

WINTER 2024

8 WEEK WELLNESS PROGRAM SCHEDULE

Class dates subject to change based on weather conditions. Make up classes will be announced
NO CLASSES DURING THE WEEK OF FEBRUARY 19 – 24 – WINTER SCHOOL RECESS

Yoga Level 1 – Mondays, 7:15p – 8:30p No class Monday, Jan 15th – MLK Jr. Day Agnes Little School Gym
Gentle yoga & meditation for the beginner. Bring your own mat Instructor: Kelly Bastien
FEE: \$48 residents / \$64 non-residents Class starts on Monday, January 8th

Dance Cardio Blast – Mondays, 6p – 7p No class Monday, Jan 15th – MLK Jr. Day Jenks Jr. High Cafeteria
Have a blast while toning, burning calories & dancing to fun music. Instructor: Stephanie Jacobsen
FEE: \$48 residents / \$64 non-residents Class starts on Monday, January 8th

Total Body Fit – Tuesdays, 6p – 7p Jenks Jr. High Cafeteria
Strength training & cardio – bring your own mat & weights Instructor: Molly Tierney
FEE: \$48 residents / \$64 non-residents Class starts on Tuesday, January 9th

Dance Mix – Wednesdays, 6p – 7p Jenks Jr. High Gymnasium
Great exercise that increases your physical fitness & brain power while having fun Instructor: Kathy Marshall
FEE: \$48 residents / \$64 non-residents Class starts on Wednesday, January 10th

Dance Cardio Blast – Wednesdays, 6p – 7p Jenks Jr. High Cafeteria
Have a blast while toning, burning calories & dancing to fun music. Instructor: Stephanie Jacobsen
FEE: \$48 residents / \$64 non-residents Class starts on Wednesday, January 10th

****NEW** American Sign Language - Thursdays, 6p-7p** Agnes Little School Gym
Learn the basics of ASL, fingerspelling, colors, numbers and so much more! Instructor: Manny Martin
FEE: \$80 residents / \$90 non-residents Class starts on Thursday, January 11th

Yoga Level 2 – Thursdays, 7:15p – 8:30p Agnes Little School Gym
Many yoga styles, breath work & meditation ending in savasana bring your own mat Instructor: Kelly Bastien
FEE: \$48 residents / \$64 non-residents Class starts on Thursday, January 11th

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

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

10:45 am to 11:45 am \$56—residents \$72—non-residents

CLASS DATES:

Class starts on Saturday, January 13th

CLASS SIZE LIMIT: 36 CHILDREN

REGISTRATION BEGINS DECEMBER 9th AND ENDS JANUARY 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 snow cancellation notices.



REGISTRATION BEGINS DECEMBER 9th AND ENDS JANUARY 19th
APPLY ONLINE OR IN PERSON AT THE SLATER PARK OFFICE
825 ARMISTICE BLVD (INSIDE SLATER PARK-ACROSS FROM TENNIS COURTS)

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

- You may use this QR Code to access the Recreation Page on the City website. Follow the below instructions for registration.



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

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!

