

## HIGH SCHOOL AND ADULT PROGRAMS

### ADULT YOGA — Wednesdays (limit 15 per class)

LOCATION: Recreation Administration Building,  
1810 Warren Point Road

DAYS/DATES: Wednesdays, January 9– March 6

TIME: 6:00 – 7:00 PM



### ADULT YOGA — Thursdays (limit 15 per class)

LOCATION: Recreation Administration Building, 1810 Warren Point Road

DAYS/DATES: Thursdays, January 10– March 7

TIME: 6:00 – 7:00 PM



### ADULT & HIGH SCHOOL POUNDFIT — Tuesdays (limit 20)

LOCATION: Recreation Administration Building, 1810 Warren Point Road

DAYS/DATES: Tuesdays, January 8– March 5

TIME: 5:30 - 6:30 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, January 11 – March 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

## ***2019 WINTER PROGRAM SCHEDULE***

**Thomas F. Kelaher, Mayor**

### Township Council

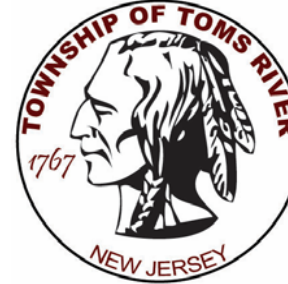
Brian Kubiel, *Council President*

George Wittmann, *Council Vice President*

Laurie Huryk   Maurice Hill   Maria Maruca

Daniel Rodrick   Terrance Turnbach

**Jared Tate - Director of Recreation**



### **REGISTRATION INFORMATION\***

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

- 1) Log on to: <https://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 **December 20, 2018 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: January 21 and February 18.

### **MAD SCIENCE — Mondays (limit 20)**

AGES: 1st-5th Grade  
 LOCATION: Riverwood Park Recreation Building  
 DURATION: 8 Weeks  
 FEE: \$107  
 DAYS/DATES: Mondays, February 4– April 1  
 TIMES: 5:00-6:00PM



CONTENT: NASA: Future Space Explorers

See the principles of rocket propulsion at work, explore the atmosphere on Earth and beyond, probe the mysteries of meteors, and experience the life of an astronaut as you suit up for a space flight and perform spacecraft repairs!

**\*Please register directly at [wnj.madscience.org](http://wnj.madscience.org)**

### **COLOR ME MINE CERAMICS — Tuesdays (limit 20)**

AGES: 1st - 8th Grade  
 LOCATION: Color Me Mine Studio; 1877 Hooper Avenue  
 DAYS/DATES: Tuesdays, January 8– March 5  
 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, January 10– March 7  
 TIMES: 5:00-6:00PM



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

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### **KIDS GENERATION POUNDFIT — Thursdays (limit 15)**

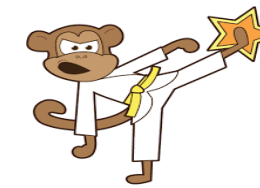
AGES: 6-12 years old  
 LOCATION: Recreation Administration, 1810 Warren Point Road  
 DAYS/DATES: Thursdays, January 10 - March 7  
 TIMES: 4:45-5:30PM



CONTENT: A youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. Kids will learn to build strength, confidence and self-awareness!

### **KARATE LESSONS — Tuesdays (limit 20)**

AGES: 1st-8th Grade  
 LOCATION: Intermediate School North-Aux Gym  
 DAYS/DATES: Tuesdays, January 8 - March 5  
 CLASS/TIMES: **Karate:** Learn the Basics



**Advanced:** Pursuit of advanced techniques and degree/belt 5:45-6:30PM  
**Belt/Degree:** Advanced level pursuing higher degree/belt 6:40-7:25PM  
 7:30-8:15PM

### **KIDS YOGA — Wednesdays (limit 15)**

AGES: 9-13 years old  
 LOCATION: Recreation Administration  
 1810 Warren Point Road  
 DAYS/DATES: Wednesdays, January 9– March 6  
 TIMES: 4:30-5:30PM



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

### **BEGINNER YOUTH GYMNASTICS**

AGES: Classes from 18 months through teen  
 LOCATION: Legacy Gymnastics  
 1876 Lakewood Road  
 DURATION: 6 Weeks  
 FEE: \$100  
 DAYS/DATES: Class days and times vary starting week of Jan. 14

CONTENT: Legacy Gymnastics is a brand new 10,000+ sq. foot facility of equipment and fun. Beginner level classes are taught in a safe, professional, and fun environment. Students will learn a variety of skills such as bars, beam, floor, and vault taught by certified coaches. Classes also include use of in ground trampolines, tumble track, and foam pit to build body awareness and coordination. Gymnastics builds strength and flexibility as well as cognitive skills, social skills, and self esteem.

**\*For specific class information and to register please contact Legacy Gymnastics at 732-646-4393 or [legacygymnastics@gmail.com](mailto:legacygymnastics@gmail.com). Mention TR Recreation for this special rate.**