

## ADULT



### BUS TRIPS

Dinner theater, shopping, foliage excursions & more!  
Call us for a schedule.

### ZUMBA TONING



led by Nancy Aubin  
Dance your way to a healthy lifestyle. We will use fun dance steps as well as some Toning moves to help you burn calories and stay fit.

Wear comfortable clothing so you can dance and move freely.  
Be sure to bring water and a towel.

Thurs 5:30 - 6:30PM begins January 4 \$5per class

### HATHA YOGA



led by Kathy Ashton CYT200  
Tues 6 - 7:30pm / \$12 per class when purchased on a monthly basis. \$14 walk-in  
\*Please bring your own non-slip mat \* ongoing

### CARDIO / SCULPT CLASS

led by Nancy Aubin  
A little bit of everything, from the warmup to cool down.  
We'll be using hand weights and elastic bands as well as Stability Balls and floor exercises.



Tues. 9:15—10am begins January 9 \$5 per class

### LINE DANCE

beg. & Intermediate led by Deb Rochford  
Learn some fun Line Dances or just come for the great exercise!

Mon 12:30 -2pm Begins January 22  
\$4p/class or pre-pay \$12 a month



### Karen's FIT MIX

led by Karen Ramos-Boyd  
\* Held at the EP Senior Center, 610 Waterman Ave.\*

This adult class mixes cardio, weights, bands and more to help you get a balanced workout while allowing you to set your own pace.

Monday 6 - 7 PM begins January 8 \$4 per

### VINYASA FLOW YOGA



Instructed by Joanne Decataldo  
\* Held at the EP Senior Center, 610 Waterman Ave.\*

Vinyasa style class emphasizing meditation in motion with focus on mindfulness, pranayama breathing and asana yoga flow. The student can expect to improve in strength, flexibility and balance with a clarity of mind. This practice is helpful for people dealing with anxiety, stress and life changes. Expect to find support, community and compassion with this practice.

Thursday 6 - 7pm Begins January 4 Class Fee: \$5 per class

## SPECIAL NEEDS

East Providence Recreation Department provides various programs for youth, adults and seniors with disabilities. A medical release form is required of all first time participants and may be obtained by calling 435-7511. Round trip door-to-door transportation is provided at a charge of \$2 for all activities. *Our bus is wheelchair accessible.*

### DINE OUT

1st Wednesday of the month 5pm  
\$13 p/person Age 18+

### COFFEE HOUR



2nd & 5th Wednesday of the month 6pm  
\$5 p/person Age 18+

### MOVIES

3rd Wednesday of the month 5:45pm  
\$9.75 p/person Age 18+



### MYSTERY RIDE

4th Wednesday of the month 6pm  
\$5 p/person Age 18+



### DANCERSIZE / BINGO

(alternates)  
Thursday 7-8pm (Jan-May)  
Rec Ctr Age 18+

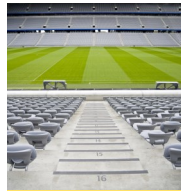


### SATURDAY PROGRAM

10:30am-2:30pm Ages 18+  
day trips & special events



## PIERCE FIELD COMPLEX



The Pierce Field Athletic Complex is open to the public year round, exceptions are Christmas and New Year's Day. Tennis and basketball courts are available with lighting provided until 9:30PM from mid April to mid November. The walking track is open Monday - Friday from 7:15am to dusk and 8am to dusk on weekends.

East Providence residents or organization interested in reserving any of the fields at the complex as well as all others located citywide must do so by completing a Field Request Form obtainable at the Main Office. All fields are reserved using the City's field use policy.

## EAST PROVIDENCE RECREATION

### WINTER / SPRING 2018

### PROGRAMS



[www.eastprovidenceri.net](http://www.eastprovidenceri.net)

[www.facebook.com/EPRecDepartment](https://www.facebook.com/EPRecDepartment)

### Main Office

610 Waterman Avenue East Providence RI 02914

Tel: 401- 435-7511 Fax: 401- 435-1999

Office Hours: Monday-Friday 8am-4pm

### Recreation Center Office

100 Bullocks Point Avenue

East Providence RI 02915

Tel: 401- 433-6360

## RECREATION CENTER HOURS

Effective January 2 - May 26, 2018

Monday - Friday

Adults 9 - 9pm

Ages 6-14 3 - 7pm

Ages 15-17 7 - 9pm

Saturday: (ADULT ONLY) 9am - 1pm

Sunday : CLOSED

*\*\*Children may not accompany adult members during their use of the center exercise facilities.*

### Department Staff

Diane Sullivan Director of Recreation

Rebecca Chace Recreation Center Supervisor

Joseph Medeiros Pierce Field Manager

Shontell Gomes Administrative Assistant

## PROGRAM REGISTRATION

REGISTRATION BEGINS January 2nd  
REGISTER BY CALLING: **433-6360**

PARTICIPANTS MUST OBTAIN CENTER  
1YR MEMBERSHIP: AGE 6-17 \$25  
ADULT \$50 or 6 months \$25 / AGE 55 + \$25

## PRESCHOOL

### PRESCHOOL DANCE

BALLET / TAP Sat. 9:30 – 10:30am \$30 p/child  
Combination class that introduces young children to basic dance skills!

Ages 3-5 January 13 - March 24



### TUMBLE WITH ME (Parent Participation) 18 months old - 3.5 years old

Class is designed to introduce acrobatic fundamentals, balancing, tumbling, parachute, imagination, exploration, rhythm & movement. The goal of this class 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

Saturday 9:30am - 10:15am \$50 p/session

Session 1 January 13th - February 10th  
Session 2 February 17th - March 17th  
Session 3 March 24th - April 21st  
Session 4 April 28th—May 26th



### CREATIVE TUMBLE

This class 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 playground and gymnastics safety as well as fine and gross motor skills.

Ages 3-5 Saturday 10:15am-11:am \$50 p/session

Session 1 January 13th - February 10th  
Session 2 February 17th - March 17th  
Session 3 March 24th - April 21st  
Session 4 April 28th—May 26th



## AFTER SCHOOL FUN AT THE REC!

Ages 6-14 Mon - Fri 3-7pm (included with membership)

After school time at the Rec features a fun atmosphere for youth. Activities include sport competitions, games, crafts, cooking, computers, homework help, community service projects and more!



\* Fees may apply to some activities\*

## YOUTH

### YOUTH BASKETBALL LEAGUE

Ages 12- 16 (Co-ed) / \$36 per child

The 10 week refereed league will provide a chance for players to hone their skills, advance to higher levels and learn good sportsmanship and teamwork.

Games held on Saturdays , 2:30 - 6:30pm

@ Riverside Middle, 179 Forbes St.

January 20 March 31

Registration ends at try outs, Jan. 13th @ 2:30pm



### YOUTH BASKETBALL

Ages 6-14 (co-ed) Wed / \$36 per child

Beginners 5-6pm / Intermediates 6-7pm

Classes begin January 17- March 28 (No class Feb 21)

Held @ Waddington Elementary school 101 Legion way



### TEEN PICK- UP BASKETBALL NIGHT

Ages 12-16(co-ed) Wednesday & Friday 7-9pm FREE

Begins January 10

Come out for a night of recreational basketball.

No referees, no standings, just honor calls and good sportsmanship. Different teams are formed each week.

Held @ EP Boys & Girls Club 115 Williams Ave.



### TEEN WEIGHT TRAINING

Co-ed Ages 13 - 15 Mon, Wed & Fri 4 - 6PM

### ART & CRAFTS @ the Rec.

Classes to ignite and inspire a love of art and some crafts too!

Ages 6 - 14 Monday 4:30 – 5:30pm FREE

January 22 - March 19 ( No class Feb 19)



### TUMBLING

Tumbling teaches basic tumbling, gymnastics and dance skills from rolls to back handsprings to leaps and turns. The class curriculum is designed to teach each student at their own individual pace and skill level.

Ages 5-10 Wednesday 6pm - 6:45pm \$50 p/session

Session 1 January 17th - February 14th

Session 2 February 21st - March 21st

Session 3 March 28th - April 25th

Session 4 May 2nd - May 30th



### YOUTH DANCE

TAP/JAZZ Sat 10:30 - 11:30am \$30 per child

Combination class of Jazz & Tap basic dance skills!

Ages 6-10 January 13 - March 24



## Special Events at the Rec !



### Kreative Kitchen

Smart snacks for after school

Ages 8-14 (co-ed) 6 wks \$20

Thursday 4-5pm January 11 - February 15

This six week class is a great way to teach kids how to make healthier after school snacks at home!



### U9 Co-Ed INDOOR SOCCER LEAGUE

Register Now !

Ages 6-9 (co-ed)

Tuesday between 4:30 – 6:30pm / \$24 per child

Games run January 23 - March 20 ( No game Feb 20)

Includes a meet & greet practice on January 16 and an 8 game season with energetic, experienced coaches ready to take first time players or little seasoned pros to the next level in a fun atmosphere.

Held @ Waddington Elementary school

101 Legion Way

Don't forget to sign up early for...

## SCHOOL VACATION DAY CAMP!

Fee is \$12 per day per child

February Day Camp: 20, 21, 22, 23

April Day Camp: 16, 17, 18, 19, 20

Day camps are offered at the Rec Center from 9am - 5pm during school vacation for youth members ages 6-12 (not all days offered).

Activities include games, sports, art & crafts and special events.

Space is limited and pre-registration is required

## KIDS NIGHT OUT

Ages 6-12 Friday 6-9pm \$6 per date

January 12 February 9 March 9 April 6

Parents can enjoy their night out knowing that their children are at the Rec Center enjoying a supervised night full of fun games and crafts! Pizza and drinks provided.

Space is limited children must pre-register.