

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

SCHOOL VACATION DAY CAMP!

Fee is \$10 per day per child

February Day Camp: 16, 17, 18 & 19

April Day Camp: 18, 19, 20, 21 & 22

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.

ADULT



BUS TRIPS

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

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 6-7PM January 4 - April 25 \$3 per class



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 Jan. 4

pre-pay \$30 p/month or \$5 walk-in

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 Jan. 4



ZUMBA TONING led by Nancy Aubin

Traditional Zumba dance moves using toning sticks along with fitness moves!

Thurs 5:30 - 6:30pm \$5 per class

Jan. 7 - May 26 (no class Feb. 4)

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



YOGA Led by Maureen Maloney

Thurs 9 -10:30am \$3 p/class or pre-pay \$10 a month.

45 Minute CARDIO FIT CLASS led by Nancy Aubin

A little bit of everything, using hand weights, BOSU ball, rubber bands and your own weight to burn calories and help keep you strong and fit.

Wed 9:15-10am begins Jan.6 \$5 per class

Bring water and a towel and wear comfortable workout clothing



LINE DANCE Beginner & Intermediate

Mon 1-2:30pm \$3p/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



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.

Keep up to date with what's happening!

Sign up for "Rec News"!

It's easy! visit www.eastprovidenceri.net, click on "E- News" sign up form @ bottom of page.

EAST PROVIDENCE RECREATION

WINTER / SPRING 2016

PROGRAMS



www.eastprovidenceri.net

www.facebook.com/EPRD1

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 4 - May 29, 2016

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

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

Ages 3-5

BALLET Wed. 4:30 – 5:15pm \$25 per child
TAP Wed. 5:30– 6:15pm \$25 per child
January 13 - March 23 (no class 2/17)



Fun physical playtime for children

Ages 3-5 Monday 11am - 12pm \$10 per child
4 wk session February 1 - 29 (no class 2/15)



TINY TOTS SPORTS

Tiny tot sports is designed to provide boys & girls age 3-5 with a positive introduction to sports in a fun social setting. Classes include a sample of Basketball, T-ball, Soccer, and Football.
Ages 3-5 **Tuesday 10- 11am** Jan.19 – Feb 9 \$20 per child

DROP IN PLAYTIME FOR TOTS

Are you looking for something to do on those cold and rainy days? If the answer is yes, then we have open gym time for you at the Rec. We supply toys/balls (or bring your own) to play with in the gym. All children must be supervised by an adult.
Ages 3-5 **Wed & Fri 10am–12pm** Jan.13 - April 8 (no playtime 3/25)

YOUTH

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 DANCE

Ages 6-10 **January 13 - March 23** (no class 2/17)
JAZZ: Wed. 6:30 - 7:30 pm \$25 per child
TAP: Wed. 7:30 - 8:30pm \$25 per child



TEEN WEIGHT TRAINING
Co-ed Ages 13 - 15 **Mon, Wed & Fri 4 - 6PM**



KARATE

Ages 6-14 **Thursday**

Beginners, 6-7pm/ Intermediates, 7-8pm
10 wks **\$50 per child** January 7 - March 10
Gi is available to order for \$30 but not required



KIDS KUNG FU

Ages 6-17 **Monday 4:30 - 5:30pm** 10 wks **\$50 per child**
January 11 - March 28 (no class 1/18 & 2/15)

YOUTH BASKETBALL

Ages 6-14 (co-ed) **Wed / \$30 per child**
Intermediates: 4 - 5 pm / Beginner 5:30 - 6:30pm
Ability level tests held January 6 from 5-6pm
Classes begin January 13 - March 23 (No class Feb 17)



TEEN PICK- UP BASKETBALL NIGHT

Ages 12-16(co-ed) **Friday 7-9pm FREE**
Jan. 8, 22, 29 / Feb. 5, 19, 26 / March 4, 18, / April 1, 15, 22, 29
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.

DROP IN ART CLASS

Classes to ignite and inspire a love of art and some crafts too!
Ages 6 - 14 **Monday 4:30 – 6pm**
January 11 - March 28 **\$1 Per class**



FLOOR HOCKEY

Ages 6 -10 **Thursday 4:30-5:30pm / \$20 per child**
6 weeks Jan.21 - March 3 (No class 2/18)



KIDS CAN SEW

Wednesdays 6-7pm Ages: 6-12
Fee: \$55 per month plus a one time payment of \$29 for " Kids Can Sew" pattern packet.



Children will learn many techniques and concepts of sewing, including the basics of pattern layout. * includes all materials **SPACE IS LIMITED**

KIDS NIGHT OUT

Ages 6-12 Friday 6-9pm \$5 per date
January 15 . February 12 . March 11 . April 8
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.

Special Events at the Rec !

YOUTH BASKETBALL LEAGUE

Ages 12- 16 (Co-ed) / **\$30 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. Times TBA**

January 16- March 19

Registration ends at try outs, Jan. 9th @ 3pm



U9 Co-Ed INDOOR SOCCER LEAGUE

Register Now !

Ages 6-9 (co-ed)

Tuesday between 4 – 6:30pm / \$20 per child

Games run January 19- March 15

Includes a meet & greet practice on January 12 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.



Design It !

**Afterschool Science, Technology,
Engineering & Math (STEM) program.**

Tuesday & Thursday \$20 per Session

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

Session I: Jan. 19-Feb. 11 Session II: Feb 23 - March 17

Session III: March 22 - April 14

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!



Birthday Parties



Did you know you can host your birthday party here at the Rec ?!

Whether your interest is sports, games or something artistic...

the Recreation Center can offer you a unique, tailor made event just for your special day!

For availability and fees, call the Rec. Center

COME CELEBRATE WITH US!