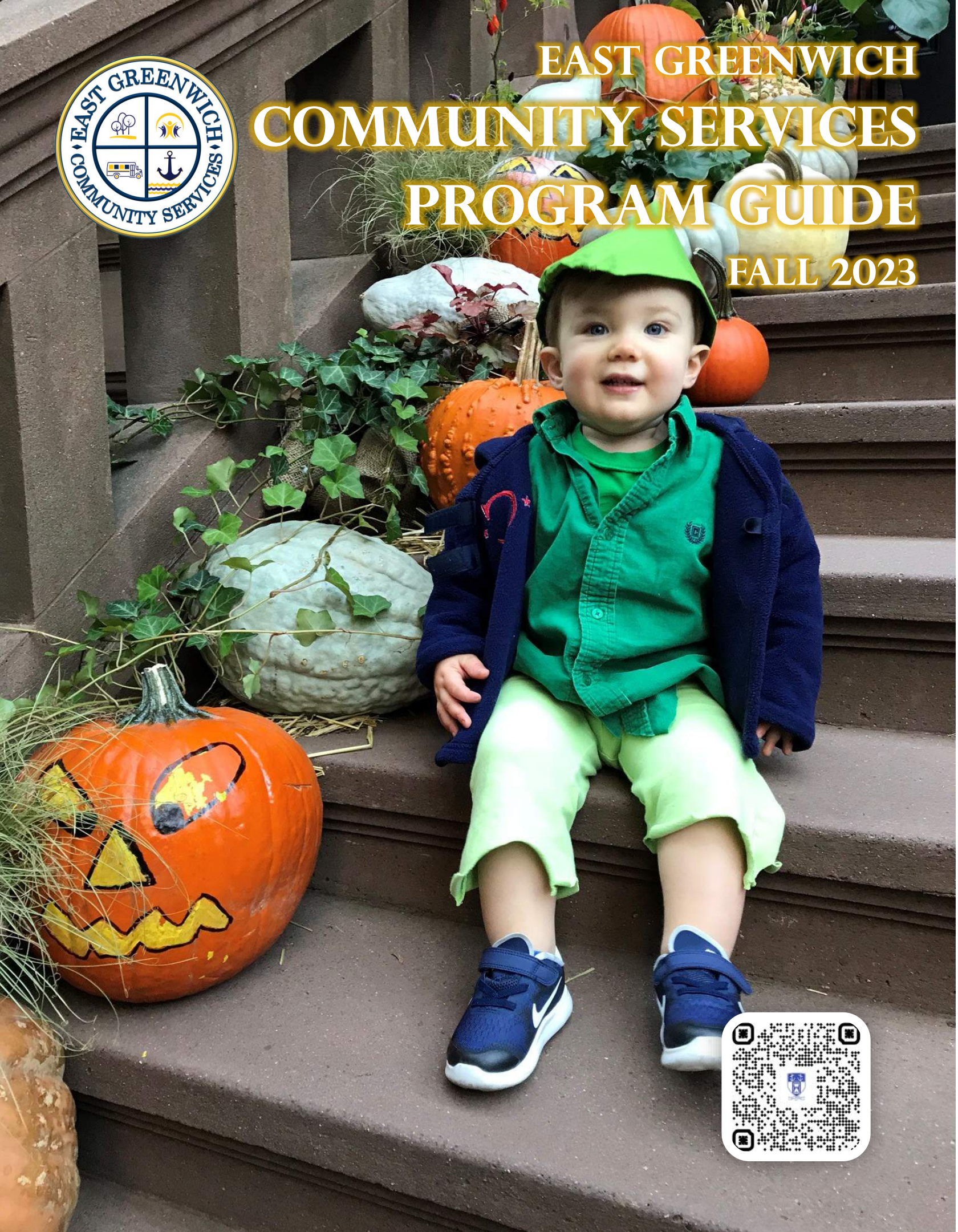




EAST GREENWICH COMMUNITY SERVICES PROGRAM GUIDE FALL 2023





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: 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
Youth Recreation Supervisor: Josh Wolff
Community Services Coordinator: Nancy Phillips

Harbor

Harbormaster:
 John Parker 401-230-2245

What's Inside:

- . Senior Programs and Services: Pages 5-11***
- . Adult Recreation Programs: Pages 12 - 21***
- . Youth, Teen, and Camps: 22 - 25***
- . Harbor Information Page 26***

Happy Fall!

Autumn is nearly upon us here in East Greenwich, pretty soon we will be sipping on apple cider, enjoying the change of seasons and hopefully taking part in some of the great programs and activities that our department has compiled to offer our community. Before we move onto the Fall however, I would like to take a moment to share our appreciation to you, our community members who continue to show up for our public events, concerts, programs, and activities. Without your continued support and participation we would not be able to continue to push the envelope and expand our offerings. For example, our recent event on August 2nd, National Night Out was an outstanding success with troves of people flocking to Academy Field to participate in what has become an annual event in collaboration with our local Police and Fire Department, Recreation Department, Academy Foundation, Hill & Harbor Neighborhood Association, and others. I would especially like to give a shout out to our Recreation Manager, Rachel Arbige who worked diligently to bring everyone together on the field that evening. This past summer our youth summer camps expanded again to include a 3rd site. Our Youth Recreation Supervisor Josh Wolff has expanded our summer camp program over the past three summers from a partial day camp at the high school to 3 full day playground camps at Eldredge, Frenchtown, and now Hanaford. In addition, we are able to deliver a variety of specialty camps at Cole Middle School with a transportation service to all three of our playground camps. Again, without your support and participation our slate of programs would not be so robust.

We are always looking for new ideas for programs and events. If you have any great ideas or concerns with any of our existing programs or facilities please do not hesitate to reach out to myself or any one of our professional staff. We are ready to serve our residents as best we can. All of our staff can be reached through our main line at 886-8626.

Cheers,

Andy Wade

Community Services Director

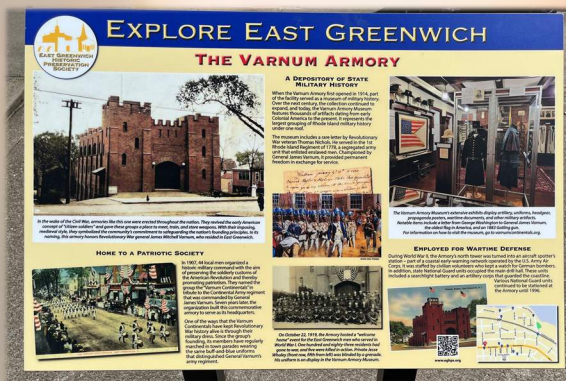
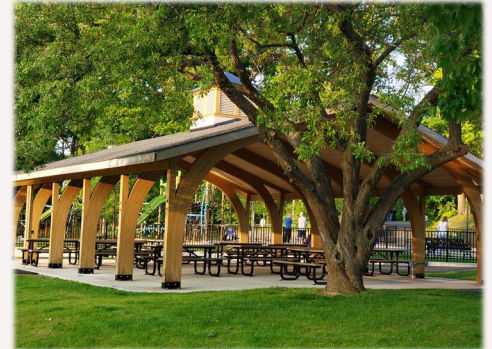
P: 886-8350 Email: awade@eastgreenwichri.com



Have You Heard the News?

Shelter from the storm

Eldredge Park will soon see a new addition to the property, a large 24x36 Cedar Park Shelter will be installed as an early step in the park renovation project that received \$400,000.00 in funding through the RIDEM Recreation Development Grant Round in 2022. The project will also include a renovation to the basketball courts, installation of an ADA perimeter pathway, and new fencing.



Give me a sign!

You may notice new signs around town. Recently, in coordination with the town, the East Greenwich Historical Preservation Society installed educational signage in the historic district of town. The vision for EGHPS was to highlight parts of town and town history that are less well known.

School Bond on Ballot in November

On August 15th, the Town Council approved a \$150 million bond on the November ballot for a school construction project. If approved by the voters, the bond will fund improvements to Frenchtown, Hanaford, Meadowbrook and the High School. For complete project details, visit the Town's website and follow the links to Engage EG where a complete overview of the project and process can be found.



For more info on any of these stories please contact Andy Wade 886-8350 or via email:

awade@eastgreenwichri.com

SENIOR SERVICES

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 Fall: a Thanksgiving luncheon on Thursday, November 16th and a December luncheon on Thursday, December 14th. 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.

Registration will begin in September for the Flu Clinic with the Wellness Company. Adults 19 + with a reservation can come to the Swift Community Center on Monday, October 16 from 1:00-3:00pm to receive their Flu shot. Please call 886-8669, ext 1 for registration details.

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

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



We hope you can join us for a meal!
Meals are served M-F at noon.

Senior Services Staff

Senior Services 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 ACTIVITIES & GAMES

6

Mah Jongg

Who: Adults over 55

When: Mondays 1:00-3:00pm

No program; 9/4, 10/9, 11/13, 12/25

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.



Bridge

Who: Adults over 55

When: Mondays and Tuesdays

Time: 9:00-11:30am

No program; 9/4, 10/9, 11/7, 11/13, 12/25

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.



BINGO

Who: Adults over 55

When: 2nd & 4th Mondays

No program; 10/9, 11/13, 12/25

Time: 1:00-3:00pm

Where: Swift Gym

Cost: A set of Bingo cards is \$3/marker \$2



Scrabble

Who: Adults over 55

When: Tuesdays

No program; 11/7

Time: 9:30-11:30am

Where: Swift Game Room

Come and join fellow "wordsmiths" for some fun!



Canasta

Who: Adults over 55

When: Fridays 12:00-3:00pm

No program; 11/24, 12/22, 12/29

Where: Swift Game Room

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



Cribbage

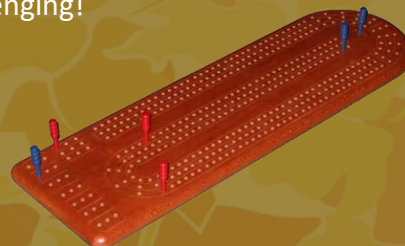
Who: Adults over 55

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

No program; 11/24

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



SENIOR FITNESS

7

Indoor Walking Program

Who: Adults over 55

When: Tuesdays: 2:30-3:30pm

No program; 11/7

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

No program; 9/4, 10/9,
11/13, 12/25

Time: 1:15-2:15pm

Where: Dining Room.

Cost: \$2.00 Resident/\$3.00 Non-Resident

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 11:00-12:00pm

Wednesdays 1:00-2:00pm

No program; 11/7

Where: Swift Gym

Cost: \$2.00 Resident/\$3.00 Non-Resident

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

No program; 11/7

Time: 8:45-9:45am

Where: Swift Gym

Cost: \$2.00 Resident/\$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 10:00-10:45am

Wednesdays 11:00-11:45am

Thursdays 10:00-10:45am

No program; 9/7, 11/7, 11/23

Where: Swift Gym

Cost: \$2.00 Resident/
\$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

No program; 11/24

Time: 11:00-11:45am

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.



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



SENIOR PROGRAMS

Beginner -Tai Chi Long Form Yang Style

Who: Adults over 55

When: Thursdays, Sept. 14-Dec. 7

Time: 1:30-2:15pm No class; 11/16, 11/23

Where: Swift Gym (11 classes)

Instructor: Jane Gemma

Cost: \$22 Resident/\$33 Non-Resident.

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, Sept. 14-Dec. 7

Time: 2:30-3:30pm No class; 11/6, 11/23

Where: Swift Gym (11 classes)

Instructor: Jane Gemma

Cost: \$22 Resident/\$33 Non-Resident.

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:** 1:00-2:00pm

When: Fridays **Time:** 1:00-2:00pm

No program; 11/7, 11/17, 11/24, 12/8, 12/22, 12/29

Where: Swift Gym

Cost: \$2.00 Resident/\$3.00 Non-Resident

Instructor: Jackie Willis

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



Let's Dance

Who: Adults over 55

When: Thursdays

No class; 9/7, 11/16, 11/23, 12/14

Time: 11:00– 11:45pm

Where: Swift Gym

Cost: \$2 Resident/\$3 Non-Resident

Instructor: Daryl Brazo

This class includes warm up and stretch, easy to follow dance routines to varying genres (country line dancing, Latin favorites, urban hip hop and rock and roll) and a cool down stretch. No prior dance experience necessary.



Art Class

Who: Adults over 55

When: Wednesdays

Time: 9:15 -11:00am

Where: Dining Room

Cost: \$2.00 Resident/\$3.00 Non-Resident

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



SENIOR HEALTH

Strengthening Your Immune System

URI Pharmacy Outreach

When: Thursday, October 5

Time: 10:00-11:00am

Where: Swift Dining Room



Learn about how the immune system works and its importance in maintaining good health. We will discuss the role of many commonly known Over the Counter products that have shown a role in boosting immune system health. Product selection can be confusing, so learn how to make informed choices. Registration is required.

Matter Of Balance

Who: Participants must be 60+

When: Wednesdays

Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 29

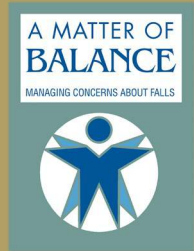
No class; Nov 22

(Dec. 6 is a make up day if needed)

Time: 1:30-3:30pm

Where: Swift Dining Room

This program will teach you to view falls as controllable, set goals for increasing your activity level, make changes to reduce the risk of falls at home and use exercise to increase strength and balance.



Free Balance Assessments

Presented by VNA of Care New England

Tuesday, September 19, 2023 from 10:00 – 12:00pm

Avoid a fall this fall. Nurses will be at Swift to conduct free 10 minute balance assessments and offer advice on how to keep yourself safe.

Registration is required. Please call 886-8669, ext. 1.



Social Security Presentation

When: Thursday, November 9

Time: 1:30-2:30pm

Where: Swift Dining Room

Presented by Cheryl Tudino, Public Affairs Specialist for the Social Security Administration

Learn about fraud, scams, social security and extra help with Medicare. Registration required.



Neck & Back Pain Screenings - with Jonathan Walker

When: Thursday

September 14 or December 7

Time: 10:00-11:00am

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, Sept. 15, Oct. 20, Nov. 17 & Dec. 15

Time: 10:00am-1:00am

Where: Swift Living Room

Cost: \$30 for a 1/2 hour appointment.

Mary Chapman, NBCR, a nationally certified Reflexologist, offers 30 minute Reflexology sessions for hands and feet 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



SENIOR PROGRAMS

10

AARP Smart Driver Tek Course

When: Thursday, Nov. 2

Time: 9:30-11am

Where: Swift Dining Room

Cost: Free

Learn about the latest advances in vehicle technology that are keeping us safer on the road. Registration is required by Friday October 27, 2023.



RI Author Thomas Brilat's Book *Ekaterina*

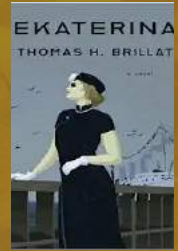
When: Thursday, October 12

Time: 10:00-11:00am

Where: Swift Dining Room

Cost: No Fee

Thomas Brilat's book is based on the true story of his family member who traveled from Russia to China to the Philippines and eventually the United States. Thomas will speak about his new book and also about 20th Century history. Paperback books will be on sale for \$20 each. Registration is suggested.



Philosophy Club

Who: Adults over 55

Where: Swift Game Room

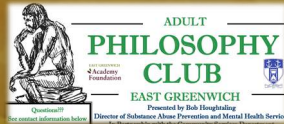
When: 2nd and 4th Wed.

Time: 9-10:30am

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. No need to pre-register for this group.



Floral Arranging: Cornucopia

When: Friday, Nov. 17

Time: 1:30-3:30pm

Where: Swift Gym

Cost: \$23 Resident/\$25 Non-Resident

We will use a cornucopia shaped basket to prepare for our Thanksgiving feast. Participants will enjoy a bounty of fresh flowers, vegetables, and fruits, in designing their seasonal centerpiece. Don't miss this opportunity to create a harvest of beauty for your Thanksgiving holiday!



Knitting

Who: Adults over 55

When: Fridays

No Program; 11/24, 12/22, 12/29

Time: 9:00-11:00am

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.



Floral Arranging: Boxwood Tree

When: Friday, Dec. 8

Time: 1:30-3:30pm

Where: Swift Gym

Cost: \$24 Resident/\$26 Non-Resident

Participants will create an exquisite miniature "Boxwood Tree" using floral foam, fresh foliage and an array of tiny decorations to design this ever-green masterpiece. Registration and pre-payment required by 11/29.



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



SENIOR TRIPS

11

Riverboat Cruise & Wright's Farm (FULL)

Thursday, September 28, 2023

Cost: \$90.00 per person (Beverages purchased on own)

Transportation by Experience Rhode Island Tours (Minimal walking. Balance needed while on the boat)

Cost includes transportation, riverboat cruise and dinner (beverages are purchased on own). Join us for a peaceful ride on a historic paddlewheel riverboat. After this relaxing cruise, we will head over to the most popular all-you-can-eat restaurant in the state of R.I. Wright's Farm, where you will enjoy their family style dinner and gift shop.

This trip is full. Please call Roberta at 886-8669 , Ext 1 if you would like to be placed on a waiting list.

Departs Frenchtown Park 1127 Frenchtown Road: 11:30am. Returns approx. 6:30pm.



Isabella Stewart Gardner Museum in Boston (FULL)

Thursday, October 19, 2023

Cost: \$65.00 per person (Lunch on own at Eataly)

Transportation by Experience Rhode Island Tours (Considerable walking)



The Isabella Stewart Gardner Museum opened in 1903 and is filled with paintings, sculptures, tapestries, furniture, Manuscripts, rare books and decorative arts.

This trip is full. Please call Roberta at 886-8669 , Ext 1 if you would like to be placed on a waiting list.

Departs Frenchtown Park 1127 Frenchtown Road: 10:00 a.m. Returns approx. 5:00pm

Christmas by Candlelight at Old Sturbridge Village (FULL)

Friday, December 1, 2023

Cost: \$75.00 per person (Dinner on own @Cracker Barrel)

Transportation by Experience Rhode Island Tours (Considerable walking)

Step back in time to a warm place filled with the New England holiday traditions, live music performances, barn dances, storytelling, horse-drawn wagon rides, roaring bonfires, and more! Set in the 19th century, the rural New England village recreates life as it was lived in the olden days. After we visit the Village, we will go to dinner at the Cracker Barrel in Sturbridge.

This trip is full. Please call Roberta at 886-8669 , Ext 1 if you would like to be placed on a waiting list.

Departs Swift Community Center at 2pm. Returns approx. 9:00pm



For more information on any of our Senior Services trips please contact our Transportation Coordinator
Roberta Dowding—(401) 886-8669, Ext. 1—rdowding@eastgreenwichri.com



RECREATION

Message from the Recreation Manager:



As we say goodbye to another fabulous summer season let's embrace the beauty of fall and all the great opportunities that come along with it. Before we do, let me thank you for helping make this a summer to remember in EG. Our concert series and family fun series had Academy Field booming. National Night Out was once again a community favorite, with Community Services all working together. We are so fortunate to have the amazing Police and Fire Departments playing such active-roles in our community. As we roll into fall let's mark those calendars for our annual Halloween Parade! Check out the amazing plethora of fall classes, programs and leagues to keep you moving or spark a new interest. From Mushroom Hunting workshops, sewing classes and fitness programs to our ever-popular Basketball, Volleyball, Ping Pong and Badminton leagues there's bound to be something that catches your eye. Understanding the different scheduling needs, there are fitness class options each day of the week mornings or evenings. Busy all week? Try one of our great weekend programs! As always, if you don't see a class, trip or program that interests you, give me a call, I'm always happy to chat about new program ideas and opportunities. Thank you for continuing to make EG the best little town in RI.

Rachel Arbige

Recreation Manager

401-886-8626, Ext 2



Registration opens
Wednesday, August 23, 2023
10:00 AM



egrecreation.recdesk.com



SAVE THE DATE!!!
HALLOWEEN PARADE AND GAMES
SATURDAY OCTOBER 28!!!



SPECIAL INTEREST PROGRAMS

SEW with More CONFIDENCE - Thursdays

Dates: Session I Sept. 7-Sept. 28

Session II Oct. 5-Oct. 26

Session III Nov. 2-Nov. 30

Session IV Dec. 7-Dec 21

Time: 11:30-1:30pm

Location: Recreation Program Room

Cost: Session I-III-\$180 Resident/\$190 Non-Resident

Session IV- \$140 Resident/\$150 Non-Resident

Instructor: Gretchen Caterson

Materials needed: Sewing machine with manual and Basic sewing supplies (needles/ thread/scissors/ruler/ marking pencil/tape measure/bobbins)



SEW with CONFIDENCE start up tutorial

Dates: Session I Thursday, September 28

Session II Thursday, October 26

Session III Thursday, November 30

Time: 1:30-3:30pm

Location: Recreation Program Room

Cost: \$55 Resident/\$65 Non-Resident (per session)

Instructor: Gretchen Caterson

This is an opportunity for you to try sewing. Personal one on one attention will be given to gain the skill needed to comfortably join the Sew with Confidence class. Bring your sewing machine with your manual or use one of ours.



Mushroom Hunting /Two Part Workshop

Dates: Part One: Friday, Oct. 20th 5:30-7:00pm

Part Two: Saturday, Oct. 21st 9:00-11:00am

Location: Part One: Recreation Program Room

Part Two: EGHS Walking Trails

Cost: \$60 Resident/\$65 Non-Resident

Instructors: Ryan Bouchard & Emily Schmidt

Fall Mushroom Hunting in Rhode Island. Come learn the basics of wild mushroom science and safety and focus on the local 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, Sept. 7-Dec. 14

No Hike; 10/5,10/12, 11/23

Time: 9:30am-12:30pm (time may vary)

Location: Bus departs from Frenchtown Park

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

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. Rain outs will be made up at the end of session. Depart from Frenchtown Park promptly at 9:30am. Hikes TBA



Dog Obedience

Date: S1 Wed 9/6-10/11; S2 Wed 11/8-12/13

Time: 6:00-7:00pm

Location: Recreation Building Program Room

Cost: \$165 Residents, \$175 Non-residents

Join Beth McGuire for beginner's dog obedience classes. Using entirely positive and science-based methods, you will laugh as you learn how to communicate with your dog. Our method will be Clicker training. You will be taught how to translate basic dog body language and build a better relationship with your pup. Basic commands include sit, down, stay, recall, walking nicely on lead, sitting politely for strangers, leave it and so much more! We will figure out management methods for your home to set your dog up for success. Class is open to dogs 12 weeks and older, proof of vaccinations required. First class is for humans only! Beth McGuire has been teaching dog obedience classes for over 20 years. Using humor, clear instructions and kindness her love for both people and dogs is evident! *This class is not recommended for dogs with aggression towards other animals or people. Materials included by instructor: clicker, weekly hand-outs, extra treats, prizes for graduation night contests, cleaning supplies, poop bags.



**DOG
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



ADULT FITNESS

14

Total Body Blast!

Dates: Thursdays, Sept. 7-Dec. 21; No class 11/9, 11/24

Time: 5:15-6:15pm

Location: Swift Gym

Cost: \$84 Resident/\$90 Non-Resident

Instructor: Michelle Anderson

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!!



Body Conditioning

Dates: M,W,F Sept. 6– Dec. 22;

No class 10/9, 11/8, 11/10, 11/13, 11/23

Time: 9:00-10:00am **Location:** Swift Gym

Cost: \$126 Resident/\$168 Non-Resident

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.



Pilates

Dates: Tuesdays, October 3 - Dec. 12 No class; 10/31

Time: 5:30-6:20pm

Location: Recreation Building /Program room

Cost: \$72 Resident/\$76 Non-Resident

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; Sept. 6 - Dec. 22

No class 11/8,11/10, 11/24

Time: 10:00-10:45am **Location:** Swift Gym

Cost: \$87 Resident/\$116 Non-Resident

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, Sept. 7-Dec. 21; No class 11/9, 11/23

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

Cost: \$91 Residents/\$97 Non-Resident

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—rarbige@eastgreenwichri.com



ADULT FITNESS

Stretch & Relax

Dates: Session I Tuesdays, Sept. 5 - Oct. 24
Session II Tuesdays, Nov. 14 - Dec. 19

Time: 4:15-5:15pm

Location: Swift Gym

Cost: Session I \$44 Resident/\$50 Non-resident
Session II \$33 Resident/\$40 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.



Zumba Fitness - Tuesdays

Dates: Session I Sept. 5 - Oct. 24
Session II Nov. 14 - Dec. 19

Time: 5:30-6:30pm

Location: Swift Gym

Cost: Session I \$44 Resident/\$50 Non-Resident
Session II \$33 Resident/\$40 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+



ZUMBA



Meditation Mastery

Dates: Wednesdays, Sept. 20-October 11

Time: 4-5:00pm

Location: Swift Gym

Cost: \$70 Resident/\$75 Non-Resident

Instructor: Ann Porto PsyD

Learn to meditate skillfully, discipline the mind and sustain the clear view. Learn one-pointed concentration and open insight meditation methods to assist in clearing and opening to the limitless potential your true nature is. Instruction will lead practice with breath sound and do a relaxing and restorative guided meditation.



Zumba Fitness - Saturdays

Dates: Session I Sept. 9 - Oct. 21
Session II Nov. 4 - Dec. 23

Time: 9:30-10:30am

Location: Swift Gym

Cost: \$44 Resident/\$50 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+



Total Body Strength and Conditioning

Date: Session I Saturdays, Sept. 9-Oct 21; No 10/7
Session II Saturdays, Nov. 4-Dec 16; No 11/11

Time: 8-9:00am

Location: Swift Gym

Cost: \$42 Resident/\$57 Non-Resident

Instructor: Danielle McKenney

Build lean muscle as we move through a variety of muscle combos keeping heart rate up. Class will use weights, hand balls and floor work.



Circuit Training

Date: Session I Sundays, Sept. 10-Oct 22; No class 10/8
Session II Sundays, Nov. 5-Dec 17; No class 11/26

Time: 10:30-11:30am

Location: Swift Gym

Cost: \$42 Resident/\$57 Non-Resident

Instructor: Danielle McKenney

Circuit training is meant to burn calories. Interval style workouts, various stations for timed intervals. All levels welcome as each station will have options / modifications



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



NEW ADULT FITNESS

Golf Fitness Training

Dates: Wednesdays, Sept. 6-Sept. 27

Time: 6:15-7:00pm

Location: Swift Gym

Cost: \$26 Resident/\$32 Non-Resident

Instructor: Michelle Anderson

Golf Fitness Training will use a variety of strength training and mobility exercises specifically designed for golf. The class will help you to build up muscular strength and endurance while working on mobility and flexibility to get you ready for the course.



Kickbox Cardio

Dates: Wednesdays, October 4-October 25

Time: 5:15-6:15pm

Location: Swift Gym

Cost: \$24 Resident/\$30 Non-Resident

Instructor: Michelle Anderson

Kickbox Cardio uses a combination of high energy but easy to follow cardio boxing moves. Kick, punch, bob and weave your way to a high level of fitness. Kickbox Cardio will keep you constantly moving. This high energy class is designed to leave you feeling like you're ready for anything that may come your way!



Barre Fitness

Dates: Mondays, Sept, 11-Dec. 18; No class 10/9, 11/13

Time: 8:00-8:45am

Location: Swift Gym

Cost: \$65 Resident/\$70 Non-Resident

Instructor: Amy Eberle

No dance experience needed for this fantastic class. Barre fitness is a hybrid workout combining ballet inspired movements with elements of Pilates, yoga and balance. Light weights are used. Please bring a mat and a water bottle and get ready to sweat.



Fitness Frenzy

Dates: Wednesdays, Sept. 6-Sept. 27

Time: 5:15-6:15pm

Location: Swift Gym

Cost: \$24 Resident/\$30 Non-Resident

Instructor: Michelle Anderson

Cardio and Strength in 60 minutes! The class kicks off with non-stop energy, easy to follow cardio routines set to music to get the heart pumping. Class finishes with toning, balance and stretch. High and low impact—the choice is yours.



Yoga/Zenergize Yoga

Date: Mondays Sept. 11-Oct. 16 (No Class 10/9)

Time: 9:15-10:00am

Location: Recreation Building Program Room

Cost: \$35 Resident/\$40 Non-Resident

Instructor: Martha Russo

This class combines a gentle slow flow yoga practice with stretching, breathing exercises, meditation and light aerobic movements. All levels and adults or teens 18+ are welcome!



Yoga Flow - Holiday Session

Date: Tuesdays, November 28-December 19

Time: 6:30pm-7:30pm

Location: Recreation Building Program Room

Cost: \$28 Resident/\$35 Non-Resident

Instructor: Melissa Thomsen

We all need a little namaste during the holiday season. This KBS yoga series will help you focus on breath, meditate, calm your mind and get your body moving. We will practice 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

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Tennis Intermediate Level Round Robin

Dates: Mondays, Sept. 11-Nov 6; No class 10/9

Time: 9:30am-10:30am

Location: Municipal Courts

Cost: \$100 Resident \$110 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, Sept. 11-Nov. 6; No class 10/9

Time: 10:30am-11:30am

Location: Municipal Courts

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

Instructor: Kristen Coker

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



Tennis Lessons Beginner & Intermediate

Dates: Tuesdays, Sept. 5-Oct. 24

Time: 9:30am-10:30am

Location: Municipal Courts

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

Instructor: Kristen Coker

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



Tennis Lessons Advanced

Dates: Tuesdays, Sept. 5-Oct. 24

Time: 10:30am-11:30am

Location: Municipal Courts

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

Instructor: Kristen Coker

Tennis lessons geared toward the advanced player.



Beginner/ Intermediate Cardio Tennis

Dates: Thursdays, Sept. 7-Oct. 26 OR
Saturdays, Sept. 9-Oct 14

Time: 9:30am-10:30am

Location: Municipal Courts

Cost: \$100 Resident \$110 Non-Resident (Thursdays)
\$80 Resident \$90 Non-Resident (Saturdays)

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, Sept. 7-Oct. 26 (10:30-11:30am) OR
Saturdays, Sept. 9-Oct. 14 (8:30-9:30am)

Location: Municipal Courts

Cost: \$100 Resident \$110 Non-Resident (Thursdays)
\$80 Resident \$90 Non-Resident (Saturdays)

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 August 23rd for all E.G. Residents and
10:00am August 28th for all Non-Residents

Pickleball Beginner/Intermediate (W or S)

Dates: Wednesdays, Sept. 6–Oct. 11 OR
Sundays, Sept. 10– Oct. 15

Time: 4:30-5:30pm Frenchtown Courts (W)
3:30-4:30pm Municipal Courts (S)

Cost: \$80 Resident/\$90 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 Advanced Round Robin (W or S)

Dates: Wednesdays, Sept. 6–Oct. 11 OR
Sundays, Sept. 10–Oct 15

Time: 5:30-6:45pm Frenchtown Courts (W)
4:30-6pm Municipal Courts (S)

Cost: \$110 Resident/\$120 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 Indoor Beginner/Intermediate

Dates: Wednesdays, Nov. 8–Dec. 13 (No class 11/22)

Time: 5-6:00pm

Location: Hanaford Gym

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 Indoor Advanced

Dates: Wednesdays, Nov. 8–Dec. 13 (No class 11/22)

Time: 6-7:00pm, 7– 8:00pm, 8-9:00pm

Location: Hanaford Gym

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. Beginners welcome!

Please Register for one time slot only.



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 PICK-UP LEAGUES

Volleyball Co-Ed Pick-up

Dates: Tuesday, Sept. 12 – Dec. 19; No class 10/31

Time: 6:00pm-8:00pm

Location: Cole Middle School Gym

Cost: \$56 Resident \$66 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.



Basketball Men's Pick-up League

Dates: Wednesday Sept. 6 – Dec. 20

Time: 8:00pm-10:00pm

Location: HS (upper & lower Gym)

Cost: \$64 Resident \$74 Non-resident

Coach: Keith Kazmier

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.



Badminton Pick-up Night

Dates: Tuesdays, Sept. 12 – Dec. 19; No class 10/31

Time: 8:00pm-10:00pm

Location: Cole Middle School Gym

Cost: \$56 Resident \$66 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

Dates: Mondays, 9/6–12/20; No class 9/13, 10/23, & 11/8

Time: 6:00pm-7:00pm

Location: High School Lower Gym

Cost: \$32 Resident \$36 Non-resident

Instructors: Renee David

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!



Ping Pong Co-Ed Pick up League M & F

Dates: Sept. 8 – Dec. 22; No class 10/9; 11/13; 11/24

Time: 10:00am-12:00pm

(1st Friday of each month time shifts to 11am-1pm)

Location: Recreation Program room

Cost: \$56 Resident \$62 Non-resident

Coach: John Prendergast & Ronald Joseph

Come in to play recreational games of doubles ping pong. No referees no standings, just honor calls and sportsmanship. New teams are formed each week. Space is limited. This class has no instruction, just informal pick up games.

Ping Pong Co-Ed Pick up League M & W

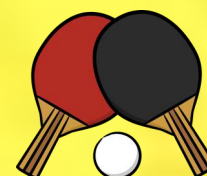
Dates: Sept. 8 – Dec. 20; No class 10/9; 11/13

Time: 12:00pm-2:00pm

Location: Recreation Program room

Cost: \$56 Resident \$62 Non-resident

Come in to play recreational games of doubles ping pong. No referees no standings, just honor calls and sportsmanship. New teams are formed each week. Space is limited. This class has no instruction, just informal pick up games.



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

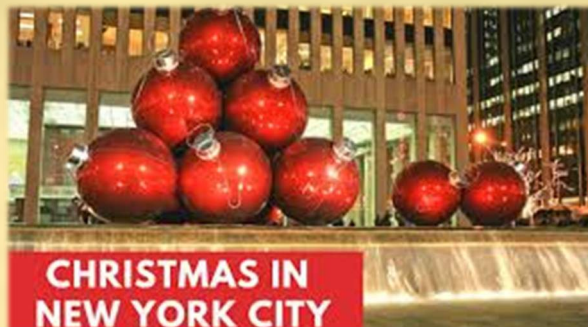
Radio City Music Hall, Rockettes Holiday Spectacular

Date: Saturday, November 18, 2023

Time: 6:30am **Return:** 8:00pm

Location: Depart Frenchtown School

Cost: \$150 Resident \$160 Non-Resident



Join us for a day in NYC. Travel in the comfort of a Charter Bus and relax as you head to the big apple. The day will begin with a few hours to explore NYC with your group before heading to Radio City Music Hall to see the 2:00pm Rockettes Christmas Spectacular! The show runs for 90 minutes with no intermission. After the show we will rendezvous back at the bus for a relaxing ride home. Price includes bus travel and show tickets. Departure times are NOT flexible, you must be at the departure location on time in order for us to maintain our schedule. The bus will NOT be held for late arrivals. Bus departs from Frenchtown School parking lot at promptly 6:30am and returns by 8:00pm. There are no refunds for this trip as tickets are purchased in advance. The bus does have a bathroom on board. Show tickets are Orchestra seats, hard copy of tickets will be passed out on bus. You can bring snacks and drinks for the ride and you will be able to leave bags on the bus. This is a fantastic trip for the entire family!



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

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



DAY TRIPS

Old Time Mystic

Friday, September 22, 2023

Cost: \$90.00 Resident/\$95 Non-

Resident

Transportation by Experience Rhode Island Tours

Take a journey into the past with RI Tours and spend a lovely day in quaint Mystic, Connecticut. The tour will begin at Clyde's Cider Mill, the oldest steam-powered cider mill in America where you will find a wide assortment of delicious things made from apples. Visit historic Mystic, where you will enjoy free time for lunch and shopping in Olde Mystic Village. Then, you will go for a delightful visit to Mystic Seaport, the largest maritime museum in the United States, where you will explore life as it was lived in the 1800s and cruise down the Mystic River on an old-fashioned steamboat!

Departs Frenchtown Park 1127 Frenchtown Road: 10:00am. Returns approx.: 5:00pm.



Plymouth Plantation and Cranberry Harvest

Friday, October 20, 2023

Cost: \$105 Resident/\$110 Non-Resident

Transportation by Experience Rhode Island Tours



Join us for this unforgettable New England fall experience! It will include a visit to famous Plymouth Plantation, a re-creation of the first settlement of the Pilgrims, a Thanksgiving homestyle buffet dinner, a tour of America's hometown, Plymouth, Massachusetts, a stop at the stunning National Monument to the Forefathers – the largest granite monument in the world, and a live cranberry harvest hosted by one of the largest cranberry growers in America. Filled with fascinating history and gorgeous scenery, you will love this wonderful day in the place where it all began!

Christmas at the Mansions

Tuesday, December 12, 2023

Cost: \$70 Resident/\$75 Non-Resident

Transportation by Experience Rhode Island Tours

Christmas at the Mansions

Travel by tour bus to dazzling Newport and experience the wonder of Christmas in total splendor! On this afternoon outing you will tour The Breakers and Marble House, Newport's two most celebrated mansions, both lavishly decorated for Christmas. In addition to the stunning beauty you will see in these homes, you will learn the intriguing story of the families who built these grand estates at the height of the American Gilded Age. There is nothing like Christmas at the Mansions!



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YOUTH/TEEN PROGRAMS

22

Hello families!

After wrapping up a terrific Summer Camp season, we're excited for what's ahead with our school year programming! The town of East Greenwich recently entered into a partnership with the **Rhode Island Learn365** initiative. This initiative aims to improve student learning outcomes through out-of-school time programming. Later this Fall, we hope to roll-out a diverse and comprehensive collection of afterschool programs that are accessible and affordable for the EG community. More details to come on this exciting new initiative!

We have many terrific programs returning this Fall including Horseback Riding at Faith Hill Farm, Dance, Tennis, Multi-Media Crafting, and Junior Chefs program. For toddlers and preschoolers, Family Music, Mini-Movers, and Farm Friends are returning, and we are starting an Intro to Soccer class on Tuesdays! And how could we forget School Vacation Week programming?! Stay tuned for December Vacation programs which will be announced later this Fall. We hope to see you at one of our programs soon!

Sincerely,

Josh Wolff, CPRP
Recreation Supervisor



Registration opens Wednesday, August 23, 2023
At 10 AM

egrecreation.recdesk.com/

December Vacation Week!!



The town of East Greenwich is partnering with the state of Rhode Island on its Learn365 initiative. This initiative aims to improve student learning outcomes through out-of-school time programming. More details to come!

PRE-SCHOOL PROGRAMS

23

Intro to Soccer

Ages: 3-5

Dates: Tuesdays, 9/19-11/7

Time: 10-10:45am

Location: Academy Field

Cost: \$75

Instructor: Coach Josh

Let's get kicking with a fun, fast-passed introduction to Soccer! Through fun games and exercises, participants will learn the basics of Soccer including footwork, dribbling, passing, and, of course, shooting



Farm Friends

Dates: S1: Mondays 9/11-10/23 | S2 10/30-12/4

Time: 10:00am-11:00am

Location: Casey Farm

Ages: 3-6

Cost: \$50.00

Instructor: Casey Farm staff

Great time of year for a weekly farm program! Session 1 activities will include cider-making, hunting for pumpkins, & learning about the farm's rabbits. Session 2 activities will include trick or treating, feeding the turkeys, and riding a tractor! Each week participants will make a craft incorporating what the children have learned that day, listen to a story, play games and sing songs!



Family Music

Ages: 1-5 (parent participation required)

Dates: Wednesdays 9/20-12/6; no 11/22

Time: 9:15-10:00am OR 10:15-11am

Location: Recreation Building – Program Room

Cost: \$150.00

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.



Mini-Movers

Ages: 2-3 (parent participation required)

Dates: Thursdays 9/21-11/30 (no 11/23)

Time: 9:15-10:00am

Location: Recreation Building – Program Room

Cost: \$120.00

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 9/21-11/30 (no 11/23)

Times: 10:15-11:00am

Location: Recreation Building—Program Room

Cost: \$120.00

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.



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



YOUTH/TEEN PROGRAMS

24

Dance Party!

Ages: 4-6

Dates: Mondays, 9/18-12/4; no 9/25, 10/9

Time: 5:00-5:45pm

Cost: \$120

Location: Recreation Building – Program Room

Instructor: Lyn Muckerheide

Does your kiddo like to shake their groove thing? This fun class will feature party dances, movement games, and the use of ribbon sticks, hula hoops, and other party props. Session ends with a choreographed performance!



Multi-Media Crafting

Grades: 1-6

Dates: Tuesdays 9/26–11/7

Time: 4:15pm-5:15pm

Location: Recreation Building – Program Room

Cost: \$135

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!



Adventure in STEM with LEGO Materials

Grades: K-2

Dates: Fridays 9/29-12/1 (No Class 9/25, 11/24)

Time: 4:15pm-5:15pm

Cost: \$175

Location: Recreation Building – Program Room

Instructor: Play-Well TEKnologies

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.



Awesome Knights

Grades: K-4

Dates: Wednesdays 9/20-11/8

Time: 4:00-5:00pm

Location: Recreation Building – Program Room

Cost: \$215

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!



Children's Dining Etiquette

Prep for Thanksgiving

Grades: 2-7

Dates: November 7

Time: 4:30 –6:00pm

Location: Swift Community Center

Cost: \$75

Instructor: Nikki from New England School of Protocol

This workshop teaches students the appropriate table manners and dining protocol to instill confidence and make them more polished and polite. Just in-time for Thanksgiving and the holiday season!



Pre-Teen Netiquette-Workshop

Grades: 5-8

Dates: November 7

Time: 6:15 –7:15pm

Location: Swift Community Center

Cost: \$60

Instructor: Nikki from New England School of Protocol

Is technology making your teen rude? Social media platforms are a great place to communicate and learn. However, since there are no rules laid out for users, there is often a lack of etiquette on social media. Help your young teen learn how to be polite when texting, emailing, and on social media!



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



YOUTH TEEN PROGRAMS

25

Contemporary Jazz

Ages: 7-11

Dates: Mondays 9/18-12/4 (no 9/25, 10/9)

Time: 6:00-7:00pm

Location: Recreation Building

Cost: \$120

Instructor: Lyn Muckerheide

This expressive and physical dance style combines techniques of various dance and movement forms include ballet, jazz, and basic acro. Dancers will focus on balance, flexibility, rhythm, leaps and partnering. Sessions end with a choreographed performance.



Youth Tennis

Ages: 6-12

Dates: Thursdays 9/7 –10/19 (no 9/28)

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

Cost: \$60 for 30 minute class;
\$75 for 1 hour class

Instructor: Kristen Coker
Sharpen your tennis skills.

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



Junior Chefs

Ages: 4-8

Dates: Session 1: Thursdays 9/14-10/12
Session 2: Thursdays 10/19-11/16

Time: 4:30-5:30 pm

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

Cost: \$175/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.



Welcome to Horseback Riding

Grades: 1-6

Dates: Session 1: Saturdays 9/16-10/7
Session 2: Saturdays 10/14-11/4

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

Location: Faith Hill Farm

Cost: \$195

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!



Parent's Night Out!

Ages: 6-12

Dates: Friday 10/13, 12/1

Time: 6:30 -8:30pm

Location: Swift Community Center

Cost: \$20 for each Friday; Pizza included

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



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 - Scallopown Park

We reserve spaces on the newly built rack for kayaks, SUP & canoes at Scallopown 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.

[Scallopown Park Rack Rules](#)

[Scallopown Park Rack Application](#)

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





A message from Bob Houghtaling: What Is a School?

It has been my honor to have worked closely with the East Greenwich Public Schools for 40 years. Over this time many young people have benefited from their experiences at Frenchtown, Meadowbrook, Hanaford, Eldredge, Cole Middle, and the High School. I wrote *What is a School?* as an attempt to extol the importance of school as well as reinforce the notion that people truly are each building's soul.

Most adults often reflect upon moments, from their past, spent in school. Friendships, teachers, extracurriculars, challenges, and those silly, hard to describe, happenings that are special at heart often come to mind. Buildings are part of the story, but those tales become memorable because of how we experienced them. *What is a School?* – hopefully a welcoming place. Enjoy the poem.

What Is a School?

What is a school
Be they mortar or bells
Perhaps should be judged
By the story each tell
Are these beautiful monuments
Or simple places of hope
Where possibility thrives
And is endless in scope

Is it built for the future
With each child in mind
Are the classrooms set up
To be welcome and kind
Tall stately buildings
Might not be the rule
When sitting down to contemplate
What is a school

All things considered
Wood, bricks or tent
Teaching young learners
This must represent
A sense of community
Which all can embrace
Then each on its own
Becomes a welcoming place



Community Services Department

1127 Frenchtown Road

East Greenwich, RI 02818

