



Winter Recreation Schedule

2024

Registration Information

Opens:

Wednesday, December 13th at 10:00AM for Borough Residents

Friday, December 15th at 10:00AM for Non– Borough Residents

Closes: When programs are full, registration after January 2nd will incur a \$10 price increase per program. Programs with low enrollment will be canceled on December 22nd.

Registration is completed through your Community Pass Account.

Visit www.ptboro.com/recreation for more details.

Inclement Weather:

In the event a program needs to be canceled an email will be sent out through Community Pass or the instructor will reach out directly. All canceled classes will be rescheduled.

Refund Requests:

Must be emailed to ssilvesmith@ptboro.com by December 22nd. Refunds are processed by check and may take up to 45 days. There will be a \$10 administrative charge for all refunds.

Programs:

Toddlers to Age 5 Page 2

Age 6 to Age 16 Page 4

Adults Page 15

Seniors Page 18

New Program Ideas:

If you have an idea for a new program or a program that you would like to offer, please reach out to the number below.

1001 River Avenue

Point Pleasant, New Jersey 08742

(732)892-5813

www.ptboro.com/recreation

Toddlers to Age 5

Tiny Tots

Ages: 18 months - 3 years old

Day: Tuesday **Dates:** January 9th- February 27th

Time: 10:00 - 10:45 AM **OR** 11:00- 11:45AM

Cost: \$60- 8 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Tiny Tots is offered to children 18 months (about 1 and a half years) to 3 years old. The parent will accompany their child into the gym for open gym play time. Different activities will be set up throughout the gym for you to lead your child through. Activities focus on large and small motor skills, hand eye coordination, and body awareness. An instructor is there to aid you and your child through the various activities.



Music and Movement

Ages: 2 - 4 years old

Day: Wednesday **Dates:** January 10th - February 28th

Time: 1:45-2:15 PM

Cost: \$60- 8 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Children exposed to music and movement as early as possible in life will excel in speaking, walking, math, spelling and even foreign languages. In this fun class, your child will experience a variety of music, creative movement, singing, imagination, and circle time with the use of instruments! This is an adult and child program.



Creative Movement Dance Class

Ages: 2 ½ - 4 years old

Day: Monday **Dates:** January 6th- February 3rd

Time: 3:45-4:30pm

Cost: \$60 – 5 classes

Location: Extensions Dance Academy, 3000 Rt 88, Point Pleasant

Our creative movement dance class is a wonderful way to introduce your little ones to the world of dance! In this 45-minute class we work on the basics of ballet while also playing fun dance games, exploring obstacle courses and having a glow in the dark bubble dance party at the end of every class! Parents are welcome to come 10 minutes early on the last day of class to watch a small dance performance. Students are also welcome to wear Halloween costumes on the last day (October 30th). Any “moveable” clothing including leotard, tights, shorts, leggings, tshirt, and jazz or ballet shoes.



Toddler Time Yoga with Miss Sarah

Ages: 3 - 4 years old

Day: Saturday **Dates:** January 6th - March 9th

Time: 9:30 - 10:15AM

Cost: \$130- 10 classes

Location: Point Pleasant Recreation Center (Classroom) 1001 River Avenue

This fun and interactive class includes yoga through story, song, and imaginative play. Your little one will also learn adaptable self-regulation skills to better handle emotion and peer interaction. The class includes final relaxation and gentle massage. Please bring a water bottle, blanket, yoga mat, and stuffed animal.



Pre-School Ballet

Ages: 3 - 4 years old

Day: Thursday **Dates:** January 11th - February 15th

Time: 9:30 - 10:15AM

Cost: \$75- 6 classes

Location: Shore Dance Center 626 Ocean Avenue Point Pleasant



This class will focus on creative movement and the basic/early fundamentals of ballet. Dancers will get to sing songs, work on social skills, and learn to work as a class all while having fun. Dancers will need to wear a leotard, tights, and ballet shoes.

Story and Craft

Ages: 3 - 5 years old

Day: Thursday **Dates:** January 11th- February 29th

Time: 9:30 - 10:15 AM OR 10:30 - 11:15AM

Cost: \$70- 8 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant



Using projects and activities related to the story of the week, children will explore new and favorite stories like never before. Children will be encouraged to recognize that letters make words, and words create stories. They may create new endings to familiar stories and new characters for their own story. Each session will provide different stories for the children's enjoyment. This is an adult and child program.

Kindersports

Ages: 4 – 5 years old

Day: Pending **Dates:** Will update at registration

Time:

Cost: \$60- 8 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Introduce your child to the world of sports and early fitness. Skills are broken down and modified into fun games for our young athletes. Children work on hand/eye and foot/eye coordination and directional skills while they increase their self-esteem and improve their physical condition with individual and team goals. Please wear sneakers and bring water. This is a drop off program.



Students Kindergarten to High School

Acrobatics

Ages: 4 - 6 years old

Day: Thursday **Dates:** January 11th - February 15th

Time: 3:30 - 4:15PM

Cost: \$75- 6 classes

Location: Shore Dance Center (studio II) 626 Ocean Avenue Point Pleasant

This will be a beginner style class focusing on tumbling, flexibility, and coordination. It is a perfect opportunity for dancers to have fun and learn the early fundamentals of acrobatics. Dancers will need a leotard or any tight-fitting clothing for this class. Dancers will not need any shoes as they will be bare foot.



Yoga, Crafts, and Songs Oh My!

Ages: 5 - 6 years old

Day: Saturday **Dates:** January 6th – March 9th

Time: 10:30 - 11:15AM

Cost: \$130- 10 classes

Location: Point Pleasant Recreation Center Classroom 2 entrance by Tennis Courts

This class intertwines Yoga, creativity, and movement together in order to give your child the full experience of self-awareness and exploration. This class includes mindful awareness, crafts, and yoga instruction through song and dance. Please bring a water bottle, yoga mat, stuffed animal and blanket.



Fashion and Accessories

Ages: 5 – 7 years old

Session 1: Day: Tuesday **Dates:** January 9th – February 6th

Session 2: Day: Tuesday **Dates:** February 20th- March 19th

Time: 5:15-6:15 PM

Cost: \$145- 5 classes

Location: Point Boro HS Room A12, Enter through back Atrium door #20

Calling all little fashionistas, join us for a fun-filled class where you'll create your own style board. Each class we will create our own wearable item out of **recycled materials** including duct tape purses, woven bracelets, hair ties, junk necklaces and pipe cleaner crowns. Our last class will end with a mini fashion show!



Ballet/ Tap



Ages: 5 - 7 years old

Day: Friday **Dates:** January 12th - February 16th

Time: 3:30-4:15PM

Cost: \$75- 6 classes

Location: Shore Dance Center (studio II) 626 Ocean Avenue Point Pleasant

This will be a beginner style class rotating between tap and ballet. It is a perfect opportunity for dancers to have fun and learn the early fundamentals of both subjects. Dancers will need leotard and tights for this class along with both ballet and tap shoes.

Basic Karate

Ages: 4 – 12 years old

Day: Friday **Dates:** January 5th - March 8th

Time: 5:30-6:30pm

Cost: \$100- 10 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Karate practice strengthens the mind, develops composure, a clearer thought process, deeper insight into one's mental capabilities, and more self-confidence. Basic Karate provides a safe and fun learning correct kicking, striking, blocks and forms. Please wear comfortable clothes.



Intermediate Karate

Ages: 4 – 12 years old

Day: Friday **Dates:** January 5th - March 8th

Time: 6:30-7:30pm

Cost: \$100- 10 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Intermediate karate is a continuation of basic with more advanced techniques. Intermediate must have completed the basic karate class. Please wear comfortable clothes.



Point Wrestling Club

Ages: 5 – 11 years old

Day: Tuesday and Thursday **Dates:** January 9th- February 22nd

Time: 6:00 - 7:00PM

Cost: \$170- 14 classes

Location: Point Borough High School Wrestling Room



This Point Pleasant Boro Youth Wrestling Clinic is a great opportunity for your child to learn the sport from the Point Boro Panther High School Coaching Staff. Head Coach Pat Brady alongside his Assistant Coach Brian Grainer will put your child through fundamental drills that will help them learn the wrestling system used throughout every level of the program.

Additionally, your child will have an opportunity to wrestle live with partners of similar age and body weight in a controlled environment. The Point Pleasant Boro Youth Wrestling Camp will give your child a chance to learn wrestling, make friends and most importantly have fun! Wrestling shoes and head gear are required.

Winter Break- *Register NOW!!*

Ages: K- 5th grade

Day: Tuesday- Friday

Dates: December 26th – December 29th



Time: 9:00AM- 2:00PM

Cost: \$120- 4 days

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant
Campers will have fun with gym activities, themed days, crafts, sports, games and much more! Snacks will be provided daily. Please have your child wear sneakers and bring lunch and a water bottle. ***There are a few spaces left, please call the office to register ASAP (732)892-5813!***

Kids Yoga with Miss Sarah

Ages: 5 - 7 years old

Day: Monday **Dates:** January 8th – March 25th

No Classes: January 15th and February 19th **Time:** 4:15-5:00 PM

Cost: \$130- 10 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Kids' Yoga classes by Mindful Educational Services, LLC are a fun and creative way for your child to learn to how to self-regulate emotions and increase focus. This class builds a sense of body awareness, concentration, increased confidence, and gives tools to manage stress with breathing techniques. Classes include stories, games, and yoga crafts in a non-competitive environment where children will learn the wonder of what yoga is. Mindful Educational Services, LLC is a Social and Emotional Learning Company actively working with several local school districts. Bring a Yoga mat, water bottle, stuffed animal and blanket.

www.mindfuleducationalservices.com



Kids Yoga with Miss Jess

Ages: 5 - 7 years old

Day: Tuesday **Dates:** January 9th – March 12th

Time: 4:15-5:00 PM

Cost: \$130- 10 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Kids' Yoga classes by Mindful Educational Services, LLC are a fun and creative way for your child to learn to how to self-regulate emotions and increase focus. This class builds a sense of body awareness, concentration, increased confidence, and gives tools to manage stress with breathing techniques. Classes include stories, games, and yoga crafts in a non-competitive environment where children will learn the wonder of what yoga is. Mindful Educational Services, LLC is a Social and Emotional Learning Company actively working with several local school districts. Bring a Yoga mat, water bottle, stuffed animal and blanket.

www.mindfuleducationalservices.com



Youth Winter Flag Football League



Ages: 5 – 11 years old

Day: Sunday **Dates:** January 7th - February 4th

Time: 11AM

Cost: \$160- 5 classes

Location: Point Pleasant Borough High School Turf

Ages 5 - 8, and 9 - 11 will be grouped together to compete and have fun in a flag football league. Games will be 5 v 5. Teams can have up to 10 players per team. If a child needs a flag football team, they will be placed on one. Each player will receive a team jersey to be worn every Sunday during games.

Anyone interested in SPONSORING or COACHING a team please Contact Brian Staub at bstaub@pointpleasant.k12.nj.us or Pat Brady at pbrady@pointpleasant.k12.nj.us .

Disney Dazzle



Ages: 5 - 10 years old

Session 1: Day: Tuesday **Dates:** January 9th – February 13th **Time:** 4:30-5:30 PM

OR

Session 2: Day : Tuesday **Dates:** February 20th – March 26th **Time:** 4:30-5:30 PM

Cost: \$135- 6 classes

Location: Red House Music and Rehearsal Studio 3127 Bridge Ave Point Pleasant
Sing and perform Disney material from classic to modern Disney movies and Broadway productions. Students will also learn the fundamentals of singing through proper breath support and vocal techniques. Students will demonstrate what they learned on the final day of classes.

Biddy Basketball

Ages: 6 - 7 and 8 - 9 years old

Day: Wednesday **Dates:** January 10th - February 28th (No class: February 14th)

Time: 4:30-5:15PM (6-7 years old)

5:30-6:15PM (8-9 years old)

Cost: \$80- 7 classes

Location: Point Borough Recreation 1001 River Avenue Point Borough

Students will learn basketball fundamentals. Ball handling, shooting, and defense will be stressed. Students will learn to be great competitors and even greater teammates.



Indoor Soccer with Coach Candice CTKC

Ages: 5 ½ - 8 (Must be in kindergarten) and 8 – 11 years old

Day: Tuesday

Dates: **Session 1:** January 2nd - January 30th **Session 2:** February 6th - March 5th

Time: 5:15 - 6:15 PM (ages 5 ½ - 8)

6:15 – 7:15 PM (ages 8 - 11)

Cost: \$105- 5 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant, New Jersey

Each week players will do warm up drills and split into teams to play indoor soccer. This is a fun way to get heart rates up and continue soccer through the winter. Please bring water, and wear sneakers or indoor soccer shoes with shin guards. No cleats.



Obstacles

Ages: 5 ½ - 7 (must be in kindergarten) and 8 – 10 years old

Day: Thursday

Dates: **Session 1:** January 4th- February 1st **Session 2:** February 15th- March 14th

Time: 4:15-5:15 PM (ages 5 ½ - 7) 5:15-6:15 PM (ages 8 - 10)

Cost: \$100- 5 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Each week, with the instructors, students will use their creativity to build obstacle courses and race against each other for the best times individually and as a team.



Introduction to Ukulele



Ages: 6 - 12 years old

Session 1: Day: Monday **Dates:** January 8th – February 12th **Time:** 4:30-5:30 PM

OR

Session 2: Day : Monday **Dates:** February 19th – March 25th **Time:** 4:30-5:30 PM

Cost: \$135 – 6 classes

Location: Red House Music and Rehearsal Studio 3127 Bridge Ave Point Pleasant

Learn the fundamentals of the Ukulele in a fun and relaxed environment.

Students will demonstrate what they learned on the final day of class. Ukulele is not included. Please contact the studio directly for assistance purchasing an instrument.

Introduction to Muay Thai

Ages: 6 - 13 years old

Dates: January 15th through March 8th

Times: Choose from the following options:

Monday 5:00-6:00PM **and** Wednesday – 4:30-5:30PM

Tuesday 5:00-6:00PM **and** Thursday – 4:30-5:30PM

Cost: \$190- 16 classes

Location: Boro Boxing & Muay Thai, 3201 Bridge Avenue, Point Pleasant

Introduction to Muay Thai basics, includes proper punching and kicking technique and footwork, as well as strength and conditioning required for same. Games and fun included as well! Classes are geared to boost confidence, self-esteem, and self-defense. No experience required. Personal boxing gloves ARE required for sanitary reasons and can be purchased through our facility for \$45. If you have your own, you are welcome to bring your own!



Fit Club with Coach Candice CTKC

Ages: 7 - 10 years old

Day: Wednesday

Dates: **Session 1:** January 3rd - January 31st **Session 2:** February 7th - March 6th

Time: 4:00 – 5:00 PM

Cost: \$100- 5 classes

Location: Vive Fitness, 107 Route 35 Point Pleasant Beach

Fit Club is a PE games class where players play gym class games like Jailbreak Dodgeball, Capture the Flag and Protect the Penguin as well as relays and tag games in a fun, high energy, environment.



Art, Craft and Clay

Ages: 7 – 12 years old

Day: Tuesday **Dates:** January 23rd - February 27th

Time: 5:00 – 6:30PM

Cost: \$150 – 6 classes

Location: PPBHS Room A-11. Parents can enter through the back entrance (door 20).

Kids will have fun building their drawing, painting, and sculpture skills through various media such as chalk pastel, oil pastel, watercolor and acrylic paints and clay. Students will experiment with drawing from observation as well as imaginative/abstract drawing and build skill, confidence, and creativity. Some of our projects will include pinch pot igloos, glow in the dark snowflakes, Valentine gnomes, and pastel snow owls.



HIP HOP/BREAKDANCING

Ages: 8 - 11 years old

Day: Saturday **Dates:** January 6th- February 3rd

Time: 10:30 - 11:30am

Cost: \$60 - 5 Classes

Location: Extensions Dance Academy 3000 Rt 88 Point Pleasant

A super fun, high energy class where we will learn the basics or brush up on skills. Learn some cool new breakdancing tricks and fun hip hop moves! Please wear any “moveable” clothing including leggings, sweats, tshirt, and sneakers.



Big Kids' Yoga with Miss Sarah

Ages: 8 - 11 years old

Day: Monday **Dates:** January 8th –March 25th

No Classes: January 15th and February 19th **Time:** 5:00-5:45 PM

Cost: \$130- 10 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Life is busy and it is easy for this age group to feel overwhelmed and anxious at times. Yoga sequences will be presented that build strength, flexibility, encourage better self-regulation, and build a stronger nervous system. Your child will come home feeling a deeper sense of confidence, as well as an increased overall feeling of ease and peace. *Mindful Educational Services* is a Social and Emotional Learning Company actively working local school districts.

www.mindfuleducationalservices.com Please bring a Yoga mat, water bottle, and a small blanket.



Tween/Teen Yoga with Miss Sarah

Ages: 12 - 17 years old

Day: Monday **Dates:** January 9th–March 13th

Time: 5:45-6:15 PM **No Classes:** January 15th and February 19th

Cost: \$130- 10 classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

This yoga and meditation class is designed to give your teen the time to rest, re-set, and restore the nervous system. Tools such as visualization practices, breathing exercises, and affirmative meditations will be presented. Your teen will leave with easy and adaptable stress relieving tools to apply to daily life. Bring a yoga mat, water bottle and blanket. www.mindfuleducationalservices.com



Adult Programs

Introduction to Muay Thai



Ages: Adults, 14+

Days: Monday 7:30PM-8:30PM **AND** Wednesday 6:00PM-7:00PM
OR Tuesday 8:00PM-9:00PM **AND** Thursday 6:00PM-7:00PM

Dates: January 15th through March 8th

Cost: \$190 – 16 classes

Location: Boro Boxing & Muay Thai, 3201 Bridge Avenue, Point Pleasant

Introduction to Muay Thai basics includes proper punching and kicking technique and footwork, as well as strength and conditioning required for same. Games and fun included as well! Classes are geared to boost confidence, self-esteem, and self-defense.

No experience required. Personal boxing gloves ARE required for sanitary reasons and can be purchased through our facility for \$45. If you have your own, you are welcome to bring your own!

SPF-Fit/SPF-Go/Yoga

Ages: Adults, 16+

Day: Monday – Friday **Session 1:** January 2nd- January 31st

Session 2: February 1st- February 29th



Time: Variety of times. Schedule online at www.shorepointfitness.com

Cost: \$130

Location: Shore Point Fitness- 626 Ocean Road, Point Pleasant

These classes are for those looking to improve athletic performance, stay fit, or just get started. All levels will have unlimited access to all our classes, including yoga, for 4 weeks. Weekdays only.

LEVEL UP: Circuit Training for all Levels**Ages:** Adults, 16+**Days:** Tuesday and Thursday**Dates:** January 2nd – February 1st**Time:** 10:30 - 11:30AM**Cost:** \$115 – 10 classes**Location:** Shore Point Fitness- 626 Ocean Road, Point Pleasant

LEVEL UP is a CIRCUIT CLASS designed to let YOU complete the exercise in a format that suits YOUR ability. It is geared toward those who may be intimidated by the gym atmosphere and large group exercise classes. Each session will consist of 10 minute warm up, a 30 minute 5-station exercise circuit and a 5-7 minute cool down stretch. Each of the exercises will have an option to suit your level of fitness.

**D Fitness Studio 10 Class Pass****Ages:** Adults, 16+**Dates:** January - March. No specific class dates. Take 10 classes of your choosing at D Fitness Studio Between September and December. Class schedule available at www.dfitnessstudioj.com/schedule-and-events**Time:** Morning and Evening classes available**Cost:** \$90 per pass purchased**Location:** D Fitness Studio, 3000 Route 88, Point Borough

Available classes are Zumba, Pilates, Barre Sculpt, Hip Hop, Turn Up and Strength classes. All class descriptions available at www.dfitnessstudioj.com/schedule-and-events No experience required! Sneakers are required for all classes, mats are required for Pilates, Barre, D Fit Mix, and Toning classes.

ADULT JAZZ FUNK DANCE CLASS

Ages: 18 and up

Day: Wednesday **Dates:** January 3rd – 31st

Time: 8:15 - 9:15PM

Cost: \$60- 5 classes

Location: Extensions Dance Academy, 3000 Rt 88, Point Pleasant

Class description: Join us for an hour of stress free, judgment free, fun filled jazz funk style dancing while listening to THE BEST music! No previous experience is required. Please wear any “moveable” clothing including shorts, leggings, tshirt, and sneakers.



Pickleball

Ages: Adults, 16+

Day: Monday or Thursday **Dates:** January 8th – March 14th

Time: 7:00 – 9:00PM

Cost: \$25- 10 Weeks

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Come out and play Pickleball on two indoor courts! It is great exercise and lots of fun! Beginners are especially welcome. Instruction and equipment are provided if you do not have your own!



Programs for those 60+

Senior Chair Yoga

Ages: Adults, 60+

Day: Wednesday at 10:30AM and Friday at 11:45AM

Dates: Ongoing

Cost: No charge

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

The benefits of chair yoga for older adults includes loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance. The program does not require registration. Just come to the Recreation Center to participate.



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Senior Chair Fitness

Ages: Adults, 60+

Day: Lite and Fit: Monday 9:30AM

Sit and Be Fit (Arthritis Focus): Monday 10:30AM

Lite and Flexible: Wednesday 11:30AM - 12:45PM

Core and More (Bring a thick yoga mat): Friday 9:30AM

Lite and Fit: Friday 10:30 – 11:30AM

Dates: Ongoing

Cost: No charge

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Chair fitness provides a way for older adults to move without putting too much strain on their bodies. Chair exercises are perfect for those with limited mobility or balance issues. The movements increase blood circulation and flexibility. The program does not require registration. Just come to the Recreation Center to participate.



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Ongoing Senior Programs at St. Marthas

Ages: Adults, 60+

Day: Tuesday and Thursday **Dates:** Ongoing

Time: 10:00AM-2:00PM

Cost: No Charge

Location: St. Martha's Church 3800 Herbertsville Road, Point Pleasant

Come out and join with friends to participate in various fun filled activities and senior programs. These activities include cards, Socialization, mahjong, trips, unique events, socials, and knitting.



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Call Kathy or Aimee for more information at (732)810-5890.

Stop by the Recreation Center for a monthly calendar with updated class dates!