

ADULT ENRICHMENT CLASSES AT THE PILGRIM ENRICHMENT CENTER WINTER 2017

Stitcher's Workshop

Stitcher's workshop-quilting, knitting and needlework in this multi-technique class students of all levels of expertise are welcome. There will be instruction and/or projects in quilting, knitting, and various types of need. Join us to learn a new skill, start a new project, or finish those "UFO's" (Unfinished Objects!!)



Tuesdays 6:30– 9:00PM	January 10th - March 28th	Fee: \$36.00 per 12 week session
	January 10th - February 14th	Fee: \$24.00 per 6 week session
	February 21st - March 28th	Fee: \$24.00 per 6 week session

ZUMBA

Ditch the workout, join the party!! ZUMBA is a Latin-inspired, dance fitness class that incorporates Latin & International music and dance movements. You do NOT need to know how to dance to enjoy the class. ZUMBA is about the music, not the exercise. It's Fun--ZUMBA is exercise in disguise It's Easy -ZUMBA is designed for everyone - every fitness level and any age. It's great for the mind, body, and soul! Come dance and have some fun!!



Mondays 6:00-7:00PM	January 9th- April 10th	Fee: \$65.00 per 12week session
	January 9th- February 27th	Fee: \$35.00 per 6 week session
	March 6th - April 10th	Fee: \$35.00 per 6 week session
	No Class on January 16th & February 20th	

Tai Chi for Beginners

Taiji (*Tai Chi*) is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques.



Tuesdays 6:00-7:00PM	November 29th-January 17th	Fee: \$45.00 per 8 week session
	January 24th - March 14th	Fee: \$45.00 per 8 week session

Adult Yoga

This class will focus on basic yoga postures, alignment and breath techniques, exploring range of movement. Appropriate for all levels with modifications. Gain greater flexibility and build core strength in this Body-Mind-Spirit oriented class. Come and experience the essence of Yoga!



Wed 6:15-7:30PM OR	January 4th - March 22	Fee 12 week session: \$55.00
	January 4th - Feb. 8	Fee 6 week session: \$30.00
	February 15th - March 22	Fee 6 week session: \$30.00

Adult Dance Lessons with TRACY ROSE:

Ballroom Dance - The elegance of Ballroom dance has made a welcome comeback! Men will gain confidence to lead, and ladies will learn to follow with grace. Learning both smooth and Latin ballroom dancing will have you asking "shall we dance" in no time!

Thursdays 7:00-8:30PM	February 2nd - February 23rd	Fee:4 week session \$35.00
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Latin Swing Dance

It's fun, it's easy, it's popular, it's SWING! Once you have learned the basic steps and turns, you will move easily to everything from Western and Big Band sounds to rock 'n' roll! Two sessions available:

Thursdays 7:00-8:30PM	March 2nd—March 23rd	Fee: 4 week session \$35.00
Thursdays 7:00-8:30	March 30th—April 20th	Fee: 4 week session \$35.00



**All information must be complete to register. Signature is required by every participant.
If class is cancelled a make-up class will be added after the last week of your registration date.**

Please send registration and check for payment to address listed on registration form.
or register at you first class. If you have questions call Meg Underwood at 48-4073 or email:
Margaret.a.underwood@Warwickri.com

Program Registration Form Winter 2017

Please Print all information: Only one person per registration form.

Signature required for each participant

Participant Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Phone Number: Home: _____ Work: _____ Cell: _____

Email: _____

D.O.B.	Class Names	Class Dates	Fee

Please make checks payable to : **Pilgrim Enrichment Center**
27 Pilgrim Pkwy
Warwick RI 02888
Fax: 468-4091

******ALL PARTICIPANTS MUST SIGN WAIVER******
WAIVER OF LIABILITY Exercise/Walking Programs
CITY OF WARWICK
DEPARTMENT OF HUMAN SERVICES
DIVISION OF SENIOR SERVICES

I, the undersigned, have voluntarily joined the _____ Program at the Pilgrim Senior Enrichment Center, 27 Pilgrim Parkway, Warwick, RI in order to pursue an exercise and fitness program. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program.

I knowingly, voluntarily and expressly waive any claim I may have against the City of Warwick and/or the Pilgrim Senior Center for injury or damages that I may sustain as a result of participating in the program.

I, my heirs or representatives forever release waive, discharge and covenant not to sue the City of Warwick and/or the Pilgrim Senior Center for any injury or death caused by their negligence or other acts.

I have read the above waiver and release of liability and fully understand it contents. I voluntarily agree to the terms and conditions stated above.

Signature: _____ **Date:** _____

Please send registration and check for payment to address listed. Or register at you first class.