



# South Kingstown

PARKS & RECREATION



## 2026 Spring Brochure



South Kingstown  
PARKS & RECREATION



# SOUTH KINGSTOWN

*Rhode Island*

## UPCOMING USA 250 PROGRAMS

### Wednesday, 03/11

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Speaker Series: Eileen Harrington, Jessica Willson - The Life of Nathaniel Greene: South Kingstown Native 7pm - SK High School

### Tuesday, 05/12

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Speaker Series: Michelle Lee Leonard - Gilbert Stuart's Washington Portraits: Picturing a New Nation - SK High School

### Thursday, 05/21

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Speaker Series: John McNiff - Step Back in Time with Roger Williams - 7pm at The Contemporary Theatre

### Wednesday, 06/10

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Speaker Series: Loren Spears - Indigenous Service in the American Revolution and Indigenous Night 7pm at The Contemporary Theatre

### Tuesday, 06/16

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Speaker Series: Mack Scott - Declaration of Independence: The Struggle for Autonomy & Land in Kings/Washington County 7pm at The Contemporary Theatre

### Thursday, 06/18

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Speaker Series: Christian McBurney - Why Did Americans Rebel Against the British Crown & Seek Independence in July 1776

### Saturday, 06/27

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Honoring our Revolutionary Soldiers & Forgotten Patriots- 11am Ceremony at 1932 Flagstaff Memorial at Hazard School

The Parks and Recreation team is excited to share a season full of opportunities for residents and visitors to get outside, try something new, and enjoy our beautiful community spaces.

After a true New England winter, we're ready to embrace fresh beginnings - think green turf, blossoming flowers, and meaningful connections with one another.

We invite you to take a few moments to explore this brochure and discover an activity to enjoy or a place to explore.

And while you're planning ahead, be sure to mark your calendar for July 4th, when we'll host a super-sized Celebration at Old Mountain Field in honor of the United States' semi-quincentennial anniversary of Independence.

We look forward to seeing you this spring!

Theresa Murphy, CPRE  
Director of Leisure Services

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## Neighborhood Guild 789-9301

Monday through Thursday: 8:00am to 8:00pm  
Friday: 8:00am to 5:00pm

The Neighborhood Guild will be closed:  
May 25th & June 19th

## Recreation Center 284-1975

Check out the bi-weekly Rec Center schedule on the town website for the most up to date hours at:

[www.southkingstownri.gov/DocumentCenter/View/6550/Weekly-Schedule](http://www.southkingstownri.gov/DocumentCenter/View/6550/Weekly-Schedule)



## OOPS! We Made a Mistake

Due to the large amount of information available in the South Kingstown Parks & Recreation brochure, errors before or after publication may occur. Please visit our website for the most up to date version of the brochure.

[www.southkingstownri.gov/DocumentCenter/View/6532/Seasonal-Program-Offerings](http://www.southkingstownri.gov/DocumentCenter/View/6532/Seasonal-Program-Offerings)



# KNAPP SCHOOL OF MUSIC

## History

Founded by Mrs. I. Peace Hazard and Mme. Charbonnel in 1933 as the Neighborhood Guild School of Music, today's Knapp School of Music takes its name from pianist Raymond Knapp who directed from 1939-92. Mr. Knapp was a protégé of Madame Avis Bliven Charbonnel, Nicholas Slonimsky, and David Barnett. According to one former student, "Mr. Knapp maintained a high level of pedagogy - teaching a holistic approach to music that encompassed history as well as theory, technique, and composition." Mr. Knapp taught and inspired many pianists, two of whom are currently on the faculty.

## Mission

The mission of the school is to develop and encourage an interest in music within the community at large. It also strives to make classes affordable, offering opportunity to those who might otherwise have difficulties in obtaining music lessons.

## Private Lessons and Group Classes

Private lessons are offered for Piano; Guitar (acoustic, electrical and classical); Bass Guitar; Harp; Drums; Violin and Suzuki Violin; Mandolin; Jazz Piano; Voice; Music Composition and Arranging. Group classes are also offered seasonally on Mandolin. Students ages 6 and over are welcome.



## Preparing for Classes and Instrument Maintenance

All students must have an instrument at home. Daily practice is very important. Parents can assist by helping the student set up regular practice times, free from interruption, noise and distractions. Providing verbal encouragement and listening to student's play is also helpful. For proper aural development, pianos should be tuned regularly.

## Enrollment

Call the Neighborhood Guild at 789-9301 or email KSM Music Coordinator Brendan Moore, [bmoore@southkingstownri.gov](mailto:bmoore@southkingstownri.gov)

## Private Lesson Fees and Schedules

We offer weekly half-hour (\$25), 45 minute (\$38), and hour long (\$50) private lessons. All lessons will be paid for in advance and by the month. Payments are due on or before the first lesson of the month. The non-refundable registration fee is \$25R, \$35NR per student from September 1st – June 30th paid prior to the first class, and annually (in September) thereafter. There is no registration fee collected from July 1st – August 31st. Students will purchase music books and materials from the instructor, as the need arises. Group class fees; see each class listing.

## Absentee Policy

No refunds will be given for missed classes. When sufficient advance notice is given for an absence a make-up lesson may be offered, as the instructor's schedule permits. Please call ahead of time if you know you will miss a class. Please give one month's notice if you decide to discontinue lessons. This will assist in accommodating those students on a waiting list.

# KNAPP SCHOOL OF MUSIC

## Faculty

<b>Brendan Moore</b>	<b>Coordinator</b>
◆ <b>Mark Armstrong</b>	Guitar
◆ <b>Joshua Bell</b>	Mandolin, Mandolin Ensemble
◆ <b>Kimberly Fang</b>	Violin, Viola
◆ <b>Gina Gaskill</b>	Piano
◆ <b>Maeve Grenier</b>	Saxophone, Clarinet
◆ <b>Martha Higham</b>	Piano
◆ <b>Ben Marcotte</b>	Trombone, French Horn, Baritone, & Other Brass
◆ <b>Molly McCaffrey</b>	Harp
◆ <b>Brendan Moore</b>	Piano-Pop/Rock, Jazz, Classical, & movie & video game soundtracks
◆ <b>Peter Scartabello</b>	Drums, Piano, Composition and arranging
◆ <b>Greg Shapiro</b>	Guitar
◆ <b>Luca Simeone</b>	Guitar, Trumpet, Keyboard, Bass, & Vocals
◆ <b>Julia Tombello</b>	Piano



## Parks and Rock!

We are looking for students interested in gaining experience playing popular music in a group setting. Intermediate/advanced students will have the opportunity to rehearse their favorite songs each week with like-minded musicians. The course will end with a concert showcasing the hard work of those involved. Class dates and times will be determined based on students' availability. Guitar, bass, drum kit, vocal, and keyboard students who are interested please email Brendan Moore at [bmoore@southkingstownri.gov](mailto:bmoore@southkingstownri.gov)

## KSM Mandolin Ensemble

Share the joy of making music with a great group of friends of all ages. Join The Knapp School of Music Mandolin Ensemble, featuring mandolin, mandola, mando-cello, and mando-bass. We will explore a wide range of music, from Celtic to Classical, the Sacred Harp tradition to not-so-traditional Jazz and popular arrangements. Leave a message with the Neighborhood Guild front desk, for Joshua Bell, director of the L'Esperance Mandolin Orchestra and director of the KSM Mandolin Ensemble.

Age	Day	Date	Time	Fee	Location	Code
12+	Thursday	4/2-6/25	6:30-7:30pm	\$132R \$142NR	Guild	GMU1200

# STEPPING STONE

At Stepping Stone Preschool we provide a safe, nurturing, and stimulating environment which allows for children ages 3 through 5 to feel comfortable exploring the world around them. Our program promotes social, emotional, physical, creative, and cognitive development through both guided and independent learning opportunities. Childhood is a magical time for growth, discovery, and building friendships. We celebrate the diversity and individuality of each child. We respect each child's developmental stage and unique learning style.



## Enrollment for 2025 – 2026 School Year is ongoing!

Individuals wishing to visit the school and learn more about the program are encouraged to call Stepping Stone School at 782-8860 to speak to one of the teachers and schedule a tour.

## 2025 – 2026

### Stepping Stone Schedule

A non-refundable registration fee of \$60, the first month's payment and a birth certificate are required at registration. Registration packets are available at the Neighborhood Guild detailing all of the information for this high-quality program.

### 4 Year Old Extended Day Program

We are excited to offer a longer pre-k program which includes a lunch time (2x a week) to help prepare your child for full day kindergarten. \*Parents send a lunch Tuesday & Thursday

### 3 Year Old Program

Children turning 3 after September 1st may enroll following their 3rd birthday pending an opening. Children must be fully potty trained. (No pull-ups please!)

Stepping Stone Preschool is located at 30 Spring Street. **PLEASE NOTE: Our preschool does not meet when the South Kingstown schools are not in session.** This program is certified by the Department of Children and Youth and their Families (DCYF).

Instructors: Jenn Coleman, Amanda Stevens, Melyssa Ricci  
Please call 782-8860 for more information

Age	Day	Time	Day	Time	Fee	Location
4	Mon/ Wed	8:50am-12pm	Tues/ Thurs	8:50am-1pm	\$340R \$355NR	Stepping Stone
3	Mon/ Wed	12:45-3pm	Friday	9-11:30am	\$190R \$205NR	Stepping Stone

# PRESCHOOL PROGRAMS

## Superhero Training Academy



Calling all heroes, Calling all heroes! Please report to the Neighborhood Guild for the Superhero Training Academy. Do you have what it takes to be a superhero? Come test your strength, your speed, and your mind. Come dressed in your favorite superhero outfit. Participate in superhero-based games. Create your own superhero mask and name. But most importantly show off that you are ready to save the world! After the program, feel free to let out some extra Superhero Energy in the Gym with Toddler Time! Preregistration recommended as space is limited. SKPR Program

Age	Day	Date	Time	Fee	Location	Code
2-5	Friday	4/10	10:30-11:15am	\$8R \$10NR	Guild	GYG4000

## Jr Inventors Day



Preschoolers ages 2–5 with an adult are invited to build, create, and explore at Jr. Inventors Day! This open-ended program features a variety of building materials—including blocks, LEGO® bricks, Tinker Toys, and marble runs - giving little ones the freedom to invent at their own pace. With no set instructions, children can design whatever they imagine while developing creativity, problem-solving, and fine motor skills in a relaxed indoor environment. SKPR Program

Age	Day	Date	Time	Fee	Location	Code
2-5	Friday	5/22	10:30-11:15am	\$8R \$10NR	Guild	GYG4001

## Little Hands, Sunny Plans



Welcome summer with a bright and busy morning of creativity! Designed for children ages 2–5 with an adult, this indoor program features a guided take-home craft that little artists will be proud to display at home. After crafting together, families can explore a variety of self-led sensory stations inspired by summer sights and textures. This relaxed, hands-on program encourages creativity, fine motor skills, and quality parent-child time - perfect for welcoming sunny days ahead. SKPR Program

Age	Day	Date	Time	Fee	Location	Code
2-5	Friday	6/12	10:30-11:15am	\$8R \$10NR	Guild	GYG4002

# CASEY FARM

## Hidden Eggs

Casey Farm's animals invite you to come for an early egg hunt! The Easter Bunny arrives early to Casey Farm this year to practice egg hiding in preparation of the weekends' big event!. Participants make their own Easter craft and then read a story that will give clues to the upcoming hunt. Activity concludes with participants hunting for candy filled eggs hidden in special locations around the farm!

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	4/2	10-11am	\$10R \$15NR	Casey Farm	TEE8225

## Bunny Time

Send the Easter Bunny on its way with a fun morning on the farm learning all about our bunnies. Participants will observe our bunnies, collect some greens to feed our bunnies and pet our bunnies. Play hide the bunny and sing some bunny songs. Activity will conclude with all participants making a bunny craft while listening to our bunny story.

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	4/9	10-11am	\$10R \$15NR	Casey Farm	TEE8226

## The Very Greedy Bee

Farms need honey bees to help pollinate fields, flowers and vegetables. Learn about honey bees and make a Bee Hive Craft, while listening to the story (The Very Greedy Bee). Casey Farm has several active beehives. We will walk out to visit the honey hives and then taste honey that is harvested at the farm!

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	4/16	10-11am	\$10R \$15NR	Casey Farm	TEE8227

## Chick Time

Come to Casey Farm and learn all about our baby chicks. Participants spend time with our newly hatched chicks and learn about eggs while we walk around the farm. Children will play Hide the Chick and sing chick songs. Activity will conclude with all participants making a chick craft while listening to a story.

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	4/23	10-11am	\$10R \$15NR	Casey Farm	TEE8228

## Inside a Barn in the Country

Come to Casey Farm and meet our barn animals. Interact with chicks, ducklings and baby turkeys and observe the migratory barn swallows as they swoop in and out of our barn! Kids will wrap up by reading "Inside a Barn in the Country" and make a Popsicle Stick Barn craft.

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	4/30	10-11am	\$10R \$15NR	Casey Farm	TEE8229

# CASEY FARM

## Mama Built A Little Nest

With Mother's Day just around the corner, children will learn all about the different nests built by busy nesting birds as they prepare to become parents. Children will build their own nest, play the game Protect The Nest, and will read the story "Mama Built a Little Nest". Our program concludes with everyone making a special craft to celebrate the mothers in their lives.

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	5/7	10-11am	\$10R \$15NR	Casey Farm	TEE8230

## Duck to the Rescue

Come to Casey Farm and have a quacking good time waddling with our ducks. Participants will get to observe our ducklings, watch them run around their pen and give them a special treat to eat! Children will play duck themed games, read a story, and finish up by making a duck themed craft to take home.

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	5/14	10-11am	\$10R \$15NR	Casey Farm	TEE8231

## Down in the Garden

Bring your little one to the farm for a morning exploring our flower and vegetable gardens while we keep an eye out for garden fairies! Children will do a color hunt, build fairy houses in our garden, pick greens to feed our goats, press flowers and more!

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	5/21	10-11am	\$10R \$15NR	Casey Farm	TEE8232

## Turkey Trouble

Come to Casey Farm and learn all about our young turkeys. Participants will visit our turkeys, hold a variety of turkey feathers, play hide the turkey and make some turkey calls. Activity will conclude with all participants making a Turkey craft to take home while listening to a story.

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	5/28	10-11am	\$10R \$15NR	Casey Farm	TEE8233



# CASEY FARM

## Chicken Fun

Come to Casey Farm and learn all about our chickens' never ending bug hunt!! Kids will visit the chicken coop and see how our chickens scratch in the dirt and then they will get a chance to practice themselves by hunting for worms in our scratch pit! Participants will get the chance to pet a hen and feed the chickens. The morning's activities will conclude with a craft while children listen to a story.



Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	6/4	10-11am	\$10R \$15NR	Casey Farm	TEE8234

## Little Woodland Explorers

We let nature take the lead on this fun outdoor exploration day for your little one. We will hike through our woodland path and cranberry bog, explore the woods, look for frogs at our pond and connect with nature. Children will make a nature themed craft, enjoy story time and play nature themed games like tree tag!

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	6/11	10-11am	\$10R \$15NR	Casey Farm	TEE8235

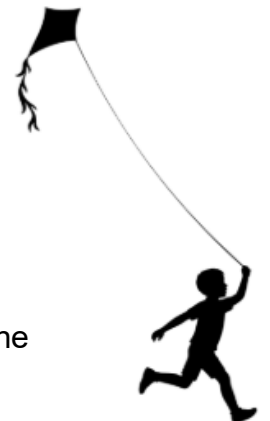
## Gaga for Goats

Kids spend a maaa-rvelous morning on the farm learning all about our goats and exploring Casey Farm. Children will meet our two goats, pet them, and feed them a snack picked from our gardens. Afterwards we will play a goat game, make a craft to take home, and read a story.

Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	6/18	10-11am	\$10R \$15NR	Casey Farm	TEE8236

## Let's Go Fly a Kite

Bring your little one to Casey Farm for a high-flying day of kite fun. Families are invited to bring a kite of their own from home to fly in our field. In addition children will make a paper kite to take home with them, play a game in our field and read the story "Kite Flying".



Age	Day	Date	Time	Fee	Location	Code
2-6	Thursday	6/25	10-11am	\$10R \$15NR	Casey Farm	TEE8237

# NATURE CENTER

## World Turtle Day

Celebrate World Turtle Day with Joyce's Jungle! Join some of the tortoises of Joyce's Jungle at the Nature Center in SK! We will have some hands-on animal time, read a story, and create a unique craft to take home! Space is limited!! Pre-registration is required for all classes. Dress to make a mess. An adult must always accompany the registered child. Instructor: Joyce Campbell

Age	Day	Date	Time	Fee	Location	Code
0-7	Friday	5/22	10-10:45am	\$8R \$10NR	Nature Center	TEE8209

## Joyce's Jungle Preschool Book Club

Preschoolers love to read stories and reading aloud promotes healthy development! Join me as we explore the wonders of books each week with a different title. Each registered child will receive a special package containing the day's book, a reading buddy and a special Joyce's Jungle book tote. After reading the pre-selected book, we will create a small craft to enhance the story. Register for one class or multiple sessions. Pre-registration is required for all classes. Dress to make a mess. An adult must always accompany the registered child. Instructor: Joyce Campbell

Age	Day	Date	Time	Theme	Fee	Location	Code
0-7	Monday	4/13	10-10:45am	Earth Day	\$12R \$17NR	Nature Center	TEE8200
0-7	Thursday	5/7	10-10:45am	Tooth Fairy	\$12R \$17NR	Nature Center	TEE8201
0-7	Tuesday	5/19	10-10:45am	Class Pet	\$12R \$17NR	Nature Center	TEE8202
0-7	Wednesday	6/10	10-10:45am	Dinosaur	\$12R \$17NR	Nature Center	TEE8203



## Pet First Aid Kit with Joyce's Jungle

Children will explore what goes into a simple pet first aid kit and create their own kits to take home. This hands-on session builds confidence, responsibility, and practical skills for young animal lovers! Bring your own stuffie from home to practice your skills!

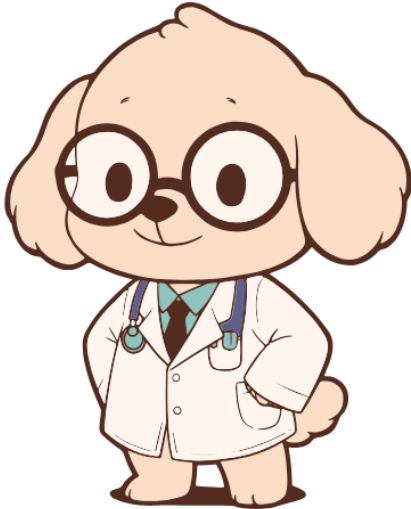
Space is limited!! Pre-registration is required for all classes. Dress to make a mess. An adult must always accompany the registered child. Instructor: Joyce Campbell

Age	Day	Date	Time	Fee	Location	Code
0-7	Thursday	4/9	10-10:45am	\$10R \$15NR	Nature Center	TEE8205

# NATURE CENTER

## Jr. Vet Stuffie Repair Class with Joyce's Jungle

In the Jr. Vet Stuffie Repair class at Joyce's Jungle, children become "animal doctors" as they bring their own beloved stuffed animals in need of a little TLC. We will perform basic mending and use gentle tools to help patch, stitch, and care for their plush patients. This imaginative, hands-on class encourages empathy, creativity, and confidence as young "vets" give their stuffies a brand-new lease on life! Space is limited!! Pre-registration is required. Dress to make a mess. An adult must always accompany the registered child. Instructor: Joyce Campbell



Age	Day	Date	Time	Fee	Location	Code
0-7	Wednesday	4/15	10-10:45am	\$8R \$10NR	Nature Center	TEE8206



## Free Earth Day Event!

Let's celebrate Earth Day together! Join in the festivities with others! Enjoy hands-on animal time, nature crafts, walk the trails, take in the signs of Spring, pick up your ordered free tree and MORE! Instructor: Joyce Campbell

Age	Day	Date	Time	Fee	Location	Code
All	Saturday	4/18	10am-2pm	Free	Nature Center	TEE8207

## Celebrate Adopt a Pet Day with Joyce's Jungle

Celebrate Adopt a Pet Day at Joyce's Jungle with a heartwarming class where children learn about caring for animals and the importance of giving pets loving homes. This special session inspires empathy, responsibility, and a lifelong love for all creatures, big and small! A special friend in Joyce's Jungle who was adopted from the shelter will be on site to inspire us all that love can be found at the shelter! This class is sponsored by Joyce's Jungle, and we ask that each participant bring an item to be delivered to the shelter as a class field trip this day! Please note we will be walking to the shelter unless the weather does not cooperate. Space is limited!! Pre-registration is required. Dress to make a mess. An adult must always accompany the registered child. Instructor: Joyce Campbell

Age	Day	Date	Time	Fee	Location	Code
0-7	Thursday	4/30	10-10:45am	\$3R \$5NR	Nature Center	TEE8208

# NATURE CENTER

## Joyce's Jungle Growing Gardeners

Get ready to “Spring” into Gardening! Gardening is a fun, educational, and health-promoting activity that can enrich a preschooler's development while fostering a love for nature. Choose your class for what best suits your family and home. All classes include basic instructions for the class, any seeds/bulbs we might use, soil, containers and ID stakes, as well as assistance if needed! Weather permitting, we will venture on the trails to see if we can peek at nature waking for the season!

Register for one class or multiple sessions. Space is limited!! Pre-registration is required for all classes. Dress to make a mess. An adult must always accompany the registered child. Instructor:

Joyce Campbell

Age	Day	Date	Time	Theme	Fee	Location	Code
0-7	Friday	4/17	10-10:45am	Seed Starting	\$12R \$17NR	Nature Center	TEE8218
0-7	Tuesday	4/28	10-10:45am	Worms & Soil	\$12R \$17NR	Nature Center	TEE8219
0-7	Monday	5/11	10-10:45am	Garden Rainbow	\$12R \$17NR	Nature Center	TEE8220
0-7	Wednesday	5/27	10-10:45am	Herb Hunt	\$12R \$17NR	Nature Center	TEE8221
0-7	Thursday	6/4	10-10:45am	Pollinator Pals	\$12R \$17NR	Nature Center	TEE8222
0-7	Monday	6/8	10-10:45am	Tool Time!	\$12R \$17NR	Nature Center	TEE8223

# NATURE CENTER CAMP

## Joyce's Jungle April Vacation Camp

Join us for an action-packed camp week! Every day will have a different theme, from dinos to animals, from trails to gardening. Mix in some crafting to take some of the fun home, and this camp will keep campers creating all week long. Special guest visitors will enhance the week's fun! We will be celebrating Earth Week each day and will create some awesome upcycling projects! Campers will explore the trails around the beautiful Tri-Pond Park as well as the pond's edge. (There will be NO swimming in the pond!) Sneakers are required every day of camp. A water bottle, lunch and snack are needed. Please dress to make a mess!! All outdoor activities are weather dependent, please dress properly. \*Live animals will be at this camp! Instructor: Joyce Campbell

Age	Day	Date	Time	Fee	Location	Code
5-10	Mon-Fri	4/20-4/24	9am-3pm	\$212R \$222NR	Nature Center	TEE8210

# CAMPS

## April Vacation Camp

It's another school break but don't worry parents, we've got you covered! There will be lots of special activities, plenty of games and crafts for everyone. As long as the weather is nice, outdoor activities will take place so please be sure to have everyone dress for day. Students need: lunch, snacks, **PLENTY OF WATER**, and appropriate clothing for outside play. **\*\*Please note: scholarships available for South Kingstown youth. SKPR Program**



Age	Day	Date	Time	Fee	Location	Code
6-13	Mon-Fri	4/20-4/24	9am-4pm	\$160R \$170NR	Guild	GYC4101

## One on One April Vacation Basketball Camp

Here is a great opportunity to practice and improve upon your basketball skills all while having fun. With a ratio of approximately 8 to 1, there will be plenty of opportunity for lots of individual attention. Highlights include: offensive drills and shooting techniques, individual skills competitions, defensive drills and skills stations and fundamentally based scrimmages. Bring lots of water, plenty of snacks. Don't forget your sneakers. Instructor: Frank Luca

Age	Day	Date	Time	Fee	Location	Code
5-14	Tues-Thurs	4/21-4/23	9-12pm	\$82R \$92NR	Rec Center	REC7511

## Lion King Jr. Theatre Camp

Join Rhode to Broadway for a weeklong theatre camp featuring Disney's The Lion King Jr., where students will sing, dance, and act as they bring this beloved story to life and step into the Great Circle of Life. Students will work collaboratively to rehearse and stage a full production while building confidence, creativity, and performance skills throughout the week. The production will be directed by Chelsea Cook and led by the Rhode to Broadway professional teaching staff.

**\*\*Additional rehearsal on Saturday, 4/25 from 9am-2pm. \*\*Performances: Saturday evening show at 7pm (student call time 5:30 PM) and a Sunday matinee at 2pm (student call time 12:30pm).**

Age	Day	Date	Time	Fee	Location	Code
6-16	Mon-Friday	4/20-4/24	9am-2:30pm	\$367R \$377NR	SK High School	REC7515

# AFTER SCHOOL

## Rec'ing Crew

Middle Schoolers in 6th-8th grade, join us for this FREE program at the Rec Center after school for some fun! Activities will include sports such as football, soccer, basketball, pickleball, P.E. style games and crafts, depending on student interests. Preregistration is required each month. Limited to 35 students per month. SKRP Program

Age	Day	Date	Time	Fee	Location	Code
11-14	Mon-Fri	4/1-4/30	2:15-4pm	Free	Rec Center	REC7501
11-14	Mon-Fri	5/1-5/29	2:15-4pm	Free	Rec Center	REC7501B
11-14	Mon-Fri	6/1-6/16	2:15-4pm	Free	Rec Center	REC7501C

## Gamers Guild

Calling gamers! Looking for a fun way to unwind after school? Join us at Gamer's Guild for the ultimate gaming experience with friends! Challenge yourself in Super Smash Bros., race it out in Mario Kart, go retro with classic titles, catch 'em all in Pokémon, and take a spin on the Nintendo Wii. Prefer board or card games? We've got plenty - or bring your own! Got a Nintendo Switch or controller? Feel free to bring it and join the fun. We'll host monthly tournaments, giving everyone a chance to show off their skills in a supportive, community-focused setting. SKRP Program.

Age	Day	Date	Time	Fee	Location	Code
10-15	Tues/Thurs	4/2-6/11	2:15-4:30pm	\$65R \$75NR	Guild	GYG4005

## South County Volleyball for Middle School Students

This program is designed to introduce middle school athletes to the fundamentals of the sport. Players will develop skills in serving, passing, setting, and spiking while learning teamwork, sportsmanship, and game strategy. Instructor: Mike Harrington with South County Volleyball Club which was established in 2015 to develop athletes in the sport of volleyball.

Age	Day	Date	Time	Fee	Location	Code
11-15	Tuesday	4/7-6/2	3-4:15pm	\$97R \$107NR	Rec Center	REC7510

## After School Flag Football

Come join One on One for this afterschool program for aspiring middle school players. Instructional session combines fundamental skills instruction with organized games. Players will benefit by improving their individual skills such as passing, catching and route running while learning how to work within the framework of a team. Teams will be divided by age and ability and official NFL Flag rules will be used. Boys and girls of all skill levels are encouraged to join. Instructor TJ McEnaney has trained, supervised and coached over 1000 youth players.

Age	Day	Date	Time	Fee	Location	Code
11-14	Thursdays	4/30-6/4	2:30-4pm	\$83R \$93NR	Rec Center	REC7508

# YOUTH PROGRAMS

## Practical Self Defense Martial Arts with Andrew Laurie

South County Self Protection teaches practical self defense martial arts that have been in development for well over 900 years. We teach the strategies, techniques, and mindsets of the famous ninja of feudal Japan. Learn why the ninja were so successful in their missions, and how they earned their reputations as unparalleled warriors. Learn practical techniques you can feel confident in regardless of your age or fitness level. Build your power, learn strategy, and develop your enduring spirit! Instructor: Andrew Laurie, has over 30 years of martial arts experience, 15 years of teaching experience in high schools, a degree in Anthropology and Secondary Education.

Age	Day	Date	Time	Fee	Location	Code
13+	Mondays	4/6-5/18	6:30-7:30pm	\$102R \$112NR	Rec Center	REC7516
13+	Mondays	6/1-6/29	6:30-7:30pm	\$102R \$112NR	Rec Center	REC7517



## Youth Field Hockey

Join us this spring for field hockey fun! Our Youth Field Hockey Program is designed to provide instruction to learn the basics or continue to develop depending on your experience. The sessions are taught in a fun, positive, skill-building environment. Sessions will be divided up to teach individual skills, team concepts, and overall game play. Instructor: Margaret McGregor will coordinate the program and have current high school players as staff. Margaret has been coaching the youth program for numerous years now. She was a D1, All American field hockey player that coached SK Field Hockey for the last 18 years. Christine Palmieri, a former D1 standout, will also be coaching in the program.

Age	Day	Date	Time	Fee	Location	Code
6-14	Wednesdays	4/8-5/13	6-7pm	\$182R \$192NR	CCMS Back Athletic Field	TAC7450

## App Inventors

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We will also explore wireless communication by building custom Bluetooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects of creating great apps, and have the opportunity to build apps of their own with the support of Circuit Lab instructors. Circuit Lab is a small company that teaches children about circuitry (electrical engineering) and programming (computer science) through creative, hands-on projects.

Ages	Day	Date	Time	Fee	Location	Code
9-13	Saturdays	4/11-6/13	10-11:30am	\$169R \$179NR	Rec Center	REC7509

# YOUTH PROGRAMS

## Art & Soul Jazzy Junky Art Journaling

Spring has sprung and it's time to express ourselves. What a great way to do it...Through ART!! In this class each child will receive their own hard cover art journal. We will learn about color expression, use watercolors, collage, and so much more to express their emotions through their artwork. Every week new technicolors will be taught for inspiration and ideas. Instructors: Amy James and the Art & Soul Team.

Age	Day	Date	Time	Fee	Location	Code
11-16	Tuesdays	3/31-5/5	2:45-4pm	\$67R \$77NR	Guild	GYG4009
11-16	Tuesdays	5/12-6/9	2:45-4pm	\$67R \$77NR	Guild	GYG4010

## Art & Soul Painting and Drawing

Art & Soul will be introducing you to the world of drawing and painting using different mediums and techniques. This class will be half lesson, half open art. Instruction will be on drawing, pencils, dimensional shading and much more. Instructors: Amy James and the Art & Soul Team.

Age	Day	Date	Time	Fee	Location	Code
5-12	Tuesdays	3/31-5/5	4:30-5:30pm	\$67R \$77NR	Guild	GYG4011
5-12	Tuesdays	5/12-6/9	4:30-5:30pm	\$67R \$77NR	Guild	GYG4012

## Art & Soul Playing with Clay

This class will focus on hand building and slab techniques. The kids will learn how to sculpt and build their ideas into works of art. Each week the kids will work on a new project as they learn about how the kiln firing works. Final projects pick up will be TBD \*No wheel will be used in this class. Instructors: Amy James and the Art & Soul Team.

Age	Day	Date	Time	Fee	Location	Code
11-16	Wednesdays	4/1-5/6	2:45-4pm	\$72R \$82NR	Guild	GYG4013
5-11	Wednesdays	4/1-5/6	4:30-5:30pm	\$72R \$82NR	Guild	GYG4014
11-16	Wednesdays	5/13-6/10	2:45-4pm	\$72R \$82NR	Guild	GYG4015
5-11	Wednesdays	5/13-6/10	4:30-5:30pm	\$72R \$82NR	Guild	GYG4016

## Nerf Zone

NERF Zone is back and ready for action! Grab the whole family and jump into an evening of friendly foam-flinging fun as you test your skills in exciting game modes like Last Person Standing, Team Battle, Deception, Capture the Flag, and wrap up the night with our newest and sneakiest challenge, A Quiet Place. Bring your own NERF equipment if you have it - limited equipment will also be available to borrow. Protective eyewear is required at all times in the NERF Zone to keep everyone safe. Families are encouraged to play, laugh, and compete together! SKPR Program.

Age	Day	Date	Time	Fee	Location	Code
7+	Friday	5/15	5-6:30pm	\$8R \$10NR	Guild	GYG4004

# FENCING

## Adult Fencing

Over the course of 8 weekly sessions, students will learn how to fence with the Foil. Both beginners and those with prior experience are welcome. Beginners will start with the basics and progress into active bouts. Students with prior experience will continue to refine their skills with drills tailored to their level and participating in bouts. The final session will include a class tournament to introduce students to how competitions in fencing are typically conducted (and for fun). Instructor: Liam Carcieri, has been a foil fencer for over a decade and is a registered coach with USA Fencing. During Liam's undergraduate studies at URI, he was heavily involved in the operation of the University's fencing club in various leadership roles.

Age	Day	Date	Time	Fee	Location	Code
17+	Wednesdays	4/8-5/27	3-4:45pm	\$302R \$312NR	Rec Center	REC7522

## Youth Fencing

Over the course of 8 weekly sessions, students will learn how to fence with the Foil. Both beginners and prior experience are welcome. Beginners will start with the basics and progress into active bouts. Students with prior experience will continue to refine their skills with drills tailored to their level and participating in bouts. The final session will include a class tournament to introduce students to how competitions in fencing are typically conducted (and for fun). Instructor: Liam Carcieri, see Adult Fencing for bio.

Age	Day	Date	Time	Fee	Location	Code
12-16	Tuesdays	4/7-5/26	3-5:30pm	\$302R \$312NR	Rec Center	REC7523



## Drop In Fencing

En garde! Discover the exciting sport of fencing in this drop-in program, open to all ages and skill levels. Whether you're a curious beginner or looking to sharpen your skills, our instructors will provide basic guidance to help you learn the fundamentals and safely enjoy the sport. All necessary equipment is available for use. Coordinated by Liam Carcieri and Nathaniel Cope.

Age	Day	Date	Time	Drop In	Punch card Fee	Location
18+	Tuesdays	4/7-6/9	6-8:30pm	\$3R \$6NR	\$40R \$90NR	Rec Center

# SK SENIOR CENTER

## The Center

The South Kingstown Senior Center located at 25 St. Dominic Road is open Monday – Friday from 7:30 am-3:30 pm.

Countless opportunities to meet new people and participate in programs, activities and educational workshops are offered.

To sign up for a class that requires pre-registration, please call 789-0268. Please plan ahead as all classes and events are first come first served. Most programs are free of charge and any required fee will be noted in the newsletter.



Our newsletter, highlighting our programs can be picked up at The Center or found online:

[www.southkingstownri.com/741/Activities-Menus](http://www.southkingstownri.com/741/Activities-Menus)



## Meal Service

Lunch is served on weekdays promptly at noon. Lunch reservations need to be placed by Thursday at 11 am of the week before you plan to dine with us. You may either stop by the front desk or call 789-0268 to sign up. There are two meal options; the main hot meal or the lighter sandwich/salad option. There is a suggested donation of \$3.00 per meal. All donations are anonymous.

## Community Information Specialist | Jill Creamer

Jill Creamer, our Community Information Specialist, is now taking in-person appointments. Jill can provide information and assistance with Medicare, housing, legal assistance, transportation, homecare and much more. She may assist you over the phone as well. Call 789-0268 ext. 3 to set up an appointment with Jill.

# POTTERY

## Beginner Handbuilding Pottery Class

Discover the joy of creating with clay in this fun and relaxed 4-week beginner pottery class! Learn the fundamentals of handbuilding as you explore coil building, slab construction, and basic glazing techniques. Whether you're looking to make functional pieces or simply enjoy a creative outlet, you'll gain hands-on experience shaping, decorating, and finishing your own unique ceramics. No experience needed - just bring your curiosity and get ready to have fun getting your hands dirty! All materials included. Instructor: Rachael Higham has been creating with clay at the Neighborhood Guild for 15 years.



Age	Day	Date	Time	Fee	Location	Code
18+	Mondays	4/20-5/18	6:30-8pm	\$155R \$165NR	PDOB	AGP5210

## Coil Bowl Workshop

This hands-on pottery workshop introduces beginners and children to the basics of hand-building through the creation of a coil bowl. Participants will explore basic clay preparation, scoring and slipping, smoothing surfaces, and adding simple textures or decorative details. Instruction is step-by-step, making it accessible for first-time potters and young artists. No prior experience is required, and all materials are provided. The pieces will be fired and glazed, and your finished piece can be picked up on Saturday, May 30th. Children 12 and younger, please bring an adult with you for class. Instructor: Rachael Higham

Age	Day	Date	Time	Fee	Location	Code
5+	Saturday	5/9	1-2:30pm	\$47R \$57NR	PDOB	AGP5213

## Build Your Own Espresso Cup Set

In this workshop, hand build your own set of 4 espresso cups and matching tray. Learn how to roll out clay using a slab roller, choose from various textures to decorate, and shape your clay into four miniature cups. Clay and tools will be provided, and your set will be fired and glazed for you to pick up 3 weeks after the workshop. Instructor: Heather DeSantis has been enjoying pottery at the guild for four years. She loves building forms out of clay, decorating with lace and wooden textures, and creating art out of household objects.



Age	Day	Date	Time	Fee	Location	Code
12+	Wednesday	5/13	6-7:30pm	\$47R \$57NR	PDOB	AGP5214

# SPRING ART SHOW

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THE POTTERY STUDIO @ PDOB  
FEATURING PAINTINGS AND  
POTTERY BY STUDENT ARTISTS  
OF THE ACCESS TO ART  
PROGRAMS

1058 KINGSTOWN ROAD  
BACK PARKING LOT

**MAY 8TH**  
**7-8 PM**

# ACCESS TO ART

## Beginner Watercolor



In this beginner watercolor class, students will learn how to use the materials unique to watercolor. We will explore techniques and color mixing possibilities available with even a limited palette. Students will learn water control which is crucial for success. Unlike other mediums, watercolor is transparent and requires many layers to achieve vibrancy and depth. Students will gain patience from this engaging process and will have a strong foundation at the end of 4 weeks. Drawing skills are not required. Instructor Kim Nieforth is a professional watercolor artist from South Kingstown. She is passionate about art and spends time creating every day.

Age	Day	Date	Time	Fee	Location	Code
18+	Fridays	4/3-4/24	1-3:30pm	\$152R \$162NR	Guild	AGA5104
18+	Thursdays	5/7-5/28	5-7:30pm	\$152R \$162NR	Guild	AGA5105
18+	Tuesdays	6/2-6/23	12-2:30pm	\$152R \$162NR	Guild	AGA5106

## Intermediate Watercolor

Some experience with Watercolor is required in this class. We will focus on florals and landscapes, building layers to get deeper contrast; this will make our paintings pop! Students will learn color mixing to achieve vibrant results without muddiness. We will implement various tools/materials to achieve texture and contrast. Using photos for reference, we will explore composition and how to create an interesting and effective painting. Students must bring professional watercolor paints and 100% cotton paper to yield the best results. Instructor: Kim Nieforth see Beginner Watercolor for bio

Age	Day	Date	Time	Fee	Location	Code
18+	Thursdays	4/9-4/30	1-3:30pm	\$152R \$162NR	Guild	AGA5107
18+	Fridays	5/8-5/29	1-3:30pm	\$152R \$162NR	Guild	AGA5108
18+	Thursdays	6/4-6/25	1-3:30pm	\$152R \$162NR	Guild/PDOB	AGA5109

## Open Paint Studio for Painting & Drawing

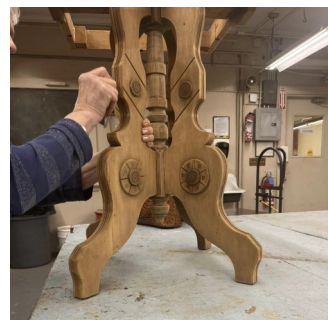
Join your fellow artists in a warm, inviting, well-lit space. Connection helps fuel the creative spirit and this is the perfect opportunity to motivate the artist within! In an effort to support your continued artistic pursuits, we are offering an opportunity for you to connect and perhaps create a piece for our Spring Student Art Show! Open Studio attendees can work on their own projects, at their own table, sharing the room with other creatives. This is a much-needed opportunity to collaborate, reconnect and inspire you on your artistic journey!

Age	Day	Date	Time	Fee	Location
18+	Tuesdays	ongoing	9:30-11:30am	\$3 per visit	Guild

# ADULT PROGRAMS

## Furniture Repair and Refinishing

Turn that battered table, chair, bed or bureau into an heirloom you can be proud of. Most repairs can be accomplished with little difficulty. Bring your piece to the first class and let the transformation begin. No experience necessary. All skill levels are welcome. Material list will be provided. Instructor: Alan Burse has been teaching for over three decades and has been fixing furniture even longer.



Age	Day	Date	Time	Fee	Location	Code
18+	Tuesdays	4/7-6/2	4:30-6:45pm	\$99R \$109NR	Guild	GAG3000
18+	Thursdays	4/9-6/4	5:30-7:45pm	\$99R \$109NR	Guild	GAG3001

## Introduction to Woodworking

This is a hands-on introductory course. Students will learn woodworking fundamentals and safe operation of hand and power tools. Ideal for the beginner or the student who wants to gain more confidence in their woodworking skills. Class project is building a side table, or the student can build their own project. Instructor: Brian Smith has built tables, benches and bookcases using both hand tools and power tools.



Age	Day	Date	Time	Fee	Location	Code
18+	Mondays	4/6-6/15	1-3pm	\$87R \$97NR	Guild	GAG3002
18+	Wednesdays	4/8-6/17	1-3pm	\$87R \$97NR	Guild	GAG3003

## Beginners Dog Obedience

Using clickers and positive reinforcement, learn how to train your dog to walk on a loose leash, come when called and do sit and down stays. A well-mannered dog is 6 weeks away. Our method is dog and people friendly! Open to dogs 12 weeks and up. Vaccination certificates for rabies, parvo, distemper, etc. must be presented at the first class. Please do not bring your dog to the first class. Instructor: Beth McGuire has been teaching and training dogs for over 20 years. Her gentle approach and love of both dogs and people is evident!



Age	Day	Date	Time	Fee	Location	Code
16+	Tuesdays	4/7-5/12	5-6pm	\$167R \$177NR	Guild	GAG3004
16+	Tuesdays	5/19-6/23	5-6pm	\$167R \$177NR	Guild	GAG3005

## Break Free From Survival - Journey into the Five Hearts

Each class will begin with a guided heart-centered meditation! You will receive material to guide you through each session's theme. We will study the 5 hearts: The Original Heart, The Broken Heart The Survival Heart, The Re-Emerging Heart and The Sacred Heart. A brief teaching on each heart will be followed by questions of self-inquiry. Ample time will be given to write your response to the questions and gather for sharing in small groups. We will end with a group ritual to leave us feeling focused and inspired. Are you wondering, "what is next in my life?" Join me to release old patterns and awaken the new version of yourself. Discover the freedom to thrive. Instructor: Sheri Flandreau, is a certified life coach, sacred heart education, and social worker.

Age	Day	Date	Time	Fee	Location	Code
18+	Wednesdays	4/1-5/6	7-9pm	\$302R \$312NR	Rec Center	REC7521

## Mahjong for Beginners

Curious about Mahjong but not sure where to start? This friendly 5 week beginner class is the perfect introduction to this timeless and social tile game. Designed for adults with little to no experience, each session will break down the basics in a relaxed, supportive environment. Participants will learn tile recognition, game setup, rules of play, building confidence week by week. Instructor will guide players through hands at a comfortable pace, allowing plenty of time for questions. No experience required. All materials provided. Come learn, play, and connect with others while mastering a classic game that blends skill, strategy, and fun! Instructor: Rachel Arbige, is an experienced Mahjong player and a patient, approachable instructor who loves introducing others to the game. She creates a welcoming, relaxed learning environment where players of all levels feel confident and supported.



Age	Day	Date	Time	Fee	Location	Code
16+	Tuesdays	4/7-5/5	5:30-7pm	\$72R \$82NR	Guild	GAG3006
16+	Tuesdays	5/12-6/9	5:30-7pm	\$72R \$82NR	Guild	GAG3007

## Creative Writing

Writing and reading your words among friends is an experience designed to build confidence and expand your literary views, not to mention your friendships. Each week, a "prompt" is chosen for the following week and this writing exercise evokes memories and stories that are, in turn, humorous, poignant and thought-provoking. We offer supportive critique and good will. Our group is respectful and kind to each other and welcoming to newcomers. Instructor: Linda Langlois, has a BA from URI in English and Journalism and has published poetry and essays in journals and newspapers.

Age	Day	Date	Time	Fee	Location
18+	Thursdays	Ongoing	10-12pm	\$3 Drop-in	Guild

# DANCE

## Intermediate Line Dancing

This class is for individuals who are familiar with dance, who would like a little bit more of a challenge. Each week will involve a new lesson and review of previous weeks' lessons. At the end of the night there will be open dance to practice all of the dances. Instructor: Geoff Hewitt

\*Drop in \$11R \$13NR

Age	Day	Date	Time	Fee	Location	Code
18+	Wednesdays	4/1-5/20	6:30-8pm	20 punches \$160R \$170NR	Rec Center	REC7505
				10 punches \$90R \$100NR		REC7504
				4 punches \$40R \$50NR		REC7503

## Beginner Line Dancing

Line Dance is a fun way to get exercise & meet new people. This class offers beginners instruction, starting with basic steps and beginner line dances. Each week will review previous dances and add new ones. No previous dance experience necessary. Enjoy dancing to a variety of music with instructor Geoff Hewitt. Geoff has been dancing and teaching for over 15 years.

\*Drop in \$11R \$13NR

Age	Day	Date	Time	Fee	Location	Code
18+	Thursdays	4/2-5/21	6:30-8pm	20 punches \$160R \$170NR	Rec Center	REC7505
				10 punches \$90R \$100NR		REC7504
				4 punches \$40R \$50NR		REC7503

## Adult Intro to Ballet

Adult Intro to Ballet provides the new to ballet dancer and the dancer who has been away for a while an opportunity to experience the fundamentals of ballet technique in a fun, supportive environment. We'll use the French terminology while we practice at the Barre and Centre. With an emphasis on posture, stretching, strengthening, coordination and balance, this is a beginner friendly class! Instructor: Lu-Anne Cox, see Beginner Ballet 2 for bio.

Age	Day	Date	Time	Fee	Location	Code
17+	Wednesdays	4/1-6/3	5:30-6:30pm	\$82R \$92NR	Rec Center	REC7519

## Intermediate Adult Ballet

This class is a challenging classical ballet class. A full warm up, barre and centre work that includes adagio and allegro, is designed for the dancer with a good knowledge and physical capability for a more advanced class. However, sometimes turns and jumps are not out of the question. Don't let this stop you from joining what is intended to be an inclusive, fun environment. Instructor: Lu-Anne Cox, see Beginner Ballet 2 for bio.

Age	Day	Date	Time	Fee	Location	Code
17+	Thursdays	4/2-5/28	6:30-7:45pm	\$90R \$100NR	Rec Center	REC7520



# DANCE

## Beginner Ballet 2

Emphasis is on the execution of appropriate level movement at the barre and during center work.

Students develop an understanding of the mechanics of movement. Creativity and musicality transform the movement into artistry. Instructor: Lu-Anne Cox, is a classically trained ballet dancer. She was certified to teach dance through the former school of Hartford Ballet. Her years of dance education, professional performance, and instruction have been shared for decades.

Age	Day	Date	Time	Fee	Location	Code
6-9	Wednesdays	4/1-5/27	4:30-5:30pm	\$82R \$92NR	Rec Center	REC7518



## Ballroom Dancing

Have you ever wanted to learn social dancing? Now is your chance! Great exercise and a wonderful social activity that stimulates the mind, spirit and body. Have fun and meet the friendliest people! Dances taught include the waltz, fox trot, tango, quick step, rumba, samba, swing, cha-cha, mambo, bolero and Viennese waltz. A great preparation for dancing at weddings and other social functions. Instructor: Carole Crofton, former instructor at Arthur Murray Dance Studio with over 30 years of teaching experience.

Age	Day	Date	Time	Fee	Location	Code
18+	Fridays	4/10-6/5	6:45-7:45pm	\$65R \$75NR	Rec Center	REC7502

# FITNESS

## Cardio Dance Fitness!

“One of the best kept secrets in RI!”

Are you looking for an exercise class that makes you feel really good? Want to ENJOY your exercise? Want to benefit from a group dynamic? Like good music, move, and dance a little? Cardio Dance Fitness is for you! Come check out for yourself and see why this program is so popular and leaves you feeling healthy and whole! Experience the energy, enthusiasm, and fun! This program offers an aerobic workout plus strength conditioning. NO experience necessary. Please bring your own mat. Instructor: Andrea Aschenbrenner BS

Age	Day	Date	Time	Location	Code
16+	Mon/Weds	4/27-6/20	5-6:30pm	Guild	GAF3100 Fee \$67R \$77NR Unlimited Classes!
	Tues/Thurs		8-9:30am		
	Saturday		8-9:30am		

# FITNESS

## Pilates Mat Workout

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility while expanding your fitness horizons. Pilates tends to target your core, although the exercises work other areas of the body as well. It strengthens and stabilizes your core body, so that you can move efficiently while improving your posture, flexibility, and mobility.

Emphasis is on the breath, incorporating the mind, body, and spirit. Instructor: Andrea Aschenbrenner, certified in Pilates Mat Workout \*Drop ins welcome, \$10R \$15NR

Age	Day	Date	Time	Fee	Location	Code
16+	Mon/Weds	4/27-6/15	6:45-7:30pm	1x per week \$50R \$60NR	Guild	GAF3103
16+	Tues/Thurs	4/28-6/16	9:45-10:30am	2x per week \$69R \$79NR	Guild	GAF3104

## 50+ Fitness

Join anytime and the first "try-out" class is free. This program provides a safe approach to "use it or lose it". Our workout consists of 30 minutes of aerobic routines followed by 30 minutes of strengthening and stretching. Meet your own needs and set your own pace. If you choose, you can ZOOM this class from home. Elaine Sewatsky with Shelley St. Coeur and the 50+ Crew.



Age	Day	Date	Time	Fee	Location	Code
50+	Mon/Weds/Fri	4/1-6/29	8-9am	\$2 per visit \$25 punch card	Guild	GAF3109

## Barre HIIT - NEW!

High Intensity Interval Training (HIIT) meets Barre in this explosive new combination of the best of Pilates and barre stretches with cardio blasts and strength building. Perfect for stay-at-home moms after the kids go to school or remote workers with a flexible schedule. One hour of total body conditioning to get yourself back in shape this Spring! Bring a friend and get your sweat on!

Instructor: Karen Carlo Ruhren, Barre Fitness for bio.

Age	Day	Date	Time	Fee	Location	Code
18+	Thursdays	4/2-6/25	9:45-10:45am	\$197R \$207NR	Rec Center	REC7512

# FITNESS

## Barre Fitness

Get your body in shape from head to toe! With ballet-inspired movements, Barre Fitness fuses the best of strength training, stretching, Pilates and cardio to tone and define muscles, improve balance and posture and increase strength. Feel energized and carry yourself differently. No experience necessary. Sweat and fun guaranteed! Instructor: Karen Carlo Ruhren is a NASM-certified group fitness instructor and stretch & flexibility coach with a specialization in women's fitness, NETA certification in Pilates and extensive training in barre and ballet. She holds a master's degree in teaching and has worked with clients of all ages to achieve their fitness goals.



Age	Day	Date	Time	Fee	Location	Code
18+	Saturdays	4/4-6/27	8:30-9:30am	\$197R \$207NR	Rec Center	REC7514



## Stretch and Restore

Research shows that daily, targeted stretching can help decrease chronic pain from arthritis, leg cramps and sciatica. Start this Spring with better flexibility, more mobility and less chance of injury. You will feel the results! Instructor: Karen Carlo Ruhren, Barre Fitness for bio.

Age	Day	Date	Time	Fee	Location	Code
18+	Thursdays	4/2-6/25	8:30-9:30am	\$197R \$207NR	Rec Center	REC7513

## Forever Fit Foundations

Alicia instructs an extension of the program. Class formats will reflect the focus and fundamentals of the original program. A combination of strength, flexibility, balance, and cardiovascular promoting a cross-training experience! Instructor: Alicia Sosnowski (Certified Instructor AAI/ISMA)

Age	Day	Date	Time	Fee	Location	Code
21+	Mon/Tues/Weds/Fri	3/30-4/30	9:15-10:15am	\$60R \$70NR	Rec Center	REC7539
21+	Mon/Tues/Weds/Fri	5/1-6/1	9:15-10:15am	\$60R \$70NR	Rec Center	REC7540
21+	Mon/Tues/Weds/Fri	6/2-7/2	9:15-10:15am	\$60R \$70NR	Rec Center	REC7541

# FITNESS

## Zumba Interval

The perfect blend of aerobic conditioning through choreographed dance routines, combined with intervals of strength training utilizing a variety of equipment. Instructor: Christine Loftes is a certified licensed and insured fitness professional, dedicating her 40-year career to the health and wellness industry. Instructing a variety of programs, focusing on attention to form detail and delivering education and information with each and every class.

Age	Day	Date	Time	Fee	Location	Code
21+	Wednesdays	4/8-5/13	10:30-11:30am	\$67R \$77NR	Rec Center	REC7533
21+	Wednesdays	5/20-6/24	10:30-11:30am	\$67R \$77NR	Rec Center	REC7534

## Mobility & Movement

These classes will utilize specific movement and strength patterns to improve fascia, connective tissue and muscle range in order to promote enhanced flexibility, release tension and tightness, improve joint mobility as well as improving chronic pain in certain target areas such as shoulders, hips, knees and lower back. Please bring a mat. Instructor: Christine Loftes, see Zumba Interval for bio.

Age	Day	Date	Time	Fee	Location	Code
21+	Tues/Thurs	4/14-6/25	10:30-11:30am	1x per week \$102R \$112NR	Rec Center	REC7536
21+	Tues/Thurs	4/14-6/25	10:30-11:30am	2x per week \$177R \$187NR	Rec Center	REC7535

## Barre Blend

Basic ballet moves are presented and then blended into combinations. This format promotes leg strength, core stability and enhances balance. A segment of mat Pilates is incorporated. Please bring a mat. Instructor: Christine Loftes, see Zumba Interval for bio.

Age	Day	Date	Time	Fee	Location	Code
21+	Wednesdays	4/22-6/10	5-6pm	\$87R \$97NR	Rec Center	REC7537

## Lean Stronger

Let's lean out and get stronger! A two-part focus to build long lean muscles while building strength. A variety of equipment will be used in conjunction with body weight training to sculpt and tone the body. Please wear sneakers and bring a mat. Instructor: Christine Loftes, see Zumba Interval for bio.

Age	Day	Date	Time	Fee	Location	Code
21+	Mondays	4/27-6/8	5-6pm	\$67R \$77NR	Rec Center	REC7538

# PICKLEBALL

## Beginner Pickleball Lessons

Participants will learn pickleball basics, rules, and strategies. The second hour will focus on game play. Instructor: Patrick Jaquet, 4+ rated player, 4 years of coaching experience at the SK Rec Center

Age	Day	Date	Time	Fee	Location	Code
18+	Tuesdays	4/7-5/5	12-2pm	\$80R \$90NR	Rec Center	REC7543
18+	Tuesdays	5/19-6/16	12-2pm	\$80R \$90NR	Rec Center	REC7544

## Advanced Beginner Pickleball Lessons

This class is designed to teach more advanced pickleball techniques and strategies. The second hour will focus on gameplay. Instructor: Patrick Jaquet, see Beginner Pickleball Lessons for bio.



Age	Day	Date	Time	Fee	Location	Code
18+	Wednesdays	4/8-5/6	12-2pm	\$80R \$90NR	Rec Center	REC7545
18+	Wednesdays	5/20-6/17	12-2pm	\$80R \$90NR	Rec Center	REC7546

## Intermediate to Advanced Pickleball Lessons

Designed to teach very advanced pickleball techniques and strategies. The second hour will focus on game play. Instructor: Patrick Jaquet, see Beginner Pickleball Lessons for bio.

Age	Day	Date	Time	Fee	Location	Code
18+	Fridays	4/10-5/8	12-2pm	\$80R \$90NR	Rec Center	REC7547
18+	Fridays	5/15-6/12	12-2pm	\$80R \$90NR	Rec Center	REC7548



# TENNIS

## Junior Tennis Lessons

Year round Fundamental skill learning and development

Elementary, Middle and High School ages grouped by skill

Outdoors May - October, (all Juniors)

Indoors Nov - April, SK Rec Center (6 - 13 years, only)

Coached by Gwynne Holcombe, PTR Certified Professional, Junior Development

Email: [g\\_holcombe@yahoo.com](mailto:g_holcombe@yahoo.com)

Website with program details:

[www.skrctennisgholcombe.com](http://www.skrctennisgholcombe.com)



## Adult Tennis

South Kingstown Parks and Recreation offers recreational tennis leagues. Spring leagues run from April to June. Once the season has started you will get a weekly schedule and any necessary updates will be provided via email. Matches will be held at Broad Rock Middle School and the Village Green. We offer 2.0-3.0 or a 3.5+ plus, this is an honor based system, you are to self-rate before registering for leagues. We offer Men's Singles, Women Singles, Women's Doubles and Mixed doubles. Each league offers you the chance to choose your own partner! Email Taylor Lynch with any questions. [TLynch@southkingstownri.gov](mailto:TLynch@southkingstownri.gov).



Unsure of your rating and which league to sign up for? Scan the QR code to the USTA guidelines. Or click the link below,

[https://www.usta.com/content/dam/usta/pdfs/10013\\_experience\\_player\\_ntrp\\_guidelines.pdf](https://www.usta.com/content/dam/usta/pdfs/10013_experience_player_ntrp_guidelines.pdf)

Age	Day	League	Skill Level	Time	Fee	Code
18+	Mondays	Women's Singles	All Levels	6-8pm	\$35R \$45NR	TAT7128
18+	Mondays	Men's Singles	All Levels	6-8pm	\$35R \$45NR	TAT7129
18+	Wednesdays	Mixed Doubles	2.0 - 3.0	6-8pm	\$35R \$45NR	TAT7130
18+	Tuesdays	Women's Doubles	3.5+	6-8pm	\$35R \$45NR	TAT7131
18+	Wednesdays	Women's Doubles	2.0 - 3.0	6-8pm	\$35R \$45NR	TAT7132
18+	Wednesdays	Mixed Doubles	3.5+	6-8pm	\$35R \$45NR	TAT7133

# REC LEAGUES

## Adult Softball



South Kingstown Parks and Recreation offers a Recreational Softball league. Leagues consists of Women's league, Coed league, and Men's league. Men's league is divided into 4 leagues, A league, B league, C league and D league. A and B leagues are highly competitive, and C and D leagues are recreational based. This is an ASA softball league, there can be up to 25 adults on a roster, team fee of \$1,100, bats are provided, ASA certified umpires and the season starts Mid-April ending Late August. Women and Coed leagues are played at Broad Rock play fields, and Men's League is played at West Kingstown Park. Once the season has started <https://www.quickscores.com/southkingstownri> will have the weekly schedule and any necessary updates will be provided via email to all team managers. Email Taylor Lynch with any questions. T Lynch@southkingstownri.gov.

## Adult Pickleball



South Kingstown Parks and Recreation offers recreational pickleball leagues. Spring leagues run from April– June. Once the season has started you will get a weekly schedule and any necessary updates will be provided via email. Matches will be held at Old Mountain Field or West Kingstown Park. We offer 2.0-3.0 or a 3.5+ plus, this is an honor based system, you are to self-rate before registering for leagues. Each league offers you the chance to choose your own partner! Email Taylor Lynch with any questions. T Lynch@southkingstownri.gov.

Unsure of your rating and which league to sign up for? Scan the QR code to the USAPA guidelines. Or click the link below,

<https://usapickleball.org/wp-content/uploads/2020/07/USAPA-Skill-Rating-Definitions-2020.pdf>

Age	Day	Skill Level	Time	Fee	Code
18+	Thursdays	2.0 - 3.0	9-11am	\$35R \$45NR	TAT7140
18+	Tuesdays	3.5+	9-11am	\$35R \$45NR	TAT7141
18+	Tuesdays	2.0 - 3.0	6-8pm	\$35R \$45NR	TAT7142
18+	Thursdays	3.5+	6-8pm	\$35R \$45NR	TAT7143

# DROP-IN PROGRAMS

## Quilting Bee

Join in the fun of the Neighborhood Guild Quilting Bee. Bring a quilting project that you are working on and join others for an evening of sewing and making new friends.



Age	Day	Date	Time	Fee	Location
All	Mondays	Ongoing	5:45-7:45pm	\$2 Drop-In	Guild

## Quilting for Fun

Join us for a day of quilting! Bring a project to work on and share ideas. Open to quilters of all levels. No need to register, come when you can. Don't forget your lunch and something to drink. Facilitator: Diana Funke and friends are experienced quilters who love to share their ideas with others.

Age	Day	Date	Time	Fee	Location
18+	Wednesdays	Ongoing	10am-3pm	\$5 Drop-In	Guild

## Drop In Volleyball

Bump, set, spike and block! Come join a structured volleyball program with emphasis on USVBA rules and regulations. Warm up drills, instructions, team play and tons of fun. All abilities and experience levels are welcome and encouraged. Participants must be 18 years of age or older.

Age	Day	Date	Time	Drop-In	Punch card Fee	Location
18+	Thursdays	4/2-6/11	7-9:15pm	\$3R \$6NR	\$40R \$90NR	Rec Center

## 30+ Drop In Basketball

Lace up those high tops and relive the glory days at the Rec Center! Open to all participants and skill levels ages 30 and over. Coordinator: Troy Peno. See Recreation Center schedule for times.

Age	Day	Date	Drop-In	Punch card Fee	Location
30+	Mon/Wed	4/6-6/24	\$3R \$6NR	\$40R \$90NR	Rec Center

## Women's Drop In Basketball

Do you love the game of basketball? Do you want to meet others with your interest and passion for the game? Want to get some exercise and relieve some stress? If the answer is yes, we have the program for you! All ability levels are encouraged to play. Coordinator: Heather Mills. This is an ongoing program through the school year. \*Check Rec Center Schedule for times.

Age	Day	Date	Drop-In	Punch card Fee	Location
16+	Mondays	4/6-6/15	\$3R \$6NR	\$40R \$90NR	Rec Center

# ALL ABOUT US

## Serving You Recreation Commission

Chairperson:	Sean Johnson
Vice Chair:	John Hanson
Treasurer:	Joanne Blessing
Secretary:	Matt Fraza
Member at Large:	Will Litvin

## Sign up for our Rec Email

The rec email is a weekly update containing the latest news and program information. Email [parksandrec@southkingstownri.gov](mailto:parksandrec@southkingstownri.gov) to sign up

## Scholarship Information

Scholarships are available for South Kingstown residents who qualify for the South Kingstown School Department's Free (40% reduction in fees) or Reduced (20% reduction in fees) lunch program. Limited scholarships are available and not all programs are eligible for scholarship assistance.

Forms are available on our website at, [southkingstownri.gov/208/Parks-Recreation](http://southkingstownri.gov/208/Parks-Recreation)

Located under frequently used documents.

## Room and Park Rentals

The parks and facilities run by the South Kingstown Parks and Recreation Department are available for private rentals. Reservations may be made up to two months in advance. Please stop by the Neighborhood Guild or Rec. Center and pick up a facility rental form. Forms are also available on our website at: [www.southkingstownri.gov/225/Facility-Reservations](http://www.southkingstownri.gov/225/Facility-Reservations)

## Teach through SKPR

If you have a skill that you would like to share with our community, we would love to work with you to develop new programs. Please email Lenka Capek, with your ideas! [LCapek@southkingstownri.gov](mailto:LCapek@southkingstownri.gov)

## Social Media & On-line Registration

Follow us on Facebook and Instagram to get up to date event and program announcements, or cancellations. You can also now access our online registration website at : [www.secure.rec1.com/RI/town-of-south-kingstown-ri/catalog](http://www.secure.rec1.com/RI/town-of-south-kingstown-ri/catalog)

Program Locations	PDOB Peace Dale office Building   1058 Kingstown Road
Broad Rock Play Fields   351 Broad Rock Road	Rec Center   30 St. Dominic Road
Curtis Corner Fields   301 Curtis Corner Road	Saugatucket Park   101 High Street
Casey Farm   2325 Boston Neck Road	West Kingston Park   3840 Kingstown Road
Tri Pond Nature Center   110 Asa Pond Road	Senior Center   25 St. Dominic Road
Old Mountain Field   831 Kingstown Road	Tuckertown Park   101 Tuckertown Road
Neighborhood Guild   325 Columbia Street	Stepping Stone Preschool   30 Spring Street

## Meet the SKPR Team

Director of Leisure Services: **Theresa Murphy, CPRE**

Deputy Director of Leisure Services/

Parks Superintendent: **Rex Eberly, CPRP, CPSI**

Assistant Park Superintendent:

**Jeff Banks, CPRP, CPSI**

Park Foreman: **Todd Gaudlap**

Park Technicians: **Heather Bailey, Ryan Boettger, Ricky Everett, Peter Hayden, Ben Sweeny, Clayton Vallee, Sean Young**

Recreation Superintendent: **Lenka Capek, CPRP**

Recreation Supervisor; Youth, Teen and Family

Programming: **Vinny Ballirano**

Recreation Supervisor; Sports & Fitness Programming:

**Taylor Lynch**

Recreation Coordinator; Marketing & Events:

Recreation Operations Assistant: **Nolan Carr**

Administrative Support Associate: **Linda Finnegan**

Office Assistant I: **Dian Arnold**

Front Office Aide: **Sharon Salisbury, Carol Spencer**

Recreation Center Manager: **Steve Gruenberg, CPRP**

Recreation Center Supervisor: **Stacey Hiltner**

Recreation Specialists: **Sherry Boisclair, Amanda Comire, Liz Jarvis, Mike Lachapelle, Sydney Reyome, Kim Rose, Michael Roy, Amy Seekell**

Access to Art Coordinator: **Rhea Del Rosario**

Environmental Program Coordinator: **Joyce Campbell**

Stepping Stone Preschool Teachers: **Jenn Coleman**

**Amanda Stevens, Melyssa Ricci**

Harbormaster/ Natural Resource Officer:

**Mike Stach, CPRP**

Senior Account Clerk: **Noelle Brousseau**

Senior Services Director: **Susan DiMasi**

Information Specialist: **Jill Cogean**

Program Coordinator: **Lauren George**

Front Desk Aide: **Brenda Leclerc**

Building Maintenance Team: **Bob Joyce, Bob McNiff, Mike Ponder**



**SKPR**

## Mission Statement

Serving our community by providing enriching recreation experiences and quality facilities.

## Core Values

The South Kingstown Parks and Recreation Department will be a premier parks and recreation department in New England.

We will improve the health of our citizens through programs that encourage staying active and fit. We will connect all citizens to our community by offering programs that encourage inclusion and participation. Finally, we will provide a wide variety of activities that encourage all segments of our population to use their free time both positively and productively, and promote life-long learning through recreational and cultural programs.

We will be good stewards of the public facilities under our care. All facilities will be clean, safe, well maintained, and environmentally friendly. We will develop facilities that improve the livability of our community. These improvements will include recreation facilities, parks, open space, greenways and multi-use paths. We will ensure our department is citizen-driven by the consistent use of program and facility evaluation systems, community-wide surveys, and park project committees. We will make service to our patrons a high priority by creating user-friendly procedures, eliminating red tape, and by treating them, as we would like to be treated.

# KIDS DERBY FISHING



**For all kids 3-14 years old  
Pole & Live Bait Available  
Prizes for:**

**Biggest Fish  
First Fish Caught  
And MORE!**

**Wednesday, June 3  
\*Rain date: June 4  
5:30-7:00pm**

**Indian Run Reservoir @ OMF  
831 Kingstown Road**

Our friends from the RI Saltwater Anglers Association will be on hand once again to help. Bring your pole and any gear you have and don't forget to bring an adult along with you! This is a FREE event but please register in advance so we can prepare enough supplies!

This event would not be possible without the continued support from Snug Harbor Marina and the RI Saltwater Anglers Association!

Information & Registration  
call Taylor at 401-284-1935  
[Tlynch@southkingstownri.gov](mailto:Tlynch@southkingstownri.gov)

# SK TOWN BEACH OPENS MAY 23

SAVE TIME AT THE GATE AND  
PURCHASE YOUR PASS TODAY

**Which option is best for you?**

- **Beach Sticker** (1 per car)
  - Perfect for when you have a designated car for the beach.
- **Transferable Pass** (Transfers car to car)
  - Perfect if you have multiple cars or folks visiting for the summer. 2 passes with each purchase.
- **Beach Storage Lockers**
  - Rent a beach locker for the summer and keep all your beach supplies at the beach! The beach locker lottery will be on May 17th! Submit your application today!

**All applications can be found online,  
[southkingstownri.com/1056/Town-Beach](https://southkingstownri.com/1056/Town-Beach)**