

SPRING 2024 8 WEEK WELLNESS PROGRAM

NO CLASSES APRIL 15 -20 DUE TO SCHOOL VACATION

Hi-Low Aerobics – Mondays, 6p-7p

Cardio and floor work to get your heart pumping!

FEE: \$48 residents / \$64 non-residents (NO CLASS MAY 27TH – MEMORIAL DAY)

Agnes Little School Gym

Instructor: Laurie Randall

Class starts on Monday, April 1st

Yoga Level 1 – Mondays, 7:15p – 8:30p (6 WEEK CLASS)

Gentle yoga & meditation for the beginner. **Bring your own mat**

FEE: \$36 residents / \$48 non-residents (NO CLASS MAY 27TH – MEMORIAL DAY)

Agnes Little School Gym

Instructor: Kelly Bastien

Class starts on **Monday, April 22nd**

Dance Cardio Blast – Mondays, 6p – 7p

Have a blast while toning, burning calories & dancing to fun music.

FEE: \$48 residents / \$64 non-residents (NO CLASS MAY 27TH – MEMORIAL DAY)

Jenks Jr. High Cafeteria

Instructor: Stephanie Jacobsen

Class starts on Monday, April 1st

Total Body Fit – Tuesdays, 6p – 7p

Strength training & cardio – bring your own mat & weights

FEE: \$48 residents / \$64 non-residents

Jenks Jr. High Cafeteria

Instructor: Molly Tierney

Class starts on Tuesday, April 2nd

Dance Mix – Wednesdays, 6p – 7p

Learn the dances that will get you noticed on the dance floor!

FEE: \$48 residents / \$64 non-residents

Jenks Jr. High Gymnasium

Instructor: Kathy Marshall

Class starts on Wednesday, April 3rd

Dance Cardio Blast – Wednesdays, 6p – 7p

Have a blast while toning, burning calories & dancing to fun music.

FEE: \$48 residents / \$64 non-residents

Jenks Jr. High Cafeteria

Instructor: Stephanie Jacobsen

Class starts on Wednesday, April 3rd

American Sign Language - Thursdays, 6p-7p (ages 14 & up)

Learn the basics of ASL, fingerspelling, colors, numbers and so much more!

FEE: \$80 residents / \$90 non-residents

Agnes Little School Gym

Instructor: Manny Martin

Class starts on Thursday, April 4th

Yoga Level 2 – Thursdays, 7:15p – 8:30p (6 WEEK CLASS)

Many yoga styles, breath work & meditation ending in savasana **bring your own mat**

FEE: \$36 residents / \$48 non-residents

Agnes Little School Gym

Instructor: Kelly Bastien

Class starts on **Thursday, April 25th**

STUFF FOR THE KIDS, TOO!



Children's Gymnastics – Saturdays, 9:30a – 11:45a

Jenks Jr. High Gymnasium

Level 1 - 4-6 years is an introduction to gymnastics equipment & basic skills.

9:30 am to 10:30 am

\$56—residents \$72—non-residents

CLASS DATES:

Level 2 – 7-17 years old, from beginners to advanced abilities

10:45 am to 11:45 am

\$56—residents \$72—non-residents

Class starts on Saturday, April 6th

Class size limit: 36 Children



REGISTRATION BEGINS MARCH 4th AND ENDS APRIL 19th

APPLY ONLINE OR IN PERSON AT THE SLATER PARK OFFICE

Follow us on the [Pawtucket Parks & Recreation](#) Facebook page.

For up to the minute information and cancellation notices.



Class dates subject to change based on weather conditions. Make up classes will be announced

**REGISTRATION BEGINS MARCH 4TH AND ENDS APRIL 19TH
APPLY ONLINE OR IN PERSON AT THE SLATER PARK OFFICE**

You now have the opportunity to register and pay for classes on-line at your convenience. As part of the process, each individual will need to create an account, if you have not already done so. This account, once established, will make all of your future Parks & Recreation transactions (program registration or facility rentals) more expedient.

- To get started on-line, please visit the City of Pawtucket website (www.pawtucketri.gov) and click on the “Departments” tab and go to Parks & Recreation. Then click on the box that says “Click here for On-Line Registration” OR use this QR code.

**CLICK HERE FOR ONLINE FACILITY
RESERVATION/PROGRAM REGISTRATION**



- Click “**create a new account**” and complete the items **or Log in** if an account has already been created.
- **INDIVIDUALS WITH CHILDREN** should include the children under **add household members** (this will be important when registering for youth programs such as gymnastics, children’s yoga, summer camp, etc.)
- You can now log back in and click the **Programs** tab (this option outlines description and cost) The **Category Filter** box on the left side can assist in your search.
- From this point, you can register for the classes you choose and pay with a credit card when completed.

COVID-19 PROTOCOL

Face coverings are not necessary during class but are optional. Students are also asked to bring hand sanitizer and water bottles clearly labelled with their name.

It’s our goal to not only help you get fit, but stay healthy as well!

Please contact the Recreation Office at 401-728-0500 ext. 251 if you have any questions or need assistance in establishing an account. We look forward to serving you this year!

