

# ...Adult Programs

## Adult Open Gym Basketball Information

Ages 25 & over

The Enfield Recreation Department hosts Open Gym Basketball time for adults 25 and over. Participants must show proof of age and residency to participate in addition to having a program waiver on site where they participate. There is a nightly fee for these programs. *Please note:* there is no basketball when school is closed. **Fee: \$2.00 Residents \$2.50 Non-Residents**

### 25 and Over

Day: Mondays

Time: 6:00 - 9:00 PM

Location: JFK Middle School Gym

### 30 and Over

Day: Wednesdays

Time: 6:00 - 9:00 PM

Location: JFK Middle School Gym

### 40 and Over

Day: Saturdays

Time: 9:00 AM - 12:00 PM

Location: Angelo Lamagna Activity Center Gym

**Open Gym's will end the week of March 31, 2010**

*Please note that if the gym gets over crowded, residents will get first priority to play.*

## Yoga Ages 18 & Over

No matter if you have never taken yoga or you've been practicing for years this class is for you! Release stress and improve personal well being this fall. Yoga will bring balance, breath awareness, stamina, and flexibility to the body and mind. Students will be able to work at their own level, modifying poses as needed. Participants are encouraged to bring a yoga mat to class. Limit 35.

**Location: Alcorn Elementary School Gym**

**Dates:** Tuesdays, January 12 - March 9 *No class on 2/16*

**Time:** 6:30 PM - 7:45 PM      **Activity Number:** 3605.0317.201

**Fee:** \$25.00 for Residents / \$31.25 for Non-Residents

*Mixed levels yoga for beginners or returning students.*

## Co-Ed Volleyball 18 and Over

A program designed for recreational play will begin in mid October at the Eli Whitney School Gym. The program runs Monday, Wednesday & Friday nights from 6:00 - 9:00 PM. Proof of age and residency is required. There is no volleyball when the school is closed. Contact the Recreation Department for program start date. For information on team play, contact Chip Dyer at 668-1682.

**Fee per night: \$1.50 Residents \$2.00 Non-Residents**

**Volleyball Ends: March 26, 2010**

## Bus Trips

Interested in going somewhere for the day or for a long weekend but hate the drive and dealing with the traffic? Let us do the driving! The Recreation Department offers a variety of bus trips year round. Most trips are well under a \$100 dollars a person and often include admission to popular attractions or shows. For more information see our upcoming trips on page 4 for complete information...get on the bus with the Enfield Recreation Department!

## Enfield Track Club

If you are interested in running for fun and health...

Contact Dan O'Connell  
745-9730

All ages and abilities  
are welcome.



## Open Gym at ALAC

The Angelo Lamagna Activity Center offers  
**FREE** open gym time.

**Monday - Saturday**  
12:00 - 2:00 PM

For Enfield residents ages 18 and up.  
Participants must wear sneakers.

**Bus Trips**  
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