

The Rec Center

30 St. Dominic Road

Welcome! What an amazing first 6 months it has been! We hope you have taken the time to check us out and experience what we have to offer. As we move into the winter months we will be busier than ever. Please utilize the weekly schedule found at the front desk and on our website to keep up to date with all gymnasium schedules. We look forward to another successful season and appreciate everyone taking the time to visit!

Craig Bryant
Rec Center Manager



Facility Hours

Monday through Friday: 6:00am to 10:00pm
Saturday: 8:00am to 8:00pm
Sunday: 9:00am to 6:00pm
The Rec. Center will be closed January 1st. Modified hours on January 15th, February 19th and March 30th.

What's Available

- 2 lane walking track
- 2 multi-sport courts featuring basketball, volleyball, tennis and pickleball
- 4 adjustable basketball hoops
- 2 drop-down batting tunnels
- 2 multi-purpose activity rooms
- Strength and Cardio Room
- Locker rooms, restrooms, a spacious reception/lobby area and administrative offices.

How will the Rec Center be scheduled?

There are a number of recreational programs planned and scheduled for all ages by the Parks and Recreation Department. We will have a number of interscholastic games and practices as well as Special Olympic events. There will also be "Open" and "Drop-In" times available for public use when space is available.

Rental Availability

Plan your next meeting, birthday party, baby shower, team event or something else! The two courts and two multipurpose rooms are also available for rental. Stop by the front desk or check out our website for an application form.

Residency Requirements

South Kingstown Residency: Residents (R) are defined as follows: (1) South Kingstown taxpayer found in the most current tax book or who can show a receipt for payment of the current year's taxes. (2) A person who can provide the Town with a copy of a current valid 90-day or more lease in South Kingstown. (3) Any person who can show current rent receipts for South Kingstown for a period of not less than 90 days. (4) Car registration showing a South Kingstown address. If unable to show proof of SK residency, the non-resident fee will be charged.

Strength and Cardio Room at the Rec Center

The room includes an upright bicycle, treadmill, elliptical and stairmill. We will soon be adding a recumbent bike, 2nd treadmill and a set of dumbbells. Please stop by the Rec Center front desk for a quick tutorial on proper usage of all equipment.

- Open to ages 13 and over
- Participants between 13 – 17 must have a parent permission slip on file.
- Participants under the age of 13 are not permitted to use the Strength and Cardio Room
- The Strength and Cardio room closes 30 minutes before the facility closes

An annual \$5R \$8NR registration fee will be collected at the time you register to use either room. The annual fitness card is good from July 1, 2017 – June 30, 2018. A \$2R/\$3NR fee will be assessed per visit. A punch card is available for \$30R/\$40NR which gives you 20 visits and does not expire. The fitness room card and punch card are good at both the Guild and the Rec. Center Strength and Cardio room.

Batting Tunnels

Team and Group Rentals

Facility rental packet must be completed and approved by the Rec Center Manager. Maximum of 12 participants per cage.
\$30 per hour for 1 cage
\$40 per hour for 1 cage and court space
\$60 per hour for 2 cages, includes court space

Individual Rentals

Individual rentals are allowed during designated times as depicted on the Rec Center schedule. Team practices and private coached lessons are not permitted during these times. \$15 per hour for 1 cage: 2 – 6 participants
All participants are required to provide their own equipment, including bats, helmets, gloves, etc. Balls will be provided unless participants/teams bring the proper Soft Training baseballs or softballs. Only two participants are allowed entrance into the tunnel during live batting; the batter and the pitcher. All participants must wear a helmet while batting and stay behind protective screen while pitching. No cleats of any type are permitted; flat sole athletic shoes are required. All other gymnasium rules must be followed.

Indoor Track

Get out of the rain or snow and walk inside! The 2 lane 1/11 mile walking track is available for ages 12 and over. Make sure to check open times on the weekly schedule found at the front desk or online and be mindful of the walking direction for the day posted in the gym. The track is free for residents and a \$1 fee per visit for non-residents

Take a Stroll/er

Looking for a place to walk with your baby, toddler or preschooler? The indoor track at the Rec Center is the place to go. All preschoolers must stay within ear shot of their parent or caregiver and follow track rules.

Mon. - Fri. 10:30am to 12:00pm Free SK Res. \$1NR(per adult)

Open Basketball

Reserved and designed for unorganized individual play and small sided games. Organized full court games, team practices, and private trainings are not permitted. Participants of all ages and skill levels are welcome to utilize the gymnasiums unless otherwise noted.

Open Mixed: No age restriction
Open Family: For use by younger children with a parent present

Open gym is free for residents and \$3 for non-residents. Open gym punch cards are available for non-residents for \$40 for 20 visits.

Drop-In Basketball

Reserved and designed for organized play and competition as well as individual enjoyment. Organized full court games are allowed and encouraged, taking precedent over individual shooting and small sided games. No team practices or private training. Participants of all ages and skill levels are welcome to utilize the gymnasium unless otherwise noted.

Drop-In Mixed: No restrictions
Drop-In 18+: Participants over the age of 18
Drop-In 30+: Participants ages 30 and older

Drop-In Basketball programs:
\$3R \$5NR
Punch card of 20 visits are available to both residents and non- residents for a fee of \$40R/\$70NR.

Drop-In 30+ Basketball

Lace up those high tops and relive the glory days at the Rec Center! Open to all participants and skill levels ages 30 and over. Everyone has an opportunity to play, have fun and let loose with some good ol' fashion round ball. Coordinator: John Geaber.

Mon., Wed. Fri. 7:00 to 9:00pm Rec Center \$3R \$5NR

Drop-In Pickleball

Have you heard? Pickleball is the fastest growing sport in the nation. This exciting game is a combination of tennis, table tennis and badminton. Grab a friend and try it out! Don't worry if you don't have equipment, we have some you can borrow.

Mon. Wed. Fri. 10:00am to 2:00pm Rec Center \$3R \$5NR

Punch card of 20 visits are available to both residents and non-residents for a fee of \$40R \$70NR.

Drop-In Ping Pong

NEW

Not just a game, it is an Olympic Sport! Stop by for some drop-in ping pong fun. You can bring your own equipment or borrow some of ours!

Tues. 8:00 to 11:00am Rec Center \$3R \$5NR

Thurs. 6:00 to 9:00pm Rec Center \$3R \$5NR

Punch card of 20 visits are available to both residents and non-residents for a fee of \$40R \$70NR.

Drop-In Volleyball with Blake

Bump, set, spike, block! Come join a structured volleyball program with emphasis on USVBA regulations and rules. Warm up drills, instruction, team play and tons of fun. All abilities welcome and encouraged to participate. Program is open to ages 18 and over

Thurs. 7:00 to 9:00pm Rec Center \$3R \$5NR

Punch card of 20 visits are available to both residents and non-residents for a fee of \$40R \$70NR.

