

## HIGH SCHOOL AND ADULT PROGRAMS

### ADULT YOGA - Mondays (limit 20)

LOCATION: Recreation Administration Building,  
1810 Warren Point Road

DAYS/DATES: Mondays, September 25 - December 4

TIME: 7:00 – 8:00 PM



### ADULT YOGA - Wednesdays (limit 20 per class)

LOCATION: Recreation Administration Building, 1810 Warren Point Road

DAYS/DATES: Wednesdays, September 27– December 6

TIME: 6:00 – 7:00 PM

TIME: 7:00 – 8:00 PM



### ADULT & HIGH SCHOOL POUNDFIT \*\*NEW\*\* - Tuesdays (limit 20)

LOCATION: Recreation Administration Building, 1810 Warren Point Road

DAYS/DATES: Tuesdays, September 26 – November 28

TIME: 5:00 - 6:00 PM

FEE: \$25 for High School Students, \$35 for Adults



Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and appeals to men and women of all ages and abilities.

### ADULT & HIGH SCHOOL MIXED POWER VOLLEYBALL (limit 25)

LOCATION: North Dover School

DAYS/DATES: Fridays, September 29 – December 8

TIMES: 7:00 – 10:00 PM

FEE: \$25 for High School Students, \$35 for Adults



**\*NOTE: Parents may not bring children not enrolled in program to this activity.**

**\*\* Bump/Set/Spike rules, recommended for experienced players.**

## TOWNSHIP OF TOMS RIVER DEPARTMENT OF RECREATION

(732) 341-1000 Ext. 8415

## ***2017 FALL PROGRAM SCHEDULE***

Thomas F. Kelaher, Mayor

### Township Council

Alfonso Manforti, *Council President*

Kevin Geoghegan, *Council Vice President*

Jeff Carr    Maurice Hill    Maria Maruca

Brian Kubiel    George Wittmann

Jared Tate - **Recreation Director**

Jim Bowen– **Program Manager**



### REGISTRATION INFORMATION\*

All program registrations are taken online. Please follow the directions below on how to access the online system:

- 1) **Log on to: <http://register.communitypass.net/tomsriver>**
- 2) **Click on “Create your account now”**
- 3) **Complete the account information and click submit**
- 4) **Click on “Register Now” to begin registering for programs**

Program Fees: Children - \$25 per program, Adults- \$35 per program *except* as noted otherwise.

**\*Please Note:** The system will open for registration and payment on **September 13, 2017 at 7:00 pm**. For a quicker checkout on the day of registration it is suggested that you setup your account information ahead of time. Refunds are given **prior** to start of programs only. There is a \$5.00 processing fee for all refunds.

**Additional Program Information:** Participants must be residents of Toms River Township or attend Toms River Regional Schools. All Recreation activities will be **cancelled** due to inclement weather and **youth programs** on the following school holidays: October 9, November 6-10, and November 23-24.

### MAD SCIENCE- Mondays (limit 20)

AGES: 1st-5th Grade  
 LOCATION: Riverwood Park Recreation Building  
 DURATION: 8 Weeks  
 FEE: \$97  
 DAYS/DATES: Mondays, October 16 - December 18  
 TIMES: 5:00-6:00PM  
 CONTENT: System 3

Classes filled with experiments that will mystify and boggle the mind! Children will explore a new theme each week that will include: Che-Mystery, "Current" events, "Fun"-damental Forces, Moving Motion and much more!

**\*Please register directly at [www.madscienceofnj.com](http://www.madscienceofnj.com)**



### COLOR ME MINE CERAMICS– Tuesdays (limit 20)

AGES: 1st - 8th Grade  
 LOCATION: Color Me Mine Studio; 1877 Hooper Avenue  
 DAYS/DATES: Tuesdays, September 26– November 28  
 TIMES: 5:00-6:00PM

**\*Note: Additional fee of \$8 per week payable to Color Me Mine**



### COLOR ME MINE CERAMICS - Thursdays (limit 20)

AGES: 1st - 8th Grade  
 LOCATION: Color Me Mine Studio; 1877 Hooper Avenue  
 DAYS/DATES: Thursdays, September 28– December 14  
 TIMES: 5:00-6:00PM

**\*Note: Additional fee of \$8 per week payable to Color Me Mine**



### KIDS YOGA– Mondays (limit 15)

AGES: 9-14 years old  
 LOCATION: Recreation Administration, 1810 Warren Point Road  
 DAYS/DATES: Mondays, September 25 - December 4  
 TIMES: 5:45-6:45PM

CONTENT: Increase your child's self-awareness and confidence through breathing and movement. The poses will develop flexibility, strength, balance and posture.



### KARATE LESSONS - Tuesdays (limit 20)

AGES: 1st-8th Grade  
 LOCATION: Intermediate School North-Aux Gym  
 DAYS/DATES: Tuesdays, October 3 - December 5  
 CLASS/TIMES: **Karate:** Learn the Basics  
**Advanced:** Pursuit of advanced techniques and degree/belt  
**Belt/Degree:** Advanced level pursuing higher degree/belt



5:45-6:30PM  
 6:40-7:25PM  
 7:30-8:15PM

### FITNESS RUNNING– Tuesdays (limit 20)

AGES: 1st - 5th Grade  
 LOCATION: Veterans Recreation Complex  
 DAYS/DATES: Tuesdays, September 26– November 28  
 TIMES: 5:00-6:00PM

CONTENT: This program will focus on increasing strength, endurance and speed by doing sprints, running games and core exercises in a fun format!



### OPEN GYM NIGHT– Mondays (limit 35)

AGES: 3rd– 6th Grade  
 LOCATION: Int. East-Bennett Indoor Complex (Bubble)  
 DAYS/DATES: Mondays October 2 – December 4  
 TIMES: 6:00-8:00PM

CONTENT: Fun mix of dodgeball, wiffle ball, soccer and kickball.



### OPEN GYM NIGHT– Thursdays (limit 35)

AGES: 3rd– 6th Grade  
 LOCATION: Intermediate School East  
 DAYS/DATES: Thursdays, September 28– December 14  
 TIMES: 6:00-8:00PM

CONTENT: Fun mix of dodgeball, wiffle ball, soccer and kickball.



### FLAG FOOTBALL– Wednesdays (limit 18)

AGES: 10-13 years old  
 LOCATION: Winding River Park Field #1 **\*Use Rt 37 Entrance**  
 DAYS/DATES: Wednesdays, September 27– December 6  
 TIMES: 4:45-6:00PM

CONTENT: Learn the basics and then play in a fun setting.

