

PAWTUCKET PARKS & RECREATION 2010 SPRING PROGRAM

Starts: Monday, March 29 until Saturday, June 5

No classes: Monday, April 18 through Saturday, April 24 & Monday, May 31

ADULT FITNESS

Cost for eight weeks: \$35.00 residents \$40.00 non-residents,
Unless otherwise noted

MONDAYS & WEDNESDAY EVENINGS: 6:00 to 7:00 p.m.

PILATES CONDITIONING: Jenks Cafeteria

STEP CLASS: Wednesdays only, Agnes Little School (bring your own step)

ZUMBA CLASS: Wednesdays only, Jenks Gym

Cost for step class or Zumba class: \$20 residents \$25 non-residents

TUESDAY & THURSDAY EVENINGS

HI/LOW IMPACT AEROBICS: Jenks gym/caf. 5:55 to 6:55

DANCE AEROBICS: Agnes Little School 6:00 to 7:00

INTENSE INTERVAL: Jenks Cafeteria 7:10 to 8:10

MUSCLE TONING: Jenks Cafeteria 6:00 to 7:00

MONDAY EVENINGS

CARDIO KICKBOXING: Jenks Gym 5:55 to 6:55

Cost for cardio: \$20 residents \$25 non-residents

DAYTIME FITNESS

LOW IMPACT AEROBICS: Mon/ Wed. School St. Boys Club 9:30 to 10:30

SATURDAY MORNING BOOT CAMP: Jenks Cafeteria 9:30 to 10:30

Cost for boot camp: \$20 residents \$25 non-residents

YOGA CLASSES: Agnes Little School 7:15 to 8:15 p.m.

Level 1: Mondays Level 2: Thursdays

Cost: \$35 residents \$40 non-residents

ADULT DANCE LESSONS: Jenks Cafeteria

BELLY DANCING: Mondays, 7:15 to 8:15 p.m.

Cost for belly dancing: \$35 residents \$40 non-residents

BALLROOM PARTNER DANCING: Wednesdays 7:10 to 8:55 p.m.

Cost for Ballroom dancing: \$40 residents \$45 non-residents

WATER BASED PAINTING: Jenks Art Room

Wednesdays, 6:00 to 8:00 p.m.

a list of supplies will be provided on first evening

cost: \$40.00 residents \$45.00 non-residents



CHILDREN'S PROGRAMS

The following classes are offered on Saturdays for children ages 2 through 14 years. Individual age requirements are listed with each program.

Classes start on April 3

Cost for eight weeks: \$30.00 residents, \$35.00 non-residents unless otherwise noted.

GYMNASTICS: Jenks Gym

Ages 4 to 6 years: 9:30 to 10:30 a.m. Ages 7 & up: 10:45 to 11:45 a.m.

Advanced Skills: 11:45 to 12:30 students must test for this program



TUMBLE TOTS: School St. Boys & Girls Club

Parent and child participation: ages 2 to 4 years 9:00 to 10:00 a.m.



JAZZ/HIP HOP DANCE LESSONS: Jenks Cafeteria

Ages 4 to 6: 10:40 to 11:40 a.m. Ages 7 & up: 11:50 to 12:50 p.m.

FUN WITH ARTS & CRAFTS: Jenks art room

9:30 to 10:30 a.m. for third, fourth and fifth graders.

Cost: \$40.00 residents, \$45.00 non-residents, includes most supplies



KNITTING LESSONS: Jenks art room 11:00 to 11:45 a.m.

Beginner class for ages 9 years or older. Students need to bring US#10 knitting needles and a skein of smooth worsted weight yarn



REGISTRATION INFORMATION

pre-registration is required

Registration begins Saturday, March 20 9:00 to 10:30 and continues Mondays through Fridays, 8:30 to 4:30 p.m. at the Slater Park office. Mail in registrations must include a check for the full amount, course title, name, address, zip code and phone number.

Send to: Program Registration

Pawtucket Parks & Recreation

Slater Memorial Park

Pawtucket, RI 02861

On site registration: checks only, cash & checks accepted at the office.

For further information, please call 728-0500, extension 251.

2010 SPRING PROGRAM REGISTRATION

COURSE TITLE _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAYTIME PHONE _____ AMOUNT ENCLOSED _____

