays 9:00-11:00am Eldredge Field \$30 Course Code# FI0047
 Session I September 11 – November 13, 2016 (no 10/9)



ADULT PICK UP SOCCER Ages 25 & over (Indoor play utilizes a Futsal ball.)

Sess I: 9/8–11/17/16 Thurs. 7:30-9pm HS Turf Field \$27 Course Code# FI0044
 Sess II: 12/1–4/6/17 Thurs. 8:30-10pm HS Gym \$40 Course Code# FII0044



Adult and Senior Trips

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!

SAIL NEWPORT

Course Code# FI0039

"We live in the most beautiful sailing venue on the planet. You are never too old to start, or old enough to stop; sailing is a sport to be enjoyed throughout life." Join us on an adventure aboard J22 boats captained by experienced sailors from Sail Newport, a non-profit sailing program which promotes sailing to all. These 4 person boats give you the opportunity to sit back and relax or join in and pull sail lines as you cruise Narragansett Bay. Wear fleece and a wind breaker. Cotton is not recommended. Bring a bag lunch to eat in the park. The price includes transporta. & admiss.



Date: Wednesday, September 21, 2016 Time: 9:00am- 12:30pm Fee: \$25.00 Refund Deadline: 9/6/16

ADAMS NATIONAL PARK

Course Code# FI0040

"From the sweet little farm at the foot of Penn's Hill to the gentleman's country estate at Peace field, Adams National Historical Park is the story of "heroes, statesman, philosophers ... and learned women" whose ideas and actions helped to transform thirteen disparate colonies into one united nation." Join us on a tour of John Adams' & John Quincy Adams' birthplaces and learn all about their influences and accomplishments. Wear comfortbale walking shoes and bring a chair & picnic lunch to be eaten on the grounds. The price includes transportation and admission.



Date: Tuesday, October 18, 2016 Time: 9:15am-2:00pm Fee: \$10.00 Refund Deadline: 10/7/16

NEW YORK CITY TRIP

Course Code# FII0038

Begin your holiday season in the Big Apple! Upon arrival, the motor coach bus will drop you off in mid-town Manhattan. From there you are on your own to plan your time-shop along 5th Avenue, catch a mantinee performance on Broadway, visit the stores' holiday windows and decorations, enjoy a leisurely lunch, or explore a museum. Let us worry about getting you there, the rest is up to you. The bus should arrive in the city around 11am-12pm and will depart the city at 5:30pm. Please remember the arrival time is approximate –it all depends on traffic. The fee includes motor coach transportation.



Date: Wednesday, November 30, 2016 Time: 7:00am-9:30pm Fee: \$55.00 Refund Deadline: 11/14/16

Community Events

SUMMER'S END CONCERT

Friday, September 2, 2016 Eldredge Field-101 First Ave.

SAFO presents the Navy Band Northeast. Additional information is available on the group's website www.egsummersend.org (Rain date: 9/03/16)

4:00pm Gates Open

5:30pm East Greenwich High School Jazz Band

6:00pm Dana Wronski and David Jakobsen

6:30pm Harold Ambler

7:00pm Bianca Sings

7:30pm Navy Band Northeast

