

Special Events & Activities

Movie Night

~At Community Park~

Paddington 2

Rated PG



Date: Friday Sept. 14, 2018

Time: Dusk

Cost: N/C

Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy's 100th birthday, only for the gift to be stolen.

~All minors **MUST BE** accompanied by an adult~
Our concession stand will be open



HAUNTS IN THE PARK

~held at Community Park~

Date: Friday, Oct. 26, 2018

Time: 6-10pm

Cost: \$4.00/ under 10yrs. \$2.00



This is one stroll through the park that you will never forget! Enter our haunted trail through the twisted, gnarled old trees that provide shelter for those that lie waiting for unsuspecting visitors. Watch your backs as well as your fronts and sides because you never know which way the scares may come from!! You can **TRY** to squeeze past all the ghosties and ghoulies and long legged beasts that are just dying to greet you without letting out a scream or two or three!! *The Haunted Trail may not be appropriate for the very young*

For those that aren't as daring but still want to have some fun, we'll have a Halloween-themed bounce house, a DJ playing Halloween tunes to get all the little goblins dancing, pumpkin decorating will be going on and a few other things to keep the night an entertaining one for all !!



FALL BINGO & CRAFT FUN

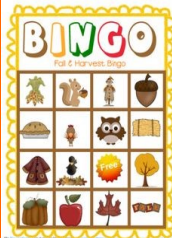
~held at the Recreation Center~

Date: Wed. Nov. 7, 2018

Ages: 5-8yrs.

Time: 5:30-7pm

Cost: \$15



You will be amazed at how much the children love BINGO! Be the first to mark off all the pictures that are called and win a prize. There will also be a Scarecrow craft and some great treats to take home when it's all done!!



POINT PLEASANT RECREATION

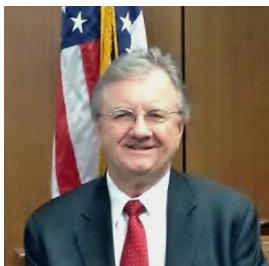


FALL SCHEDULE 2018





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



Mayor Sabosik



Council President Borowsky



Councilman Wisniewski



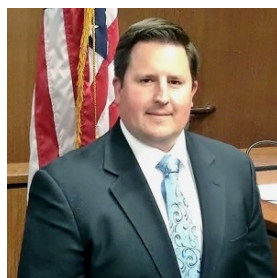
Councilwoman Depaola



Councilman Furmato



Councilwoman Snyder



Councilman Thulen



Shore Point Yoga

~held at Shore Point Yoga 2811 Bridge Ave. PP~
Classes run for 4 weeks

Adult Unltd. Monthly Membership Ages: 16yrs+ Date: 10/1 Cost: \$65

Participants have **unlimited access to all of the classes** on the studio schedule for the 4 weeks. (<http://shorepointyoga.com/class-schedule/>) Participants will have access to any class on the schedule. The classes include Hatha, Vinyasa, Flow, Gentle & Beginner. Options on every pose can be given to suit nearly anyone's level.

Intro to Yoga Ages: 16yrs+ Date: Sun. 9/30 Time: 6-7:30pm Cost: \$75

This class series is perfect for the yoga newbie. Students will learn what yoga is, it's purpose and how it differs and compliments other forms of movement and exercise. Students will learn that yoga is more than just exercise. They will learn how to begin a practice to strengthen, create space in their body, relax and destress. Pranayama (breathing) and meditation techniques will be included. Join Nicole to begin your yoga journey in a supportive, informative & welcoming environment. This series will include discussion & movement and students will have the opportunity to ask questions.

Essential Yoga w/Alicia Ages: 16yrs+ Date: Sun.11/4 Time: 1-3pm Cost: \$115

Over the course of this 4 week series we will explore the Eight Limbs of Yoga, meditation & a gentle introduction to the physical practice of yoga with a focus on breath. Each class will be infused with Reiki healing energy and essential oils.



PEDIATRIC HEART SAVER CPR CLASS

Date: Wed. Oct. 10, 2018 Time: 7:00-10:00pm
Cost: \$30 Ages: 16yrs.+ Location: Rec Center Classroom

This class is designed for Mom, Dad & even the babysitter and for those that are required to be certified by work, school, community activities, etc. We will go over cardiopulmonary resuscitation for infants (ages: newborn-1yr.) & children (ages: 2-12yrs.) Choking procedures for both conscious & unconscious children & infants and rescue breathing for both children & infants. A two year course completion certificate will be issued to all those who successfully complete the class.



Casino Bus Trip to Resorts, Atlantic City

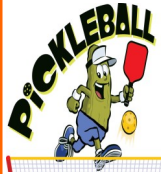
~Bus departs from St. Martha's Church at 9am / returns at 6pm~



Date: Wednesday, 11/28/18 Cost: \$35pp

Ride with us to exciting Atlantic City! The \$35 pp charge includes motor coach transportation, your show ticket, \$15 in slot play and the driver's gratuity. Enjoy the show with Michael McGeehan. Relive some of America's biggest hits of the 50s through the 70s from artists like Frank Sinatra, Johnny Mathis, Elvis Presley and more! As well as some famous numbers from the Broadway stage! All delivered by Michael McGeehan's power vocals in his new, fun, lively and interactive show!





PICKLEBALL

~Held at the Recreation Center~

Days: Mon./Thur. (starts 10/1-12/6/18)
Ages : 18yrs.+

Time: 7-9pm
Cost: \$10 season

Stop being a couch potato and 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 if you don't have your own. Join us !!



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

~held at St. Martha's Church 3800 Herbertsville Rd. Pt. Pleasant, NJ~



Come out and join with friends to participate in various fun-filled activities & senior programs. These activities & programs will be held on Tuesdays, Wednesdays & Thursdays from 9am-3pm.

Tuesdays- Sept.11 & Oct.16- Blood pressure & glucose testing at 11:30am. Ocean County Health Dpt. will be here on 9/25 from 10am til noon & also on Tuesdays- cards, socialization & mahjong. Gentle Stretching class 10-11am. No charge.

Wednesdays- Gentle Stretching class 10-11am no charge, Ceramics class 12:30-2pm \$5 per person. Oct. 31 Halloween Party \$4 per person, includes entertainment & Taco lunch. Call for schedule. Also on Wednesdays-cards, socialization & mahjong.

Thursdays- Senior Fitness class 10-11am No charge. Nov.15 & Dec.13-Blood pressure & glucose testing at 11:30am. Dec.6- Christmas Party, \$5 per person includes entertainment and catered luncheon. Cards, socialization, mahjong and at 12pm- knitting.

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



Intro to Stand Up Paddleboarding

~Held at Riverfront Park. If necessary we reserve the right to revise location for safety reasons because of wind and/or water conditions~



Date: Sat. Oct. 6, 2018 **Ages:** 12yrs.+ **Time:** 10am-12pm **Cost:** \$65per class

This intro "flat-water" class on the Manasquan River will take place on both the land & in the water. Our main objective is to teach you the basics & get you up & paddling in no time. We will go over SUP safety, regulations & etiquette, board & paddle selection & sizing, proper paddling & stroke technique. Most importantly you'll have lots of fun! Our instructors are World Paddle Assoc. certified & have multiple years of both flat-water & ocean SUP experience.

~Cold bottled water will be provided.~ *All equipment will be provided. Some may prefer to bring their own. Students should bring a hat, sunglasses with a cord, sunscreen & dress appropriately. *



REGISTRATION INFORMATION

POLICY- Residents of POINT PLEASANT BOROUGH can register beginning Wednesday Sept. 12, 2018 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 online. Payments can be made by credit or debit cards online. Check payments can be made in person only, made payable 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 and policies. Registration will close out at the end of the day on Wednesday Sept. 26, 2018. *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 RECREATION CENTER AT: 892-5813.

PRESCHOOL

ACTIVITY	AGE	DAY	START	TIME	LENGTH	FEE
KINDERSCHOOL	4-5	M-W-F	Sept.17th	8:30-2:00	36WKS	\$2235
KINDERSCHOOL	4-5	M-W-F	Sept.17th	9:00-2:30	36WKS	\$2235
KINDERSCHOOL	4-5	TU/THR	Sept.18th	11:15-3:15	36WKS	\$1080
LITTLE LEARNERS	3-4	TU/THR	Sept.18th	8:00-11:00	36WKS	\$810
LITTLE LEARNERS	3-4	TU/THR	Sept.18th	8:45-11:45	36WKS	\$810
LITTLE LEARNERS	3-4	TU/THR	Sept.18th	12:00-3:00	36WKS	\$810

Registration secures a child's spot in the program for the entire year, pending prompt payment of the preschool monthly fees. These classes will be paid monthly, broken up into 10 payments due on the FIRST of the month. First payment is due at sign up in April then monthly payments start on June 1st through February 1st. PROOF OF RESIDENCY AND BIRTH CERTIFICATES WILL BE REQUIRED. Registration for the above classes was held in April 2018. Contact 892-5813 to see if openings still exist.

PRESCHOOL ACTIVITIES

Activity	Age	Day	Start	Time	Length	Fee
Tiny Tots	18mths	Tues.	Oct. 2nd	10-11am	10 wks.	\$40♥
Tiny Tots	18mths.	Tues.	Oct. 2nd	11-12	10 wks.	\$40♥
Parenting Playdate/ 1 child	1-4yrs.	Tues.	Oct. 2nd	9-10am	10 wks.	\$40♥
Parenting Playdate/ Family (up to 3-addtl. @ \$35 each)	1-4yrs.	Tues.	Oct. 2nd	9-10am	10 wks.	\$50♥
Gym w/Mom	2 1/2 -3yrs.	Mon.	Oct. 1st	10-10:45am	10 wks.	\$40♥
NEW! Kids Fitness & Games	3 1/2 -4yrs.	Wed.	Oct. 3rd	11-12	10 wks.	\$40
Gymnastics	4yrs.	Thur.	Oct. 4th	11:30-12:30	10wks.	\$40
Kindersports	4-5yrs.	Thur.	Oct. 4th	1-2pm	10wks.	\$40
Kindersports	4-5yrs.	Thur.	Oct. 4th	2-3pm	10wks.	\$40
Story & Craft	2yrs.	Thur.	Oct. 4th	9-10am	10wks.	\$40♥
Story & Craft	3yrs.	Thur.	Oct. 4th	10-11am	10wks.	\$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.

YOUTH ACTIVITIES

ACTIVITY	AGE	DAY	START DATE	TIME	LENGTH	FEE
Biddy Basketball	Gr.1-2	Tues.	Oct. 2nd	5:15-6:15pm	10 wks.	\$50✓
Biddy Basketball	Gr.1-2	Tues.	Oct. 2nd	6:15-7:15pm	10 wks.	\$50✓
Biddy Basketball	Gr. 3	Tues.	Oct. 2nd	7:15-8:15pm	10 wks.	\$50✓
Agility Adventures	5-8yrs.	Thur.	Oct. 4th	4:30-5:30pm	10 wks.	\$50
Agility Adventures	5-8yrs.	Thur.	Oct. 4th	5:45-6:45pm	10 wks.	\$50
Tennis	6 & 7 yrs.	Tues.	Oct. 2nd	5-6pm	7 wks.	\$45*
Tennis	8 & 9yrs.	Tues.	Oct. 2nd	6-7pm	7 wks.	\$45*
Tennis	10-12yrs.	Wed.	Oct. 3rd	5-6pm	7 wks.	\$45*
Tennis	13-16yrs.	Wed.	Oct. 3rd	6-7pm	7 wks.	\$45*
Tennis	6 & 7yrs.	Thur.	Oct. 4th	5-6pm	7 wks.	\$45*
Tennis	8 & 9yrs.	Thur.	Oct. 4th	6-7pm	7 wks.	\$45*

✓Children may participate in Biddy Basketball until the 3rd grade.
 *You will need your own tennis racket
 ~~~Parents **DO NOT stay unless otherwise noted**~~~  
**\*\*NO classes on 11/6/18\*\***



### 2018 / 2019 Winter Youth Basketball League

~games will run for 10 wks. @ Ocean Rd. School~



**Cost: \$60**

**Girls BB-** Division I Grades- 4 & 5  
 Division II Grades- 6-8

**Boys BB-** Division I Grades- 4 & 5  
 Division II Grades- 6-8

**\*This is for the Winter season. It will start the week of December 3rd\***  
**~SPONSORS & COACHES NEEDED~**

### NEW Keep calm & put your lab coat on

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

**Date:** Wed. Oct.3, 2018 **Times:**4-5pm **Ages:** 7-11yrs. **Cost:** \$80  
**OR** 5-6pm

Did you ever wonder what it would be like to become a scientist? Now is the time for you to find out. Immerse your child into the inviting world of Science! Jr. Scientists can explore all branches of science through many "hands on" experiments from chemistry, to geology & biology to astronomy. The sky is the limit to what your child can investigate!!



## ADULT ACTIVITIES

|                 |               |       |        |        |         |       |
|-----------------|---------------|-------|--------|--------|---------|-------|
| Tennis          | Adult Begin.  | Tues. | Oct. 2 | 7-8pm  | 7 weeks | \$45* |
| Tennis          | Adult Interm. | Wed.  | Oct. 3 | 7-8pm  | 7 weeks | \$45* |
| Volleyball/CoEd | 18yrs.+       | Tues. | Oct. 2 | 9-11pm | Season  | N/C   |

**\* You will need your own tennis racket\***



### BOOT CAMP CLASSES

**NEW LOCATION**~held @ Shore Point Fitness, 626 Ocean Rd. PP~

**Adult Unlimited Monthly Membership-**  
**Starts** Week of Mon. 10/1-10/31

**Ages:** 16+yrs.  
**Cost:** \$55

Participants will experience an exciting hour of high intensity strength & cardio exercises designed to challenge strength & endurance while burning mega-calories. The workout moves quickly, taking you from one exercise to the next with little or no rest using equipment such as 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. **\*Participants have access to all of the classes on the gym schedule for the 4 weeks, see: <http://www.shorepointfitness.com> (Mon.-Sat.)\* 9:15am classes include childcare.**

#### Men's Health Training Program-

**Starts** Week of 10/2/18 Tues/Thurs. **Time:**7-8pm **Ages:** 18yrs.+ **Cost:** \$260

This class is for everyone. All current levels of fitness are encouraged. Adjustments will be made if needed. **It's not just about the 6 wks.** We provide information that will allow the participants to work towards an all-around healthier life for years to come. Who doesn't need that? Participants will have 2 Small Group Training (private) sessions per week (Tues.& Thur. nights 7-8pm) + access to any classes from the regular open schedule. We do it right! Here's what you'll get: 2 group workouts a week, Unlimited access to classes from the Open Gym Schedule, 1 on 1 group health & nutrition guidance, help with goal setting, planning, etc. and unlimited access to coaching between sessions.



#### Beach Yoga with Sarah

~held at Maxson Ave. Beach & runs for 8 wks.~

**Date:** Sun.9/23/18  
**Ages:** 12yrs.+

**Time:** 9-10am  
**Cost:** \$95

Join Sarah Stevenson, CEO of Mindful Educational Services & experienced 200 hr. registered Yoga Teacher for both children & adults as she leads you through a mixed level yoga class on the beach! Embrace where you live as the natural environment of sun, sand, and water will enhance your practice. All abilities welcome. Bring a large towel instead of a mat.



## NEW G-Funk's Friday Night Fit Club

~held at Pt. Pleasant Rec Center~

Need a night out? Drop off your kids to one or more of these exciting nights full of fun !! G-Funk Entertainment is a fitness business that promotes physical wellness, sportsmanship, fun and safety. We bring the fitness fun to kids. There will be fitness games and activities which focus on respect, teamwork and effort. We'll have age appropriate structured sports, music and FUN !! Bring the energy, we guarantee to tire them out !! Sign up for one night or all seven!

**Ages:** 5-10yrs. **Time:** 6-8pm **Cost:** \$25 per night

**Dates:** (chose one or more) Fri. 10/5, Fri. 10/12, Fri. 10/19, Fri. 10/26, Fri. 11/2, Fri. 11/9. Fri. 11/16

\*\*Please have your child wear appropriate clothing and sneakers and bring a water bottle.\*\*



## STEM+ Academy

Where learning meets the future.

~Held at STEM+ Academy 529 Bay Ave., PPB & each class runs for 4 wks.  
Chess Tournament is 1 day each date ~

### OCTOBER

**Programming with Roblox** Grades: 3-8 **Date:** Tues. 10/9-10/30 **Time:** 4:30-5:30pm **Cost:** \$70  
Students will learn all about the Roblox Studio program & begin the process of creating their very own Roblox world. Children will even be writing a bit of Lua code to make their games fun & exciting. Children will need to have their own Roblox account (free) which allows them to be able to keep their creations after finishing their course.

**Lego Robotics Musical Bots** Grades: K-8 **Date:** Thr. 10/11-11/1 **Time:** 4:30-5:30pm **Cost:** \$70  
Children will build, program and play their creations like a Rock Star !!

**Minecraft Madness: Volcano Island** Grades: K-8 **Date:** Fri. 10/12-11/2 **Time:** 4:30-5:30pm **Cost:** \$50  
Students learn to think strategically & to work together to accomplish their goals in our networked server. Students do not need a Minecraft account.

### NOVEMBER

**Making Video Games w/Scratch** Grades: 3-8 **Date:** Tues. 11/6-11/27 **Time:** 4:30-5:30pm **Cost:** \$70  
Students use the Scratch programming language to learn the basics of computational thinking and video game development which they will then use to make fun games they can share with friends.

**LEGO Robotics Tug-of-War** Grades: K-8 **Date:** Thr. 11/8-12/6 **Time:** 4:30-5:30pm **Cost:** \$70  
Kids will build and program robots for the tug-of-war challenge. The competition involves each team's robot pulling it's opponent over the middle line. Strategizing and tinkering with the robot's design will be the emphasis for the course.

**Minecraft Madness: Shipwrecked** Grades: K-8 **Date:** Fri. 11/9-12/7 **Time:** 4:30-5:30pm **Cost:** \$50  
Students learn to think strategically & to work together to accomplish their goals in our networked server. Students do not need a Minecraft account.

**Chess Quad Tournament** **Grades:** K-8 **Date:** Sat. 9/29 **Time:** 1-3pm **Cost:** \$40  
**Grades:** K-8 **Date:** Sat. 10/27 **Time:** 1-3pm **Cost:** \$40

This is a US Chess Federation (USCF) rated scholastic chess quad tournament (all participants must be a USCF member, membership registration can be done at the Academy or the day of the tournament) Players are placed in 4-member sections or quad based on age experience and skill level. Players then play all the members of their quad for a total of 3 games. These quads are a nice way for new players to experience tournament play. And they also provide an opportunity for all the players to hone their skills and build their ratings.



## Young Rembrandts

~held at the Rec Center and run for 8 weeks~



**PS Drawing- Ages:** 3 1/2—5yrs. **Date:** Tues. 10/2-11/27 **Time:** 4:30-5:15pm **Cost:** \$118  
Learning to draw basic shapes is an essential building block for every artist. Our lady bug and gumball machine lessons provide excellent practice for drawing circle shapes. From there, lessons will become more challenging. The clown puppet and Frankenstein monster are great introductions to character drawings. Other drawings like the delicious candy bag and beautiful fall scene will strengthen your child's compositional skills all while having fun!

**Elementary Drawing- Ages:** 6-12yrs. **Date:** Tues. 10/2-11/27 **Time:** 5:30-6:30pm **Cost:** \$118  
Our Fall lessons will introduce students to a fascinating world of color, pattern and design. Keeping with the season, students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers. Young artists will complete a masterpiece in each class.

**Cartoon Drawing- Ages:** 8-12 **Date:** Tues. 10/2-11/27 **Time:** 6:45-7:45pm **Cost:** \$118  
Does your child have a great sense of humor to compliment their artistic skills? If so, your child will love our Young Rembrandts Cartoon drawing class. In our goofy animal portrait lesson, students will learn how to personify animals by transforming them into cartoon characters. The importance of facial exaggeration and body gesture will be showcased in our illustrations featuring baseball characters and ogre expressions. Students will learn artistic techniques and have fun too!

**\*\*NO CLASSES ON 11/6/18\*\***

## Skateboarding Classes

~held at Skate Park on Rt. 88, Pt. Pleasant~



| Activity      | Ages     | Day      | Start Date | Time      | Length | Fee  |
|---------------|----------|----------|------------|-----------|--------|------|
| Beginners     | 5-8yrs.  | Saturday | 9/29/18    | 8-9am     | 7 wks. | \$85 |
| Intermediates | 5-8yrs.  | Saturday | 9/29/18    | 9-10am    | 7 wks. | \$85 |
| Beginners     | 9-13yrs. | Saturday | 9/29/18    | 10-11am   | 7 wks. | \$85 |
| Intermediates | 9-13yrs. | Saturday | 9/29/18    | 11am-12pm | 7 wks. | \$85 |
| Beginners     | 5-8yrs.  | Sunday   | 9/30/18    | 8-9am     | 7 wks. | \$85 |
| Intermediates | 5-8yrs.  | Sunday   | 9/30/18    | 9-10am    | 7 wks. | \$85 |
| Beginners     | 9-13yrs. | Sunday   | 9/30/18    | 10-11am   | 7 wks. | \$85 |
| Advanced      | 5-13yrs. | Sunday   | 9/30/18    | 11am-12pm | 7 wks. | \$85 |

**\*Helmets and wrist guards are required\***

~The maximum number of participants in each class is 10~



## After School Bowling

~held at Ocean Lanes, corner of Rt.88W & Lanes Mill Rd. Lakewood~



**Date:** Tues. 10/2-11/6/18 **Time:** 4:30-5:45pm **Ages:** 6-19yrs. **Cost:** \$76

Bowlers will bowl 3 games each week. The program runs for 6 weeks. The weekly shoe rental, weekly awards and then trophy and pizza on the last day all included.





### Dance Classes

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

**PS Ballet** Ages: 3-4yrs. Time: 9:30-10:15am Date: Thur. 10/4/18 Cost: \$50  
\*\*wear leotards/tights and ballet shoes\*\*

**Acrobatics** Ages: 4-5yrs. Time: 10:30-11:15am Date: Thur. 10/4/18 Cost: \$50  
\*\*wear leotards, footless tights or leggings\*\*

**Ballet/Tap** Ages: 4-6yrs. Time: 3:45-4:30pm Date: Thur. 10/4/18 Cost: \$50  
\*wear leotards/tights, ballet shoes & tap shoes\*

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

### Children's Martial Arts & Personal Safety

~Held at the Rec Center & runs for 8 wks.~



Ages: 4-10 yrs. Date: Fri. Oct.5, 2018 Time: 4:30-5:30pm 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 (Gi)\*



### Mindfulness and Meditation for Children

~Classes will run for 6 weeks @ the Rec Center~



Children will learn various techniques that help to reduce anxiety, cultivate imagination, gain confidence and promote inner peace. All classes include a warm up activity or story, a short guided meditation, class discussion and finish with an art activity to help reinforce what they have learned. No previous experience is necessary.

Date: Mon. Oct. 1, 2018 Cost: \$80  
Ages: 6-11yrs. Time: 4:30-5:15pm Ages: 12+yrs. Time: 5:30-6:15pm

\*you may want to bring your own yoga mat-that is optional\*

### MICROSOCCKER

~held at the Rec Center & runs for 6 weeks~



Date: Mon. Oct.1, 2018  
Ages: 4&5yrs. Time: 2:00-3:00pm Cost: \$45  
Ages: 4&5yrs. Time: 3:00-4:00pm Cost: \$45  
Ages: 6&7yrs. Time: 4:15-5:15pm Cost: \$45  
Ages: 6&7yrs. Time: 5:15-6:15pm Cost: \$45

\*This is a drop-off program, parents **DO NOT** stay\*

### NEW Magic Classes

~held at the Recreation Center & runs for 5 wks.~



Date: Thur. Oct. 4, 2018 Time: 6-7:30pm  
Ages: 8-12yrs. Cost: \$148



Take an adventure into the world of magic. Learn how to read people's minds, make money appear out of nowhere and travel through time with a magic bandana. Each lesson comes with a custom magic prop, a magic top secret file folder with bonus tricks, tips, fun facts, and a secret bonus trick. Each young magician will also practice the 8 traits of a true magician, which include being: respectful, prepared, enthusiastic, confident, humble, creative, authentic, and giving. At the end of the course students will participate in a student show for family and friends and have a graduation ceremony where they will receive a graduation certificate & special graduation wand. ~Instructor is from AcademyofAmazement.com~



### Jr. Wrestling

~held at High School Auxiliary Gym~



This program is instructional and gives your child a chance to see if they really like the sport of wrestling. It's a great way to start out before moving on to tournaments and wrestling clubs. This program is strictly non-competitive.

~Headgear is required.~

Grades: K-2 Days: Tue./Thur. Starts: 12/4 -2/14/19 Time: 6-7pm Cost: \$60  
Grades: 3-5 Days: Tue./Thur. Starts: 12/4 -2/14/19 Time: 7-8pm Cost: \$60



### BOOT CAMP CLASSES

NEW LOCATION ~held @ Shore Point Fitness, 626 Ocean Rd. PP~

**Kids Boot Camp** Ages: 9-12yrs. Date: Wed.10/3/18 Time: 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." Whether it be team, partner or individual challenge, we will be sure to get the feet moving & the heart pumping!

**Teen Boot Camp** Ages: 13-17yrs. Date: Mon.,Tues.,Thurs. starting 10/1/18 Time: 5:15-6pm Cost: \$50

This 45 minute class runs **3X a week for 4 wks**. We 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. We will be sure to get the feet moving and the heart pumping. Participants have unlimited access to all of the classes on the gym schedule for 4 wks beginning 10/1 through 10/31 on Mondays, Tuesdays & Thursdays.



### SHORE POINT YOGA

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

**Kids Yoga** Ages: 5-8yrs. Date: Tues. 10/2/18 Time: 4-4:45pm Cost: \$95

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

**Tween Yoga** Ages: 9-12yrs. Date: Tues. 10/2/18 Time: 5-5:45pm Cost: \$95

Kindling the maturing independence of 9-12 yr olds, this class encourages a deeper sense of body awareness, self-exploration & inter-personal skills. Alive with flowing sequences, balancing poses, breathing exercises & creative relaxation techniques, children are sure to relish in themselves. Class runs for 8 wks.

**Mindfully Empowered** Grades: 6-8th/girls Date: Mon. 9/24/18 Time: 4:45-6pm Cost: \$80

Join Nellie Bennett's Katie Herson, for 5 weeks of positive affirmations, breathwork, yoga and self reflection through guided journaling. This workshop is intended to promote confidence and mindfulness in the developing minds of middle school aged girls. Class runs for 5 wks.



### Panther Basketball Academy

~held at Memorial Middle School & run for 4 wks.~



Grades: 1-4 Boys & Girls Tues. & Wed.10/2/18-10/24/18 Time: 6-7pm Cost: \$120  
Grades: 5-8 Boys & Girls Tues. & Wed.10/2/18-10/24/18 Time: 7-8:30pm Cost: \$170

During each of these sessions we will focus on developing each players individual offensive basketball skills. Passing, shooting, ball handling & finishing will be drilled in every session. Our goal is to develop a complete basketball player. We teach the fundamentals with the emphasis on fun. Whether you are advanced or a beginner each one of these workouts will help you to expand your individual game. Boys and girls of all levels welcome!!