



Spring Recreation Schedule

2024

Registration Information

Opens:

Tuesday, March 19th at **11:00AM** for Borough Residents

Friday, March 22nd at 10:00AM for Non– Borough Residents

Closes: When programs are full, registration after April 7th will incur a \$10 price increase per program. Programs with low enrollment will be canceled on April 7th.

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 April 1st. 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 5

Adults Page 20

Seniors Page 25

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

(732)892-5813

Point Pleasant, New Jersey 08742

www.ptboro.com/recreation

Toddlers to Age 5

Tiny Tots

Ages: 18 months - 3 years old

Day: Tuesday **Dates:** April 16th- May 28th

Time: 10:00 - 10:45 AM

Cost: \$60- 7 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:** April 10th- May 29th

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.



Preschool Dance Class

Ages: 2 ½ - 4 years old

Day: Monday **Dates:** April 22nd- May 20th

Time: 3:45-4:30pm

Cost: \$60 – 5 classes

NEW Location: Extensions Dance Academy, 2107 Herbertsville Road, Pt 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. Any “moveable” clothing including leotard, tights, shorts, leggings, tshirt, and jazz or ballet shoes.



Pre-school Playdate

Ages: 2 ½ -4 years old

Day: Saturday **Dates:** April 27th – June 1st (no class May 11th)

Time: 9:15 - 10:00AM

Cost: \$75- 5 classes

Location: Under the pavilion at Riverfront Park, Point Pleasant Boro
Parents/caregivers and their preschoolers will come to meet others of the same age to sing songs, read books and play games together in a fun safe environment. Please bring water only, no other snacks or drinks allowed. This is not a drop off class.



Toddler Time Yoga with Miss Sarah

Ages: 3 - 4 years old

Day: Saturday **Dates:** April 6th- June 8th

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:** April 18th - May 23rd

Time: 10:30 - 11:15AM

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:** April 18th – May 30th

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

Cost: \$70- 7 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. **All children in attendance must be between 3 and 5 years old.**

Students Kindergarten to High School

Acrobatics

Ages: 4 - 6 years old

Day: Thursday **Dates:** April 18th- May 23rd

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.



The Real Princess Dance Camp

Ages: 4 - 6 years old

Day: Saturday **Dates:** April 6th - May 4th

Time: 9:30 - 10:30AM

Cost: \$105- 5 classes

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

This is an exciting program where the children will be immersed in the world of fantasy and imagination. They will be dancing and singing to all the popular princess fairy tales, creating a magical experience they will never forget. There will be arts and crafts and games inspired by all the favorite princesses and they will get an inside look at what a day in the life of a “real” princess is. Princess attire is encouraged, as well as sneakers and a water bottle.



Basic Karate

Ages: 4 – 12 years old

Day: Friday **Dates:** April 5th – June 7th **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:** April 5th – June 7th **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.

Yoga, Crafts, and Songs Oh My!

Ages: 5 - 7 years old

Day: Saturday **Dates:** April 6th – June 8th

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.

Kids Yoga with Miss Sarah

Ages: 5 - 7 years old

Day: Monday **Dates:** April 8th- June 3rd

No Classes: May 27th **Time:** 4:15-5:00 PM

Cost: \$110- 8 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 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

Ballet/ Tap



Ages: 5 - 7 years old

Day: Tuesday **Dates:** April 16th- May 21st

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.

Flower Power Art

Ages: 5 - 7 years old

Day: Thursday **Dates:** April 11th - May 16th

Time: 5:15-6:15 PM

Cost: \$145- 6 classes



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

Let's celebrate spring by making a different flower themed craft each week. From bubble hydrangeas to clay flower impressions, we will explore a variety of different mediums in each class. We will paint and decorate small planters and even make some flower crowns! Just in time for earth day, other nature-based crafts will be made, spring has sprung!

Fitness, Athletic Performance, Obstacle Course

Ages: 5 – 9 years old **Time:** 4pm – 5pm

Day: Monday, April 22nd, April 29th, May 6th, May 13th, May 20th

Last Class: Tuesday, May 27th

Cost: \$115

Location: Ninja Beach 2251 Bridge Avenue, Point Pleasant NJ 08742

Ninja Beach Obstacle Course and Athletic Training Center invites you to embark on a six-week journey into the fundamentals of fitness and athletic movement. Our beginner-to-novice class emphasizes goal setting, stabilization, and strength endurance, guiding participants through the initial phases of muscular development. Experience the thrill of conquering Ninja Warrior-style obstacles, engaging in plyometrics, and mastering bodyweight exercises and movement, led by Coach Jonathan Wolff (CPT). Join us and unleash your inner ninja!

NINJA BEACH
KIDS' OBSTACLE COURSES
and FITNESS FUNDAMENTALS

Future Panthers Girls Lacrosse Clinics

Ages: 5 – 11 years old

Day: Wednesday **Dates:** April 10th – May 15th

No Class: May 8th

Time: 4:30 - 5:15pm

Cost: \$75 – 5 Sessions

Location: Ocean Road Elementary School Grass Field

Join the Point Boro High School Girls Lacrosse program for an introduction to girls lacrosse clinic series learning the game with our coaches and players! Develop and grow the fundamental skills foundational to the game while having lots of fun and making new friends. No equipment necessary. If you have a lacrosse stick, please bring it, but we have sticks that can be borrowed. No prior experience required. Girls will be broken into groups based on age and skill level. Please wear sneakers and bring a water bottle.



Skateboarding Classes

Ages: 5 - 14 years old

Day: Saturday or Sunday

Dates: April 20th or 21st - June 1st or 2nd

Cost: \$120- 7 weeks

Location: Point Pleasant Skatepark Rt 88
(Across from Quick Check)

Your kids will learn the basics of skateboarding in a fun, relaxed, and safe manner! Beginners will learn how to push, glide, carve, kickturn, and start to enjoy the thrill of riding down ramps! Intermediates will begin to develop their trick skills with ollies, shuv-its, wheelies and ramp tricks too! More importantly, your kids will experience first-hand the value of determination, hard work, creativity, resiliency, and confidence in a fun and exciting way!

Skateboard, helmet, wrist guards, elbow pads, and knee pads are required. (Limited quantities of skateboards are available for borrowing).

Skill Level	Age	Day	Time
Beginner	5 - 8	Saturday	8:00 - 9:00AM
Intermediate	5 - 8	Saturday	9:00 - 10:00AM
Beginner	9 - 14	Saturday	10:00 - 11:00AM
Advanced	5 - 14	Saturday	11:00AM - Noon
Beginner	5 - 8	Sunday	8:00 - 9:00AM
Intermediate	5 - 8	Sunday	9:00 - 10:00AM
Intermediate	9 - 14	Sunday	10:00 – 11:00AM
Advanced	5 - 14	Sunday	11:00AM – Noon

Point Wrestling Club

Ages: 5 – 11 years old

Session1: Day: Tuesday & Thursday **Dates:** April 9th- May 2nd

Session 2: Day: Monday & Wednesday **Dates:** June 3rd- June 26th

Time: 6:00 - 7:00PM

Cost: \$140- 8 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.

Spring Football Academy

Ages: 5- 10 years old

Day: Sunday **Dates:** April 7th – May 5th

Time: 9:30AM - 10:30AM

Cost: \$180- 5 classes

Location: Point Boro High School Turf Game Field



This program will focus on improving footwork, knowledge of the game and developing the fundamentals of football all while having fun. *Each session will end with a flag football game where we apply the skills we have learned in a competitive yet fun atmosphere. Please wear football cleats or athletic sneakers and bring a water bottle.

Panther Baseball Academy Spring Training Camp

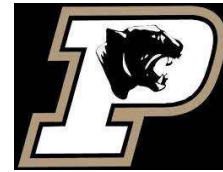
Ages: 5 - 12 years old

Day: Thursday - Friday **Dates:** April 4th – April 5th

Time: 9:00-11:00AM

Cost: \$105- 2 days

Location: McKennan Lake – Point Boro Little League Field



After an amazing inaugural summer camp last year, Panther Baseball Academy is back with a spring break tune up for the 2024 baseball season! Dust off your gear and join us as we loosen up those arms and continue to develop the fundamentals of the game – regardless of skill level. Beginners will learn the rules of baseball as well as proper throwing, catching, baserunning and hitting while intermediate and advanced players will sharpen those same skills to help take them to the next level this season! It will be led by coaches Pat Ford and Kevin O'Connor; who have years of playing and coaching experience collectively; including at a professional level for coach Pat.

Our goal is for everyone to have fun learning to play the game the right way with a smile on their face - leaving with a hunger to play more baseball! Bat, glove and helmet required with proper baseball attire recommended.

Disney Dazzle

Ages: 5 - 10 years old

Session 1: Day: Tuesday **Dates:** April 2nd – May 7th **Time:** 4:30-5:30 PM **OR**

Session 2: Day : Tuesday **Dates:** May 14th- June 25th **Time:** 4:30-5:30 PM

No Class: May 28th

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.



Obstacles

Ages: 5 ½ - 8 (must be in kindergarten)

Day: Thursday

Dates: **Session 1:** March 28th- May 2nd **Session 2:** May 9th- June 6th

No Class: April 4th

Time: 4:15-5:15 PM

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.



Strikers Soccer Clinics

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

Day: Wednesday

Dates: **Session 1:** April 10th- May 8th **Session 2:** May 15th- June 12th

Time: 4:00 – 5:00 PM (ages 5 ½ - 8)

5:00 – 6:00 PM (ages 8 - 11)

Cost: \$105- 5 classes

Location: Arnold Avenue Fields, Point Pleasant, NJ

Each week players will do warm up drills and split into teams to play soccer. This is a fun way to get heart rates up and continue soccer through the winter. All skill levels welcome Please bring water, and wear cleats with shin guards.



Biddy Basketball

Ages: 6 - 7 and 8 - 9 years old

Day: Wednesday **Dates:** April 10th – May 29th

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

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

Cost: \$100- 8 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.



Future Panthers Boys Lacrosse



Ages: 6 – 10 years old

Days: Monday, Wednesday, Friday

Dates: June 3rd – June 28th **No Class:** June 12th and June 14th

Time: 5:30-6:30pm

Cost: \$95 per child – 12 sessions (includes a practice pinney)

Location: Point Boro High School Turf Game Field

Class description: Never played lacrosse but always wanted to learn? Experienced player who wants to get better outside of a rigorous club team schedule? Future Panthers Boys Lacrosse is the spot for you! We welcome players of any experience level to come have fun and get better while learning the basics of the fastest sport on two feet. Our coaches include former Point Boro alumni as well as coaches from some of the best club teams around. We'll teach proper fundamentals as well as team concepts to get them ready for the big stage. Help us grow the sport one Future Panther at a time! Please bring a Lacrosse stick, all experience levels welcome!

Introduction to Ukulele



Ages: 6 - 12 years old

Session 1: Day: Monday **Dates:** April 1st- May 6th **Time:** 4:30-5:30 PM **OR**

Session 2: Day : Monday **Dates:** May 13th- June 24th **Time:** 4:30-5:30 PM

No Class: May 27th

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.

Kids Hip Hop

Ages: 6 – 10 years old

Day: Monday **Dates:** April 8th - June 3rd (No class 5/27)

Time: 5:30-6:15pm

Cost: \$80.00- 8 classes

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

This fun filled class inspires creativity while teaching the hip hop fundamentals. Students will learn a new choreographed routine each week in a nurturing environment enabling them to develop their coordination, strength, technique, body awareness and rhythm. Please wear athletic type clothing, sneakers and bring a water bottle.



Tennis Lessons

Dates: Starts the week of April 29th and runs through June 9th

(Classes will still be held during Memorial Day)

Ages: 6- and 7-years old Monday, 5:00-6:00PM **OR** Wednesday, 6:00 – 7:00PM

Saturday, 10:00 - 11:00AM **OR** Thursday, 5:00- 6:00PM

8- and 9-years old Tuesday, 5:00 – 6:00PM **OR** Thursday, 6:00-7:00PM

OR Sunday, 10:00 – 11:00AM

10 to 12 years old Tuesday, 6:00- 7:00 PM **OR** Saturday, 11:00-NOON

13 to 16 years old Monday, 6:00-7:00PM **OR** Wednesday, 5:00-6:00PM

Cost: \$65- 6 weeks

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant, NJ



As a member of the group lessons, players get the opportunity to hit hundreds of balls when participating in drills that mirror match-like conditions. A heavy concentration is placed on proper footwork along with physical conditioning. Students learn proper grips and stroke mechanics for the forehand, backhand, volley and serve. Seasoned and novice players alike are in constant motion through a series of drills while learning the game, burning calories and having fun. **Due to the popularity of this program, students can only participate in ONE class session.**

Introduction to Muay Thai

Ages: 6 - 13 years old

Dates: April 15th- May 24th

Times: Choose from the following options:

Monday 4:00-5:00PM 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: Tuesday

Dates: April 9th - May 7th **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.



Spring Arts & Crafts~ Mythical Creatures

Ages: 7 – 12 years old

Day: Tuesday **Dates:** April 9th - May 14th

Time: 5:00 - 6:30pm

Cost: \$160 - 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 clay dragons, unicorn paintings, and garden gnomes.



Taylor Swift Arts and Crafts

Ages: 7 – 12 years old

Day: Thursday **Dates:** April 25th- May 16th

Time: 5:00-6:30PM

Cost: \$120- 4 classes

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

Do you love Taylor Swift? Do you love art? Do you love making Taylor Swift themed projects while listening to Taylor Swift? Well then come check out the fun ideas that we have in store. Some of the projects will include a lyrics painting, Eras mixed media collage, and t-shirts. There will be lots of glitter and rhinestones!



Big Kids' Yoga with Miss Sarah

Ages: 8 - 11 years old

Day: Monday **Dates:** April 8th – June 3rd

No Classes: May 27th **Time:** 5:00-5:45 PM

Cost: \$110- 8 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.

Spring Break Tennis Camp

Ages: 9 - 13 years old

Dates: Monday, April 1st - Friday, April 5th

Time: 10:00AM - Noon

Cost: \$195- 5 days

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



This week-long camp is a concentration on fundamentals, including proper footwork, forehand, backhand, volley and serve. Students need to bring a racquet and water bottle.

Fitness, Athletic Performance, Obstacle Course

Ages: 10 – 12 years old **Time:** 5pm – 6pm

Day: Monday, April 22nd, April 29th, May 6th, May 13th, May 20th

Last Class: Tuesday, May 27th

Cost: \$115

Location: Ninja Beach 2251 Bridge Avenue, Point Pleasant NJ 08742

Ninja Beach Obstacle Course and Athletic Training Center invites you to embark on a six-week journey into the fundamentals of fitness and athletic movement. Our beginner-to-novice class emphasizes goal setting, stabilization, and strength endurance, guiding participants through the initial phases of muscular development. Experience the thrill of conquering Ninja Warrior-style obstacles, engaging in plyometrics, and mastering bodyweight exercises and movement, led by Coach Jonathan Wolff (CPT). Join us and unleash your inner ninja!

NINJA BEACH
KIDS' OBSTACLE COURSES
and FITNESS FUNDAMENTALS

Intro to Strength Training

Ages: 10 - 14 years old

Session 1: Day: Monday & Wednesday **Dates:** April 8th - May 1st

Session 2: Day: Monday & Wednesday **Dates:** May 6th - May 29th

Time: 6:00-7:00 pm

Cost: \$170- 8 classes

Location: Point Boro High School Weight Room. Door #26 located in the back of the High School building

This class is designed to teach youth/middle school athletes both BOYS and GIRLS the fundamental exercises used in a weight room. Movements will be taught in a safe progression and will show them the many benefits to strength training including becoming faster, stronger, more confident, and decreasing the chance of injuries. Classes will be run by Head Football/Strength Coach Brian Staub.

There is no class on Monday, May 27th, that class will be on Tuesday, May 28th!



Spring Football Academy

Ages: 11-14 years old

Day: Sunday **Dates:** April 7th – May 5th

Time: 10:45AM-11:45AM

Cost: \$180- 5 classes

Location: Point Boro High School Turf Game Field



This program will focus on position specific drills and learn the basics of our offensive and defensive schemes. *Each session will end with a flag football game where we apply the skills we have learned in a competitive yet fun atmosphere. Please wear football cleats or athletic sneakers and bring a water bottle.

Future Panthers Boys Lacrosse

Ages: 11 – 13 year old

Day: Tuesday and Thursday **Dates:** April 2nd - May 30th

Time: 2:30 - 3:30pm

Cost: \$95 per child- 18 sessions (includes a practice pinney)

Location: Point Boro High School Turf Game Field



Never played lacrosse but always wanted to learn? Experienced player who wants to get better outside of a rigorous club team schedule? Future Panthers Boys Lacrosse is the spot for you! We welcome players of any experience level to come have fun and get better while learning the basics of the fastest sport on two feet. Our coaches include former Point Boro alumni as well as coaches from some of the best club teams around. We'll teach proper fundamentals as well as team concepts to get them ready for the big stage. Help us grow the sport one Future Panther at a time! All necessary lacrosse equipment (helmet, shoulder pads, arm pads, gloves, stick, cleats, cup), any level of experience is welcome!

Fitness, Athletic Performance, Obstacle Course

Ages: 13 - 17 years old **Time:** 6pm – 7pm

Day: Monday, April 22nd, April 29th, May 6th, May 13th, May 20th

Last Class: Tuesday, May 27th

Cost: \$115

Location: Ninja Beach 2251 Bridge Avenue, Point Pleasant NJ 08742



Ninja Beach Obstacle Course and Athletic Training Center invites you to embark on a six-week journey into the fundamentals of fitness and athletic movement. Our beginner-to-novice class emphasizes goal setting, stabilization, and strength endurance, guiding participants through the initial phases of muscular development. Experience the thrill of conquering Ninja Warrior-style obstacles, engaging in plyometrics, and mastering bodyweight exercises and movement, led by Coach Jonathan Wolff (CPT). Join us and unleash your inner ninja!

NJ Boating Certification Course

Ages: 12 +

Dates: Monday, May 13th and Tuesday, May 14th

Time: 6:00-10:00PM No late arrivals

Cost: \$125



Location: Point Pleasant Recreation Center 1001 River Avenue Point Borough, NJ

This course covers safety, rules of the road, operating requirements, personal watercraft, New Jersey specific laws, and much more. All our classes are multi-day classes completed in two (2) sessions and include one (1) hour of homework between the sessions and the proctored exam. If you receive an 80% or better on your written exam, you will walk away with a usable temporary certificate. Taking a one-day course is a difficult way to learn information and we do not recommend it. Our two-day course has a 98% pass rate.

Remember, a boating safety course will increase your knowledge and add to your confidence. We are here to make boating safer and therefore more fun! Bring a photo ID, pen, and self-addressed 6 ¾ envelope or larger.

Tween/Teen Yoga with Miss Sarah

Ages: 12 - 17 years old

Day: Monday **Dates:** April 8th – June 3rd

No Classes: May 27th **Time:** 6:00- 6:45PM

Cost: \$110- 8 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, reset, 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: April 15th- June 10th

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!

Camera Basics

Ages: Adults, 18+

Dates: Thursday, May 2nd **OR** Thursday, May 16th

Time: 6:30-7:45 PM

Cost: \$100



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

Do you have a digital camera at home just sitting on a shelf or in a closet collecting dust? Let's take them out and learn the camera functions and settings. You too, can become a photographer with a few simple tips and tricks. Helpful handouts will be provided along with one-on-one directions to learn your camera. **Bring your camera, battery, and memory card.**

SPF-Fit/SPF-Go/Yoga

Ages: Adults, 16+

Day: Monday – Friday **Session 1:** April 1st- April 30th

Session 2: May 1st- May 31st



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.

NJ Boating Certification Course

Ages: 12 +

Dates: Monday, May 13th and Tuesday, May 14th

Time: 6:00-10:00PM No late arrivals

Cost: \$125



Location: Point Pleasant Recreation Center 1001 River Avenue Point Borough, NJ

This course covers safety, rules of the road, operating requirements, personal watercraft, New Jersey specific laws, and much more. All our classes are multi-day classes completed in two (2) sessions and include one (1) hour of homework between the sessions and the proctored exam. If you receive an 80% or better on your written exam, you will walk away with a usable temporary certificate. Taking a one-day course is a difficult way to learn information and we do not recommend it. Our two-day course has a 98% pass rate.

Remember, a boating safety course will increase your knowledge and add to your confidence. We are here to make boating safer and therefore more fun! Bring a photo ID, pen, and self-addressed 6 ¾ envelope or larger.

LEVEL UP: Circuit Training for all Levels**Ages:** Adults, 16+**Days:** Tuesday and Thursday**Dates:** April 9th – May 9th**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:** April- June. No specific class dates. Take 10 classes of your choosing at D Fitness Studio Between April and June. Class schedule available atwww.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: Adults, 18+

Day: Wednesday **Dates:** April 24th- May 22nd

Time: 8:15 - 9:15PM

Cost: \$60- 5 classes

NEW Location: Extensions Dance Academy, 2107 Herbertsville Road, Pt 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.



Fitness, Athletic Performance, Obstacle Course

Ages: Adults, 18+ **Time:** 7pm – 8pm

Day: Monday, April 22nd, April 29th, May 6th, May 13th, May 20th

Last Class: Tuesday, May 27th

Cost: \$115

Location: Ninja Beach 2251 Bridge Avenue, Point Pleasant NJ 08742

Ninja Beach Obstacle Course and Athletic Training Center invites you to embark on a six-week journey into the fundamentals of fitness and athletic movement. Our beginner-to-novice class emphasizes goal setting, stabilization, and strength endurance, guiding participants through the initial phases of muscular development. Experience the thrill of conquering Ninja Warrior-style obstacles, engaging in plyometrics, and mastering bodyweight exercises and movement, led by Coach Jonathan Wolff (CPT). Join us and unleash your inner ninja!



Pickleball

Ages: Adults, 16+

Day: Monday or Thursday **Dates:** April 8th- June 13th

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!



Tennis Lessons

Dates: Starts the week of April 29th and runs through June 9th

Ages: Adults, 18+ Beginners: Wednesdays, 7:00 – 8:00AM **OR**

Saturday, 9:00- 10:00AM

Adults, 18+ Intermediate: Sundays, 9:00-10:00AM

Cost: \$65- 6 weeks

Location: Point Borough Recreation Center 1001 River Avenue, Point Pleasant, NJ



As a member of the group lessons, players get the opportunity to hit hundreds of balls when participating in drills that mirror match-like conditions. A heavy concentration is placed on proper footwork along with physical conditioning. Students learn proper grips and stroke mechanics for the forehand, backhand, volley and serve. Seasoned and novice players alike are in constant motion through a series of drills while learning the game, burning calories and having fun. **Due to the popularity of this program, students can only participate in ONE class session.**

Trip to Resorts Casino

Ages: Adults, 21+

Day: Friday **Date:** May 3rd

Time: Bus Leaves St. Martha's Church at 9AM and returns at 5:45PM

Cost: \$25

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



This trip includes motorcoach transportation, \$18 slot return, and driver's gratuity.

Programs for those 60+

Pickleball

Ages: Adults, 60+

Day: Monday and Wednesdays **Dates:** April 8th- June 10th

Time: 10:00AM – Noon

Cost: No charge

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

Come out and play Pickleball on four outdoor 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!



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.



Funded in part by a grant
from the Ocean County
Board of Commissioners

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



Funded in part by a grant
from the Ocean County
Board of Commissioners

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.

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.



Funded in part by a grant
from the Ocean County
Board of Commissioners

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

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