

## ADULT



### BUS TRIPS

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

### ZUMBA TONING & MORE



led by Nancy Aubin

The combination of dance moves and light hand weights along with floor exercises will get your heart rate up, help you burn calories and you'll have fun at the same time. Want to work out but dread the same old thing? Then this class might be worth trying. Every week will be a different workout!

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

### HATHA YOGA

led by Kathy Ashton CYT200

Tues 6 - 7:30pm / \$12 per class when purchased monthly.

\$14 walk-in \*Please bring your own non-slip mat



### 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

### BODY BLAST

led by Tracy Provoyeur CPT, SN  
Do you want to get in Shape and blast that stubborn belly fat? Then this is the class for you! We incorporate all the right targeted moves with the latest upbeat music to enhance your exercise experience.

Mon & Wed 6 - 7pm / pre-pay \$30 a month or \$5 walk-in



### 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 \$4 per class



### VINYASA YOGA

Instructed by Lauren Mega

\*Held at the EP Senior Center, 610 Waterman Ave.\*

This class is accessible for students of all athletic levels. Class incorporates a unique blend of yoga traditions and philosophies with an emphasis on the flow of breath while moving with strength. \*Please bring your own non-slip mat.

Rinse and detoxify your mind and body with this energizing and powerful class! Thursday 6 - 7pm Class Fee: \$5 per class

### 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 \$5 per class

### YOGA

led by Maureen Maloney

Yoga provides health benefits for adults of all ages and fitness levels.

Thurs 9 - 10:30am \$4p/class or pre-pay \$12 a month.



### LINE DANCE Beginner & Intermediate

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

### BELLY DANCING

led by Sarah Leonard

This class is for beginner through intermediate and for all fitness levels.

Tues 6-7pm \$10 per class January 24 - May 23

Free trial class January 17th 6-7pm

## 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 2017

## 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 3 - May 28, 2017

### 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 3rd  
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 January 18 - March 29 (no class 2/22)  
BALLET Wed. 5- 5:45pm \$30 per child  
TAP Wed. 6 - 6:45pm \$30 per child



### TUMBLE TOTS

Fun physical playtime for children  
Ages 3-5 Thursday 11am - 12pm \$18 per child /per session  
Session I January 12 - February 16  
Session II March 2 - April 6



### 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 Mon, Wed & Fri 10am-12pm  
Jan.9 - April 13 (no playtime 2/20, 22,24)

## 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 6-12 January 18 - March 29 ( no class 2/22)  
HIP HOP: Wed. 7 - 8pm \$30 per child

### FLOOR HOCKEY

Ages 6 - 10 Thursday 4:30-5:30pm / \$24 per child  
6 weeks Jan.19 - March 2 (No class 2/23)



### 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. Times TBA  
January 14- March 18  
Registration ends at try outs, Jan. 7th @ 3pm

### YOUTH BASKETBALL

Ages 6-14 (co-ed) Wed / \$36 per child  
Beginners 4:30 - 5:30 pm / Intermediates 5:30 - 6:30pm  
Ability level tests held January 11 from 5-6pm  
Classes begin January 18 - March 29 (No class Feb 22)



### TEEN PICK- UP BASKETBALL NIGHT

Ages 12-16(co-ed) Friday 7-9pm FREE  
Jan. 6, 20, 27 / Feb. 3, 17, 24 / March 3, 17,24,31 / April 21,28  
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.



### 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 23 - March 6 (No class Feb 20)



### MY 1st STITCHES

Wednesdays 5-6 or 6-7pm Ages: 6-19  
Fee: \$55 per month (material included)



My 1st stitches is designed to teach by using "Kids Can Sew" patterns that give beginners the foundation of pattern layout and sewing techniques from basic to advanced level. Begins January 4. Participants create 1 project per month! SPACE IS LIMITED  
onetime payment of \$30 for their own " Kids Can Sew" pattern packet

## Special Events at the Rec !



### Kreative Kitchen

#### Smart snacks for after school

Ages 8-14 (co-ed) 6 wks \$15  
Thursday 4-5pm January 12 - February 16  
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 - 6:30pm / \$24 per child  
Games run January 17 - March 14 (No game Feb 21)  
Includes a meet & greet practice on January 10 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.



### Young Inventors Club Afterschool Science, Technology, Engineering & Math (STEM) program

Ages 6 -14 Thursday 5:30-7pm 8 wks \$20  
Jan. 19- March 16

Hands on workshop where youth will use imagination and creativity to design different projects each week.  
Materials included



### Don't forget to sign up early for... SCHOOL VACATION DAY CAMP!

Fee is \$12 per day per child  
February Day Camp: 21, 22, 23, 24  
April Day Camp: 17, 18, 19, 20 & 21  
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 13 February 10 March 10 April 7  
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.