



Fall

RECREATION SCHEDULE

2026

Programs
People
Community

LEARN • PLAY • STAY ACTIVE • BELONG



REGISTRATION INFORMATION

OPENS:

Tuesday, September 22nd at 10:00AM
for Borough Residents

Friday, September 25th at 10:00AM
for Non-Borough Residents

CLOSES:

When programs are full. Programs with low enrollment will be canceled on September 30th.

Registration is completed through your Community Pass Account.

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



REFUND REQUESTS

Must be emailed to
ssilversmith@ptboro.com
by September 30th.

Refunds are processed by check and may take up to 45 days. There will be a \$10 administrative charge for all refunds.



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.



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.



1001 River Avenue
Point Pleasant, New Jersey 08742



(732) 892-5813



www.ptboro.com/recreation

Fall into something fun!



New York City Holiday Lights Tour

Point Pleasant Boro Recreation **\$125**

MONDAY, DECEMBER 14, 2026



11:30 AM
Motorcoach will depart from a location that will be announced as we get closer.



1:00 PM
Arrive in Little Italy, New York.
Group will be required to walk 2 blocks to restaurant due to bus restrictions in the city. We build in extra time to get to the city due to unpredictable traffic. If you arrive early, enjoy the shops along Mulberry Street as you make your way to the restaurant.



2:00 PM
Lunch will be served at LaNonna Restaurant



4:00 PM
Make your way back to the Motorcoach where your guide will be waiting.



4:30 PM
A licensed New York City Tour Guide will join your group for a special motorcoach tour of New York at its finest.
The fantastic decorations throughout the city are breathtaking. Of course, the Rockefeller Center Christmas Tree is the star of the show, but you will also see the huge 57th Street Snowflake made of Baccarat crystal, the light displays along Fifth Avenue, the 17-foot stars in the lobby of the Time Warner Center, the department store holiday windows, a shopping stop at the fantastic outdoor holiday market at Bryant Park, and much more.



8:00 PM
Approximate depart for home



9:30 PM
Approximate return to Point Pleasant

*Welcome to
LITTLE ITALY*

*Experience the
MAGIC
of New York
at the Holidays!*

BRYANT PARK
Holiday Market

Make Memories • See the Lights • Feel the Magic!

Registration is already open for this trip!

Winter Basketball League

Youth Basketball Leagues

Grades: Girls Division I
Girls Division II
Boys Division I
Boys Division II

Grades: 3rd – 5th
Grades: 6th – 8th
Grades: 3rd -- 5th
Grades: 6th – 8th



Days: Monday- Thursday **Dates:** December - March

Times: Schedule varies, 45-minute games starting at 6PM

Cost: \$100- 10 weeks

Location: Ocean Road School

Each team will play one 45-minute game per week. Schedule will alternate game times between 6:00PM, 7:00PM and 8:00PM and runs Monday-Thursday with Fridays for any makeups needed. Practices may be on the weekends. There will be evaluations in November, day and time will be emailed. Practices will be at the Recreation Center. Sponsors and coaches needed!

Kids Programs



Tiny Tots

Ages: 18 months - 3 years old

Day: Tuesday **Dates:** September 29th – November 24th (No class: November 3rd)

Time: 10:00 - 10:45 AM **Cost:** \$80- 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 and special awareness. An instructor is there to aid you and your child through the various activities. No siblings or visitors after class begins.

Preschool Dance Class

Ages: 2 ½ - 4 years old

Day: Saturday **Dates:** October 3rd – October 31st

Time: 10:15 – 11:00AM

Cost: \$70 – 5 classes

Location: Extensions Dance Academy, 2107 Herbertsville Road, Point Pleasant

Our preschool 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 in 10 minutes before class ends on the last day to watch a small dance performance. Students are also welcome to wear Halloween costumes on the last day! Any “moveable” clothing including leotard, tights, shorts, leggings, tshirt, and jazz or ballet shoes.



Mommy & Me Dance Class

Ages: 2 ½ - 4 years old

Day: Saturday **Dates:** October 3rd – October 31st

Time: 9:30 – 10:05AM **Cost:** \$70 – 5 classes

Location: Extensions Dance Academy, 2107 Herbertsville Road, Point Pleasant

Bring your little one to Mommy and Me Dance Class where we will play, sing, dance and interact in a super fun environment! Learn the basics of dance through creative movement and explore through parachute play, obstacle courses and sing/dance along games! Students are invited to wear Halloween costumes on the last day! Any “moveable” clothing including leotard, tights, shorts, leggings, tshirt, and jazz or ballet shoes.



Pre-School Ballet

Ages: 2 ½ - 4 years old

Day: Tuesday **Dates:** October 6th – November 3rd

Time: 9:30AM-10:15AM

Cost: \$75- 5 classes

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

This class is the perfect opportunity to get your little dancers moving. They will experience the early fundamentals of ballet and creative movement as well as singing songs, meeting friends and having fun. Dancers will need to wear a leotard and tights along with ballet shoes.



Mini Tap, Hip Hop and Ballet

Ages: 2 ½ – 4 ½ years old

Day: Monday **Dates:** October 5th – October 26th No Class: October 12th

Time: 5:45- 6:15 pm

Cost: \$45.00- 3 classes

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

Offered by Animated Movement at Princess Party Productions, this fun and energetic tap & ballet combination class is specially designed for our youngest dancers! Children will enjoy professional, age-appropriate instruction while learning the basics of both ballet and tap in a fun and welcoming environment. Each class includes stretching, across-the-floor activities, and center-floor instruction, helping little dancers develop coordination, confidence, rhythm, and a love of movement. We'll keep the energy high with engaging activities and plenty of opportunities to dance, learn, and have fun! Every class wraps up with exciting games and playful activities, making this a wonderful introduction to the joy and magic of dance. Ballet and Tap shoes are highly recommended.



Toddler Time Yoga

Ages: 3 – 4 years old

Day: Saturday **Dates:** October 3rd – November 7th

Time: 9:00- 9:45AM

Cost: \$130- 6 classes

Location: Point Pleasant Recreation Center Classroom #2

Get ready for giggles and wiggles in Toddler Time Yoga! This fun and interactive class is designed to introduce toddlers to the joy of movement, music, and mindfulness in a safe and supportive environment. Bring a yoga mat, water bottle, small blanket and small stuffed animal. Class is led by Sarah Stevenson, certified Children's Yoga Teacher through Yoga Alliance.



Story and Craft

Ages: 3 - 5 years old

Day: Thursday **Dates:** October 1st – December 3rd

Time: 9:30 - 10:15 AM **No Class:** October 22nd, November 5th, November 26th

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.



Princess Friendsgiving Event

Ages: 3- 8 years old

Date: Saturday, November 28th **Time:** 5:00 – 6:30PM

Cost: \$55- per child

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro
Celebrate friendship, gratitude, and a little royal magic at our Princess Friendsgiving! Kids are invited to join their favorite princesses for a magical Friendsgiving celebration filled with food, friendship, photo-ops, music, and plenty of princess fun! Come dressed in your best princess attire and get ready for an event fit for royalty! Limit one adult per child.

BOO Chella

Ages: 3- 10 years old

Date: Sunday, October 18th **Time:** 5:00 – 6:30PM

Cost: \$55- per child

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro
Get ready for BOOCHELLA- where Halloween magic meets fall festival fun. BOOCHELLA is an unforgettable kids festival experience packed with music, dancing, costumes, treats, activities, entertainment, and plenty of spooky-cute surprises along the way. Little BOOCHELLA goers are encouraged to come in their best Halloween costume and get ready to party! From festive photo opportunities and sweet treats to music, bounce houses, bubbly fun foam party, and fall fun, there will be something exciting around every corner! Limit one adult per child.



Kindersports

Ages: 4 – 5 years old

Day: Wednesday **Time:** 2:15-3:00PM September 30th - November 18th

(No class: November 11th)

Cost: \$70- 7 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.



Beginner and Intermediate Karate

Ages: 4 – 12 years old

Day: Friday **Dates:** October 2nd – December 11th

(No Class: November 27th)

Time: **Beginners** 5:30 - 6:30PM **OR Intermediates** 6:30 - 7:30PM (*must have taken Beginners*) **Cost:** \$100- 10 classes

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

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



Ballet/Tap

Ages: 4 – 6 years old

Day: Thursday

Dates: October 1st – October 29th

Time: 3:30- 4:15PM **Cost:** \$75- 5 classes

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

This class will focus on the early fundamentals of both ballet and tap. It will be an introductory style class for dancers to experience both subjects all while having fun. Dancers will need both ballet and tap shoes for this class and may wear a leotard and tights of any color.



Ballet/ Tap

Ages: 4 - 6 years old

Day: Monday **Dates:** October 5th – November 2nd

Time: 4:15-5:00PM

Cost: \$70 – 5 classes

Location: Extensions Dance Academy 2107 Herbertsville Road

Our ballet and tap dance combo class is the perfect class for our younger dancers wanting to learn multiple styles of dance! In this 45 minute class, dancers will learn ballet technique, ballet choreography, tap tricks, and tap choreography! We will dance and sing along to fun songs and end each class with a glow in the dark bubble dance party! Parents are invited to come in 10 minutes before class ends on the last day to watch a small dance performance. Dancers are also encouraged to wear a Halloween costume on October 26th. Any “moveable” clothing including leotard, tights, leggings, tshirt, ballet shoes and tap shoes. (Dancers are welcome to borrow shoes from our borrow bin)



Jazz and Hip Hop Dance Class

Ages: 4 - 6 years old

Day: Wednesday **Dates:** October 7th – November 4th

Time: 4:30 - 5:15PM

Cost: \$70 – 5 classes

Location: Extensions Dance Academy 2107 Herbertsville Road

Our Jazz and hip hop dance combo class is the perfect class for our sassy younger dancers wanting to learn multiple styles of dance! In this 45 minute class, dancers will learn jazz technique, and jazz and hip hop choreography! We will dance and



sing along to fun songs and end each class with a glow in the dark bubble dance party! Parents are invited to come in 10 minutes before class ends on the last day to watch a small dance performance. Dancers are also encouraged to wear a Halloween costume on October 28th. Any “moveable” clothing including leotard, tights, leggings, or tshirt. Jazz or ballet shoes for the jazz portions are available on a first come first serve basis. Any sneakers for hip hop.

Witches Workshop

Ages: 4 - 8 years old

Day: Tuesday **Dates:** October 6th- October 20th

Time: 5 – 6:15 PM

Cost: \$130- 3 classes

Location: Point Boro High School Room A12, Enter through back atrium door #20. In this class we will celebrate the fall season by making magic wands, spell bound books, crystal sun catchers, potion jars with glitter and more!

Cheer, Dance and Gymnastics Art

Ages: 4 - 8 years old

Day: Tuesday **Dates:** October 27th- November 10th

Time: 5 – 6:15 PM

Cost: \$120- 3 classes

Location: Point Boro High School Room A12, Enter through back atrium door #20. Kids will design glittery cheer bows, paint gymnastics-inspired canvases, make pom-pom keychains, and personalize tote bags with their favorite cheer, dance, and gymnastics designs. Every project is packed with color, creativity and spirit!

Nail Design Art

Ages: 4 - 8 years old

Day: Wednesday **Dates:** November 11th and November 18th

Time: 5 – 6:15 PM

Cost: \$65- 2 classes

Location: Point Boro High School Room A12, Enter through back atrium door #20. Calling all future nail artists! In this class, kids will design and decorate press-on nails using fun colors, gems, glitter, stickers, and nail art pens. They'll also create their own nail polish color, decorate personalized nail storage cases, and make cute spa-themed crafts to take home.

Pokemon Gotta Draw 'Em All

Ages: 4 - 8 years old

Day: Tuesday **Dates:** November 17th, November 24th and December 1st

Time: 5 – 6:15 PM **Cost:** \$130- 3 classes

Location: Point Boro High School Room A12, Enter through back atrium door #20. Join us for a Pokémon themed ART class! We will draw, paint and create our own trading cards and Pokémon characters. We will also incorporate STEM to make fizzing pokeballs. Let's become Pokémon masters!

Hello Kitty Art

Ages: 4 - 8 years old

Day: Tuesday **Dates:** December 8th & December 15th

Time: 5 – 6:15 PM **Cost:** \$65- 2 classes

Location: Point Boro High School Room A12, Enter through back atrium door #20. Exploring fun characters of Hello Kitty by making hair clips, personalized door signs and collage paintings and more.

GRINCH Art

Ages: 4 - 8 years old

Day: Wednesday **Dates:** December 16th

Time: 5 – 6:15 PM **Cost:** \$35

Location: Point Boro High School Room A12, Enter through back atrium door #20.

Let's celebrate everyone's favorite green grump. We will create grinch themed paintings, ornaments and slime. With all this holiday spirit, the grinch will even make a special appearance!



Mini (Tap/ Hip Hop/ Ballet) Combo

Ages: 5 – 6 years old

Day: Monday **Dates:** October 5th – October 26th No Class: October 12th

Time: 5:30 – 6:15 pm

Cost: \$65.00- 3 classes

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

Offered by Animated Movement at Princess Party Productions, this fun and active combination class gives young dancers the opportunity to explore three exciting



dance styles: tap, hip hop, and ballet! Students will be introduced to the basics of each genre through stretching, across-the-floor activities, center-floor technique, and fun dance combinations. This class is a wonderful way for young dancers to try a variety of styles, build coordination and confidence, and discover which moves they love most—all while staying active and having lots of fun! Ballet and tap shoes highly recommended.

Ninja Warrior Obstacles

Ages: 5 – 7 years old

Day: Wednesday **Dates:** Session 1: October 7th - October 28th
Session 2: November 4th – November 25th

Time: 6:00- 7:00PM **Cost:** \$95- 4 classes

Location: Ninja Beach 2251 Bridge Ave, Point Boro



This high-energy program features obstacle course training, plyometrics, body weight exercises, and athletic movement designed to help participants build strength, agility, coordination, and overall athleticism. Led by our seasoned instructors, each session is carefully structured to challenge and motivate athletes in a fun, supportive, and inspiring environment. Please wear sneakers.

Point Wrestling Club

Ages: 5 – 7 years old

Day: Tuesday & Thursday **Dates:** November 10th - December 17th
No Class: November 26th

Time: 6:00 - 7:00PM **Cost:** \$180- 10 classes

Location: Point Borough High School Wrestling Room



This Point Pleasant Boro Youth Wrestling 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. Point Pleasant Boro Youth Wrestling will give your child a chance to learn wrestling, make friends and most importantly have fun! Wrestling shoes and head gear are required.

Acrobatics

Ages: 5 - 9 years old

Day: Friday **Dates:** Session 1: October 2nd – October 30th
Session 2: November 13th – December 18th



Time: 4:15 – 5:15PM **No Class:** November 27th

Cost: \$85- 5 classes

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

This class will focus on fundamentals of Acrobatics as well as stretching and exercises to improve strength. Children will work on learning basic tumbling including forward rolls, head stands, cartwheels etc. This class is perfect for beginner tumblers. 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 - 9 years old

Day: Saturday **Dates:** October 3rd – November 7th

Time: 10:00 - 10:45AM

Cost: \$130- 6 classes

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



A super fun class where the joy of yoga is combined with music, read-alouds, and themed crafts. Led by Mrs. Stevenson, ORS Kindergarten teacher. Class always ends with a peaceful final relaxation. Please bring a yoga mat, small stuffed animal, small blanket, and water bottle.

STEAM Night: Robotics Lab!

Ages: 5 - 11 years old

Day: Tuesday **Dates:** Session 1: October 6th- November 3rd
Session 2: November 10th- December 8th

Time: 5:30- 6:30M **Cost:** \$130- 5 classes

Location: Ocean Road School STEAM Classroom Point Pleasant

Let's get creative and have fun with robotics! From beginner to expert we have the builds! Create with Lego's and make it come to life with motors, lights and sensors! Navigate obstacles and battle it out with Sphero robots! Design and build simple machines that motivate and inspire a growing mind. There's no limit to the fun or creativity in this club. It's sure to be your student's favorite night of the week!

Winter Break CAMP

Dates: December 28th, December 29th, December 30th

Time: 9:00AM- 2:00PM

Grades: K – 5th

Cost: \$35 per day **or** \$90 for all three days

Location: Recreation Center

There will be planned activities, arts and crafts, “theme” days, sports, outdoor activities, educational fun along with making new friends and fun memories!!

Pizza and snacks will be served each day.



Marine Science Camp Enrichment

Ages: 5 - 11 years old

Session 1: Day: Tuesday **Dates:** October 6th – November 3rd

Time: 4:30-5:30PM

Session 2: Day: Saturday **Dates:** October 10th- November 7th

Time: 10:30-11:30AM

Cost: \$170- 5 classes

Location: Point Boro High School Classroom TBA

Dive into Discovery This Fall! New Logic Marine Science Camp brings the ocean to your school with our award-winning enrichment programs! Led by real marine scientists, each hands-on session immerses young explorers in the wonders of the sea—from sharks and coral reefs to fossils and deep-sea creatures. Students will investigate real specimens, meet live marine animals, and create fun take-home projects that make science come alive.



Program Highlights:

- Brand New Lessons and Discovery
 - 5-week Tuesday and/or Saturday series for K–5 students
 - 1-hour sessions led by professional marine scientists
 - Live animals, authentic specimens, and interactive experiments
 - Topics include Sharks & Rays, Coral Reefs, Marine Fossils, and more
 - Builds curiosity, teamwork, and problem-solving skills through STEM learning
- Let your child dive in, get hands-on, and discover the marine world right in their own classroom!

Soccer Strikers Clinic

Ages: 5 - 11 years old

Day: Tuesday and/ or Friday **Dates:** October 6th - November 6th

Time: 4:00 – 5:00PM **Cost:** \$105- 5 weeks \$210 for both days

Location: Arnold Avenue Field, Point Pleasant Borough



Players will build their soccer skills through fun, high-energy drills and games designed to improve speed, coordination, and footwork. Each session ends with a scrimmage that puts these new skills into action. All skill levels welcome. Program is for grades K and up. Please wear shin guards and soccer cleats and bring plenty of water.

Kids Yoga

Ages: 5 - 10 years old

Day: Monday

Dates: October 5th – November 9th **No Class:** October 13th

Time: 4:00 – 4:45PM **Cost:** \$130- 6 classes

Location: Point Pleasant Recreation Center



Join us for a playful yoga class designed especially for kids, where we'll move our bodies in fun ways inspired by nature, animals, and our imaginations. But this isn't just about stretching and balancing! We'll also learn special tools to help us feel calm and understand our big and small feelings. This class is led by Sarah Stevenson, ORS Kindergarten teacher. Class always ends with a peaceful final relaxation. Please send your child with a yoga mat, water bottle, stuffed animal, and blanket.

Pokemon Club!

Ages: 5 - 12 years old

Day: Tuesday **Dates:** October 6th – October 27th

Time: 6:30 – 7:30PM **Cost:** \$100- 4 classes

Location: Ocean Road School STEAM Classroom Point Pleasant

Gotta Catch 'Em All-and make some friends along the way! Join us for an exciting club where students can explore the world of Pokémon through games, challenges, trivia, and friendly competitions. Students will learn about different Pokémon, create their own trainers and Pokémon teams, play Pokémon-themed games, and put their knowledge to the test with fun challenges. If you love Pokemon this is the club for you!

Minecraft Build Night

Ages: 5 - 12 years old

Day: Tuesday **Dates:** November 4th- November 25th

Time: 6:30 – 7:30PM

Cost: \$100- 4 classes

Location: Ocean Road School STEAM Classroom Point Pleasant

Get hands on with Minecraft! Get off the screen and into buildable 3D environments! Play with tons of 3D magnetic Minecraft blocks that light up and create an immersive experience! Design and build to your hearts desire and have the best time with other Minecraft kids!

Amazing Lego Builds

Ages: 5- 11 years old

Day: Wednesday **Dates:** November 4th – December 9th No class: November 25th

Times: 5:45- 6:45PM

Cost: \$130- 5 classes **Location:** Ocean Road Art Room

Dream it and build it in this unplugged STEAM LEGO® building class where innovation meets imagination and students tackle a new creative theme each week with Mrs. Talleur. From designing amazing structures and inventive vehicles to creating unique worlds and characters, participants will learn new techniques and use problem-solving, creativity, and hands-on building skills to bring their ideas to life. What will you build next??

Unplugged: Brain Benders

Ages: 5 - 11 years old

Day: Tuesday **Dates:** November 10th- December 8th

Times: 6:30- 7:30PM

Cost: \$120- 5 classes **Location:** Ocean Road Art Room

Brain Benders is an unplugged STEAM class that challenges kids to stretch their problem-solving skills through hands-on puzzles, logic missions, and build-it challenges using in a creative STEAM environment with Mrs. Talleur. Students tackle tasks like designing Rube Golberg simple machines, cracking pattern puzzles, completing team challenges, and engineering clever solutions without any screens. Each session encourages flexible thinking, collaboration, and experimentation as kids discover how fun it is to bend their brains in new directions.

Skateboarding Classes

Ages: 5 - 14 years old

Day: Saturday or Sunday

Dates: September 26th or 27th -
November 8th or 9th

Cost: \$120- 7 weeks

Location: Point Pleasant Skatepark Rt 88

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	8:00AM - 9:00AM
Intermediate	5 - 8	Saturday	9:00AM - 10:00AM
Beginner	9 - 14	Saturday	10:00AM-11:00AM
Advanced	5 - 14	Saturday	11:00AM - Noon
Beginner	5 - 8	Sunday	8:00AM - 9:00AM
Intermediate	5 - 8	Sunday	9:00AM - 10:00AM
Intermediate	9 - 14	Sunday	10:00AM – 11:00AM

Youth Flag Football

Ages: 5 - 14 years old

Day: Sunday **Dates:** September 27th – October 25th

Time: 9:00AM - 10:00AM

Cost: \$160- 5 sessions

Location: Point Boro High School Turf Game Field

Ages 5- 7, 8-10 and 11-14 will be grouped together to compete and have fun in a flag football league. Games will be 7 v 7. 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 the game. Please wear football cleats or athletic sneakers and bring a water bottle.



Point Boro Speed School

Ages: 5 - 14 years old

Days: Thursday **Dates:** October 1st- October 29th

Time: 6:00 - 7:00PM **Cost:** \$125- 6 classes

Location: Point Boro High School Track & Turf Field



This class is designed to improve youth/middle school athletes both BOYS and GIRLS with their speed. Speed, agility, and conditioning applies to every sport. Athletes will improve their top end speed as well as acceleration. Proper sprinting form and mechanics will be taught. Classes will be run by Head Track Coach Kyle Ryan and Head Football/Strength Coach Brian Staub. Please wear athletic sneakers and bring water.

Ballet and Tap Dance Class

Ages: 6 – 8 years old

Day: Thursday **Dates:** October 1st – October 29th

Time: 5:30- 6:15pm

Cost: \$75- 5 classes

Location: Extensions Dance Academy 2107 Herbertsville Road, Point Pleasant

Our ballet and tap dance combo class is the perfect class for our younger dancers wanting to learn multiple styles of dance! In this 45 minute class, dancers will learn, ballet technique, ballet choreography, tap tricks, and tap choreography! We will dance and sing along to fun songs with our friends all while learning new skills! Parents are invited to come in 10 minutes before class ends on the last day to watch a small dance performance. Dancers are also encouraged to wear a Halloween costume on October 29th. Any “moveable” clothing including leotard, tights, leggings, or tshirt. Students will also need ballet shoes and tap shoes (available in our borrow bins on a first come first serve basis).



Jazz and Hip Hop Dance Class

Ages: 6 – 8 years old

Day: Wednesday **Dates:** October 7th – November 4th

Time: 5:00- 5:45PM

Cost: \$75- 5 classes

Location: Extensions Dance Academy 2107 Herbertsville Road, Point Pleasant

Our jazz and hip hop dance combo class is the perfect class for kids wanting to learn multiple styles of dance! In this 45 minute class, dancers will learn jazz



technique and fun jazz and hip hop choreography! All levels are welcome! Parents are invited to come in 10 minutes before class ends on the last day to watch a small dance performance. Dancers are also encouraged to wear a Halloween costume on October 28th. Any “moveable” clothing including leggings and a t-shirt. Students can wear jazz or ballet shoes for the jazz portion of class and sneakers for hip hop. (Jazz and ballet shoes are available in our borrow bins on a first come first serve basis).

Acro and Contemporary Dance Class

Ages: 6 – 8 years old

Day: Monday **Dates:** October 5th – November 2nd

Time: 5:45- 6:30PM

Cost: \$75- 5 classes

Location: Extensions Dance Academy 2107 Herbertsville Road, Point Pleasant

Do you have a child that’s always dancing or cartwheeling around the house? Check out our Acro/contemporary combo class! This class is a fun, stress free class for beginner or intermediate dancers to learn contemporary/lyrical choreography and the basics of acrobatics. We will learn and work on tricks such as hand stands, cartwheels, walk overs as well as expressive dance choreography. No experience necessary. Any “moveable” tight fitting clothing including leotard, tights, tight shorts, leggings, tshirt, and bare feet.



Wearable Art

Ages: 6 – 10 years old

Day: Saturday **Dates:** October 3rd – November 7th

Time: 10:00- 10:45 AM **Cost:** \$170 - 6 classes

Location: Point Pleasant Recreation Center (Classroom #2)

Turn everyday clothes into extraordinary art! Each week, young designers will craft a brand-new, wearable masterpiece—from custom tees to statement Jewelry. The series ends with a Fashion Show where students showcase their full head-to-toe collection for family and friends!

Santa's Secret Gift Workshop

Ages: 6 – 10 years old

Day: Saturday **Dates:** December 12th

Time: 9:00- 11:00 AM

Cost: \$75

Location: Point Pleasant Recreation Center (Classroom #2)

Drop off your little elves for 2 hours of festive fun! Kids will create 3 unique, handmade holiday ornaments for family and friends. Best of all? Every gift leaves custom-wrapped with a handmade tag, ready to place straight under the tree!

Family Flow: Connect Through Yoga

Ages: 6 – 11 years old

Day: Monday **Dates:** October 5th – November 9th

Time: 5:00- 5:45PM

Cost: \$120- 6 classes (Just register child)

Location: Point Pleasant Recreation Center Classroom 2

This is a fun, bonding class for your child and their favorite grown-up (mom, dad, a grandparent, or caregiver welcome!). We use playful partner poses, yoga games, and simple breathing techniques to laugh, move, and build strength together. It's a great way to make lasting memories while boosting focus and connection. This class is led by Mrs. Stevenson, ORS Kindergarten teacher. No yoga experience is required. Please bring a yoga mat and blanket for final relaxation.



STEAM Girls: Lego Legends

Ages: 5 - 11 years old

Day: Wednesday **Dates:** September 30th – October 28th

Time: 5:45 – 6:45PM

Cost: \$125- 5 classes

Location: Ocean Road School Art Room Point Pleasant

Build like a boss with Mrs. Talleur! This girls-only LEGO® building class gives creative minds a new theme to explore each week. From imaginative scenes to original creations, girls will learn techniques, design, experiment, and bring their ideas to life through hands-on building. Come ready to create, have fun, and see what you can dream up! No experience required, grades K and up.

Ultimate Gym Club

Day: Tuesday **Dates:** September 29th – October 27th

Ages: 5 - 8 years old **Time:** 5:45 - 6:45 PM

Ages: 8 – 11 years old **Time:** 6:45-7:45 PM

Cost: \$125- 5 classes **Location:** Ocean Road Gym Point Pleasant

Do you love PE class? Looking for more of your favorite gym games after school? Ultimate Gym Club is a class packed with favorites like Jailbreak Dodgeball, Backboard Agility, and Capture the Flag, along with obstacles and tag games like Switch and VIP Tag that will keep everyone moving. Each week brings new games, new challenges, and plenty of chances to run and play with your friends. Get ready for an hour of high-energy fun with Mrs. Talleur!

Strength Training for Kids

Ages: 6 - 12 years old

Day: Monday **Dates:** October 5th- November 9th

Time: 6:00- 6:45PM **Cost:** \$130- 6 classes

Location: Point Boro Recreation Center Gym

We use fun, high-energy games and circuits to build a strong body without heavy lifting. Kids will master essential body control, develop explosive power (plyometrics), and increase stamina. It's the best way to get stronger, faster, and avoid injuries—all while having a blast! This class is led by two experienced elementary teachers and personal trainers. This is a drop-off class.



Field Hockey

Ages: 6 – 12 years old

Day: Saturday **Dates:** October 3rd - November 7th

Time: 10:30AM – NOON **Cost:** \$130- 6 classes

Location: Point Pleasant Boro Middle School Field Hockey Field

A beginner's field hockey program that allows for basics to be taught to individuals before they enter the middle school program. Players that have already begun playing or are currently in season can build on their skills. As the assistant Coach of the middle school program, the drills will be an expansion of what the students will be doing in their school program. This program is a great option for children wanting to try the sport without having to join a team, and for older children to get more practice outside of the school setting.

Shin guards, mouth guard, water bottle, and a field hockey stick are required.

We have some sticks available to borrow if needed.



Boys Hip Hop and Breakdancing

Ages: 6 - 11 years old

Day: Thursday **Dates:** October 1st - October 29th

Time: 4:30 – 5:15PM

Cost: \$70 - 5 Classes

Location: Extensions Dance Academy 2107 Herbertsville Road, Point Pleasant

A super fun, high-energy class where we will learn the basics or brush up on skills/tricks in hip hop/breakdance class. Please wear any “moveable” clothing including leggings, sweats, t-shirt, and sneakers.



Introduction to Muay Thai

Ages: 6 - 13 years old

Dates: October 6th- November 12th

Times: Choose from the following options:

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

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

Cost: \$190- 12 classes

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

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!



Junior Jazz

Ages: 7 – 9 years old

Day: Monday **Dates:** October 5th – October 26th No Class: October 12th

Time: 4:45- 5:15 pm **Cost:** \$45.00- 3 classes

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

Offered by Animated Movement at Princess Party Productions, this high-energy jazz class is perfect for dancers who love to move, perform, and have fun! Students will explore the exciting world of jazz through upbeat music, isolations, rhythms, leaps, turns, and energetic choreography. Each class will begin with a stretch before moving into across-the-floor exercises and fun, challenging combinations designed to build coordination, confidence, and dance technique. With plenty of energy and opportunities to shine, this class will keep dancers moving and having a great time! Jazz shoes highly recommended for this class.



Tennis Lessons

Dates: Starts the week of September 28th and runs through November 2nd

Ages: 6- and 7-years old Monday, 5:00-6:00PM **OR** Tuesday, 5:00-6:00PM **OR** Thursday, 5:00- 6:00PM **OR** Saturday, 10:00-11:00AM

8- and 9-years old Monday, 6:00-7:00PM **OR** Wednesday, 5:00 - 6:00PM **OR** Tuesday, 4:00-5:00PM **OR** Sunday, 9:00AM-10:00AM

10 to 12 years Wednesday, 4:00- 5:00 PM **OR** Thursday 4:00-5:00PM **OR** Thursday 6:00-7:00PM

13 to 16 years old Monday 4:00- 5:00PM

Cost: \$70- 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.**

Junior Lyrical

Ages: 7 – 9 years old

Day: Monday **Dates:** October 5th – October 26th No Class: October 12th

Time: 4:45- 5:15 pm **Cost:** \$45.00- 3 classes

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

Offered by Animated Movement at Princess Party Productions, this fun and expressive lyrical dance class blends the graceful technique of ballet with the fluid, energetic movement of jazz. Dancers will begin each class with a stretch before moving into across-the-floor exercises and center-floor combinations designed to build coordination, confidence, and strong dance technique. Full of energy, creativity, and theatrical flair, lyrical gives dancers the opportunity to not only learn new skills, but also express themselves through movement. It's a wonderful class for dancers who love to perform, tell a story, and let their personality shine! Jazz shoes or bare feet are recommended for this class.



Kids Bop Hip Hop

Ages: 7 – 9 years old

Day: Monday **Dates:** October 5th- October 26th No class: October 12th

Time: 5:15 – 5:45 pm **Cost:** \$45.00- 3 classes



Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

Offered by Animated Movement at Princess Party Productions, this fun and energetic class is all about moving, grooving, and having a great time! Dancers will learn exciting choreography inspired by today's trending music and current hip hop dance styles while building coordination, confidence, and rhythm. Each class combines a fun workout with high-energy dance combinations, giving dancers the chance to learn new moves, stay active, and show off their personality. Come ready to turn up the music, learn some exciting combos, and have a blast! Sneakers are required for this class (no flip flops, sandals, crocs, or ugs please)

Power Tracks Lab

Ages: 7- 11 years old

Day: Wednesday **Dates:** November 4th – December 9th No Class: November 25th

Times: 6:45 – 7:45PM

Cost: \$120- 5 classes **Location:** Ocean Road Art Room

Power Tracks Lab launches kids into an action-filled Full STEAM environment where they create ramps, jumps, and obstacles using R/C cars, and add in stomp rockets, gliders, and even simple drones. Each session blends imagination, teamwork, and hands-on building as students design, test, and refine their ideas. With custom ramps, high-flying launches, and creative track builds, kids will experience the excitement of watching their own creations come to life in motion.

Thriller Kids Choerography

Ages: 7 - 12 years old

Date: Wednesday, October 28th **Time:** 5:30 – 6:30PM

Cost: \$20- per child

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

Join us for the annual D Fitness Thriller Night! Wear your costume, channel your inner Halloween character, and learn the classic thriller music video choreography!



Halloween Clay and Crafts

Ages: 7 – 14 years old

Day: Thursday **Dates:** October 1st – October 29th **Time:** 5:00-6:30PM

Cost: \$160.00 – 5 classes

Location: PPBHS room A-11



Fall is our favorite season in the art room. Come join us for cute and spooky halloween themed arts and crafts. We will be hosting the usual fan favorites like the haunted house decorating, clay jack o lanterns and mummy dolls and we have a few new ideas too. Enter through the back doors (door 20) of the high school.

Christmas Clay and Crafts

Ages: 7 – 14 years old

Day: Tuesday **Dates:** December 1st – December 22nd

Time: 5:00 - 6:30PM

Cost: \$140.00 – 4 classes

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

Get into the holiday spirit with our Christmas clay and crafts class. We will host the fan favorite winter house decorating again as well as some new holiday themed cookie plates, gingerbread men, (or lady) and clay evergreen trees.

Musical Theater Dance

Ages: 8 - 12 years old

Day: Wednesday **Dates:** October 7th - Novemer 4th

Time: 6:30- 7:15PM

Cost: \$70 - 5 Classes

Location: Extensions Dance Academy 2107 Herbertsville Road, Point Pleasant

Do you have a kiddo that loves musicals?! Join our musical theatre and jazz dance class where we will play acting games and learn super fun choreography to your favorite musicals and pop songs! No experience necessary-all levels welcome! Any “moveable” clothing including shorts, leggings, tshirt, sneakers or jazz/ballet shoes.



Kids Dance Fitness

Ages: 8 – 12 years old

Day: Wednesday **Dates:** October 7th- November 4th

Time: 5:30 – 6:15 pm

Cost: \$90.00- 5 classes

Location: D Fitness Studio 3000 Route 88 Point Pleasant Boro

Kids dance fitness is a fun, high energy class that gets kids moving, dancing, and having a blast! With kid-friendly music, easy to follow dance moves, games, and fitness activities, they'll build confidence, coordination, and endurance while staying active. No dance experience needed- just come ready to move and have fun!



Ninja Warrior Obstacles

Ages: 8 – 12 years old

Day: Wednesday **Dates:** Session 1: October 7th - October 28th
Session 2: November 4th – November 25th

Time: 5:00- 6:00PM

Cost: \$95- 4 classes

Location: Ninja Beach 2251 Bridge Ave, Point Boro

This high-energy program features obstacle course training, plyometrics, body weight exercises, and athletic movement designed to help participants build strength, agility, coordination, and overall athleticism. Led by our seasoned instructors, each session is carefully structured to challenge and motivate athletes in a fun, supportive, and inspiring environment. Please wear sneakers.



Speed, Agility and Athletic Performance

Ages: 9– 11 years old

Day: Tuesday & Thursday **Dates:** Session 1: October 6th – October 29th
Session 2: November 3rd – December 1st (no class: November 26th)

Time: 3:30- 4:30PM **Cost:** \$200- 8 classes

Location: Ninja Beach 2251 Bridge Ave, Point Boro

This introductory strength and conditioning program helps athletes build strength, speed, and endurance through expert weightlifting instruction and personalized training techniques. Participants will refine core lifts, improve mobility, and develop explosive power to enhance overall athletic performance in a safe, supportive, and motivating environment. Please wear sneakers.



Point Wrestling Club

Ages: 8 - 14 years old

Day: Tuesday & Thursday **Dates:** November 10th - December 18th

No Class: November 26th

Time: 7:00 - 8:00PM

Cost: \$180- 12 classes

Location: Point Borough High School Wrestling Room

This Point Wrestling Club winter program is a great opportunity for your wrestler to be coached by the High school coaching staff. Head Coach Pat Brady alongside his Assistant Coach Brian Grainer have Coached 9 Division Championship Teams, a District Championship Team, and a State Sectional Championship Team. The Point Boro HS Staff 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 Wrestling Club Youth Wrestling Program will give your child a chance to learn wrestling, make friends and most importantly have fun! Wrestling shoes and headgear are required.



Acrobatics Dance Class

Ages: 9 - 12 years old

Day: Wednesday **Dates:** October 7th - November 4th

Time: 5:15- 6:00PM

Cost: \$75 - 5 Classes

Location: Extensions Dance Academy 2107 Herbertsville Road, Point Pleasant
Learn the basics of acrobatic dance or brush up on old skills in acro dance class where we will learn and work on tricks such as hand stands, cartwheels, walk overs etc. No experience necessary. Please wear any “moveable” clothing including leggings, sweats, t-shirt, and sneakers.



Power & Quickness for Female Athletes

Ages: 9 – 14 years old

Day: Wednesday **Dates:** October 7th- November 4th

Time: 6:00 - 7:00 PM **Cost:** \$125- 5 classes

Location: Point Pleasant Boro High School Weight Room

Unlock your potential and build a foundation for lifelong athletic success! This 5-week camp is specifically designed for young female athletes to build confidence, power, and speed in a safe, supportive environment. Program will be focused on lifting and participants will master proper bodyweight lifting mechanics and form to build foundational strength and prevent injury. Each session will end with a few explosive speed, agility, and power drills through targeted plyometric and deceleration mechanics.

Disc Golf

Ages: 9 - 18 years old

Day: Sunday **Dates:** October 18th and October 25th

Times: 9:00- 10:00AM

Cost: \$50 **Location:** Riverfront Park Field Area

Join us for a fun and active two-session program where you will learn the basics of Disc Golf, a fast-growing and enjoyable sport! All participants will learn game objectives, throwing and putting skills and rules of play. Each session will include practice drills, mini-contests and time on a temporary or permanent course! Discs will be provided! Bring a water bottle and come dressed for outdoor play!



Speed, Agility and Athletic Performance

Ages: 12– 16 years old

Day: Tuesday & Thursday **Dates:** Session 1: October 6th – October 29th
Session 2: November 3rd – December 1st (no class: November 26th)

Time: 2:30- 3:30PM **Cost:** \$200- 8 classes

Location: Ninja Beach 2251 Bridge Ave, Point Boro

This introductory strength and conditioning program helps athletes build strength, speed, and endurance through expert weightlifting instruction and personalized training techniques. Participants will refine core lifts, improve mobility, and develop explosive power to enhance overall athletic performance in a safe, supportive, and motivating environment. Please wear sneakers.



Adult Programs

Tennis Lessons

Dates: Starts the week of September 28th and runs through November 2nd

Ages: Adults, 18+ Beginners: Wednesdays, 6:00-7:00PM

OR Saturdays, 8:00-9:00AM

Adults, 18+ Intermediate: Tuesdays, 6:00 – 7:00PM **OR**

Saturday, 9:00-10:00AM **OR** Sunday 8:00-9:00AM

Cost: \$70- 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.



Pickleball One Point Knock- Out Tournament

Ages: Adults, 14+

Day: Wednesday **Dates:** November 4th

Time: 7:00 – 9:00PM

Cost: Free- Please register to participate.

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant

This will be a WILD one night Pickleball 1 Point Knock-Out single bracket tournament. Rally scoring. The first team to 1 point wins! This will be a fun party night to participate in and watch. ANYONE can win.



Pickleball drop in play; Intermediate to Advance

Ages: Adults, 16+

Day: Monday **OR** Thursday **Dates:** September 28th – November 30th

Time: 7:00 – 9:00PM **Cost:** \$50- 10 Weeks

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant
Competitive open play pickleball on four outdoor lighted courts. This class is for intermediate to advanced players looking to socialize, mix it up, and play competitively against others. Due to the popularity of this program, students can only participate in ONE class session.



Pickleball Beginner to Intermediate

Ages: Adults, 21+

Day: Tuesday **Dates:** October 6th – December 8th

Time: 7:00 – 9:00PM **Cost:** \$75- 10 Classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant
Park style open play pickleball on four lighted outdoor courts. This is for beginner to intermediate players looking to socialize, mix it up, and play friendly against others. Some light instruction will be available for those looking to get better!



Pickleball Ladder Night; Intermediate to Advanced

Ages: 13 years old and older

Day: Wednesday **Dates:** October 21st and or November 19th

Time: 7:00 – 9:00PM **Cost:** \$20- 1 Classes

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant
Ladder style tournament pickleball on four lighted outdoor courts. A ladder is a way to organize players into groups based on how well they do in games. Have fun and be competitive- meet new players, get better, and enjoy the game. Players compete against each other in matches, and the results of these determine where each player stands on the ladder. Winners move up the ladder (competition gets tougher) and losers move down (competition gets easier).



Adult Thriller Halloween Party

Ages: Adults, 16+

Dates: Wednesday, October 28th **Time:** 7:15 – 8:15PM

Cost: \$20

Location: D Fitness Studio, 3000 Route 88, Point Borough, NJ

Join us for the annual D Fitness Thriller Night! Wear your costume, channel your inner Halloween character, and learn the classic thriller music video choreography!



The VXN Workout

Ages: Adults, 16+

Dates: Wednesday **Dates:** October 7th – November 11th

No Class: October 28th

Time: 7:15- 8:00PM

Cost: \$90 – 5 classes

Location: D Fitness Studio, 3000 Route 88, Point Borough, NJ

The VXN workout is a high energy, performance inspired dance fitness class designed for women. With club-worthy music, and dramatic stage lighting VXN is all about letting loose, building confidence, and feeling like the main character while you sweat.



Monday Zumba

Ages: Adults, 16+

Dates: Monday **Dates:** October 5th – November 2nd

Time: 9:30- 10:15AM

Cost: \$90 – 5 classes

Location: D Fitness Studio, 3000 Route 88, Point Borough, NJ

Get ready to dance, sweat, and have fun with our beginner-friendly Zumba 5-Pack on Monday mornings. Each class is filled with energetic music, easy-to-follow moves, and plenty of fun. Come ready to move, groove, and feel amazing in a welcoming and supportive environment.



Turn Up and Tone Friday



Ages: Adults, 16+

Dates: Friday **Dates:** October 2nd – October 30th

Time: 9:30- 10:15AM

Cost: \$90 – 5 classes

Location: D Fitness Studio, 3000 Route 88, Point Borough, NJ

Turn Up and Tone incorporates HIIT, strength training, and dance cardio for the ultimate full body sweat. Expect fun music, easy to follow movement, and targeted toning exercises that leave you feeling strong, confident, and energized.

Hip Hop Step



Ages: Adults, 16+

Dates: Thursday **Dates:** October 1st – October 29th

Time: 7:30- 8:15PM

Cost: \$90 – 5 classes

Location: D Fitness Studio, 3000 Route 88, Point Borough, NJ

This beginner-friendly class blends classic step aerobics with fun, easy-to-follow hip hop choreography for a workout that feels more like a dance party than cardio. Using a step platform, you'll learn simple combinations while adding rhythm, style, and just enough sass to make you feel confident (even if you've never danced before). We break everything down clearly, repeat it, and layer it so no one feels lost. No dance experience needed. No "perfect rhythm" required. Just bring sneakers, water, and a willingness to try something new. It's step aerobics but make it cool.

Mat Barre Step 5 pack



Ages: Adults, 16+

Days/ Times: Tuesday 9:30-10:15AM **or** Thursday 6:30-7:15PM

Dates: October 6th – November 5th

Cost: \$90 – Attend any 5 classes

Location: D Fitness Studio, 3000 Route 88, Point Borough, NJ

Mat Barre is a low-impact, full body workout that combines elements of ballet, Pilates, Yoga, and strength training, performed primarily on a mat instead of a ballet barre. Mat Barre is suitable for most fitness levels and focuses on precise form rather than high-impact movements. Mat required. Come feel the shake!

Faculty Fitness Club

Ages: Adults, 18+

Day: Tuesday, Thursday and Friday

Dates: Session 1: October 6th – October 31st

Session 2: November 3rd – December 1st

Time: Tuesday & Thursday 4:30 - 5:30PM, Saturday 8:00-9:00AM

Cost: \$150- 12 classes

Location: Ninja Beach 2251 Bridge Ave, Point Boro

Join our small group fitness classes at Ninja Beach specifically designed for teachers and faculty on their summer break. You'll experience personalized attention and a sense of community in the perfect environment to work on your fitness goals. Our dynamic and energizing atmosphere will keep you motivated and engaged throughout your workout. **Please wear sneakers.**



Basic Manners for Dogs and Their Owners

Dog Age: 4 months and up

Day: Sunday **Time:** 9:00- 10:00PM

Dates: October 4th – November 8th **First session is Humans only!**

Cost: \$275 per dog

Location: Riverfront Park

Looking to strengthen your bond with your dog?



Are you looking to develop or improve your relationship with your dog?

This basic manners class is for dogs (4 months and older at the start of week 2) and their owners looking to learn core foundation skills — great for beginners or as a refresher for those seeking an opportunity to learn new and advanced skills. The Liberated Pup LLC uses reward-based techniques aligned with the most current behavioral theory, guiding dogs and their owners to a greater understanding and closer relationship.

This program will focus on building a strong foundation for communication, obedience, and everyday life skills. Dogs will learn to recognize and respond to their name, use a touch cue for disengagement and casual recall, and develop reliable Leave It and Emergency Recall skills. The class will also introduce leash handling and walking, Sit and Down, and mat/place work. Impulse control will be addressed through auto-stays, food manners, doorways, car exits, and managing

jumping. Additional topics will include resource-guarding prevention, learning theory, canine body language, potty training, enrichment, and overall welfare.

Class details and requirements can be found here:

<https://theliberatedpup.com/basic-manners-class>.

- **Collar Policy:** Please note, choke, slip, and prong collars are not allowed during class.

If your dog has known aggression or reactivity toward other dogs or people, they may not attend this class. For more information or to determine if this class is suitable for your dog, please reach out to Tara Laposa at theliberatedpup@gmail.com.

Leash Walking and Public

Dog Age: 6 months and up

Day: Sunday **Time:** 9:00- 10:00PM

Dates: October 11th – November 8th

First session is Humans only!

Cost: \$275 per dog **Location:** Riverfront Park

Want to get started learning how to walk together, navigate distractions, and feel more comfortable out in the world. Walking your dog is about more than simply getting from one place to another. A successful walk requires communication, leash skills, awareness of your surroundings, and the ability to work together when the environment gets busy. In this 5-week course, you and your dog will start to build the skills needed for more enjoyable, cooperative walks while learning how to greet people and dogs appropriately, pass distractions, manage and reduce jumping, and coexist comfortably in public spaces. Learn more about the class and if you and your dog are a good fit here:

<http://theliberatedpup.com/leash-walking-skills-and-greetings>



Programs for those 60+

Pickleball

Ages: Adults, 60+

Day: Monday and Wednesday **Dates:** September 8th - October 28th (weather permitting)

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: Monday at 9:00AM

Dates: Ongoing

Cost: No charge

Location: Point Recreation Center

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

Tai Chi

Ages: Adults, 60+

Day: Wednesday at 10:00AM

Dates: Ongoing

Cost: No charge

Location: Point Recreation Center



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from the Ocean County
Board of Commissioners

Tai Chi boasts many benefits to both your inner and outer health. Tai Chi relieves stress and anxiety, boosts cognitive abilities, increases flexibility, improves balance and coordination skills and enhances strength and stamina.

Senior Chair Fitness

Ages: Adults, 60+

Day: Move and Groove: Monday 10:00-10:45AM

Arms and Abs: Wednesday 9:00-9:45AM

Core and More (Bring a thick yoga mat): Friday 9:00 – 10:00AM

Lite and Fit: Friday 10:00 – 11:00AM

Balance: Friday 11:00-Noon

Dates: Ongoing

Cost: No charge

Location: Point Pleasant Recreation Center

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.



Funded in part by a grant
from the Ocean County
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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.



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

Call Kathy or Aimee for more information at (732)892-5813.

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

Special Events – No registration

Fall Fireworks Festival

Date: Saturday, October 10th (Rain date October 11th)

Time: 4:00- 8:00 PM, Fireworks at 8PM

Location: Riverfront Park, Point Pleasant

Join Mayor Sabosik, the Borough Council, with the Chamber of Commerce for what is set to be an awesome night of FIREWORKS and fun. There will be music by the Brue Crew, children's amusements, food vendors and a Beer and Wine Garden (Please do not forget your ID)!



HAUNTS IN THE PARK

Date: Thursday, October 22nd

(Rain date: Friday, October 23rd)

Time: 5:00-6:00PM (Not so scary)

6:30 – 9:00PM, *Park is alive and scary*

Cost: Not so scary walk- \$3 over 5 years old

\$6- All who enter Haunts from 6:30-9:00PM

Last ticket sold at 8:30PM

Location: Community Park, Bridge Avenue

Celebrate the spookiest season by walking the Community Park's haunted trail. Join us for an evening of spooks and scares as the core of our beautiful park is transformed into the stuff of nightmares. Hold back screams as you are guided along a twisted, gnarled path with horrors around every corner. It's like a haunted house without the comforts of home. This is not recommended for small children.



If you would just like to have some Halloween fun without all the ghoulish scares, we'll have a DJ playing Halloween tunes to get all the little goblins dancing.

To save time and avoid the line, "pre-event" tickets will be available Monday-Friday 9am-2:30pm October 5th - October 22nd at the Recreation Center: 1001 River Avenue Point Borough, NJ 08742. All ticket sales are cash or check only- no refunds.

Christmas Tree Lighting and Market in the Park

Date: Saturday, December 5th (Rain date December 6th)

Time: 4:00- 8:00 PM

Location: Community Park, Bridge Avenue

Mayor Sabosik, the Borough Council, with the Chamber of Commerce invite you to the Annual Christmas Tree Lighting at Community Park. There will be local entertainment starting at 5PM, DJ, children's amusements, horse and carriage rides, craft & food vendors!

