

# Foster Recreation Spring Classes

Foster Recreation continues to partner with local small businesses and artists to offer residents the opportunity to sample activities available right here in Foster. Questions? Ideas? email dani2126@msn.com or call 486-6119

A brief description of Spring courses is below; for more info or more registration forms, visit [www.townoffoster.com](http://www.townoffoster.com)

## **INTRODUCTORY YOGA SERIES**

April 23, 30, May 7,14, 21, 28 ... 9:30 - 10:45 AM. No. Foster Baptist Church, 81 East Killingly Rd, Foster. Fee: \$35. Maximum class size is 20. Suitable for those who are new to yoga or to the Iyengar system. The fundamentals of alignment in Yoga postures are introduced and a foundation for home practice is established. Props, such as blankets, blocks and straps, are used to help to facilitate learning and adjust yoga postures to meet the needs of each student. Instructor Kathleen Swanson has been practicing Iyengar Yoga since 1993. She is certified to teach Yoga through the Yoga Alliance at the 200-hour level & went on to complete another 200 hours of training to pass the first level of certification in the Iyengar system. Kathleen's teaching style is enthusiastic and her intention is to help her students cultivate strength, balance, flexibility and mental well being in equal measure. More info at [www.theyogaroomri.com](http://www.theyogaroomri.com).

## **ZUMBA®!**

April 16, 30, May 7,14, 20, and 27 ... 6:30 – 7:15 PM Capt. Isaac Paine Elementary School. Fee: \$35 Maximum class size is 25. Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in 45 exhilarating minutes of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Instructor is Lora LoPiccolo, a member of the yoga faculty at One Center for Yoga and Wellness and proprietor of YogaWithLora. Lora is a certified Zumba instructor.

## **ORGANIC GARDENING AND PEST CONTROL**

April 28, May 5, May 13 ... 7 - 8 PM Capt. Isaac Paine Elementary School. Fee: \$30, includes all materials. We ALL have a well, an affinity for nature, flowers, tree's, gardens, and are very familiar with those pesky ladybug look-alikes that just won't go away! If living in harmony with our surroundings while not compromising the quality of your water, gardens and plants is important to you -- you must take this class! Instructor is Henry Loven, owner of TLC Florist in Foster.

## **INTRODUCTION TO ACTING for CHILDREN (ages 4-10)**

April 12, 26, May 3, 10, 17, 24 ... 6 - 7:30 PM Capt. Isaac Paine Elementary School. Fee: \$35 Maximum class size is 24. Swamp Meadow Community Theatre is partnering with Foster Recreation. Classes will include Developing and using Voice, Actions Make Acting, Exhibiting Stage Presence, Interaction Between Characters, Auditioning for Roles, and Putting It All Together. Lead Instructors will be Veteran SMCT Actors, Kristin and Lizzie Russo.

## **INFANT, CHILD AND ADULT CPR CERTIFICATION AND FIRST AID**

April 27, 29, May 4, May 6 ... 7-9 PM Foster Ambulance Corps, 22 Mt. Hygeia Rd. Foster. Fee: \$40, includes all materials. Foster's own Volunteer Fire and Rescue is partnering with Rec. to offer the community this invaluable certification.

## **BABYSITTING 101**

April 6, 8, and 13 ... 6 – 8 PM. Capt. Isaac Paine Elementary School Fee: \$35, includes all materials. This popular course is back, and just in time to prepare our youth for summer employment opportunities. Our society's expectations have grown and that includes those for our youth. Students will review good practice and emergency situations and role-play solutions. Standard infant and child CPR and First Aid will be taught. Instructed by members of Foster's Volunteer Fire and Rescue.

**More info at [www.townoffoster.com](http://www.townoffoster.com)**

### **Registration Form**

Mail completed Registration Form with check made payable to TOWN OF FOSTER to: Foster Recreation Committee, Spring Course Registration, 181 Howard Hill Road, Foster, RI 02825. Feel free to copy this form for your friends!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Intro Yoga \_\_\_\_ \$35

Zumba\_\_\$35

Organic Gardening \_\_\_\_ \$30

Intro to Acting \_\_\_\_\$35

CPR & First Aid \_\_ \$40

Babysitting \_\_\_\_\_ \$35

Total Amount enclosed: \_\_\_\_\_