

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**



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, September 26 - November 28
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: Hooper Avenue Elementary School
DAYS/DATES: Mondays September 25– 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.

