

HIGH SCHOOL AND ADULT PROGRAMS

ADULT YOGA — Wednesdays (limit 15 per class)

LOCATION: Recreation Administration Building,
1810 Warren Point Road

DAYS/DATES: Wednesdays, April 3 - May 29

TIME: 6:00 – 7:00 PM



ADULT YOGA — Thursdays (limit 15 per class)

LOCATION: Recreation Administration Building, 1810 Warren Point Road

DAYS/DATES: Thursdays, April 4 - May 30

TIME: 6:00 – 7:00 PM



ADULT & HIGH SCHOOL POUNDFIT — Tuesdays (limit 20)

LOCATION: Recreation Administration Building, 1810 Warren Point Road

DAYS/DATES: Tuesdays, April 2 – May 28

TIME: 5:30 - 6:30PM

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, April 5 – June 14

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 SPRING PROGRAM SCHEDULE

Thomas F. Kelaher, Mayor

Township Council

George Wittmann, *Council President*

Maurice Hill, *Council Vice President*

Laurie Huryk Brian Kubiak Maria Maruca

Daniel Rodrick Terrance Turnbach

Jared Tate - Recreation Director



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 **March 21, 2019 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: April 19-26, and May 27.

Spring



COLOR ME MINE CERAMICS — Tuesdays (limit 20)

AGES: 1st - 8th Grade
LOCATION: Color Me Mine Studio; 1877 Hooper Avenue
DAYS/DATES: Tuesdays, April 2 – June 4
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, April 4 – June 6
TIMES: 5:00-6:00PM

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



KIDS GENERATION POUNDFIT — Thursdays (limit 15)

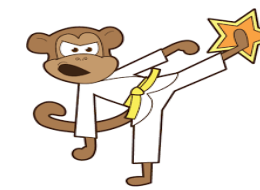
AGES: 6-12 years old
LOCATION: Recreation Administration, 1810 Warren Point Road
DAYS/DATES: Thursdays, April 4 - June 6
TIMES: 5:00– 5:45

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, April 2 - June 4
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

KIDS YOGA — Wednesdays (limit 15)

AGES: 9-13 years old
LOCATION: Recreation Administration
1810 Warren Point Road
DAYS/DATES: Wednesdays, April 3 – June 5
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 April 15 and running through week of May 25

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 legacygymnasticsnj@gmail.com. Mention TR Recreation for this special rate.**