

# 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 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.

**AGES: ADULTS & SENIORS**

**SESSION I:** January 4 – March 17, 2017      **SESSION II:** March 27 – June 9, 2017 (No class 5/29)

### BODY CONDITIONING

This aerobics class is a low impact workout as well as floor work, to include upper & lower body toning, abs & a stretch. Core conditioning on mats or on a chair included. Class concludes with a relaxation period. If you want to use 5lb. weights please bring them. Instructors: Michelle Anderson & Daryl Brazo

Mondays, Wednesdays & Fridays      9:00-10:00am      Swift Gym      \$60      11 weeks  
 Session I: Course Code# WIN0016      Session II: Course Code# SPR0016      (Dates listed above)



### STABILITY BALL FITNESS

This new class incorporates the use of a stability ball for core strength and to improved balance. Participants will be required to bring their own stability ball to and from class. Instructor: Daryl Brazo

Mondays      10:00-10:45am      Swift Gym      \$45      10 weeks  
 Session I: Course Code# WIN0017      Session II: Course Code# SPR0017      (Dates listed above)



### DEFINE YOURSELF!

Balance, strength & stamina are important for overall health and functional movement. This total body strength and 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

Swift Gym      \$42 per day      11 Weeks      (Dates listed above)

		<u>Session I</u>	<u>Session II</u>
Wednesdays	10:00-10:45am	Course Code#: WIN0018	SPR0018
Fridays	10:00-10:45am	Course Code#: WIN0019	SPR0019



### STRETCH & RELAX

Fee: \$45      10 weeks

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 to class if you have one. Instructor: Natalie Thibodeau

Ages 18 & over	Thursdays	9:15-10:15am	Parks & Rec. Office	SESSION I	SESSION II
			Course Code#:	WIN0023	SPR0023
Session I	January 5 – March 16, 2017	(No class 2/23)	Session II	March 30 – June 8, 2017	(No class 4/20)



## PILATES

Fee: \$40

8 weeks

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

				SESSION I	SESSION II
Ages 18 & over	Mondays	10:00-10:45am	Parks & Rec Office	WIN0024	SPR0024
Ages 18 & over	Fridays	10:15-11:00am	Parks & Rec Office	WIN0025	SPR0025

Session I January 9 – March 13, 2017 (no class 1/16, 2/20 & 2/24)  
Session II March 27-May 26, 2017 (no class 4/17 & 4/21)



## YOGA

Fee: \$65

9 weeks

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

				SESSION I	SESSION II
Ages 18 & over	Fridays	9:00-10:00am	Parks & Rec Office	Course Code# WIN0030	SPR0030

Session I January 6 – March 10, 2017 (no class 2/24)      Session II March 31 – June 2, 2017 (no class 4/21)



## ZUMBA FITNESS

Fee: See below for individual & multi class discounts 10 & 11 weeks

Zumba is a calorie burning dance fitness workout featuring upbeat Latin and world rhythms. Revitalize your mind and body, gain strength and improve balance, metabolism and endurance. Bring a water bottle, face towel and smile!  
Instructor: Natalie Thibodeau

				SESSION I	SESSION II
Ages 16 to Adults	Tuesdays	5:15-6:15pm	Swift Gym	Course Code#: WIN0020	SPR0020
Ages 16 to Adults	Thursdays	5:15-6:15pm	Swift Gym	Course Code#: WIN0021	SPR0021
Ages 16 to Adults	Saturdays	9:30-10:30am	Swift Gym	Course Code#: WIN0022	SPR0022

Session I January 3 – March 18, 2017 (no class 2/21, 2/23, 2/25)      Session II March 28 – June 10, 2017

Session I FEE: \$25/class or take 2 classes for \$40, take all 3 classes for \$52  
Session II FEE: \$28/class or take 2 classes for \$44, take all 3 classes for \$58



## HULA HOOP FITNESS

Fee: \$45

9 weeks

Modern Hula Hoop Dance (Hooping) is an evolving form of movement, fitness & meditation. This workshop is geared towards beginning hula hoopers with little to no experience. We explore basic waist hooping, moving within the space of the hoop, rhythm & off body hooping. Hoops are available to use. Even if you couldn't hoop as a kid I promise you will have a better experience using larger "adult sized" hoops. Instructor: Jessie Jewels

Ages 16 & over	Wednesdays	6:30-7:30pm	Eldredge School Gym		
Session I	January 11 – March 8, 2017	Code#: WIN0043	Session II	March 29 – May 24, 2017	Code#: SPR0043



## ADULT TENNIS LESSONS

Fee: \$60.00

6 weeks

Certified USTA instructors will teach participants coordination, ball control, movement, footwork, forehand, backhand, serving & volleying. You must have your own racquet and wear sneakers.

Adult Beginner	Tuesdays	9:30-10:30am	Frenchtown Courts	Course Code#: SPR0041
Adult Intermediate/Advanced	Tuesdays	10:30-11:30am	Frenchtown Courts	Course Code#: SPR0042

Session II April 25 – May 30, 2017



**MASTER GARDENER WORKSHOPS**

Fee: \$15.00



3 weeks

The URI Master Gardeners will be presenting three different workshops on how to prepare your garden for the upcoming planting season. Each speaker has a vast amount of information to help you grow spectacular vegetables this year. Topics to be covered are seed starting, vegetable gardening for beginners, and small space vegetable gardens. All three sessions will offer beneficial information.

Ages 18 & over      Wednesdays      10:30-11:30am      Parks & Rec Office



Session II March 22 –April 5, 2017      Course Code#: SPR0027

**THE RAMBLERS-HIKING GROUP**

Fee: \$5/hike

9 weeks

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 and head off in the Parks & Recreation mini 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.

Ages 18 & over      Thursdays      9:00-@12:00pm      Frenchtown Park



Session II March 30 – June 8, 2017 (No hikes on 4/20, 5/25)      Course Code#: SPR0031-SPR0039

**BEGINNER GOLF LESSONS**

At the time of printing, the details were not yet finalized. Please check back in late February/early March when details will be set. You may also call the office and leave your information and we can contact you. This year we will be partnering with the North Kingstown Municipal Golf Course. Instructor: North Kingstown Golf Course Staff

Ages 18 & up      To Be Determined      NK Municipal Golf Course –Quonset



**FIRST AID, CPR & AED CLASSES**

Fee: \$30 per class or take both classes for a cost of only \$50

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 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 and caregivers.

Ages: 16 & over      EG Police Community Room

CPR & AED      Tuesday, March 21, 2017      6:00-9:00pm      Course Code#: SPR0051  
First Aid      Tuesday, March 28, 2017      6:00-8:00pm      Course Code#: SPR0052



**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 are due at the meeting.



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## Adult Pick-up Athletic Nights

PRE-REGISTRATION REQUIRED

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Players must pre-register to ensure that players are from East Greenwich, to avoid the hassle of paying each night, and to have emergency information on all participants. (Limited enrollment.) Come to the gym and play recreational games of basketball and volleyball. No referees, no standings, just honor calls and sportsmanship. Different teams are formed each week. No program when school is not in session- holidays, snow days.

**21-34 MEN'S PICK UP BASKETBALL** Fee: \$35  
Tuesdays 8:30-10:00pm Cole Middle School Gym

Course Code#: WIN0027  
Session I January 10 – April 11, 2017



**35+ MEN'S PICK-UP BASKETBALL** Fee: \$35  
Session I January 4 – February 27, 2017 (No 1/16, 2/20)  
Session II March 6 – June 5, 2017 (No 5/29)

8:00-10:00pm High School Gym  
Mondays & Wednesdays Course Code#: WIN0028  
Mondays Course Code#: SPR0028

**18+ CO-ED PICK UP VOLLEYBALL** Fee: \$35  
Tuesdays 6:30-8:30pm Cole Middle School Gym

Course Code#: WIN0029  
Session I January 10 – April 11, 2017



**18+ CO-ED PICK UP BADMINTON** (doubles play)  
Session I January 11 – March 15, 2017  
Session II March 29 – May 31, 2017

Fee: \$25 8:00-10:00pm Cole Middle School Gym  
Wednesdays Course Code#: WIN0050  
Wednesdays Course Code#: SPR0050



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## Adult & Senior Trips

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Come join the group as we head out to explore some great spots. All trips depart from the Frenchtown Park parking lot behind the Parks & Recreation Office. All fees include transportation in the Parks & Recreation bus and admission.

**Babcock-Smith Museum:** Join the group and learn about the history of the Babcock and Smith families. Joshua Babcock was Westerly's local physician, politician & business man. The Smiths were involved in the granite industry. Historians and antique-lovers alike will enjoy the museum, a Georgian home built in 1743, with its period artifacts. Wear comfortable walking shoes.

Date: Tuesday, April 11<sup>th</sup> 9:15am – 12:45pm Course Code#: SPR0044  
Fee: \$4.00 Last Day for Refunds: April 4<sup>th</sup>



**Seabee Museum:** We've all driven by it for years and wondered what this museum had to offer. Now is your chance. Come visit the museum and Memorial Park as it preserves the historical site, its historical significance in Rhode Island, and serves as a memorial for the thousands of men and women who served at Davisville. Wear comfortable shoes.

Date: Wednesday, May 10<sup>th</sup> 9:45am – 11:15am Course Code#: SPR0045  
Fee: \$5.00 Last Day for Refunds: May 3<sup>rd</sup>



**Tower Hill Botanic Garden:** Tower Hill features a year-round display of the finest plants for cultivation in New England. There are gardens, collections of ornamentals, edible and native plants, plus trails that enhance the natural features of the 132 acre property in Boylston, MA. Wear comfortable walking shoes for the 45 minute guided walk on uneven terrain. Following the tour there will be time to explore on your own. Bring a picnic lunch.

Date: Tuesday, June 6<sup>th</sup> 9:00am-2:00pm Course Code#: SPR0046  
Fee: \$14.00 Last Day for Refunds: May 30<sup>th</sup>

