

ADULT PROGRAMS

PICKLEBALL

Supervisors: Bob DiPalma, Jim Buckley,
Tom Pazyra & Suzanne Crooker
Dates: June 7 - August 25, 12 Weeks
Location: Textron Tennis Courts
Cost: \$20

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong. It is played on a badminton-sized court with a slightly modified tennis net.

Free trial week: June 7 - 9.
Pre-registration is required.

Tuesdays	Tuesdays
Wednesdays	(rain date: Thursdays)
Thursdays	
9 a.m. - 12 p.m.	6 - 8 p.m.



Newsletter Symbol

Registration form is available online

YOGA FOR THE FULL-FIGURED WOMAN

Instructor: Jennifer Ryan
Location: The Yoga Loft
3 Lopez Rd.
Cost: \$83 per 8-week session



This class introduces beginners to yoga in a fun and relaxed setting. Movements are modified for a non-intimidating approach to improving your health. Take this class as a gift to yourself! Please bring a yoga mat to each class.

Mondays, 4 - 5 p.m.
June 6 - August 1
(No 7/4)
or
August 8 - October 3
(No 9/5)

Thursdays, 7:15 - 8:15 p.m.
June 2 - July 28
(No 7/7)
or
August 4 - September 29
(No 9/1)

Introduction to Stand-Up Paddleboarding

Instructor: REI Outdoor School
Ages: 18 & up
Date: Tuesday, August 2
Time: 4 - 6 p.m. or 6 - 8 p.m.
Cost: \$68



Using age-appropriate methods, this class teaches all essential skills to start paddleboarding on still water. All equipment provided.

R.A.D. Training for Women (Free - courtesy of the Wilmington Police Department)

The **Rape Aggression Defense** System is a program of realistic self defense tactics and techniques. This comprehensive course for those ages 14 & up begins with awareness, prevention, risk reduction and avoidance then progresses to hands-on defense training. For more information and to register for an upcoming June session:
Email CAhern@wpd.org or go to the Wilmington Police Department website: www.wpd.org

ADULT TENNIS LESSONS

TENNIS ROUND ROBIN

Instructor: AG Tennis Management
Dates: Tuesdays, May 31 - August 16
12 Weeks
Times: 5:30 - 7:30 p.m.
Location: High School Tennis Courts
Cost: \$124



This two-hour program is designed to provide opponents for individuals to create match play. Players will receive some instruction and be partnered depending upon their skill level. Players must be able to serve and keep score. Racquet required.

TENNIS LESSONS

Instructor: AG Tennis Management
Dates: Wednesdays, June 15 - July 13,
5 Weeks
Times: 6:30 - 7:30 p.m.
Location: High School Tennis Courts
Cost: \$42



Whether you are a novice wanting to learn this sport or a player that has been away from the game, this 5-week class will get you and your game in shape. Racquet required.

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GOLF LESSONS

Instructor: Barrie Bruce
Location: Billerica Country Club
Cost: \$169



This 5-week class teaches ball striking skills to beginner and intermediate golfers. Golf clubs are provided if needed.

Thursdays	Sundays
July 14 - August 11	July 17 - August 14
6 - 7 p.m.	11:30 a.m. - 12:30 p.m.

ADULT DANCE CLASSES

Location: Lorraine Spada School of Dance
 52 Main Street, Suite #3

Cost: \$52

These six-week courses are perfect for beginners or returning students. Fun, exercise and new skills in each class!

Beginner Jazz
 Tuesdays,
 July 12 - August 23
 (no 8/9)
 7 - 8 p.m.

Instructor:
 Nicolette McCoy
 Jazz shoes recommended
 but not required



Beginner Tap
 Thursdays,
 July 14 - August 18
 6:30 - 7:30 p.m.
 Instructor: Chrissy Bowman



Tap
 Shoes
 Required

FALL PREVIEW

Registration is now underway for these fall activities!

35+ BASKETBALL



Supervisor: Peter Otovic
Dates: Wednesdays, September 14 - November 2,
 8 Weeks
Time: 6:30, 7:30 and 8:30 p.m. games
Location: Middle School Gym
Cost: \$52

This league offers those ages 35 and over structured team play with refereed games for fun and fitness. Players without a 35+ mesh shirt must pay a \$21 shirt fee.

*****Weekday** programs held within a school
 are cancelled if school is closed or cancelled***

UPHOLSTERY WORKSHOP

Instructor: Louise Redgate
Dates: Thursdays, September 15 - November 17,
 (no 10/27 & 11/3), 8 Weeks
Time: 6:30 - 9:30 p.m.
Location: Town Hall Auditorium
Cost: \$68



Give new life to a piece of your old furniture by learning to reupholster. You'll cover your piece with new fabric, learn to tie springs and re-pad. A supply list will be provided as your project progresses. Be aware - you will have homework! The class motto is "If you can carry it, bring it!"