

Keep up to date with what's happening!  
Sign up for "Rec News"!

It's easy! visit [www.eastprovidenceri.net](http://www.eastprovidenceri.net),  
click on "City Newsletters", then follow the prompts.

## ADULT



### BUS TRIPS

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

### STAY FIT CLASS

led by Nancy Aubin  
A little bit of everything, from dance moves, to fitness moves, Staying Fit can be fun. Come and get fit with our dancing, working, sweating and laughter "Stay Fit" class. **Thurs 5:30 - 6:30PM** begins Sept.10 - Dec. 17  
**\$50 pre-pay Fall Session at first class or \$5 walk in**

**TOTAL BODY CONDITIONING** led by Tracy Provoyeur CPT, SN  
A "Total Body" resistance workout utilizing bands balls bars & weights. We will get the heart rate up while trimming your waistline down!  
**Mon & Wed 6 - 7pm** / begins Sept. 28  
**pre-pay \$30 a month or \$5 walk-in**



### 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\* begins Sept.. 29th



### PILATES / STRETCH CLASS

led by Tracy Provoyeur CPT, SN  
This class is designed to increase body alignment while decreasing stress & help to diminish joint pain while incorporating the basic 34 Pilates inspired movements to strengthen the core and much more!  
**Mon & Wed 5:30- 6pm \$5 per class** begins Sept.28th



### 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.

**Tuesday 6:30 - 7:30PM** begins Oct. 6 **\$3 per class**

### ADULT CRIBBAGE CLUB

Thurs 6:30 - 9:00pm Ongoing

Stop in and play this great card game!



### YOGA

Led by Maureen Maloney  
Thurs 9 -10:30am **\$3 p/class or pre-pay \$10 a month. Ongoing**



### LINE DANCE

Beg. & Intermediate  
Mon 12:30 -2pm **\$3p/class** Begins Oct.



### INDOOR TENNIS LESSONS

\*court fee applies  
Mon 8:30-10am /10-11:30am The Indoor Tennis Court 8 Blanding Ave.

## 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 Thursday of the month 5pm  
**\$13 p/person** Age 18+

### COFFEE HOUR

2nd & 5th Thursday of the month 6pm  
**5 p/person** Age 18+



### MOVIES

3rd Thursday of the month  
5:45pm **\$9.75 p/person**



### MYSTERY RIDE

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



### DANCERSIZE / BINGO

(alternates)  
Wednesday 7-8pm (Oct, Jan-May)  
Rec Ctr Age 18+



### CRAFTS WORKSHOP

Wednesday 7-8pm (Nov & Dec)  
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

### FALL 2015 PROGRAMS

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



### 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 September 14-December 31, 2015

### 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 Recreation Director

Rebecca Chace Recreation Center Supervisor

Joseph Medeiros Pierce Field Manager

Shontell Gomes Administrative Assistant

## PROGRAM REGISTRATION

REGISTRATION BEGINS SEPTEMBER 14  
REGISTER BY CALLING: **433-6360**

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

## PRE-SCHOOL

### PRESCHOOL DANCE

Ages 3-5

BALLET Wed. 4:30 – 5:15pm \$25 per child  
TAP Wed. 5:30– 6:15pm \$25 per child  
September 30 - December 9



### PRESCHOOL OPEN GYM PLAY TIME

Are you looking for something to do on those cold and rainy days? If the answer is yes, than we have open gym time for you at the Rec.

We supply toys/balls (or bring your own) to play with in the gym.

Ages 3-5 **Mon & Thurs 11am–12pm**

Sept.28 - Dec. 17

Parents must be in attendance and supervise their children. (no stay & play Oct. 12, Nov 26)



## YOUTH

### TEEN WEIGHT TRAINING

Co-ed Ages 13 - 15

Mon, Wed & Fri 4 - 6PM Begins September 28th



### KARATE

Ages 6-14 **Thursday**

Beginners, 6-7PM / Intermediates, 7-8PM

10 wks \$50 per child October 8 December 17

Gi is available to order for \$30 but not required



### FLAG FOOTBALL

Ages 10-14 **Thursday 4-5pm \$10 per child**  
4 wk session / Oct 15 , 22, 29, Nov. 5



## 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, cooking, crafts, music, community service projects and more!

\* Fees may apply to some activities\*

## YOUTH Cont.

### YOUTH BASKETBALL

Ages 6-14 (co-ed) **Wed / \$30 per child**

Beginners: 4 - 5:30pm / Intermediates: 5:30 - 7pm

Ability level tests held Sept. 30th from 5-6pm

Classes begin Oct 7 - Dec 16



### TEEN PICK-UP BASKETBALL NIGHT

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

Oct. 2,16, 23,30. Nov. 6. 20. 27 Dec. 4. 18

Come to the Rec for a night of recreational basketball.

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

### YOUTH DANCE

Ages 6-10 September 30 December 9

JAZZ: Wed. 6:30 - :30 pm \$25 per child

TAP: Mon 7:30 - 8:30 pm \$25 per child



### ARTS & CRAFTS

Learn to make oodles of cool crafts

Ages 6 - 12 **Tuesday 4:30 – 5:30pm**

October 6 - December 8 \$10 p/child for materials



### KIDS CAN SEW

Wednesdays 6-7pm Ages: 6-12

Fee: \$55 per month plus a onetime payment of \$29 for their own " Kids Can Sew" pattern packet

Begins October 7th



Children will learn many techniques and concepts of sewing, including the basics of pattern layout and how to incorporate their own ideas into each project. \* includes all materials

Register now! **SPACE IS LIMITED**

### KIDS KUNG FU

Ages 6-17 **Tuesday 4-5pm**

10 wks \$50 per child

October 6 - December 8



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

## SCHOOL VACATION DAY CAMP!

Fee is \$10 per day per child

December Day Camp: Dec. 23, 28, 29, 30.

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

## Special Events at the Rec !

### KIDS NIGHT OUT

Ages 6-12 **Friday 6-9pm \$5 per date**

**October 9 . November 13 . December 11**

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 to 20 children  
*child must be pre-registered by the Thursday before event!*

## Design It !

**Afterschool Science, Technology, Engineering & Math (STEM) program.**  
**Tuesday & Thursday October 13 - December 3**

Ages 6 -10, 5 - 6pm Ages 11 - 14, 6 -7pm

Hands-on STEM learning activities aimed at getting youth excited about science, technology, engineering and math while helping them develop real-life skills!



(Project funded through the United Way of RI Women's Leadership Council grant)

## Birthday Parties

Have your Birthday Party at the Rec!

Whether you like sports, games or something artistic... The Recreation Center can offer a tailor-made event just for you!

For availability and fees, call the Rec. Center  
**COME CELEBRATE WITH US!**

2015

## Turkey Trot 5K Run/Walk



**Saturday, November 21 10am**

**Pierce Field - 201 Mercer St.**

Entry Fee: **\$20 Pre -Registration \$22 on race day**  
FREE T-Shirts to all pre-registered runners!

•**Registration ends at 9:45AM on race day!**

Trophies to overall 1st place male and female.

The Edward Cronan Sr. Memorial

Trophy is awarded to first East Providence finisher.

**Register online at [oceanstatemultisport.com](http://oceanstatemultisport.com)**  
**For applications/info call 401.435.7511/433.6360**