



# EAST GREENWICH COMMUNITY SERVICES PROGRAM GUIDE WINTER 2024





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

### Recreation Staff

Recreation Manager: [Rachel Arbige](#)  
 Youth Recreation Supervisor: [Josh Wolff](#)  
 Community Services Coordinator: [Nancy Phillips](#)

### Senior Services

Senior Services Manager: [Erin McAndrew](#)  
 Transportation Coordinator: [Lois Campion](#)  
 Meal Site Coordinator: [Judy Karam](#)

### Parks Staff

Parks Superintendent: [Bill "Pags" Pagliarini](#)  
 Foreman: Tom Geuss  
 Maintenance Team: Jimmy Broady, Peter Cambio,  
 Chris Horton, Gregor Johnson, Jacob Leander, &  
 Eric Sartwell

### Harbor

Harbormaster: [John Parker](#)

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## Seasons Greetings EG!

I hope this letter finds you well and in good spirits as we approach the winter season. My name is Andy Wade, and I am honored to serve as the Director of Community Services here in East Greenwich. As the temperature drops and the festive spirit fills the air, I wanted to extend a warm welcome to you and your families.

Our community is at its best when we come together, and I am thrilled to invite you to participate in the exciting Recreation and Senior Services programming we have lined up for the winter months. Whether you're a long-time resident or new to East Greenwich, there's something for everyone to enjoy and connect with.

We believe that a strong community is built on shared experiences, and these programs are crafted with that in mind. They not only provide opportunities for recreation and leisure but also foster connections that make East Greenwich a wonderful place to call home.

Please take a moment to review our slate of programs in this brochure for a detailed schedule and information on how to register for the activities that interest you. We encourage you to spread the word and bring friends and neighbors along to make these events even more enjoyable.

Your presence and participation are crucial to the success of these programs, and we look forward to creating lasting memories together. If you have any questions or would like more information, feel free to reach out to myself or our dedicated team.

Wishing you a joyful and festive winter season,



**Andy Wade**  
 Director of Community Services & Parks  
 886-8350 [awade@eastgreenwichri.com](mailto:awade@eastgreenwichri.com)



## December Vacation @ EG Rec



Morning Camps	
9:00am-11:00am @ Hanaford School	
Tuesday & Wed	Thursday & Friday
Basketball	Soccer
Chess	Winter Birds
Theater	Kids Yoga
I Like To Move It! (4-6 yrs)	I Like To Move It! (4-6 yrs)

Afternoon Trips		
12:00pm-4:00pm; leave from Hanaford		
Tuesday	Wednesday	Thursday
United Skates of America	Gingerbread Houses	New Bedford Whaling Museum
	Archery Games PVD (12-14 yrs)	Rock Spot (12-14 yrs)

Unless otherwise specified, for ages 5-12

Combine morning & afternoon activities for a full day of fun!

Registration opens 11/29 @ 10am!



# Have You Heard the News?

- **2024 RIDEM Grant Opportunity** - At the October 23rd regular meeting of the Town Council, the concept of the development of a formal dog park at Scalloptown Park. The park has seen heavy use by owners and their dogs since the previous municipal landfill site was converted to a passive recreational space in 2009. The concept proposed included the expansion of the existing parking lot to the west, creating an approximately 75,000 sq/ft fenced in dog park with areas dedicated for both large and small dogs that would run along the western edge of the property. Additionally, new waste receptacles and a solar powered composting toilet would be added to the location. The general concept gained approval from the Town Council through a unanimous vote that gave the administration the authority to apply for funding through the RIDEM's 2024 Recreation Development Grant Program seeking \$100,000 in funding that was part of the 2022 Green Economy Bond. Grant applications are to be submitted by December 6th and if successful, will be awarded to the Town sometime early summer of 2024.



- **Learn 365 Initiative Started - EG Receives \$50,000 to support afterschool learning**

Recently, the Community Services Department began collaborating with local partners such as the School Department and the EG Free Library to deliver after school programming as part of Governor Dan McKee's Learn365 initiative to foster new or expanded initiatives to promote learning beyond the formal school day and beyond the traditional 180-day school year. These programs serve as a launching point to the town's commitment to improving our students learning outcomes and improvement in three key metrics.

- Rhode Island Comprehensive Assessment System (RICAS)
- School Attendance rate
- FAFSA Completion Rates



Programs are currently being offered at the Cole Middle School and the EG Free Library. For more information on these offerings please contact Andrew Wade: 886-8350

- **Tennis Courts Resurfaced** - As part of our town's commitment to our Recreational amenities, all of the town-operated tennis courts were repainted this past fall. Using a system called Amour-Crack, any cracks in the asphalt were filled & repaired with a specially engineered mesh membrane that is guaranteed to hold up for 3 years without the need for additional repair. In addition to the court repairs and resurfacing of 9 tennis courts, we were also able to perform the same repairs at our Basketball Court on Frenchtown Road. This court was painted with 2 pickleball courts, making the space versatile in an attempt to provide additional court space for the fastest growing sport in the nation.



# 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 winter: a Valentine’s Day luncheon on Thursday, February 8th and a Saint Patrick’s Day luncheon on Thursday, March 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 New England 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 winter 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 page 11 for details.**

## Senior Services Staff

**Manager**  
[Erin McAndrew](#)

**Transportation / Program Coordinator**  
[Lois Campion](#)

**Meal Site Coordinator**  
[Judy Karam](#)

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

# SENIOR GAMES & ACTIVITIES <sup>6</sup>

## Mah Jongg

**Who:** Adults over 55

**When:** Mondays 1:00-3:00pm

No program; 1/1, 1/15 & 2/19

**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; 1/1, 1/15 & 2/19

**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; 1/8

**Time:** 1:00-3:00pm

**Where:** Swift Gym

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



## Scrabble

**Who:** Adults over 55

**When:** Tuesdays

**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

**Where:** Swift Game Room

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



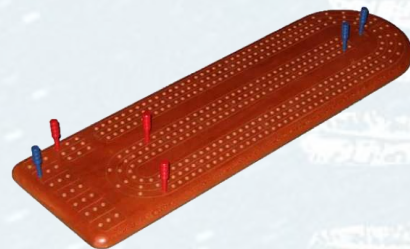
## Cribbage

**Who:** Adults over 55

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

**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](mailto:emcandrew@eastgreenwichri.com)



# SENIOR FITNESS

## Indoor Walking Program:

**Who:** Adults over 55

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

No program; 1/9

**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; 1/1, 1/15 & 2/19

**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; 1/9 & 1/10

**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; 1/9

**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; 1/9, 1/10, 1/11,  
2/8 & 3/14

**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; 1/12

**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](mailto:emcandrew@eastgreenwichri.com)



# SENIOR PROGRAMS

## Beginner -Tai Chi Long Form Yang Style

**Who:** Adults over 55

**When:** Thursdays, Feb. 15—April 25

**Time:** 1:00-1:45pm No class; 3/14

Make up class 5/2 if needed

**Where:** Swift Gym (10 classes)

**Instructor:** Jane Gemma

**Cost:** \$20 Resident/\$30 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, Feb. 15—April 25

**Time:** 2:00-3:00pm No class; 3/14

Make up class 5/2

**Where:** Swift Gym (10 classes)

**Instructor:** Jane Gemma

**Cost:** \$20 Resident/\$30 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

No program; 1/9, 1/12 & 2/9

**Where:** Swift Gym

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

**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!



## 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.



## Writing and Journaling Pre-registration is required

**Tuesdays from 1:30 - 3:00 p.m. in the Swift game room, beginning January 16, 2024.**

**Presented by Jonathan Gibbs, Adjunct Professor Bryant University**

The program will be taught by Jonathan Gibbs, who was the editor at The East Greenwich Pendulum for 14 years before moving on to teach writing for the past 10 years at Bryant University. The course will include any kind of writing a participant wants to concentrate upon, as well as an offering of writing prompts designed to get the creative juices flowing. Examples could include: 'What was a transformational moment in your life?' or writing prompts based on life situations. Participants will also have an opportunity to explore fiction writing, dream journaling, poetry and short screenplays. With the flexibility of being able to write in whatever genre one chooses in a nonjudgmental environment, the course is designed to help writers find and hone their writing voice. A writing journal will be provided and participants can choose to use a digital device for writing if they prefer.



**Min # of participants: 4. Max # of participants 4**



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](mailto:emcandrew@eastgreenwichri.com)





# SENIOR EDUCATION



## Matter Of Balance

**Who:** Participants must be 60+

**When:** Wednesdays

April 3, 10, 17 & 24, May 1, 8, 15, & 22 (8 classes)  
(May 29 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. Registration is required

## Tools for Healthy Living

**Who:** Open to Adults 55+ (6 classes)

**When:** Thursdays, Feb 15, 22, 20 March 7, 21 & 28  
No class 3/14. April 4th is make-up class, if needed

**Time:** 1:30-4:00pm

**Where:** Swift Dining Room

Presented by URI Geriatric Education Center. The program provides participants with tools to improve overall health and well-being. The main components of the program are goal setting, action planning, problem solving and group support. Registration is required.

## Eating for Better Brain Health

**Who:** Open to Adults 55+

**When:** Monday, March 18

**Time:** 1:30-2:30pm

**Where:** Swift Dining Room

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

Eating for brain health means choosing foods shown to protect the brain from cognitive decline. In this class we will discuss brain-healthy foods & tips from the MIND diet. We will provide ideas for easy recipes and will demonstrate a simple brain-healthy recipes. Food samples will be available.



## Neck & Back Pain Screenings - with Jonathan Walker

**When:** Thursday, Feb 1

**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, Jan. 19 & 26,

Feb. 16 & 23, March 15 & 22

**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 the third and fourth 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](mailto:emcandrew@eastgreenwichri.com)



## AARP Tax Aide Program: Appointment Required



Beginning Monday, January 22, 2024. Please call Erin at 886-8669, ext. 3 to make a tax appointment. Appointments are available on Thursdays from February 8 - April 11, 2024 from 9:00 a.m. - 1:00 p.m.. No program will be offered on March 14th. Participants will need to pick-up paperwork at Swift that MUST be completed prior to their appointment. AARP Tax Aide representatives will assist seniors and low to moderate income tax filers with preparation and filing of federal and

state returns. All returns will be electronically prepared and transmitted. If you are filing jointly, both individuals must provide documentation. All participants must provide photo identification and a social security card. Participants must bring the required identification, paperwork and documents with them to Swift on the day/time of their appointment.

### Philosophy Club

**Who:** Adults over 55

**Where:** Game Room

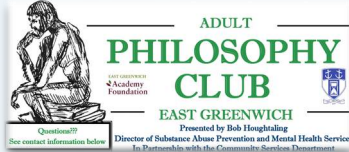
**When:** 2nd and 4th Wed.

**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.



### Organizing Closets

**Who:** Adults over 55

**When:** Thursday, January 25

**Time:** 10:00-11:00am

**Where:** Swift Dining Room

No Fee. Presented by Anne Phillips.

January is officially Get Organized Month! What better way to start the new year but to organize your closet! Anne Phillips, a professional Organizer and owner of Organized Solutions will help you get started. Come for an hour of sharing ideas and steps to help you not only organize your closet, but help you organize other areas in your life! Pre-registration is required



### Knitting

**Who:** Adults over 55

**When:** Fridays

**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: The Language of Flowers

**Who:** Adults over 55

**When:** Friday, February 9

**Time:** 1:30-3:30pm **Where:** Swift Gym

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

Participants will design their own vegetive style arrangement, using symbolic flowers and other plant material to create a personal message. Explore this symbolic language, with origins dating back to ancient Asian and older European cultures. Registration and pre-payment 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](mailto:emcandrew@eastgreenwichri.com)



# SENIOR TRIPS

## Providence’s Very Delicious Lunch Tour

**Thursday, March 28, 2024**      **Cost: \$80.00 per person (payment due by Friday March 1)**  
**Transportation by Experience Rhode Island Tours** (Minimal walking)



Tour our wonderful capital city while also enjoying one of the most delicious lunches you’ve ever had! This progressive lunch and city tour showcases some of Providence’s most unique spots for great food! With one of the largest concentration of restaurants per capita in all of America, and home to the largest culinary school in the world, Providence is a foodie’s dream. As you travel by tour bus, your host will take you to different neighborhoods around the city and give you a fantastic lunch and tour experience!

**Departs 1127 Frenchtown Road: 11:30am. Returns approx. 3:00pm. Minimum # of participants: 15**

## Best of Boston

**Thursday, April 18, 2024**      **Cost: \$100.00 per person (payment due by March 22)** (lunch on own )  
**Transportation by Experience Rhode Island Tours** (Considerable walking)

The day will begin at the Boston Tea Party Museum. Then, a visit to Chinatown, the Old North Church and the site of the Boston Massacre, and more. Next, you will have free time to enjoy lunch and the history and shops at famous Quincy Market and Faneuil Hall. After lunch , the group will visit more of Boston’s most notable sites, including the Boston Public Garden, Bunker Hill, Harvard, Fenway Park, and “Old Ironsides”. This trip is filled with amazing history and colonial New England beauty.



**Departs 1127 Frenchtown Road: 9:00 a.m. Returns approx. 6:00pm. Minimum # of participants: 20**

## Journey Through The Arts

**Thursday, May 23, 2024**      **Cost: \$90.00 per person due by April 26** (Lunch on own )  
**Transportation by Experience Rhode Island Tours** (Considerable walking)



Featuring the world-class art museum of the Rhode Island School of Design, the award-winning Steel Yard, the WaterFire Arts Center, and more, this tour will immerse you into Providence’s wonderful world of creative arts. In the middle of the day we will stop for lunch at CAV, one of Providence's favorite restaurants. If you love creativity and craftsmanship you will love our journey through the arts.

**Departs 1127 Frenchtown Road: 9:00am. Returns approx. 4:00pm. Minimum # of participants: 20**



For more information on any of our Senior Services programs please contact our Senior Services Transportation Coordinator Lois Campion (401) 886-8669, Ext. 3 - [lcampion@eastgreenwichri.com](mailto:lcampion@eastgreenwichri.com)



# Recreation Division

## Message from the Recreation Manager:

I hope everyone enjoyed a beautiful fall season in East Greenwich. The weather was simply spectacular for our annual Halloween Parade and once again participation in the event was outstanding! During the festivities we collected canned goods for our holiday food baskets, thank you for the considerable donations. Your generosity is just one of the many examples of what makes EG such an amazing community. It's your enthusiasm and community spirit that continues to make our events so successful, so hats off to you!! As we roll into winter we have a vast assortment of programs to spark your interests. Sewing classes, Yoga, Zumba, Hiking, Badminton, Basketball, Ping Pong are just a few of the many programs offered this winter. You'll find morning and evening fitness classes as well as on Saturdays, so be sure to take a look and see what program fits your scheduling needs. As always, if there's a program you'd like to see offered, please don't hesitate to give me a call, I'm always happy to check into new ideas. Wishing you all a wonderful winter season!



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

Registration opens

**Wednesday, December 13, 2023**

**10:00 AM**

**Online!**  
**REGISTRATION**



[egrecreation.recdesk.com](http://egrecreation.recdesk.com)

## Dog Obedience

**Date:** Session I Wednesdays, January 10—February 14  
Session II Wednesdays, February 28—April 3

**Time:** 6:00-7:00pm

**Location:** Recreation Building Program Room

**Cost:** \$165 Resident/\$175 Non-Resident

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 vaccination required) First class is for humans only! Beth McGuire has been teaching dog obedience classes for over 20 years. \*This class is not recommended for dogs with aggression towards other animals or people.



# Special Interest Programs

## Meditation Mastery

**Dates:** Session I Wednesdays, Jan. 17—February 7  
Session II Wednesdays, Feb. 14—March 6

**Time:** 4-5:00pm

**Location:** Swift Gym

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

**Instructor:** Ann Porto PsyD

Meditation is an excellent practice to calm the mind and body when done skillfully. Come learn various methods to achieve concentration, enhanced awareness and peace. Bring a blanket, small pillow and a mat for 20-minutes guided meditation after instruction.



## Rucking /Bootcamp

**Dates:** Thursdays, Jan. 4—March 14; No class 2/22

**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!!

## Winter Walkers

**Dates:** Thursdays, January 4-March 14

**Hikes:** TBD (no Hike - 2/22)

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

**Location:** Bus departs from Frenchtown Park

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

This hiking group is designed for adults that enjoy 2- 5 mile hikes and can handle uneven terrain as well as wintery weather conditions. Hikes may be through forest areas with roots, branches and obstacles. Each week the group will explore a new hiking area in and around R I. Hikes are weather dependent. Rain outs or snow days will be made up at the end of session.

Depart from Frenchtown Park promptly at 9:30am.

Hikes TBA



Registration opens  
Wednesday,  
December 13, 2023  
10:00 AM

## SEW with More CONFIDENCE –Thursdays

**Dates:** Session I Jan. 11-Feb. 1

Session II Feb. 8-Feb. 29

Session III March 7-March 28

**Time:** 11:30-1:30pm

**Location:** Recreation Program Room

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

**Instructor:** Gretchen Caterson

You know how to stitch straight lines, but you wish to continue mastering new stitches and skills. I will guide you through construction of simple garments and home goods as you practice sewing. For detailed course description and materials list see RecDesk.



## SEW with CONFIDENCE startup tutorial

**Dates:** Session I Thursday, January 4

Session II Thursday, February 1

Session III Thursday, February 29

**Time:** 1:30-3:00pm

**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 attention will be given to gain the skill needed to comfortably join the Sew with Confidence class. For detailed course description and materials list see RecDesk.



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](mailto:rarbige@eastgreenwichri.com)



# ADULT FITNESS

## Total Body Blast!

**Dates:** Thursdays, Jan. 4—March 28; No class 1/11

**Time:** 5:15-6:15pm

**Location:** Swift Gym

**Cost:** \$60 Resident/\$73 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!! Ages 16+



## Body Conditioning

**Dates:** M,W,F Jan. 3— March 27;

No class 1/8, 1/10, 1/12, 2/14, 2/19, 3/20

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

**Cost:** \$91 Resident/\$115 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. Bring a water bottle, sneakers and a positive attitude. Ages 18+

## Stretch & Relax

**Dates:** Tuesdays, Jan. 16— March 26

**Time:** 4:00-5:00pm

**Location:** Swift Gym

**Cost:** \$67 Resident/\$77 Non-resident

**Instructor:** Natalie Thibodeau

Stretching is an important exercise to keep your body limber and flexible. 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.



## Pilates

**Dates:** Session I Tuesdays, Jan. 2—Feb. 6

Session II Tuesdays, Feb. 13—March 26 (no 3/5)

**Time:** 5:30-6:20pm or 6:30-7:20pm

**Location:** Recreation Building /Program room

**Cost:** \$45 Resident/\$52 Non-Resident

**Instructors:** Tara Wood

Join in for an integrated Mat 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; Jan. 3— March 27

No class 1/10, 1/12, 2/14, 3/20

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

**Cost:** \$62 Resident/\$97 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.



## Golf Fitness Training

**Dates:** Session I Wednesdays, Jan. 17—Feb. 7

Session II Wednesdays, Feb. 14—March 6

**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.



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](mailto:rarbige@eastgreenwichri.com)



# MORE ADULT FITNESS

## Zumba Fitness - Tuesdays

**Dates:** Tuesdays, Jan. 16—March 26

**Time:** 5:15-6:15pm

**Location:** Swift Gym

**Cost:** Session I \$67 Resident/\$77 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 Fitness - Saturdays

**Dates:** Jan. 6—March 30; No class 2/24

**Time:** 9:30-10:30am

**Location:** Swift Gym

**Cost:** \$72 Resident/\$82 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+



## Barre Fitness & Tone

**Dates:** Mondays, Jan. 22—March 25; No class 2/19

**Time:** 10:00-10:45am

**Location:** Swift Gym

**Cost:** \$40 Resident/\$45 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, Jan. 3—March 27; No class 1/10

**Time:** 5:15-6:15pm

**Location:** Swift Gym

**Cost:** \$50 Resident/\$62 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 - Strike a Pose

**Date:** Session I Mondays Jan 8—Feb. 12; No class 1/15  
Session II Mondays Feb. 26—March 25

**Time:** 9:15-10:00am

**Location:** Recreation Building Program Room

**Cost:** \$30 Resident/\$40 Non-Resident

**Instructor:** Martha Russo

Each class will begin with simple breathing exercises to calm the body and mind, follow by warm-ups and yoga poses incorporating dance and light aerobics. Classes ends with a few minutes of restful meditation. This is a come as you are class welcoming all levels, abilities and mindsets



## Yoga Flow

**Date:** Thursdays, Jan 18—March 14; No class 2/22

**Time:** 6:30-7:20pm

**Location:** Swift Gym

**Cost:** \$56 Resident/\$66 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 a flow of poses for all levels of 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. Everyone is welcome! Age 16+



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](mailto:rarbige@eastgreenwichri.com)



# ADULT PICK-UP LEAGUES

## Volleyball Co-Ed Pick-up

**Dates:** Tuesday, Jan, 2 – March 26; No class 2/20  
**Time:** 6:00pm-8:00pm  
**Location:** Cole Middle School Gym  
**Cost:** \$48 Resident \$53 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 Jan. 3 – March 27  
No class 2/21 & upper Gym only 1/24, 2/14  
**Time:** 8:00pm-10:00pm  
**Location:** HS (upper & lower Gym)  
**Cost:** \$48 Resident \$53 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, Jan. 2 – March 26; No class 2/20  
**Time:** 8:00pm-10:00pm  
**Location:** Cole Middle School Gym  
**Cost:** \$48 Resident \$53 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:** Wednesdays, Jan. 3 – March 7  
No class 1/24, 2/14, 2/21  
**Time:** 7:00pm-8:00pm  
**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 in a fun setting!



## Ping Pong Co-Ed Pick up League M & F

**Dates:** January 5 – March 29; No class 1/15, 2/19  
**Time:** 10:00am-12:00pm  
(1st Friday of each month time shifts to 11am-1pm)  
**Location:** Recreation Program room  
**Cost:** \$44 Resident \$49 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.



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

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





# Pickleball

Registration for all Pickleball classes will be 10:00am December 13<sup>rd</sup> for all E.G. Residents and 10:00am December 15<sup>th</sup> for all Non-Residents

## Pickleball Indoor Beginner/Intermediate

**Dates:** Wednesdays, Jan. 10–March 13

(No class 2/14, 2/21)

**Time:** 5-6:00pm

**Location:** Hanaford Gym

**Cost:** \$100 Resident/\$110 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, Jan. 10–March 13

(No class 2/14, 2/21)

**Time:** 6-7:00pm, 7– 8:00pm, 8-9:00pm

**Location:** Hanaford Gym

**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.

**Please Register for one time slot only.**



Frenchtown Park Trail

## E. G. Land Trust & Trail Adoption

The East Greenwich Land Trust is partnering with the Community Service & Parks Department to host events in our town’s preserved wooded parks. Events may include guided walks or hikes, trail improvement, native planting, or other conservation or ecological opportunities. Indicate your areas of interest when signing up, and you will be first to be notified when new events are added. We look forward to adding many educational and volunteer opportunities. There is no cost to register.

**Dates:** TBD, various throughout 2024

**Times:** Times may vary. Events typically on weekends. **Location:** Parks and conservation properties.



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

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



# Youth / Teen Division

Hello families!

I hope you are excited for a terrific slate of winter programming! Whether it's afterschool, weekends, or vacation weeks, we've got you covered. Some returning programs include Ms. Laura's *Multi-Media Crafting* on Tuesdays, *Minecraft Engineering Using LEGOs* on Fridays, and our popular *3D Printing, Coding & Design* program is returning this Winter!

We also have an exciting collection of new programs including two programs taught by Melissa at 15 Minute Field Trips: *Baby Animals* for ages 3-5 (Tuesdays), and *Winter Animals* for ages 5-12 (Thursdays). We're also excited to announce our new program *Connected Kids Yoga* on Saturday mornings!

December Vacation should be a busy and fun-filled week. We have several morning camp options to choose from including Basketball, Theater, and the always popular *I Like To Move It* camp with Ms. Lyn! Trips include the New Bedford Whaling Museum, United Skates of America, and Archery Games Providence (for our teenage participants).

We hope to see you at one of our programs or camps this Winter!

Sincerely,



Josh Wolff, CPRP  
Recreation Supervisor



Registration opens Wednesday, December 13, 2023 @ 10 AM



[egrecreation.recdesk.com](http://egrecreation.recdesk.com)

**\*\*Vacation Week Registration opens 11/29 @ 10am\*\***



## December Vacation @ EG Rec



Morning Camps	
9:00am-11:00am @ Hanaford School	
Tuesday & Wed	Thursday & Friday
Basketball	Soccer
Chess	Winter Birds
Theater	Kids Yoga
I Like To Move It! (4-6 yrs)	I Like To Move It! (4-6 yrs)

Afternoon Trips		
12:00pm-4:00pm; leave from Hanaford		
Tuesday	Wednesday	Thursday
United Skates of America	Gingerbread Houses	New Bedford Whaling Museum
	Archery Games PVD (12-14 yrs)	Rock Spot (12-14 yrs)

Unless otherwise specified, for ages 5-12

Combine morning & afternoon activities for a full-day of fun!

Registration opens 11/29 @ 10am!



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](mailto:jwolff@eastgreenwichri.com)



# Pre-School Programs

## Baby Animals (Parent participation required)

**Ages:** 3-5  
**Dates:** Tuesdays, 1/19-2/13  
**Time:** 9:15 am-10:00am  
**Location:** Recreation Building – Program Room  
**Cost:** \$70  
**Instructor:** 15 minute Field Trips  
 Explore the life cycles of birds, butterflies, bees, and frogs, and farm animals through art and science! Paint, create, and play as we build vocabulary and fine motor skills. Parents join the fun.



## Farm Friends (Parent participation required)

**Ages:** 3-5  
**Dates:** Session I: Monday 1/8– 2/12  
 Session II: Monday 3/4– 3/31  
**Time:** 10:00am-11:00am  
**Location:** Casey Farm  
**Cost:** \$50.00



At our weekly Farm Friends class, children will participate in a themed hour long program that includes hands-on activities, crafts, songs and of course, a story.

SI—we will learn about owls and groundhogs  
 SII—we will learn about hibernating bears and eggs.

## Parent's Morning Out!

**Ages:** 4-6  
**Dates:** Saturdays, 1/20, 2/10 & 3/9  
**Time:** 9:00am—11:00am  
**Cost:** \$28 per class  
**Location:** Recreation Building – Program Room  
**Instructor:** Lyn Muckerheide  
 In this fun, drop-off program, activities will include relays, dance, tumble, movement, games, creative free play and more! Each day will feature a different theme.  
 1/20 theme: Winter Wonderland  
 2/10 theme: Under the Big Top  
 3/9 theme: Pirate Adventure



## Family Music

**Ages:** 1-5 (parent participation required)  
**Dates:** Wednesdays 1/10-3/20 (no 2/21)  
**Time:** 9:15-10:00am OR 10:15-11am  
**Location:** Recreation Building – Program Room  
**Cost:** \$135.00



**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 1/11-3/321(no 2/22)  
**Time:** 9:15-10:00am  
**Location:** Recreation Building – Program Room  
**Cost:** \$110.00  
**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!



## Creative Tumble

**Ages:** 3-5  
**Dates:** Thursdays 1/11-3/21 (no 2/22)  
**Times:** 10:15-11:00am  
**Location:** Recreation Building – Program Room  
**Cost:** \$110.00  
**Instructor:** Lyn Muckerheide

A fun introduction to basic tumble skills including somersaults, handstands, beginning cartwheels, and more. Students will work at their own individual pace in order to increase strength, flexibility, balance, and tumbling skill set.



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

## Contemporary Jazz

**Ages:** 7-11

**Dates:** Mondays 1/8-3/18 (no 1/15, 2/19)

**Time:** 6:00-7:00pm

**Location:** Recreation Building – Program Room

**Cost:** \$105

**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

**Grades:** K-3

**Dates:** Mondays 1/29 –3/11 (no 2/19)

**Time:** Grades K-1: 4:00-4:30pm & 4:30-5:00pm  
Grades 2-3: 5:00-5:45pm

**Location:** Eldredge School Gym

**Cost:** K-1: \$55; Gr 2-3: \$70

**Instructor:** Kristen Coker

Sharpen your tennis skills with Coach Kristen & EG Rec. Come learn coordination, ball control, movement, forehand, backhand, serving, and volleying in a small-class setting.



## Connected Kids Yoga

**Ages:** 4-8

**Dates:** Session I Saturdays 1/13– 2/3  
Session II Saturdays 2/10– 3/9 (No class 2/17)

**Time:** 9:15am-10:00am

**Cost:** \$75

**Location:** Zenergize Studio

**Instructor:** Martha Russo

Great introductory kids yoga class. Each session involves BREATHING exercises to calm, WARM-UPS to invigorate, DANCE to move energy, CRAFTING to focus, YOGA POSES to connect within and GAMES to connect with the others.



## Dance Party

**Ages:** 4-6

**Dates:** Mondays 1/8-3/18 (no 1/15, 2/19)

**Time:** 5:00-5:45pm

**Location:** Recreation Building – Program Room

**Cost:** \$105

**Instructor:** Lyn Muckerheide

Does your kiddo like to shake their groove thing? If so, come dance with MS. Lyn! This fun drop-off program will feature party dances, movement games, and the use of ribbon sticks, hula hoops and other party props. Children will also learn a short dance routine to perform for parents at the end!



## Winter Animals

**Ages:** 5-12

**Dates:** Thursdays 1/11 –3/7 (no 2/22)

**Time:** 4:15-5:15pm

**Location:** Recreation Building – Program Room

**Cost:** \$170

**Instructor:** 15 minute Field Trips

Explore the wild world of winter animals through art and science! Learn how to identify animal tracks and habitats, make a baby owl that has winter-hatched, build a tick-eating opossum out of repurposed materials, create a clay frog while learning its winter adaptations, and more!



## Parent's Night Out!

**Ages:** 5-12

**Dates:** Friday 1/19, 2/2, and 3/15

**Time:** 6:00 -8:30pm

**Location:** Swift Community Center

**Cost:** \$20 for each Friday; Pizza \$5 (not 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](mailto:jwolff@eastgreenwichri.com)



# Youth / Teen Programs

## Multi-Media Crafting

**Grades:** 1-6

**Dates:** Tuesdays 1/9–3/12  
(no class 2/6, 2/20)

**Time:** 4:00pm-5:00pm

**Location:** Recreation Building – Program Room

**Cost:** \$175

**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 8 weeks, participants will paint 2 pieces of pottery, hand-build a piece out of clay, do a board art project and paint a canvas!



## Minecraft Engineering Using LEGOs:

**Grades:** K-2

**Dates:** Fridays 1/12-3/22 (No 2/23)

**Time:** 4:15pm-5:15pm

**Cost:** \$210

**Location:** Recreation Building – Program Room

**Instructor:** Play-Well TEKologies

Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO with a trained Play-Well instructor.



## Awesome Knights

**Grades:** K-5

**Dates:** Wednesdays 1/10– 3/6 (no class 2/21)

**Time:** 4:00pm-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!



## 3D Printing, Coding , & Design

**Grade:** 3-5

**Dates:** Mondays 1/22-3/25 (No class 2/19& 3/4)

**Time:** 5:00pm-6:00pm

**Cost:** \$175

**Location:** Swift Community Center

In this class, you will learn the foundations of coding to create digital files and transform them into real objects using BlockCAD! Using block-based coding commands, introductory programming concept such as loops and sequencing, you will be able to make personalized designs like a keychain, video game console, or robot. Each student will receive one complimentary 3D print after class concludes.



## JOIN OUR TEAM!

Time to start thinking about the Summer! We'll begin accepting applications in February for several positions within our Summer Camps including Camp Counselors, Camp Supervisors, and CIT Supervisor. Minimum age to apply: 15 years old. Starting salary: \$14.25.



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



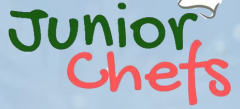
# Youth / Teen Programs

## Junior Chefs

**Ages:** 4-8

**Dates:** Session 1: Thursdays 1/11-2/8

Session 2: Thursdays 2/15-3/21  
(no class 2/22)



**Time:** 4:30-5:30 pm

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

**Cost:** \$175/session

Calling all Chefs! Join us for a culinary program designed for young chefs to chop, mix, swirl and cook their way to a new culinary masterpiece each week. With a focus on exciting culinary techniques, fresh flavors, and activities paired with expert instruction, this class delivers the perfect recipe for hands-on learning and fun while nurturing an essential life skill.

## Horseback Riding

**Grades:** 1-6

**Dates:** Session I: Saturdays 1/6-1/27

Session II: Saturdays 2/3-3/2 (no class 2/17)

**Time:** 3:30-4:15pm

**Location:** Faith Hill Farm

**Cost:** \$195

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

\*Unavailable on Saturdays? Try our The Faith Hill Farm Camp the during December Vacation week ! 12/27-29



## Teen Interview Prep Workshop

**Grades:** 8-12

**Dates:** Monday, March 4

**Time:** 6:15pm –7:45pm

**Location:** Swift Community Center

**Cost:** \$75

**Instructor:** Nikki from New England School of Protocol

Do you have a teen getting ready to interview for college or a job? Mastering the art of effective self-presentation and confident interview skills is a vital step towards securing a bright future, whether it be for college admission or a valuable summer internship. Topics include: tackling common interview questions, what to do after an interview, interview do's and don'ts, and more.



## Red Cross Babysitters Training

**Ages:** 11-15

**Dates:** Thursday, February 20

**Time:** 9:00am –4:00pm

**Location:** Cole Middle School

**Cost:** \$125

**Instructor:** Red Cross Certified Instructors

This training will help participants to develop leadership skills; learn how to start a babysitting business; keep themselves and others safe; and learn basic child care and first aid.



## Restaurant Ready Workshop

**Grades:** 2-7

**Dates:** Monday, March 4

**Time:** 5:00 –6:00pm

**Location:** Swift Community Center

**Cost:** \$65

**Instructor:** Nikki from New England School of Protocol

In this workshop participants will learn how to use good manners at the table when dining out at a restaurant or special event. Topics include: Invitations & how to RSVP, menu and ordering food, proper conversations at the table, and so much more.



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](mailto:jwolff@eastgreenwichri.com)



# Harbor Information

## Harbormaster: John Parker

401-886-8626 [Harbormaster@eastgreenwichri.com](mailto: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.

*Stopping by Woods on a Snowy Evening*  
*By Robert Frost*

*Whose woods these are I think I know.  
His house is in the village though;  
He will not see me stopping here  
To watch his woods fill up with snow.*

*My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.*

*He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.*

*The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.*