



EAST GREENWICH COMMUNITY SERVICES PROGRAM GUIDE SPRING 2023





Parks, Recreation, and Harbor: 886-8626 Senior Center: 886-8669
Community Services Director: Andy Wade 886-8350

Parks Staff

Parks Superintendent: Bill "Pags" Pagliarini
Forman: Tom Geuss
Maintenance Team: James Bandarra, Peter Cambio,
 Chris Horton, Gregor Johnson, Jacob Leander,
 Eric Sartwell

Senior Services

Senior Services Manager: Erin McAndrew
Transportation / Program Coordinator:
 Roberta Dowding
Meal Site Coordinator: Judy Karam

Recreation Staff

Recreation Manager: Rachel Arbige
Recreation Coordinator: Joshua Wolff
Community Services Coordinator: Nancy Phillips

Harbor

Harbormaster: 886-8626 Ext 2

What's Inside:

- *Senior Programs and Services: Pages 5 - 11*
- *Adult Recreation Programs: Pages 12 - 20*
- *Youth, Teen, and Camps: 21 - 26*
- *Harbor Information Page 27*

Happy Spring!

Winter is nearing its end, and as of the time that I am writing this message we are cleaning up after our first significant winter storm. The members of our Community Services Department were thrilled with the way our residents turned out to participate in our winter offerings, many of our classes sold out fast with others nearing capacity. Keeping this in mind, our staff have been hard at work arranging for even more programs to deliver to our community and we hope you are up to the task, take advantage of our offerings and sign up when the majority of our program registrations open on March 15th!

Spring will go by quick and summer will be coming in right on its heels and with that will be another slew of offerings including some summertime classics including our concert series, summer camp, and trips across our beautiful state. Please keep an eye out for updates as we plan to roll out some of our summer schedule in the next month with the remainder being released in May.

Please keep an eye out for some upcoming opportunities to engage with us regarding future plans for our park system, we are nearing the end of our Master Plan Study which launched over a year ago. A public presentation to our Town Council is slated for March 13th during their regular meeting. This will be a great opportunity to see what could be the future for our parks.

Finally, I sincerely hope that one or more of our offerings interest you or someone in your family, and that you choose to join us in a recreational pursuit. If you aren't finding anything that fits, please don't hesitate to drop me a line and I will work with our professional programming staff to see if it is possible to deliver a new program to our residents.

Cheers,

Andy Wade

Community Services Director

P: 886-8350 Email: awade@eastgreenwichri.com



**Registration
opens
Wednesday,
March 15, 2023
10:00 AM**

Have You Heard the News?

- **Community Dog Park Discussion:** On the evening of February 9th, the town officially started its public engagement process regarding the need for and potential development of a town dog park. We had over 30 people in attendance, engaged in a great discussion covering multiple topics including: current ordinances, potential locations, dog park amenities, and much more. This is only the first step in what will be a long process. We hope to hear from more people as we continue to research how to bring this idea to fruition locally!



- **Community Services Master Plan Study Public Presentation Scheduled March 13, 6:00pm:** Over the past year and a half, the town's consultants from BL Companies have been collecting information and data related to the town's parks, recreational facilities, programs, and services. While the study reviewed all of our parks, it focused on 10 sites to develop long range visual concepts for the town to consider. Information has been collected through focus groups, surveys, user feedback and testimonials to assist the team from BL to formulate their designs balancing our needs with current trends in public recreation and services. The first public presentation of the report will be delivered to the Town Council during the regular monthly meeting on March 13th. Please visit our Master Plan Study website for the latest information on the study.



<https://www.eastgreenwichri.com/665/Comprehensive-Community-Services-Master->

- **Town partners with new technology to increase public engagement opportunities:** Recently, the town has entered into an agreement with ZenCity to utilize their technology to better engage our residents on our future town initiatives. Zencity will enable the town to hear from residents, in particular, beyond those that are typically engaged. Using Artificial Intelligence and expert analysts, Zencity will provide the town valuable data to assist our staff in better understanding and addressing the needs and priorities of all of our community members around any civic-related topic. Stay tuned for its official launch later this Spring.



For more info on any of these stories please contact Andy Wade 886-8350 or via email: awade@eastgreenwichri.com

A message from our Senior Services Manager

Senior Services offers a variety of programs for individuals ages 55 and older and adults with disabilities. Our hours of operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. We offer exercise programs (\$2.00 for residents/\$3.00 for non-residents per class), recreational programs, educational programs and trips. Please contact me at 886-8669, ext. 3 if you have any questions about our programs or services.



We serve lunch Monday through Friday at noon. Each meal is a suggested \$3.00 donation and includes coffee, tea, milk, an appetizer, a main entrée, and dessert. We are hosting two special celebrations this spring: a Mother's Day luncheon on Thursday, May 11th and a Father's Day luncheon on Thursday, June 15th. These celebrations include special meals and musical entertainment. Tickets are required for each event. Please review our monthly newsletters for details about these events.

Transportation is provided for East Greenwich residents to the Swift Community Center, medical appointments in East Greenwich, grocery shopping, pharmacies and retail shopping. We also offer periodic day trips to local destinations.

Please stop by the Swift Community Center to meet the staff and tour our facility. We hope you are able to join us this spring for a meal and a program!

Erin McAndrew
Senior Services Manager
401-886-8669, Ext 3



We hope you can join us for a trip this spring!
Please see the list of upcoming trips.

Senior Services Staff

Manager
[Erin McAndrew](#)

Transportation / Program Coordinator
[Roberta Dowding](#)

Meal Site Coordinator
[Judy Karam](#)

Monday - Friday
8:30 a.m. - 4:30 p.m.
401-886-8669

SENIOR GAMES & ACTIVITIES

Mah Jongg

Who: Adults over 55

When: Mondays 1:00-3:00 p.m.

Where: Swift Game Room

This tile based game of skill, strategy, calculation and luck was developed in the 19th century in China. Participants must have a basic knowledge of the game.

No program on 5/29



Bridge

Who: Adults over 55

When: Mondays and Tuesdays

Time: 9:00-11:30 a.m.

Where: Swift Game Room

This entertaining card game combines strategy and skill to beat your opponents. Participants must have a basic knowledge of the game.

No program on 5/29



BINGO

Who: Adults over 55

When: 2nd & 4th Mondays

Time: 1:00-3:00 p.m.

Where: Swift Gym

Cost: A set of Bingo cards is \$3.

A bingo marker is \$2



Scrabble

Who: Adults over 55

When: Tuesdays

Time: 9:30-11:30 a.m.

Where: Swift Game Room

Come and join fellow “wordsmiths” for some fun!



Canasta

Who: Adults over 55

When: Fridays 12:00-3:00 p.m.

Where: Swift Game Room

This card game resembles rummy- but uses two decks. Players must have a basic knowledge of the game.



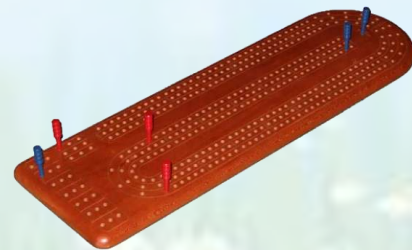
Cribbage

Who: Adults over 55

When: Fridays: 9:00-11:30 a.m.

Where: Swift Game Room

This card game that descended from England is fun and challenging!



For more information on any of our Senior Services programs please contact our Senior Services

Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



Indoor Walking Program:

Who: Adults over 55
When: Tuesdays: 2:30-3:30 p.m.
Wednesdays: 2:30-3:30 p.m.
Where: Swift Gym



Make every step count! Did you know that if you do one lap around our gym, it is approximately 100 steps and that there are 2,500 steps in a mile? Drop by and use the gym to do your walking (at your own pace).

Sit to be Fit

Who: Adults over 55
When: Mondays
Time: 1:15-2:15 p.m.
Where: Dining Room.
No class 5/29
Cost: \$2.00 Residents
\$3.00 Non-residents



Instructor: Susanna Bodell
With the stability of a chair, you can perform exercises for range of motion, balance, and strength.

Chair Yoga:

Who: Adults over 55
When: Tuesdays 11:00am-12:00 p.m.
Wednesdays 1:00pm-2:00 p.m.
Where: Swift Gym
Cost: \$2.00 Residents/ \$3.00 Non-residents
Instructor: Linda Morse.



Exercises that will help you gain flexibility, muscle strength, and peace of mind without the restrictions or uneasy feeling about getting down on the floor. Learn ways to move as well as breathing techniques for your daily living.

Yoga:

Who: Adults over 55
When: Tuesdays
Time: 8:45-9:45 a.m.
Where: Swift Gym
Cost: \$2.00 Residents/ \$3.00 Non-residents
Instructor: Linda Morse



You will experience the basic fundamentals of yoga postures, proper alignment, and breath awareness, as well as the benefits of each posture. All levels are welcome. Participants must supply their own mat.

Stretch and Tone:

Who: Adults over 55
When: Tuesdays 10:00-10:45 a.m.
Wednesdays 11:00-11:45 a.m.
Where: Swift Gym
Cost: \$2.00 Residents
\$3.00 Non-residents
Instructor: Daryl Brazo



These exercises will help to maintain muscle strength, stamina and balance using weights. A chair may be used if necessary for balance.

Circuit Fitness:

Who: Adults over 55
When: Fridays
Time: 11:00-11:45 a.m.
Where: Swift Gym
Cost: \$2.00 Residents/\$3.00 Non-residents
Instructor: Michelle Anderson



Low impact exercises mixed with upper body and lower body strength training. These exercises will help to maintain muscle strength, stamina and balance using weights. A chair may be used if necessary for balance.



SENIOR PROGRAMS

Beginner -Tai Chi Long Form Yang Style

Who: Adults over 55

When: Thursdays, April 13 - June 29, 2023

Time: 1:30-2:00 p.m. No class 5/11, 6/15

Where: Swift Gym (10 classes)

Instructor: Jane Gemma

Cost: \$20 for residents / \$30 non-residents.

Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.



Intermediate -Tai Chi Long Form Yang Style

Who: Adults over 55

When: Thursdays, April 13 - June 29, 2023

Time: 2:30-3:30 p.m. No class 5/11, 6/15

Where: Swift Gym (10 classes)

Instructor: Jane Gemma

Cost: \$20 for residents / \$30 non-residents.

Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.



Country Western Line Dancing

Who: Adults over 55

When: Tuesdays **Time:** 1:00-2:00 p.m.

When: Fridays **Time:** 1:00-2:00 p.m.

Where: Swift Gym

Cost: \$2.00 Residents / \$3.00 Non-residents

Instructor: Jackie Willsie

This class will keep you moving to country western classics and hits. If you enjoy line dancing, you'll love this class!



CYBER Seniors:

Who: Adults over 55

When: Wednesday and Friday

Time: Mornings and Afternoons

Where: Swift Computer Room

Cost: Free

This one-on-one time with URI students can help with most technology questions.

Please call 886-8669, ext . 1 to make an appointment.



Art Class

Who: Adults over 55

When: Wednesdays

Time: 9:15 -11:00 a.m.

Where: Dining Room

Cost: \$2.00 Residents/ \$3.00 Non-residents

Instructor: Jeannine Anderson.

All levels are welcome to this relaxing group. You can draw or paint at your leisure and receive guidance from our instructor Jeannine, past President and current member of the East Greenwich Art Club. Participants supply their own materials.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



Healthy Breathing

URI Pharmacy Outreach:

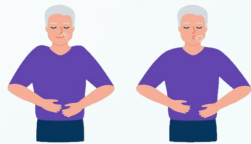
When: Thursday, April 6, 2023

Time: 10:00 - 11:00 a.m.

Where: Swift Dining Room

Breathing is such an important body function! Most of us do not realize that we are doing shallow breathing instead of nice deep breaths. Learn proper breathing techniques for better health.

Pre-registration required.



Building a Resilient Brain: Tips and Tricks to Keep Our Memory Strong as We Age

When: Thursday, April 27, 2023

Time: 9:30 - 10:30 a.m.

Where: Swift Dining Room

Presented by Theresa Fogerty, Community Outreach Coordinator, Rhode Island Hospital

This interactive presentation includes fun memory games as well as information on what is normal memory issues versus concerning memory issues.



Chronic Pain Self-Management

When: Wednesdays, April 12 – May 24, 2023.

No class on May 10, 2023. Total of 6 classes.

Time: 1:30 – 4:00 p.m.

Where: Swift Dining Room

Presented by the URI Geriatric Education Center
This program is designed for people living with chronic pain. The workshop provides participants with the tools to manage medications, fatigue, nutrition and more.

Chronic Pain

Women and Alzheimer's:

Putting the Puzzle Pieces Together

When: Thursday, May 4, 2023

Time: 9:30 - 10:30 a.m.

Where: Swift Dining Room

Presented by Theresa Fogerty, Community Outreach Coordinator, Rhode Island Hospital

Nearly two thirds of people living with Alzheimer's disease are women. We'll explore this topic, risks that are specific to women and steps one can take to lower their dementia risk. Pre-registration required.



Neck & Back Pain Screenings - with Jonathan Walker

When: Thursday, June 8, 2023

Time: 10:00 – 11:00 a.m.

Where: Swift Living Room

Are you having any neck or back pain as you participate in your normal activities? If so, you can sign up for a private, free 10 minute screening with licensed physical therapist Jonathan Walker to review your symptoms and give you tips and exercises on how to stay active and get back to the activities you enjoy.



Reflexology

When: Fridays, April 21, May 19 & June 16, 2023

Time: 10:00 a.m. - 1:00 p.m.

Where: Swift Living Room

Cost: \$30 for a half-an-hour appointment

Mary Chapman, NBCR, a nationally certified Reflexologist, offers 30 minute Reflexology sessions the third Friday of each month. Reflexology helps to reduce stress, aid in relaxation, improve circulation and help benefit many conditions of the body.

Pre-registration is required.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



AARP Smart Driver Course

When: Wednesday, May 31, 2023

Time: 1:30 - 5:30 p.m.

Where: Swift Dining Room

Cost: \$20 AARP members / \$25 non-members



Successful completion of the course may qualify those 55 and older for a discount on auto insurance (please contact your insurance company for details). Pre-registration and payment are required by Tuesday, May 23, 2023. Checks should be made payable to "AARP."

The Songwriters of Tin Pan Alley

Presented by Lloyd Kaplan & Tom Shaker

When: Wednesdays, June 7, 14, 21, & 28

Time: 1:30 - 2:30 p.m.

Where: Swift Dining Room

Cost: \$10 Residents / \$15 Non-residents

Pre-registration and payment required by Wednesday, May 31, 2023.

Without lyrics, a song is just, well, music! It's the words that we "sing." Join us as we pay tribute to some of the greatest lyricists ever. Cole Porter, Ira Gershwin, Irving Berlin and so many others wrote the songs we still sing today.



Philosophy Club

Who: Adults over 55

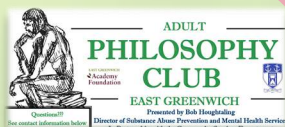
Where: Swift Game Room

When: 2nd and 4th Wed. 9-10:30 a.m.

Cost: Free

Instructor: Bob Houghtaling

You are invited to come and enjoy an interesting, thought provoking, and entertaining exploration of a myriad of philosophical topics. Be prepared to meet new friends, exercise your brain and have some fun along the way.



Summer Floral Arrangement: Watering Can Magic

When: Friday, June 23, 2023

Time: 1:30 – 3:00 p.m.

Where: Swift Gym

Cost: \$22 Residents / \$24 Non-Residents

Have you ever wondered what other uses a metal watering can serves? Today, we create a breathtaking floral arrangement using this vessel as a base. Daisies, carnations, and other flowers will highlight this design as we discover the florist in all of us!



Knitting

Who: Adults over 55

When: Fridays: 9:00-11:00 a.m.

Where: Swift Dining Room



Studies have shown that positive outcomes from knitting groups include improved self-esteem, improved brain function, and improved health through social contact. Come and join your new circle of friends. All levels are welcome.

Quilting

Who: Adults over 55

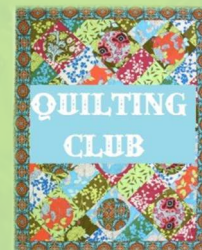
When: Second Friday of every month

Time: 1:30-3:30 p.m.

Where: Swift Dining Room

Share your passion for fabric, sewing, and color.

Discover an array of aesthetics and skill levels among the group.



SENIOR TRIPS

Springtime in Rhode Island

Friday, May 12, 2023



Cost: \$65 Residents / \$70 Non-residents

Ever dream of visiting Holland's amazing tulip fields? Well, Rhode Island is home to the largest U-Pick tulip farm in New England! Join Experience RI and bring home a fresh handpicked bouquet of the most amazing tulips you have ever seen. After the group we will be off for a delicious lunch at the Matunuck Oyster Bar. Following lunch, you will enjoy a stop at Brickley's Ice Cream for some homemade scoops and then off to a quick visit to a local favorite, Peter Pots Pottery. The trip fee includes round trip transportation & admission to Wicked Tulips and a bouquet of flowers. Lunch and ice cream are purchased individually. **Considerable walking required.**

Departs Swift: 10:00 a.m.

Returns approximately: 4:00 p.m.

Pre-registration and payment are required by Friday, April 7, 2023.

BRICKLEY'S
=HOMEMADE=
ICE CREAM
NARRAGANSETT - WAKEFIELD
RHODE ISLAND



RI Veterans Memorial Cemetery: Remembering Our Veterans

Friday, May 26, 2023



Cost: \$5 Residents / \$7 Non-Residents

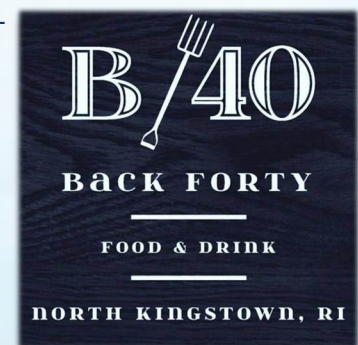
Did you know that the Rhode Island Office of Veterans Services maintains a dignified and solemn military cemetery on 280 acres in Exeter, RI? The grounds of the cemetery are beautifully maintained and include 31 monuments dedicated to veterans of specific wars and conflicts. We will take a slow drive through the cemetery stopping at many of the monuments dedicated to our veterans.

***Moderate to significant walking if you choose to get off the bus.**

After our visit to the cemetery, the group will have lunch at Back 40. Lunch is purchased individually.

Departs Swift: 9:45 a.m. Returns approximately: 2:30 p.m.

Pre-registration and payment required by Friday, May 19, 2023.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



Recreation Division

A message from our Recreation Manager:



Welcome spring and all the amazing activities that come with the sunshine. Our schedule is chock full of fun for families, from fitness classes, tennis lessons, workshops and community events, there's bound to be something that catches your eye and your interest. Trips will include a fabulous Daffodil Lighthouse Cruise out of Newport in April, taking in all the spectacular scenery Newport has to offer. May we'll be off for High Tea at Trinity Confections in Warwick, so darn your fancy attire and join us for an amazing dining experience. In May we will visit Clouds Hill Museum, a local gem not to be overlooked. The warmer weather allows us to run many more outdoor course options, Tennis, Pickleball, Ramblers hiking group, Rucking & Bootcamp classes to name a few. Adding to our fitness course favorites such as, Body Conditioning, Zumba, Stretch & Relax, Dance & Tone, will be CORE fitness and Yoga. Adult leagues and pick up nights are always popular, Basketball, Volleyball, Badminton, Men's Softball continue to be popular and fill quickly. We are offering a First Aid CPR course for adults and teens, for people looking to take the course for the first time or for those of you that need re-certification. Mark your calendars for our Earth Day Clean up and our Community Picnic in the Park, both events ran last year with such popularity we brought them back. Please take a few minutes to browse through our brochure at all the amazing offerings. If there's a course you'd like to see offered or a trip you have in mind, please give me a call, I'm always thrilled to hear your ideas. Happy Spring!

Rachel Arbige
Recreation Manager
401-886-8626, Ext 2

Registration opens
Wednesday, March 15, 2023
10:00 AM

Online!
REGISTRATION
 egrecreation.recdesk.com

Earth Day Clean Up



Did you know that U.S roadways accumulate over 51 billion pieces of litter per year with an estimated 6,729 pieces of litter per roadway mile?

Please join us on Earth Day, April 22nd as we clean up East Greenwich. Meet up at either Academy Field or Frenchtown School at 10:00 to grab a bag, gloves and direction on what route you'll be heading out to. After our clean-up we will all gather at Academy Field at noon to celebrate our work and enjoy refreshments. Registration for this event is suggested, please visit EGRecreation.recdesk.com or call 401-886-8626 Ext. 2 for more information.



SAVE THE DATE!!!



2nd Annual

PICNIC IN THE PARK



Academy Field

Saturday June 3rd 11-2pm

Join us for a day of fun filled activities!

Live Music!

Tasty Eats!

Games for Kids!

Games for Families!

And much more!!!



SEW with CONFIDENCE I

Instructor: Gretchen Caterson

Dates: April 20 - May 4

Time: 11:30am-1:30pm

Location: Recreation Program Room

Cost: \$130 Resident / \$140 Non-Resident

Learn to sew in this beginner 2-hour weekly class. This session will be a three-part course set up for both beginners and participants with some sewing experience. Each session is packed with foundational skills, techniques and tips/tricks to get you sewing.



SEW with CONFIDENCE II

Instructor: Gretchen Caterson

Dates: 5/11 - 6/15

Time: 11:30am-1:30pm

Location: Recreation Program Room

Session: \$260 Resident / \$270 Non-Resident

Learn to sew in this two-session series of 2-hour weekly classes. Session II will be a six-part course with continuation of basic beginner skills. Each session is packed with foundational skills, techniques and tips/tricks to continue building your skills.



Mushroom Hunting

Dates: Part One: Friday, May 26 - 5:45 pm-7:15pm

Part Two: Saturday, May 27 - 10am-11:30am

Location: Recreation Program Room/Frenchtown Park

Cost: \$50 Resident \$55 Non-Resident

Instructors: Ryan Bouchard & Emily Schmidt

Spring Mushroom Hunting in Rhode Island. Come learn the basics of wild mushroom science and safety and focus on the local spring species that are considered "safe for beginners" to cook with. Part one is lecture with slide show part two gets you outside to explore for mushrooms with instructors.



Ramblers

Dates: Thursdays, April 6-June 15 (No class 4/13)

Time: 9:00am-12:00pm (time may vary)

Location: Bus departs from Frenchtown Park

Cost: Residents \$50 Non-Residents \$55



This hiking group is designed for adults that enjoy 2- 5 mile hikes and can handle uneven terrain. Hikes may be through forest areas with roots and branches as obstacles. Each week the group will explore a new hiking area in and around Rhode Island. Hikes will be weather dependent. Depart from Frenchtown Park promptly at 9:30am. Hikes TBA

First Aid, CPR & AED Training

Date: May 10

Time: 1:00pm-4:00pm

Location: Recreation Building Program Room

Cost: \$72 Resident \$75 Non-Resident



This course is for those looking to become certified in First Aid, CPR & AED as well as those looking to be re-certified. Come 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 adults and teens interested in learning these valuable skills. First Aid, CPR & AED Training



For more information on any of our Special Interest programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



Total Body Blast!

This cardio-weight circuit class keeps you moving and helps build strength & endurance. The circuit class combines total body strength training with cardio moves using weights, ropes and slam-balls. All levels welcome!!

Dates: Thursdays, April 6-June 29

Time: 5:15pm-6:15pm

Location: Swift Gym

Cost: Residents \$78 Non-Residents \$85

Instructor: Michelle Anderson



Body Conditioning

Dates: M,W,F April 3- June 30; No class 5/29

Time: 9:00am-10:00am

Location: Swift Gym

Cost: Residents \$155 Non-Residents \$160

Instructors: Amy Eberle (M) Michelle Anderson (W,F)

Learn the proper exercise techniques to maximize your workout. An easy to follow aerobic workout gets your heart pumping.

High or low impact the choice is yours!

Strength work, balance training and a stretch are also incorporated into the classes.

The routines change regularly

so your mind and body are constantly challenged.



Dance & Tone

Date: Mondays, April 3- June 26; No class 5/29

Time: 10:15am-11:15am

Location: Swift Gym

Instructor: Daryl Brazo

Cost: \$50 Resident \$55 Non-Resident

This 1-hour class includes warm up and stretch, easy to follow dance routines to varying genres (country line dances, Latin favorites, urban hip hop and rock and roll). Class also includes a light weight toning session and a cool down stretch. No prior dance experience necessary.



Pilates

Dates: Tuesdays, April 4- May 9

Time: 7:00pm-8:00pm

Location: Swift Gym

Cost: Residents \$72 Non-Residents \$76

Instructors: Tara Wood

Join in for an integrated Pilates workout. We will focus on strengthening the core while increasing overall mobility, stability, flexibility and balance. All levels are invited to enjoy a fantastic low impact workout. Please bring a mat and water bottle.



Define Yourself

Dates: Wednesdays & Fridays; April 5 - June 30

Time: 10:00am-10:45am

Location: Swift Gym

Cost: Residents \$125 Non-Residents \$130

Instructors: Michelle Anderson

Get pumped with this total body strength class. We use weights, loops, tubes, balls and your own bodyweight to improve overall strength and mobility. Come get stronger all over. You set your own goals for how hard you want to push.



Rucking /Bootcamp

Dates: Thursdays, April 6-June 29

Time: 9:30am-10:30am Location: Frenchtown Park

Cost: Residents \$90 Non-Residents \$95

Instructor: Michelle Anderson

Join this fun outdoor class (rain or shine)! Grab a backpack and fill it with as much or as little weight you'd like. Wearing a weighted backpack while hiking "rucking" through the woods. Bootcamp combines strength and heart pumping cardio moves that build endurance and muscle. This class will do both!! Be sure to wear sturdy shoes and bring a water bottle. This is a great combo class for people interested in trying something new!!



For more information on any of our Adult Fitness programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—arbige@eastgreenwichri.com



Stretch & Relax

Dates: Tuesdays, April 4- June 27 No class 4/11, 5/16

Time: 4:00pm-5:00pm

Location: Swift Gym

Cost: \$55 Resident
\$60 Non-Resident

Instructor: Natalie Thibodeau

Stretching is an important exercise to keep your body limber and flexible. Join the class as they receive a full body stretch. 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 (if you have one) and a water bottle to class.



Zumba Fitness - Tuesdays

Dates: Tuesdays, April 4-June 27 No class 4/11,5/16

Time: 5:15pm-6:15pm

Location: Swift Gym

Cost: Tues. \$55 Resident \$60 Non-Resident

Instructor: Natalie Thibodeau

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class burns calories. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile. Ages 18+



CORE Fitness

Dates: Thursdays, April 6-June 29

Time: 6:15pm-7:00pm

Location: Swift Gym

Cost: Residents \$78 Non-Residents \$85

Instructor: Michelle Anderson

This 45-minute class focuses on strengthening and stabilizing all core muscles, including abdominals, obliques, lower back and hips. Class includes a variety of exercises and intensities. All fitness levels are welcome and encouraged to attend.



Zumba Fitness - Saturdays

Dates: Saturdays, April 1-June 24 No class 4/22,6/3

Time: 5:15pm-6:15pm

Location: Swift Gym

Cost: Tues. \$55 Resident \$60 Non-Resident

Instructor: Natalie Thibodeau

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class burns calories. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile. Ages 18+



Yoga Flow

Date: Mondays April 24-June 19

Time: 7:00pm-7:50PM / No Class 5/29

Location: Recreation Building Program Room

Cost: \$80 Resident \$85 Non-Resident

Instructor: Melissa Thomsen

Take a break from your busy week, relax your brain and step onto your mat with KBS Yoga! This yoga series will focus on breathing, meditation, healthy alignment and flow of poses for all levels of the practice. The hope is that you'll leave the class feeling more centered, a deeper connection to your body and with a good juicy workout in. All levels and adults or teens 16+ are welcome!



For more information on any of our Adult Fitness programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



Tennis Intermediate Level Round Robin

Dates: Mondays, April 3-May 15 no class 4/10
Time: 9:30am-10:30am
Location: Municipal Courts
Cost: \$70 Resident \$80 Non-Resident
Instructor: Kristen Coker

Coached match play for intermediate tennis player. Players will be organized and rotated each class.



Tennis Advanced Level Round Robin

Dates: Mondays, April 3-May 15 no class 4/10
Time: 9:30am-10:30am
Location: Municipal Courts
Cost: \$70 Resident \$80 Non-Resident
Instructor: Kristen Coker

Coached match play for intermediate tennis player. Players will be organized and rotated each class.



Tennis Lessons Beginner & Intermediate

Dates: Tuesdays, April 4-May 16 No class 4/11
Time: 9:30am-10:30am
Location: Municipal Courts
Cost: \$70 Resident \$80 Non-Resident
Instructor: Kristen Coker

Tennis lessons geared toward the beginner and players with some experience.



Tennis Lessons Advanced

Dates: Tuesdays, April 4-May 16 No class 4/11
Time: 10:30am-11:30am
Location: Municipal Courts
Cost: \$70 Resident \$80 Non-Resident
Instructor: Kristen Coker

Tennis lessons geared toward the advanced player.



Beginner/ Intermediate Cardio Tennis

Dates: Thursdays, April 20-May 25
Time: 9:30am-10:30am
Location: Municipal Courts
Cost: \$70 Resident \$80 Non-Resident
Instructor: Kristen Coker

Cardio Tennis for the advanced beginner and intermediate player. Enjoy this high energy tennis class through drills and games.



Advanced Cardio Tennis

Dates: Thursdays, April 20-May 25
Time: 10:30am-11:30am
Location: Municipal Courts
Cost: \$70 Resident \$80 Non-Resident
Instructor: Kristen Coker

Cardio Tennis for the advanced player. Enjoy this high energy tennis class through drills and games.



For more information on any of our Tennis programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



Pickleball

Registration for all Pickleball classes will be 10:00am March 15th for all E.G. Residents and 10:00 March 16th for all Non-Residents

Pickleball Advanced Round Robin

Extended Time

Dates: Sundays, April 1 – May 13

Time: 5:00pm-6:30pm

Location: Municipal Courts

Cost: \$100 Resident \$110 Non-Resident

Instructor: Kristen Coker



This class is geared towards the higher-level player who is proficient with various pickleball shots and strategy. They position themselves well and can control fast and soft shots.

Pickleball Advanced Round Robin

Dates: Wednesdays, April 5 – May 17 No class 4/12

Time: 5:00pm-6:00pm or 6:00pm-7:00pm

Location: Frenchtown Courts

Cost: \$70 Resident \$80 Non-Resident

Instructor: Kristen Coker

This class is geared towards the higher-level player who is proficient with various pickleball shots and strategy. They position themselves well and can control fast and soft shots.



Pickleball Beginner / Intermediate

Dates: Sundays, April 1 – May 13

Time: 4:00pm-5:00pm

Location: Municipal Courts

Cost: \$70 Resident \$80 Non-Resident

Instructor: Kristen Coker

This class is geared towards the player who is familiar with the basics of pickleball and is looking to improve their shot, production, shot selection, dink control, court consistency. Beginners welcome!



PICKLEBALL TOURNAMENT '23

Date: May 20 (Rain Date: May 21)

Time: 11:00am-4:00pm

Location: Municipal Courts (behind EG HS)

Cost is per team: \$50 Resident \$55 Non-Resident

Event Coach: Kristen Coker



Join us for a fun-filled day of pickleball and Round Robin games up to 11. Each team of two (all ages over 18 and genders) will be placed in appropriate skill division by the event Coach. This is a fundraising event with proceeds benefiting EG Recreation Scholarships. Your participation and support are appreciated!



For more information on any of our pickleball programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



ADULT SPORTS & LEAGUES

Volleyball Co-Ed Pick-up

Dates: Tuesday, April 4-June 20

Time: 6:00pm-8:00pm No class April 11

Location: Cole Middle School Gym

Cost: \$50 Resident \$55 Non-resident

Coach: Ken Gebhardt

Come to the gym and play recreational games of volleyball. No referees, no standings, just honor calls and sportsmanship. New teams are formed each week. Space is limited.



Men's Pick-up Basketball League

Dates: Mondays, April 3-June 12

Time: 8:00pm-10:00pm No class 4/10, 4/17, 5/29

Location: HS (upper & lower Gym)

Cost: \$50 Resident \$55 Non-resident

Come to the gym and play recreational games of basketball. No referees, no standings, just honor calls and sportsmanship. Different teams are formed each week. Participants must pre-register space is limited.

Additional Timeslot Added:

Time: 7:00pm-8:00pm

Location: HS Lower Gym Only

Cost: \$25 Resident \$30 Non-Resident

Coach: Keith Kazmier



Badminton Pick-up Night

Dates: Tuesdays, April 4 – June 20

Time: 8:00pm-10:00pm No class April 11

Location: Cole Middle School Gym

Cost: \$50 Resident \$55 Non-resident

Instructor: Lin Sun

Come enjoy the night hitting the birdie back and forth with friends, old and new! All levels welcome. Casual play and no referee. Instruction provided as needed. Bring your own racket and birdie.



Women's Pick-up Basketball

Instructors: Renee David

Dates: Mondays, April 3-June 12

Time: 6:00pm-7:00pm

Location: High School Lower Gym

Cost: \$25 Resident \$30 Non-resident

Join in for a pick-up night of basketball fun! No referees, no standings just honor calls and sportsmanship. Recreational games for all levels and experience. This is a great chance to get some exercise and a fun setting!



Men's Softball League

If you are interested in playing and would like to be assigned to a team, please contact Rachel Arbige at 401-886-8626 Ext. 2.

Your information will be given to a team manager for placement based on team numbers.

League begins 5/16/23.



Men's Softball Manager's Meeting

Date: Thursday April 6

Time: 6:30pm

Location: Recreation Office-Program Room

This is a mandatory meeting for all Team Managers. All rosters and payments will be collected at this meeting.

Softball Packets will be available for pickup on March 1st at the Recreation Building—1127 Frenchtown Road.

Packets include blank rosters, rules and regulations.



For more information on any of our Adult Leagues please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



Day Trips

Daffodil Days Lighthouse Cruise from Newport

Date: Thursday, April 27

Time: 12:15pm- 4:15pm

Location: Depart Frenchtown Park

Cost: \$40 Resident \$45 Non-Resident

Come celebrate spring's arrival with fresh blooms and fresh air on the Coastal Queen. Join on a special Daffodil Days Lighthouse Cruise to see Lime Rock, Goat Island, Rose Island and Castle Hill lighthouses. This tour will be narrated by our local guides and our beautiful teak wood bar will be open for refreshments. The boat is spacious, warm and cozy and each seat has a panoramic view! This boat tour departs from Bowen's Wharf, Newport, RI. Bus leaves from Frenchtown Park at promptly 12:15pm. Trip includes transportation and cruise fare, please bring money for any refreshments you might like to purchase.



High Tea at Trinity Confections

Date: May 19

Time: 11:15am—2:30pm

Location: Depart Frenchtown Park Parking Lot

Cost: Residents \$35 Non-Residents \$40

Join our group as we visit Trinity Confections for High Tea. Enjoy teatime with homemade soup, quiche and tea sandwiches along with a variety of other treats. High tea is always in fashion and always a wonderful experience.



Clouds Hill Museum

Date: Tuesday, June 13th

Time: 9:30am-11:30am

Location: Depart Frenchtown Park Parking Lot

Cost: Residents \$13 Residents \$15 Non-Residents

Join us as we explore one of RI's hidden gems right in your own backyard! Clouds Hill is a historic house museum in Warwick. It is located on the estate formerly known as Cedar Hill, a country estate built 1871-77 as a wedding present for Elizabeth Ives Slater Reed by her father, William S. Slater. The main mansion house is a large Gothic Revival structure, designed by noted Providence architect William R Walker, and is one of his few surviving large-scale residential designs. The property contains many examples of high-quality Victorian-era workmanship, including a distinctive Egyptian-themed room.



For more information on any of our pickleball programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



Hello families!

As the weather starts to get nice, we have many fun Spring programs in the works! For preschoolers, don't miss Farm Friends on Mondays at Casey Farm and Mini-Movers on Thursdays! For school-aged, some fun programs include Mandalorian Training Using LEGOs, Multi-Media Crafting, & Horseback Riding @ Faith Hill Farm! Additionally, we offer transportation at school dismissal for many of our afterschool programs; take a look below the program description to see if your child's school is eligible for transportation.



April Vacation Week will be an awesome week filled with morning camps and afternoon trips/activities! We're particularly excited about our Full-Day Friday field trip to Dave & Busters and a Kite-Making activity on Wednesday!

This time of year, EG Rec Staff are hard at work planning for Summer Camp. It will be 6 weeks this Summer: July 3rd - August 11th. Our Summer Camp brochure will be out around March 15th with all the details, and registration opens April 5th!

Please do not hesitate to reach out to me if you have any questions about any of our programs or events!

Josh Wolff, CPRP

Recreation Coordinator 401-886-8626, Ext 1

Registration opens Wednesday, March 15, 2023

At 10 AM



egrecreation.recdesk.com/

DATES TO REMEMBER

Summer Camp Registration begins @ 10 am on **April 5**

Summer Camp Registration (Non residents) on **April 7**

All Playground and Specialty Camps will run

July 3-August 11

Safety Town is back and will run

August 15-18



Save the
DATE



Farm Friends

Dates: Session 1: Mondays 4/3 -5/8 (no class on 4/10)
Session 2: Mondays 5/15 -6/19 (no class on 5/29)

Time: 10:00am-11:00am

Location: Casey Farm

Ages: 3-6

Cost: \$50.00

Instructor: Casey Farm staff

Learn, play games, and sign songs at Casey Farm! Session 1, participants will get to meet our newly hatched chicks, ducks, feed our chickens and brush our pigs. Session 2, participants will visit our bunnies, explore the gardens for caterpillars, and create puppets for a puppet show! Parent participation required.

Mini Yogis

Ages: 1-5 (parent participation required)

Dates: Select Fridays

Time: 10:00-10:45am

Cost: \$12/per class

Location: Recreation Building – Program Room

Instructor: Melissa from KBS Yoga

On select Fridays, Melissa from KBS Yoga will leading a Parent-Child Introduction to Yoga class! Class will focus on breathing, learning some beginning yoga poses, meeting new friends, and being silly!



Family Music

Ages: 1-5 (parent participation required)

Dates: Wednesdays 4/5-6/7; no 4/12 (9 weeks)

Time: 9:15-10:00am

Location: Recreation Building – Program Room

Cost: \$115.00

Instructor: Beth, RI Philharmonic Orchestra & Music School
This music class is designed to nurture the child's music aptitude through engaging song & moving activities. Family friendly with parent participation required, classes include songs, chants, rhymes, listening and movement games, echoing and instrument play.

Art Explorers

Ages: 2-4

Dates: Tuesdays 4/25 -5/30

Time: 10:15-11:00am

Location: Recreation Building

Cost: \$108

Instructor: Alexandria McKay

Explore, learn, and play in this hands-on art class for toddlers and their grown ups. We will discover new art materials and experiences to create one of a kind works of art!



For more information on any of our pre-school programs please contact our Recreation Coordinator

Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com



Friday Fun Day!

Dates: 4/7-Easter Bunny visit with music and dancing

Dates: 5/5 -Miss Lynn visit to teach a tumbling class

Dates: 6/2 –Beth from RI Philharmonic to lead class

Ages: 2-5

Time: 9:00-10:30am

Location: Recreation Building - Program Room

Cost: \$25 per class (\$70 for all three)

Join us on the first Friday of every month for Fun Fridays!

Each Friday, a visitor will stop by to lead an exciting and unique specialized activity! Before the visitor begins her activity, participants can play and socialize in an open setting with a variety of toys and building materials. Coffee will be available for parents.

Creative Ballet

Ages: 4-6

Dates: Mondays 4/3 - 6/5 (no 4/10 & 5/29)

Time: 5:00pm-5:45pm

Location: Recreation Building – Program Room

Cost: \$100

Instructor: Lyn Muckerheide

Perfect for the beginning dancer, this class is designed as an introduction to the foundation of ballet technique. Dancers will learn primary ballet positions and practice steps including galloping, skipping, and leaping through the use of fun music and choreography.



Mini-Movers

Ages: 2-3 (parent participation required)

Dates: Thursdays 4/6 –6/1 (no 4/13)

Time: 9:15-10:00am

Location: Recreation Building – Program Room

Cost: \$100.00

Instructor: Lyn Muckerheide

A class for toddlers and their grown-ups, mini-movers will sing, dance, and even practice pre-tumbling skills. Students will have fun exploring how their bodies can move in this play and learn setting!



Mighty Movers

Ages: 3-5

Dates: Thursdays 4/6 -6/1 (no 4/13)

Times: 10:15-11:00am

Location: Recreation Building—Program Room

Cost: \$100.00

Instructor: Lyn Muckerheide

For youngsters ready to be independent, this high energy class will include relays, basic tumbling, beginner sports skills, movement games, and more! Students will work at their own pace in this fun, non-competitive setting.



I Like to Move It! Camp

Dates: April 10-13

Ages: 4-6

Time: 9:00am-11:00am

Location: Recreation Building -Program Room

Cost: \$28/day or \$105 for the whole week

Instructor: Lyn Muckerheide

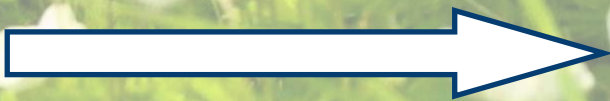
Who says the big kids get to have all the fun! A program for younger kids on the move, this camp will include relays, dance, tumble, movement games, creative free play, and more!



***Registration begins March 15th @10AM ***



Pre-school April Vacation



For more information on any of our pre-school programs please contact our Recreation Coordinator

Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com



Garden to Table

Grades: 4-8

Dates: Mondays 4/17-5/22

Time: 3:45pm-4:45pm

Location: Recreation Building

Cost: \$100

Educators: Holly Pisano & Cherri Kelley

Each week, participants connect with nature through gardening, weekly recipes, art projects, and hiking at the nearby Fry Nature Preserve. Through these activities, participants develop important skills like teamwork, compassion for others and the environment, and social-emotional learning.

Transportation at school dismissal is available for Cole Middle School Students. *Scholarships available*



Multi-Media Crafting

Grades: K-6

Dates: Tuesdays 4/18 – 5/23

Time: 4:15pm-5:15pm

Location: Recreation Building – Program Room

Cost: \$132

Instructor: Laura from Create! Color Art Studio

Join Laura from Create Color Art Studio for a session of fun, different art mediums! Over the course of 6 weeks, participants will paint 2 pieces of pottery, hand-build a piece out of clay, do a board art project and paint a canvas!

Transportation at school dismissal available for students of Eldredge, Hanaford, & Frenchtown



Mandalorian Training Using LEGOs:

Grades: K-2

Dates: Wednesdays 4/26-6/14

Time: 4:15pm-5:15pm

Cost: \$175

Location: Recreation Building – Program Room

Instructor: Miah from Play-Well TEKologies

Learn what it takes to become a true Mandalorian! Using LEGOs! We will build our gauntlet fighter ship to weave through the galaxy, our Z-6 jetpacks to maneuver through the air, and of course defend ourselves with our Mandalorian armor.

Transportation at school dismissal available for students of Frenchtown & Meadowbrook School



Awesome Knights

Grades: 1-5

Dates: Wednesdays 4/5-5/31 (no 4/12)

Time: 4:00-5:00pm

Location: Swift Community Center

Cost: \$213

Instructor: Chess Master Connections

World-class instructors will teach your child important chess skills like problem-solving, patience, and analytical thinking. Your child will also develop improved decision-making skills and increased self-confidence all through the game of chess. This program is unique, inspirational, and fun!

Transportation available at school dismissal for Meadowbrook Students



3D Printing, Coding & Design

Grades: 3-5

Dates: Thursdays 4/20-6/8

Time: 4:30 -5:30pm

Location: Swift Community Center

Cost: \$175

In this class, you will learn the foundations of coding to create digital files and transform them into real objects! Using blocks-based coding commands, introductory programming concepts such as loops and sequencing, you will be able to make personalized designs. Each student will receive one complimentary 3D print of their choosing after class concludes.

Transportation available at school dismissal for students of Eldredge & Hanaford Schools.



Camp Thursdays

Grades: K-2

Cost: \$105

Time: 4:15-5:15pm

Location: Recreation Building

Dates: Thursdays 4/20-6/15

No class 5/18

Instructor: Jake Evans, Tina Copley

Run by a few of our Summer Camp Counselors, participants will enjoy new activities each week in a fun, social environment! Activities may include arts & craft projects, science experiments, and other traditional summer camp activities. If you enjoyed camp last summer, you'll love Camp Thursdays!

Transportation available at school dismissal for students of Frenchtown School



For more information on any of our Youth/Teen programs, please contact our Recreation Coordinator

Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com



Tap Dancing

Ages: 7-11

Dates: Mondays 4/3-6/5 (no 4/10 & 5/29)

Time: 6:00pm-6:45pm

Location: Recreation Building – Program Room

Cost: \$100

Instructor: Lyn Muckerheide

Let's make some noise! Tappers will develop rhythm, timing, and coordination while learning some fancy foot-work along the way! Beginner tap warm-ups, drills, and choreography will be practiced and perfected in this fun, non-competitive class. Tap shoes required.



Youth Tennis

Grades: K-12

Dates: Tuesdays 4/4 -5/16 (no 4/11)

Time: Grades K-2: 4:15-4:45pm & 4:45-5:15pm

Grades 3-5: 5:15-6:15pm

Grades 6-12: 3:15-4:15pm

Location: Frenchtown Courts

Instructor: Kristen Coker

Cost: \$60 for 30 minute class;

\$75 for 1 hour class

Sharpen your tennis skills.

Come learn coordination, ball control, movement, forehand, backhand, serving, and volleying.



Junior Chefs

Ages: 4-8

Time: 4:30-5:30pm

Dates: Session 1: Thursdays 3/30-5/4
Session 2: Thursdays 5/11-6/8

Location: Tastebuds Kitchen: 5600 Post Road, Unit 110,

Cost: \$150/session

Instructor: Tastebuds Kitchen staff

Calling all chefs! Join us for a skill-based culinary program designed for young chefs to chop, mix, swirl and cook their way to a new culinary masterpiece each week. This class delivers the perfect recipe for hands-on learning and fun while nurturing an essential life skill. Learn about kitchen and food safety, knife skills, measuring and mixing methods, ingredient identification, independence in the kitchen and more, Let's get cooking.



Welcome to Horseback Riding

Grades: 1-5

Cost: \$195

Dates: Session 1: Saturdays 4/15-5/6
Session 2: Saturdays 5/13-6/3

Time: 3:30-4:15pm & 4:15-5:00pm

Location: Faith Hill Farm

Learn to horseback ride at Faith Hill Farm! 45 minutes of mounted horseback riding supervised by a Faith Hill Farm instructor. Perfect for any level of rider!



New England School of Protocol Workshops

Dining Etiquette: This workshop teaches students appropriate table manners and dining protocol.

4/11: 4:00pm-5:30pm; Gr 2-7; \$80

Social Skills: Develop your child's social skills to build confidence and cultivate friendships. 4/11: 5:45pm-7:30pm & 5/18: 4:00pm-5:30pm; Gr 2-7; \$80

Netiquette: Teens learn how to be digitally responsible to ensure that their image is well-reflected, and how to be professional on emails/social media. 5/18: 5:45pm-6:45pm; Gr 5-9; \$70



Parent's Night Out!

Ages: 6 and up

Dates: Friday 4/21, 5/19, 6/16

Time: 6:30 -8:30pm

Location: Swift Community Center

Cost: \$15 for each Friday; Pizza/Drink add \$5

Drop the kids off at Swift Community Center for a fun evening of activities! Each night will include various activity stations as well as time for free play. Supervised by EG Rec staff.



For more information on any of our Youth/Teen programs, please contact our Recreation Coordinator

Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com



Vacation Week Programs

April Vacation brings double the fun! Choose from various 2-day camps which take place Monday/Wednesday & Tuesday/Thursday from 9:00am-11:00am. Can combine it with one of our afternoon trips/activities to stay for the whole day! Unless specified, programs are for ages 6-12. All activities supervised by EG Rec Staff.

Monday/Wednesday Morning Camps			
Camp	Time	Location	Fee
Experiments in Theater	9:00am-11:00am	Cole MS	\$60
Soccer	9:00am-11:00am	Cole MS	\$60
Kidzart (ages 8-12)	9:00am-11:00am	Cole MS	\$65

Tuesday/Thursday Morning Camps			
Camp	Time	Location	Fee
Basketball	9:00am-11:00am	Cole MS	\$40
Tasty Tails (Ages 4-8)	9:00am-11:00am	Tastebuds	\$130
15-minute Field Trips	9:00am-11:00am	Cole MS	\$35
Chess	9:00am-11:00am	Cole MS	\$110

Afternoon Activities/Field Trips				
Activity	Day	Time	Location	Fee
On the Farm- Springtime	Mon	1:00pm-3:30pm	Casey Farm	\$22
Kite-making & F-Football	Tues	1:30pm-4:00pm	Cole MS	\$20
Mad Science workshop	Wed	1:30pm-3:30pm	Cole MS	\$47
Hall @ Patriots Place	Thurs	12:30pm-4:00pm	Leave from Cole	\$25
Full-Day Friday Dave & Busters	Fri	10:00am-4:00pm	Leave from Cole	\$60

****For ages 4-6 see pre-school section for I Like To Move It ! Camp****

REGISTRATION BEGINS March 15 @ 10 am. for these Programs

**Summer 2023 CIT
Program dates are:
Session I : 7/10-7/21
Session II: 7/24-8/4**

JOIN OUR TEAM!
We are currently accepting applications for Summer Camp positions including Camp Counselors, Camp Supervisors, and CIT Supervisor. If you are interested in joining our team, our application form is available online at <http://eastgreenwichri.com/Jobs.aspx>. Starting salary is \$13.75/hour. Must be 15 and over to apply.



Harbor Information

Harbormaster:

401-886-8626 Harbormaster@eastgreenwichri.com

Harbor Management

The Harbormaster is responsible for all aspects of boating safety and control within the East Greenwich Harbor District. The Harbormaster is also tasked with the identification, inspection and distribution of boat moorings within the harbor district. The Harbormaster may cite any alleged violation of the [Harbor Regulations](#).

General Information:

The Town has 110 mooring permits on the easterly side of Greenwich Cove. The Harbormaster patrols the cove seasonally and manages the mooring field for mooring placement, issues, and code compliance. Mooring permits are renewed annually and any available permits are issued to those on the wait list in mid-March. Residency, boat size and mooring location are all taken into consideration for new mooring permits.

Dinghy rack spaces are made available to East Greenwich mooring holders first and any available spaces are rented to non-mooring holders. There are limited kayak spaces available.

The mooring list, wait list and dinghy list are managed by the Parks & Recreation Department. Below are pertinent documents:

[Mooring Waiting List Application](#)

[Dinghy Rack Application \(Current Mooring Holder\)](#)

[Dinghy Rack Application \(Non-Mooring Holder\)](#)

[Dinghy Rack Rules](#)

[Harbor Management Ordinances](#)



Kayak/SUP Rack - Scalloptown Park

We reserve spaces on the newly built rack for kayaks, SUP & canoes at Scalloptown Park. Below are the links to the rules and regulations on the rack. East Greenwich residents will be given preference and should submit their forms to the Parks & Recreation office prior to March 2, 2023 to be included in the lottery.

[Scalloptown Park Rack Rules](#)

[Scalloptown Park Rack Application](#)

For more information on the Harbor Division, please contact the Recreation Department at 401-886-8626.





Community Services Department
1127 Frenchtown Road
East Greenwich, RI 02818

