

## Adult Classes

Online registration available via Community Pass beginning Thursday, August 20 at 10:00am.

Class	Instructor	Day/Time	Fee
<b>Basketball for Men 30+</b> (10 sessions)	n/a	Wed 7:30-9:00pm	No fee See note*
<b>Ladies Foundation Tennis</b> (7 sessions)	USSI	Fri 9:30-10:30am	\$157
		Sat 7:45-8:45am	\$157
<b>Ladies Development Tennis</b> (7 sessions)	USSI	Fri 10:30-11:30am	\$157
<b>Adult Soccer</b> (10 sessions)	n/a	Wed 9:00-11:00am	No fee See note*
<b>Yoga-</b> min 6 participants (5 sessions)	Judy	Wed 9:00-10:00am	\$50
		Fri 9:00-10:00am	\$50
<b>Studio Art Workshop</b> (5 sessions)	Mary Jean	Thurs 10:00am-Noon	\$100

## Class Descriptions

**BASKETBALL for MEN 30+:** Informal pick-up games.  
 Dates: Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18.  
 Location: *outside* at Community Pool Basketball Courts

**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. Bring your own racquet.  
 Dates: Fridays: Sept 18, 25, Oct 2, 9, 16, 23, 30  
Saturdays: Sept 26, Oct 3, 10, 17, 24, 31, Nov 7.  
 Location: *Municipal Tennis Courts*

**LADIES DEVELOPMENT TENNIS:** The player should be able to demonstrate a controlled forehand and backhand technique, a basic serving action, and understand the rules of the sport. Bring your own racquet.  
 Dates: Sept 18, 25, Oct 2, 9, 16, 23, 30 Location: *Municipal Tennis Courts*

**ADULT SOCCER:** Leisurely and measured paced scrimmages, 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.  
 Dates: Sept 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18.  
 Location: *Reduced-size artificial turf field at Oakwood Park.*  
 Please park in lot at 1 Roessner Place.

**YOGA:** Gentle/Moderate- vinyasa –style. Stretching, strengthening and balance suitable for everyone, but easily modified for beginners to advanced. Please bring a mat.  
 Dates: Wednesdays: Sept 16, 23, 30, Oct 7, 14  
Fridays: Sept 18, 25, Oct 2, 9, 16  
 Location: *outside* at Centennial Park Outdoor Pavilion.

**STUDIO ART WORKSHOP:** Learn and develop skills in drawing and painting with support from instructor. All levels welcome, including beginners. Materials provided.  
 Dates: Sept 24, Oct 1, 8, 15, 22. Location: *outside* at Centennial Park outdoor Pavilion.

\* Note for Men’s Basketball and all programs: All participants must register. Non-residents will be charged a \$20 fee.  
 Non-residents may register beginning Sept. 8 at 10am for an additional \$20 fee per program, space permitting.  
 • No classes Sept 19-20



Link to CommunityPass online registration at [www.newprov.org/recreation](http://www.newprov.org/recreation).  
 Once logged in, click on “Browse Activities” and then choose “2020 Adult Fall”.