

Sports Programs

Registration opens Tuesday, August 13, 2019

Class	Instructor	Day	Time	Fee
Badminton	n/a	Fri	7 – 10 pm	No fee See NOTE
Basketball for Men 30+	n/a	Wed	8:30– 10 pm	No fee See NOTE
Ladies Foundation Tennis	USSI	Fri	9:30–10:30 am	\$149
		Sat	8 – 9 am	\$169
Ladies Development Tennis	USSI	Fri	9:30–10:30 am	\$149
Pickleball	n/a	Wed	10 am – 12 pm	No fee See NOTE
Adult Soccer	n/a	Wed	9 – 11 am	No fee See NOTE
Table Tennis	Howard Lee	Fri	8 – 9:30 <u>pm</u>	\$165
		Sat	8 – 9:30 <u>am</u>	\$180
Tennis (Informal)	n/a	Tues	See description	No fee See NOTE

NOTE: For programs with no fee, **ALL participants must register**; non-residents are subject to a **\$20 fee**.

Link to CommunityPass online registration at www.newprov.org/recreation. Once logged in, click on "Browse Activities" and then choose "2019 Adult Fall".

Class dates are listed on your registration receipt.

Non-residents may register for an additional **\$20** fee/program.



Class Descriptions

BADMINTON: Build badminton skill through match play. All skill levels are welcome. Equipment supplied. *Location: Municipal Center Gym.*

BASKETBALL for MEN 30+: Informal pick-up games. *Location: Municipal Center Gym.*

LADIES FOUNDATION TENNIS: Designed to introduce beginners and those with some experience to the fundamentals of tennis. Each session will focus on a specific skill including stroke technique, serving, court awareness, and rallying. (Please bring your own racquet). *Location: Municipal Tennis Courts.*

LADIES DEVELOPMENT TENNIS: The participant should be able to demonstrate a controlled forehand and backhand technique, a basic serving action, and have understanding of the rules of the sport. Ideally, participant would have completed US Sports Institute's Foundation Tennis class. (Please bring your own racquet). *Location: Municipal Tennis Courts.*

PICKLEBALL: Informal pickup games with equipment provided. All levels welcome! *Location: Municipal Center Gym.*

ADULT SOCCER: Leisurely and measured paced scrimmage, helps promote cardio-vascular fitness while producing less stress on the body. Attire: Non-metal soccer shoes, a white and a blue (or dark shirt). *Location: Reduced-sized artificial turf field at Oakwood Park. Please park in lot at 1 Roessner Place.*

TABLE TENNIS: Learn rules, strokes, footwork and speed. Paddles supplied. Class size limited to 6-7 participants (minimum class size – 5). *Location: DeCorso Center, 15 E. Fourth St.*

TENNIS (INFORMAL): Pickup games. Season starts outdoors at Municipal Tennis Courts 9-10:30am and moves indoors with low compression balls to the Municipal Gym during cold months 11:00am-12:30pm. Bring your own racquet. All levels welcome! *Location: Municipal Tennis Courts/Municipal Gym.*



Please see our **2019 Adult Fall "Fitness & Art Classes" flyer for information on daytime & evening classes for all levels!**