



CONTACT INFORMATION

Pt. Pleasant Recreation Center– 732-892-5813

Pt. Pleasant Municipal Offices– 732-892-3434

Pt. Pleasant Police Department– 732-892-0060

Pt. Pleasant Public Works- 732-892-1287

Pt. Pleasant Chamber of Commerce- 732-295-8850

Pt. Pleasant Library- 732-295-1555

Pt. Pleasant Bd. Of Ed.- 732-701-1900

Pt. Pleasant Senior Programs & Services - 732-810-5890

Pt. Pleasant Soccer Assoc.- point_soccer@yahoo.com

Pt. Pleasant Soccer Club– 888-275-2591

Pt. Pleasant Youth Baseball & Softball Assoc.– 732-267-0142

Pt. Pleasant Pirates Youth Football & Cheer- <http://www.pointpleasantyfc.com>

Golden Elks Pop Warner Football & Cheer– 732– 600-0431



**POINT
PLEASANT
RECREATION**



2018 WINTER SCHEDULE



Mayor Sabosik, Council President Wisniewski along with Council Members: Borowsky, DePaola, Furmato, Snyder & Thulen are pleased to announce the Point Pleasant Recreation's 2018 Winter Schedule of programs.



Mayor Sabosik



Council President Wisniewski



Councilman Borowsky



Councilwoman DePaola



Councilman Furmato



Councilwoman Snyder



Councilman Thulen



PICKLEBALL

~held at the Recreation Center~

Day: Thursdays

Time: 7-9pm

Ages: 18yrs.+

Cost: \$10

As the weather gets colder there's no need to hibernate and become a couch potato. Come on out and play PICKLEBALL on two indoor courts at the Recreation Center. It's great exercise and it's fun! Beginners are especially welcome. Instruction and equipment will be provided.

SPECIAL EVENTS & ACTIVITIES

HOLIDAY TREE LIGHTING

Date: Friday Dec. 8, 2017

Location: Pt. Pleasant Community Park

****Festivities will run from 5-9pm****



Come out and join in the holiday cheer by welcoming Santa and his helpers! Take a fun horse and carriage ride (from 6:30-8:30pm), listen to Christmas Carols sung by Pt. Pleasant Recreation's Kinderschool classes, St. Peter's Show Choir & the Oceanaires Men's Chorus from Toms River. Enjoy performances by Shore Dance Center & Enspirited Drama's young performers, Santa is looking forward to greeting the children and listening to their "Christmas wishes". Parents, feel free to bring your cameras to take pictures of your children with Santa. There will also be a Winter Holiday Market featuring food trucks & Artisan Boutiques coordinated by the Chamber of Commerce. This will be a fun night for the entire family !

An Old Fashioned Christmas at Santa's Workshop!

Date: Sat. 12/9/17 & Sun. 12/10/17

Time: 2-5pm

Location: Bennett Log Cabin at Riverfront Park
(corner of River Rd. & Maxson Ave.)

Come out and visit with Santa and Mrs. Claus, enjoy his trains, antique dolls and a display by Rudolph! Fun for the whole family! Photo's with Santa can be taken on both days.



NEW SUPERHERO FITNESS EVENT

~held at the Recreation Center~

Date: Fri. Feb.9, 2018

Ages: 4-10yrs.

Time: 6-7:30pm

Cost: \$28



Join some of your favorite superheroes for a Superhero Fitness Event. Spiderman, Super Girl, and Wonder Woman are teaming up with G-Funk Entertainment to teach your little ones about team work, caring, respect & sportsmanship all while bringing the fun to fitness. There will be manicures, hair candy, crafts, parachute & fitness obstacles with a medal given to each child after completion. ***This is a drop off event***



Senior Programs & Services

Borough of Pt. Pleasant & St. Martha's Senior Beehive

announce Senior programs held at St. Martha's Church 3800 Herbertsville Rd. PP



Come out and join with friends young and old to participate in various fun-filled activities that will include knitting, games, card groups, Mahjong groups, & other senior socialization programs. Programs will be held on Tuesdays & Thursdays from 9am-3pm.

Blood pressure & glucose tests by Laurelton Village- 12/14 at 11:30am.

Dec.5, 2017- Christmas Party at Noon. Please call to register.

Dec. 14, 2017- Blood pressure check.

Call Kathy Ruane for more information & about referral services available for seniors- 732-810-5890



ADULT BOOT CAMP

~classes held at Shore Point Fitness on Bridge Ave. PP~

Adult Boot Camp Ages: 16+ Week of Mon. 1/2/18 Cost: \$55

Participants have unlimited access to all of the classes on the gym schedule-see at <http://www.shorepointfitness.com> (Mon. thru Sat.) Participants will experience an exciting hour of high intensity strength & cardio exercises designed to challenge strength & endurance while burning mega calories. You will use battling ropes, kettle bells & medicine balls as well as body weight exercises such as box jumps, squat jumps & burpees to name a few. Participants are encouraged to take breaks when they need to while trying to keep their heart rate up. Options on every workout can be given to suit nearly anyone's fitness level. **class runs for 4 wks.**

Fitness For Living Ages: 16+ Date: Mon. 1/8/18 Time:10:30am Cost: \$50

This class is for people who need to get moving but don't know where or how to begin. The class will offer a variety of LIGHT cardiovascular & strength training through a circuit of basic exercises to elevate the heart rate while building strength. We will use a variety of equipment such as free weights, kettlebells, resistance bands, & medicine balls throughout the class. **class runs for 6 wks.**



MASTER SUE-ZEN'S DOJO

QiGong, The Way of Fire and Water

~held at the Recreation Center & runs for 6 wks.~

Date: Mon. 1/8-3/5/18 **Adults** **Time:** 10:00-11:00am **Cost:** \$50

A beautiful blend of mindful movement, gentle stretching, QiGong concepts and guided imagery. Great for balance, coordination, stress reduction and overall well being. Please bring a yoga mat and a towel & water bottle. Dress in loose, comfortable clothing.

REGISTRATION INFORMATION

POLICY- Residents of PT. PLEASANT BOROUGH can register beginning Monday Dec.4, 2017 at 9am. Non-residents can register the week after that. **Registration is available online via the Community Pass online registration system.** If you have not already done so, please go to: <https://register.capturepoint.com/PointPleasantBorough> to create your family online account. After that you can register for programs and pay by credit or debit cards online. ***DO NOT USE A CELL PHONE TO REGISTER. IT'S NOT COMPATIBLE WITH THE SOFTWARE*** Check payments can be made in person only made out to the Borough of Pt. Pleasant. ***A fee of \$20 will be charged for any checks that are returned to us*** **The Recreation Department reserves the right to cancel classes due to low enrollment. The Recreation Department reserves the right to remove a program participant for disciplinary problems and or violations of Recreation rules & policies.** ***REGISTRATION will close out at the end of the day on Friday, Dec. 22,2017*.** ***NO REFUNDS ON TRIPS or SPECIAL EVENTS.** ***Letter received by Superintendent ONE WEEK prior to start date of classes will be eligible for a refund minus \$10 cancellation fee. Cancellation request MUST be made ONE WEEK before class start date otherwise there will be no refund.*** **Parents DO NOT stay during programs unless otherwise noted. Sneakers must be worn in gym for all programs unless otherwise noted.** FOR MORE INFORMATION, CONTACT: 732-892-5813.

PRESCHOOL PROGRAMS

ACTIVITY	AGE	DAY	START TIME	LENGTH	FEE
KINDERSCHOOL	4-5	M-W-F	Dec. 11th 8:30-2:00	12WKS	\$745⇒
KINDERSCHOOL	4-5	M-W-F	Dec. 11th 9:00-2:30	12WKS	\$745⇒
KINDERSCHOOL	4-5	TU/THR	Dec. 12th 11:15-3:15	12WKS	\$360
LITTLE LEARNERS	3-4	TU/THR	Dec. 12th 8:00-11:00	12WKS	\$270
LITTLE LEARNERS	3-4	TU/THR	Dec. 12th 8:45-11:45	12WKS	\$270
LITTLE LEARNERS	3-4	TU/THR	Dec. 12th 12:00-3:00	12WKS	\$270

⇒This extended day class may be paid monthly, please inquire.

Registration secures a child's spot in the program for the entire year, pending prompt payment of the Fall and Winter fees. PROOF OF RESIDENCY AND BIRTH CERTIFICATES WILL BE REQUIRED. Registration for the above classes was held in April 2017. Contact 892-5813 to see if openings still exist. ***All deposits are Non-Refundable***

PRESCHOOL ACTIVITIES

Tiny Tots	18mths	Tues.	Jan. 2nd	10-11am	10 wks.	\$40♥
Tiny Tots	18mths	Tues.	Jan. 2nd	11-12	10 wks.	\$40♥
NEW! Agility Adventures	5-8yrs.	Wed.	Jan. 3rd	4:45-5:45pm	10 wks.	\$40
NEW! Agility Adventures	5-8 yrs.	Wed.	Jan. 3rd	6-7pm	10 wks.	\$40
Gym w/Mom	2 1/2 -3yrs.	Wed.	Jan. 3rd	10-10:45am	10 wks.	\$40♥
Gymnastics	4 yrs.	Wed.	Jan. 3rd	11-12	10 wks.	\$40
Gymnastics	4yrs.	Thurs.	Jan. 4th	10-11am	10 wks.	\$40
Kindersports	4-5	Thur.	Jan. 4th	1-2pm	10 wks.	\$40
Kindersports	4-5	Thur.	Jan. 4th	2-3pm	10 wks.	\$40
Story/Craft Hour	2	Fri.	Jan. 5th	9-10am	10 wks.	\$40♥
Story/Craft Hour	3	Fri.	Jan. 5th	10-11am	10 wks.	\$40♥

♥Denotes those programs which require a parent to attend with the child. **NO older or younger siblings permitted** unless they are age appropriate & have also been registered. **NO EXCEPTIONS**



NEW PARENTING PLAYDATE HOUR

~held at Rec Center in gym & runs for 10 wks.~



Ages: 0-4yrs. **Date:** Tues. 1/2-3/6/18 **Time:** 9-10am
 Cost: \$35 per child / \$50 per family (includes up to 3 children-additional @ \$35)

This hour will offer a great opportunity to get out of the house and interact with other new Moms / Dads. At this class, you can play with your babies / toddlers, which is an important part of their learning -bond with them and get them moving! Great way for the children to make new friends and Moms / Dads to also make new acquaintances, share tips, give support; all while having a fun hour all together.

YOUTH ACTIVITIES

ACTIVITY	AGE	DAY	START DATE	TIME	LENGTH	FEE
Biddy Basketball	Gr.1-2	Tues.	Jan. 2nd	5:15-6:15pm	10 wks.	\$40✓
Biddy Basketball	Gr. 1-2	Tues.	Jan. 2nd	6:15-7:15pm	10 wks.	\$40✓
Biddy Basketball	Gr. 3	Tues.	Jan. 2nd	7:15-8:15pm	10 wks.	\$40✓

✓Children may participate in Biddy Basketball until the 3rd grade
 ~~~~~Parents **DO NOT** stay unless otherwise noted~~~~~



### **NEW Wish Upon A Jar**

~held at Wish Upon a Jar, 3128 Bridge Ave. PP~

\*classes run for 6 weeks\*

**Fun Painting Techniques-** 5-9yrs. Wed. 1/3 5:30-7pm Cost: \$100  
 Participants will learn 4 pottery painting techniques (marbling, bubbling, taping & dripping) while creating a set of individual, one of a kind dishware for themselves. Each participant will also create a figurine of their choice & a monogram canvas.

**Painting w/out a Brush-** 9-12yrs. Mon. 1/8 5:30-7pm Cost: \$110  
 Participants will learn 5 pottery painting techniques (splatter, reactive glazing, sgraffito, masking, & watercolor that don't use a brush. The final class will be a canvas of the participant's choice. This class is perfect for anyone who knows basics but wants to learn a little more.

**Hand Building Class-** 7-9yrs. Tues. 1/2 5:30-7:30pm / 10-12yrs. Thurs. 1/4 5:30-7:30pm Cost: \$140  
 Participants will learn how to make functional pottery from wet clay, use reactive glazes in addition to underglaze & overglaze & understand the stages of ceramics from wet clay to a functional piece.



### **Special Notice Concerning Inclement Weather Cancellations....**

You can now go online to [NJ1015.com](http://NJ1015.com) to view closings for our Preschool & Recreation programs and you can also watch **News 12 New Jersey** for closing information or log onto <http://www.News12.com>. Closings can also be viewed on [ptboro.com](http://ptboro.com)



## **ADULT ACTIVITIES**



### **Adult Yoga**

~held at Shore Point Yoga, 2811 Bridge Ave. PP~

**Ages:** 16+yrs. **COST:** \$90 **Date-choose ONE:**  
 Mon. 1/8/18 Hatha Time: 6:30pm  
 Wed. 1/3/18 Gentle Vinyasa Time: 9:30am  
 Wed. 1/3/18 Hatha Time: 6:00pm  
 Wed. 1/3/18 Flow Time: 7:15pm

Classes are open to all levels as modifications are always presented. Typically, poses are held for 8-10 breaths and there are no flows between the poses in the Hatha classes. Gentle movement as well as holding poses takes place in the Gentle Vinyasa class and Flow class. These classes are a good start for the beginner or someone new to a consistent practice. **Classes run for 8 weeks.**



### **200 Hour Yoga Teacher Training**

~held at Shore Point Yoga, 2811 Bridge Ave. PP~

**Ages:** 18yrs+ **Starts:** 2/13/18 through August. **Times:** Tues. 6-9pm (1 long weekend per month), Fri. 6-9pm, Sat. 8am-4pm, Sun. 8am-4pm. **Cost:** \$400\* (first payment)

(\*Total cost of class is \$3200. First payment is made when you register online. Balance is broken up and paid to Shore Point Yoga.) In this training, you will learn the traditional teaching & methodologies of a 200 hour YTT w/emphasis placed on the healing aspects of yoga & developing your teaching specialty. To support you in developing your niche, you will study with Brian Critchley & Sarah Stevenson, both experienced & well trained Yoga Alliance Teachers. Brian has vast experience in teaching yoga (ERYT 200), training students, & working as a Reiki Master, massage therapist & Life Coach. Sarah has been teaching yoga for 11 yrs. & is certified as a 200 ERYT, Children's Yoga Teacher & Prenatal Yoga Teacher. To learn more about this program, visit: [www.shorepointyoga.com](http://www.shorepointyoga.com) or call Sarah at 732-598-3801.



### **Tai Chi Fusion w/ Jennifer**

~held at Rec Center & runs for 6 weeks~

This class will focus on improving your health by integrating your body, mind & spirit. Some of the benefits of Tai Chi include: improving your balance, toning & strengthening your body, increasing your flexibility, calm your nervous system, create greater mindfulness & increase your energy & stamina. Tai Chi moves at a slow, comfortable pace which is great for adults of all ages. \*Please arrive 15 minutes early for the first class. Wear comfortable clothes, bring water to drink & a towel.

**Date:** Mon. 1/8/18 **Time:** 6:30-7:30pm **Ages:** 16+yrs. **Cost:** \$95



### **Casino Bus Trip to Resorts, Atlantic City**

~Bus departs from Rec Center at 9:00am/returns at 6:45pm~

**Date:** Wed. 2/28/18 **Cost:** \$35pp

Ride with us to exciting Atlantic City! The \$35pp charge includes your show ticket, \$10 in slot play & the driver's gratuity. Enjoy the show with John Ciotta. John has been exciting audiences world-wide for years as an entertainer, singer and percussionist. His tribute to the great entertainers – from Sinatra, Dean Martin and Bobby Darin to Michael Buble, Neil Diamond, the Motown Greats and more – is performed in John's unique and inimitable style.





### Challenger Basketball

~held at Memorial Middle School~

This program is for children with mental/physical challenges ages 5 and up. This is for both boys and girls.

**Date:** Sat. 1/6/18      **Time:** TBD, approximately 11am      **Cost:** No charge

For more information contact Jean Herrington @ 732-899-4751 / herrington8@comcast.net



### Kids & Tweens Yoga

~held at Shore Point Yoga, 2811 Bridge Ave. PP~

\*Classes run for 8 weeks\*



**Kids Yoga**    **Ages:** 5-8yrs.    **Date:** Thur. 1/4-2/22    **Time:** 4:00-4:45pm    **Cost:** \$90

Cooperative games, theme activities, storytelling, music & art engage the natural energy & enthusiasm of the 5, 6, 7 & 8yr. old child. Classes explore yoga poses, breathing exercises, visual imagery & relaxation techniques while conveying lessons in self-expression, body image, social skills, positive thinking & environmental awareness.

**Tween Yoga**    **Ages:** 9-12yrs.    **Date:** Thur. 1/4-2/22    **Time:** 5:00-5:45pm    **Cost:** \$90

Kindling the maturing independence of 9,10,11 & 12 yr. olds, these classes encourage a deeper sense of body awareness, self-exploration & interpersonal skills. Alive with flowing sequences, balancing poses, breathing exercises & creative relaxation techniques, children are sure to relish in themselves. Partner poses & cooperative yoga games inspire a positive peer interaction that they are sure to carry into their everyday lives.



### BOOT CAMP CLASSES

~held at Shore Point Fitness, 2807 Bridge Ave. PP~

**Kid's Boot Camp**    **Ages:** 9-12yrs.    **Wed.** 1/3/2018    **4:00-5:00pm**    **Cost:** \$50

This class will run for 8 wks. We will do workouts using body weight such as jumping jacks, jump rope, squat thrusts & walking lunges. We will also be using some basic equipment like resistance bands, battling ropes, & medicine balls. Each week we will have a new "challenge"!

**Teen Boot Camp**    **Ages:** 13-17yrs.    **Mon.,Tues. & Thurs.** starting 1/2/18    **5:15-6pm**    **Cost:** \$50

This 45 min. class runs 3X wk. for 4 weeks. We do workouts using body weight such as jumping jacks, jump rope, squat thrusts & walking lunges. We will also be using some basic equip. (see above class) We will be sure to get the feet moving & the heart pumping.

### Dance Classes

~held at Shore Dance Center 632 Ocean Rd.- Classes run for 6 weeks~

~ALL CLASSES ARE DROP OFF, PARENTS DO NOT STAY~



**PS Ballet**    **Age:** 3-4yrs.    **Time:** 9:30-10:15am    **Date:** Tues. 1/2/18    **Cost:** \$50

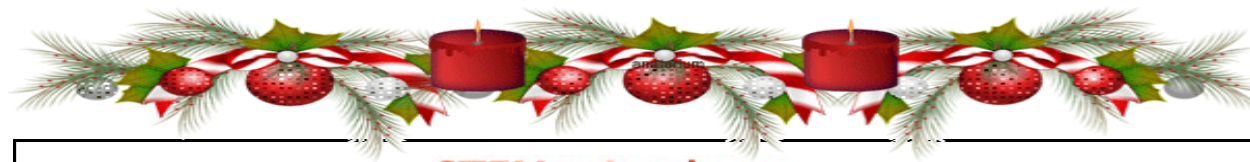
\*\*Wear leotard/tights and ballet shoes\*\*

**Hip Hop**    **Age:** 6-8yrs.    **Time:** 4:30-5:15pm    **Date:** Tues. 1/2/18    **Cost:** \$50

\*\*Wear anything comfortable-tee shirts, shorts, sweatpants. No jeans. Wear sneakers\*\*

**Ballet/Tap**    **Age:** 4-6yrs.    **Time:** 3:45-4:30pm    **Date:** Fri. 1/5/18    **Cost:** \$50

\*\*Wear leotards/tights, ballet shoes & tap shoes\*\*



### STEM+ Academy *Where learning meets the future.*

~Held at STEM+ Academy 529 Bay Ave. PPB & runs for 4 weeks~

**LEGO Robotics** – **Grades:** K-8    **Date:** Tues.1/2-1/23/18    **Time:** 4:30-5:30pm    **Cost:** \$50

Students are introduced to the basics of robotics while working hands-on with various LEGO robotic systems, including Mindstorms, Mindstorms NXT & EX3. Students design and construct different robots & then use computers to teach them to move, react & solve various challenges.

**Minecraft Madness**– **Grades:** K-8    **Date:** Tues. 1/2-1/23/18    **Time:** 5:30-6:30pm    **Cost:** \$50

Students join our networked server to accomplish different tasks, challenges & quests in varying Minecraft worlds chosen for their educational value. Children do not need a Minecraft account to participate in the class.



### Mindfulness & Meditations for Kids, Tweens & Teens

~classes will run for 6 wks. @ the Rec Center~



Meditation helps kids reduce anxiety, gain confidence, strengthen academic skills, improve sports performance and promote inner peace. These classes will explore a variety of tools such as breathing practices, visualization, mindfulness, and positive thinking to help your child reduce stress and maintain inner peace in difficult situations and in their daily life. No previous experience is necessary.

~No classes on 1/15, 2/12 & 2/19~

**Date:** Mon.1/8– 3/5/18      **Age:** 6-11yrs.      **Time:** 4:30-5:15pm      **Cost:** \$80

**Age:** 12+yrs.      **Time:** 5:30-6:15pm      **Cost:** \$80



## NEW Young Rembrandts

~Classes held at the Rec Center & run for 8 weeks~



**PS DRAWING** Ages: 3 1/2 -5yrs. Date: Tues. 1/2-2/20/18 Time: 5-5:45pm Cost: \$118

The long winter months can easily lead to boredom or restlessness. Alleviate any creative dormancy with a fun-filled Young Rembrandts class! We begin the season with a lesson that teaches our students about shape recognition as they create a colorful pattern using basic geometric shapes. Winter themed lessons like our snow dome & ice skate drawings will excite the imagination. Illustrations featuring a cuddly kitten & monstrous tyrannosaurus rex will provide a great introduction to drawing animals.

**ELEMENTARY DRAWING** Ages: 6-12yrs. Date: Tues. 1/2-2/20/18 Time: 6-7pm Cost: \$118

Young Rembrandts artists will draw ALL NEW lessons this winter. Colorful pop art dog, incredible relevant art history & a powerful unicorn are just a few of the drawings they'll learn & LOVE. Good color selection & proper technique will be emphasized in all of our lessons. They'll build on their skills but also have a ton of fun while drawing & personalizing cool things like a soccer player, pineapple & a robot lesson.

**CARTOON DRAWING** Ages: 8-12yrs. Date: Tues. 1/2-2/20/18 Time: 7-8pm Cost: \$118

Encourage your child's enthusiasm for art & help develop his or her drawing skills with a Young Rembrandts drawing class. Our cartoon drawing lessons will stoke your child's artistic fire. Your child will learn animation techniques in our anime-themed expression lesson. Your child will also learn personification as they transform ordinary cameras into fully realized cartoon characters. Learning to tell a story through a series of drawings will be the focus in our illustrations featuring a humorous drive-thru sequence & a colorful piñata sequence.

## NEW Enspirited Projects Theatre Comedy Class

~held at the Rec Center & runs for 5 weeks~

ENSPiRITED PROJECTS



Date: Wed. 1/3-1/31/18 Grades: 1-5 Time: 6-7pm Cost: \$120

Love to laugh, perform and have fun? Try out our new Theatre Comedy Class. Learn improvisation and theatre skills in this 5 week workshop filled with creativity, games and goofy characters. The class culminates in an improve comedy show for the entire family and friends.

## After School Bowling Fun

~held at Sea Girt Lanes Rt. 35, Wall & runs for 10 weeks~



Date: Wed. Jan. 3, 2018 Time: 5-6:30pm Ages: 5yrs.+ Cost: \$120

Bumpers will be used for the younger ages. There will be 90 minutes of bowling each week. The first 6 wks. will be all instructional & the last 4 weeks we will track averages. Parents can also bowl if they sign up and pay. Everyone will get a bowling ball custom drilled by the 3rd week & there will be a pizza party at the end along with trophies.



## Microsoccer

~Held at Rec Center & program runs for 8 weeks~

Cost: \$45 per 8 week class

~No classes on 1/15, 2/12, 2/19~



Date: Mon. 1/8- 3/19/18

Time: 2-3pm

Ages: 3-4yrs.

Date: Mon. 1/8- 3/ 19/18

Time: 3-4pm

Ages: 3-4yrs.

Date: Mon. 1/8- 3/19/18

Time: 4:15-5:15pm

Ages: 5-7yrs.

Date: Mon. 1/8- 3/19/18

Time: 5:15-6:15pm

Ages: 5-7yrs.

**\*\*Every participant receives a tee shirt\*\***



## Learn to Ice Skate

~Held at Ocean Ice Palace, Chambersbridge Rd. Brick~



**Tiny Tot Skaters Cost: \$119 for 6 wks.**

Session I- Tues. 1/2-2/6/18

Time: 10:30-11:00am

Age: 2-4yrs.

Session I- Tues. 1/2-2/6/18

Time: 11:00-11:30am

Age: 2-4yrs.

Session I- Wed. 1/3-2/7/18

Time: 10:30-11:00am

Age: 2-4yrs.

Session II- Tues. 2/13-3/20/18

Time: 10:30-11:00am

Age: 2-4yrs.

Session II- Tues. 2/13-3/20/18

Time: 11:00-11:30am

Age: 2-4yrs.

Session II- Wed. 2/14-3/21/18

Time: 10:30-11:00am

Age: 2-4yrs.

**Youth Learn to Skate Cost: \$119 for 6 wks.**

Session I- Sun. 1/7-2/25/18

Time: 2:50-3:20pm

Ages: 5-12yrs.

\*class on 1/14 & 1/21 will be 2:10-2:40pm. **No classes** 2/4 or 2/18\*

Session II- Sun. 3/4-4/22/18

Time: 2:10- 2:40pm

Ages: 5-12yrs.

**\*No classes** 3/11 or 4/1\*



\*Bike/Hockey helmet recommended. Skate rental is included for both age groups. For Youth Skate (5-12yrs.), 1 hour free open skate session after class is included\*



MASTER SUE-ZEN'S DOJO

## Children's Martial Arts & Personal Safety

~held at Recreation Center & runs for 8 wks.~



Ages: 4-10yrs.

Date: Fri. Jan. 5th

Time: 4:30-5:30

Cost: \$100

We will teach your children the warning signs and threats to their safety, how to set boundaries, understand verbal abuse, keep a safe distance and avoid or escape an attacker. We also teach traditional Martial Arts basics. Classes are fun, educational and age appropriate.

\*Each student will receive a uniform and a belt\*