FALL RECREATION PROGRAMS

Register Online
register.communitypass.net/oceantwp

REGISTRATION BEGINS AT 8:30 AM WEDNESDAY, AUGUST 12 (RESIDENTS)

WEDNESDAY, AUGUST 19 (NON-RESIDENTS)

SEE PAGE 18 FOR DETAILS

TOWNSHIP OF OCEAN DEPARTMENT OF HUMAN SERVICES

601 Deal Road   Ocean, NJ 07712
732-531-2600   www.oceantwp.org
A MESSAGE FROM THE RECREATION DEPARTMENT

Our mission is to provide recreational opportunities for residents of the Township of Ocean, and our goal is to offer these programs while keeping participants and staff safe and healthy.

You will notice many familiar programs in this brochure, along with a number of new programs. Enrollment will be limited and locations will be adjusted to provide for social distancing and other protective measures as indicated by current NJ Executive Orders regarding the Covid-19 pandemic. Registrants will be advised of enhanced safety procedures (masks, health screenings, temperature checks, etc.) prior to the first day of the program.

We ask for your patience and understanding in these challenging times. There may be last minute changes or cancellations in response to unforeseen circumstances. Please check for updates, and as always, call us if you have any questions or concerns. We’ll get through this together!

—Mike Butrico, Recreation Director

DATES TO REMEMBER

Registration for fall programs begins **Wednesday, August 12** for Ocean residents

Fall non-resident registration begins **Wednesday, August 19**

The Community Pool closes for the season on **Monday, September 7**

Registration for Winter Programs begins **Wednesday, November 4** for Ocean residents

William F. Larkin Golf Course at Colonial Terrace closes for the season on **Wednesday, November 11**

Winter non-resident registration begins **Wednesday, November 18**
The Township of Ocean Police invite all residents to National Night Out
An annual community event that promotes police-community partnerships.

The event is for all ages and features displays and demonstrations of police and emergency equipment, food, games and participation from community groups.

Millions of neighbors take part in National Night Out in thousands of communities across America. Everyone is encouraged to attend Ocean’s event. Local law enforcement agencies, fire and first aid companies, community groups and community services organizations will offer activities, demonstrations, and information.

Check the Township of Ocean Police social media accounts: Facebook @OceanTwpPolice, Twitter @OceanTwpPolice or Instagram: oceantwppolice for details.

WE LOOK FORWARD TO SEEING YOU AT NATIONAL NIGHT OUT!
VETERAN’S DAY CEREMONY
Wednesday, November 11
11 am at Town Hall

CHRISTMAS TREE LIGHTING
Sunday, December 6
4:30 pm
Township of Ocean Historical Museum

CHANUKAH MENORAH LIGHTING
Thursday, December 10
6:30 pm at Town Hall

THE COMMUNITY CELEBRATION COMMITTEE OF THE TOWNSHIP OF OCEAN THANKS ITS GENEROUS SPONSORS:

Shrewsbury Volkswagen
Middlebrook at Monmouth
Law Office of Sanford D. Brown
Wegmans
A&N Powerwashing and Snow Removal

Sons of Italy Lodge 125 Monmouth County
Dreyer’s Lumber and Hardware
Falco’s Catering
Kean Bank
Kessler Rehabilitation

Law Office of Sanford D. Brown
Dreyer’s Lumber and Hardware
Kessler Rehabilitation

Sons of Italy Lodge 125 Monmouth County
Dreyer’s Lumber and Hardware
Kessler Rehabilitation

For Information: email: jnordstrom@oceantwp.org Call: 732-531-5000 ext. 3301

OTHER COMMUNITY RECREATION & SPORTS OPPORTUNITIES

Boys Lacrosse: oceanyouthlax.com
Girls Lacrosse: oceangirlsacrosse.com
Little League: otll.org
Ocean United Soccer: oceansoccer.com
American Youth Football: oceanayf.siplay.com
NFL Flag Football of Ocean: nffflagofoceanc.com
Girl Scouts: jerseyshoeregirlscouts.org
Boy Scouts: monmouthbsa.org
Township Library: monmouthcountylib.org
# Parks and Recreation Facilities

## Parks

- **Dave Dahrouge Park**
  Park Boulevard & Logan Road, Wanamassa

- **Joe Palaia Park**
  Dow Avenue & Whalepond Road, Oakhurst

- **Oakhurst First Aid & Fire Company**
  Memorial Fields
  Memorial Parkway, Oakhurst

- **Wanamassa Firemen’s Memorial Park**
  Off Sunset Avenue, Wanamassa

- **Wayside Park**
  Green Grove Road, Wayside

## Indoor Facilities

- **Oakhurst Park Meeting Room**
  Memorial Parkway, Oakhurst

- **Municipal Gym**
  1100 West Park Avenue, Oakhurst

- **West Park Recreation Center & Don and Marie Curtis Senior Center**
  615 West Park Avenue, Oakhurst

- **Temer Gallery and classrooms**
  701 Deal Road in Township library

## Park Regulations

Please be considerate of the following park regulations for the enjoyment of all who visit the facilities. Report any concerns regarding parks and playgrounds to the Department of Human Services, 732-531-2600.

- Park Hours: 7:00 am - sunset
- Parking permitted in designated areas only
- Pets must be leashed at all times
- Please clean up after your pet
- Golfing is not permitted on softball or soccer fields
- Alcoholic beverages are not permitted unless special arrangements are made at the Department of Human Services
- Dispose of trash and recyclables in appropriate containers

A complete list of park regulations can be found in Chapter XVI of the General Ordinances of the Township of Ocean.

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<tr>
<th>PARK</th>
<th>TENNIS</th>
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<th>BASKETBALL</th>
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<th>PLAYGROUND</th>
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<td><strong>Joe Palaia Park/ Saul Rubin Fields</strong></td>
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<td><strong>Wayside Park</strong></td>
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**Host Your Next Event At A Township Facility**

Planning a children’s birthday party, baby shower, or other special event? The Township offers three indoor facilities for rent. For details, see the website or call 732-531-2600.

The **West Park Recreation Center** has two rooms available. The large room offers a full kitchen and can hold up to 130 people. The smaller room holds up to 60 people and has a refrigerator and sink.

The **Oakhurst Park Meeting Room** can accommodate up to 75 people. The full kitchen is equipped with an oven, range, sink and refrigerator.

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**Tennis/Pickleball Court Reservation & Use Procedures**

- Dave Dahrouge and Wayside parks each have four tennis courts. Two courts at each park are lined for pickleball play. There are four courts at Oakhurst Fireman’s Field. All are lined for pickleball play. The Community Pool and Tennis Facility Courts has six tennis courts. Three courts at that site are lined for pickleball play. Courts lined for pickleball also have tennis lines; these are “blended courts.” Either sport can be played on these blended courts.

- Courts at Dave Dahrouge, Wayside and Oakhurst Fireman’s Field parks are open 8am to dusk. Courts at the Community Pool & Tennis Facility are open 8 am - 10 pm.

- Residents may reserve court time through October 15. Residents must be registered in the Community Pass system to reserve courts. Proof of residency is required. Be sure to indicate if you are reserving for tennis or pickleball play.

- Players are limited to 1 hour of reserved court time per day. Reserve no more than 1 week in advance by calling the Recreation Office Monday - Friday before 3:45 pm. Reservations ARE NOT accepted for the same day as the call. Player’s name will be requested at time of reservation. Be sure to indicate if you are reserving for tennis or pickleball play.

- Daily reservations will be posted at each park prior to 8 am.

- NO tennis ball hoppers.

- Walk-ons can play on a first-come basis if court is not previously reserved. Walk-on use is limited to 1 hour (on the hour) if others are waiting to play. Walk-ons must vacate the courts any time they are reserved.

- Please adhere to social distancing guidelines while at the tennis facilities.

- Private/group lessons are not permitted without prior authorization by the Recreation Office.
Enriching and affordable child care is offered through the Department of Human Services. Professional staff supervises a variety of activities to promote social interaction and safe fun for children.

**Eligibility:** Project Extend serves children in grades K-8 who attend Township of Ocean Public Schools.

**Hours:** Before School Project Extend for students in grades K-4 is held from 7:00 am until the start of school on days schools are in session. After School Project Extend for students in grades K-8 begins at the end of the school day until 6:00 pm on days schools are in session.

For information about monthly rates and a registration packet for school year Project Extend call 732-531-2600 or visit oceantwp.org.
(Click on Recreation & Counseling tab.)

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### Project Extend Holiday Care for K - 8th Grades

Full day child care is offered on the Township of Ocean school holidays listed below. Children spend the day being active, having fun with friends and making new friends in a safe and supervised environment.

**Dates**

<table>
<thead>
<tr>
<th>September 28</th>
<th>November 5 &amp; 6</th>
<th>March 29, 30, 31</th>
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<td>October 12</td>
<td>December 28, 29 &amp; 30</td>
<td>April 1, 2 &amp; 5</td>
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<td>January 18</td>
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**Time:** Drop off as early as 7:30 am  Pick up by 5:30 pm

**Locations:** Ocean Township Elementary School, 555 Dow Avenue

**Fee:** $30 per day (residents)  $40 per day (non-residents)

**Registration:** Open until one week prior to first date of each program or until filled

**Important Information:**

1. Families currently registered for Project Extend can register for Holiday Care online using Community Pass or at the Department of Human Services.
2. Families not registered for Project Extend must complete registration forms and submit a one-time registration fee (per school year) of $40 prior to enrolling for Holiday Care.
3. Fees are not refundable or transferable as of the close of registration. Refund requests must be made in writing.
4. Send participants with a non-perishable lunch and snacks. Please be sure children are dressed for outdoor activities.
5. Minimum enrollment must be met by registration deadline or Holiday Care may be canceled. Registration is now in progress.
Wednesday Remote Learning

Supervised remote learning for children in grades K-8

WEDNESDAYS
SEPTEMBER 9 - DECEMBER 23
7:30 AM - 5:30 PM
WEST PARK RECREATION CENTER

Children can complete their remote learning in a safe, supervised setting.
Staff will assist children when they are able.
Students must bring their own computer and headphones, a face covering, water and a non-perishable lunch.

Fee: $480
$80 due at time of registration
$180 due Wednesday, September 23
$125 due Wednesday, October 21

LIMITED SPOTS ARE AVAILABLE
REGISTRATION OPENS WEDNESDAY, AUGUST 19

REGISTER ONLINE AT REGISTER.COMMUNITYPASS.NET/OCEANTWP
OR IN PERSON AT THE DEPARTMENT OF HUMAN SERVICES, 601 DEAL ROAD, OCEAN
MONDAY - THURSDAY, 8:30 AM - 6:00 PM    FRIDAY 8:30 - 4:30 PM

THIS PROGRAM IS OPEN TO TOWNSHIP OF OCEAN RESIDENTS ONLY
FIT MAMAS
Mother/child program

Join us for a 60-minute, boot camp style class, safe and effective for pre- and post-natal moms and beyond stages of motherhood. Focus is on pelvic floor health and rebuilding core strength. Please bring a yoga mat and water. Little ones must be in stroller or carrier. Make sure to bring snacks and toys for the older children. Pregnant mamas are encouraged to join us. Must bring a doctors/midwives note of clearance. After delivery, participants must be six weeks post-natal to return to working out; eight weeks for C-section delivery.

Tuesdays & Thursdays
September 15 – October 22
9:30 - 10:30 am
Location: Oakhurst Firemen’s Field Pavilion
Fee (T): $75 residents/$85 non-residents

BALLET
3-5 years

An introduction to basic ballet movements. Children learn coordination skills and develop rhythm while gaining an appreciation for dance and classical music. Instructor is Joanne McKenna of The Studio. Recommended apparel (not required): tights, leotard and ballet shoes for girls. Comfortable pants and a t-shirt for boys. This is not a parent/child activity. Parents do not stay in the classroom with their children, but may be seated in the hallway during class.

Mondays, October 19 – December 7
9:15 - 10:00 am
Location: West Park Recreation Center
Fee (T): $30 residents/$40 non-residents

www.oceantwp.org

PRE-SCHOOL BASKETBALL

AGES 4 & 5  (MUST BE AGE 4 BY 9/1/20)

Learn the fundamentals of basketball while having fun! Children will begin with a warm-up followed by an instructional clinic that focuses on dribbling, passing, ball skills and defensive stance. Volunteers are needed. Adults interested in helping may register online as a Volunteer Coach. Volunteers work under the direction of the program supervisor. Program is limited to 25 children.

Saturdays, January 23 - February 27
10:00 - 11:00 am
Location: Wanamassa School Gymnasium
Fee: $30 residents/$40 non-residents

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, AUGUST 12 (RESIDENTS)
WEDNESDAY, AUGUST 19 (NON-RESIDENTS)
SEE PAGE 18 FOR DETAILS
**TOWNSHIP OF OCEAN RECREATION BASKETBALL**

*For Youth in grades K - 9*

**Sharpen your skills, make new friends and have fun!**

Practices are held one night per week, Monday - Friday. Games are held on Saturday mornings January 9 - March 6. Games will be conducted adhering to the guidance in effect at the time. Coaches will provide schedules before the start of the season.

**Location:** Program is held at Township school gymnasiums and the Municipal Gym

**Fee:** $65 Residents/$75 Non-Residents

<table>
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<td>Hot Shots</td>
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*All divisions are separated by gender*

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**Volunteer Coaches are needed.**

Register online or call 732-531-2600 for information.

*Full compliance with fingerprinting and coaches training programs are required.*

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**PRE-SCHOOL BASKETBALL CLINIC FOR CHILDREN AGES 4 & 5!**

See page 8 for details.
NEW! **Kickball**

Kickball is an exciting playground game for all to enjoy. Children in grades 3-6 will learn the rules, etiquette and fun game play. *Please send your child with a water bottle.*

**Mondays, September 14 - October 26**

*No program 9/28*

**Grades 3-4:** 4:00 - 5:00 pm  
**Grades 5-6:** 5:15 - 6:15 pm  
**Location:** Joe Palaia Park, Saul Rubin West Fields  
**Fee:** $45 residents/$55 non-residents

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**Children should wear athletic clothing and proper footwear for all outdoor activities. Please send your child with a water bottle.**

**JV Gym At the Fields**

5th - 8th grade

Enjoy a variety of outdoor sports, games and other activities. *Please send your child with a water bottle.*

**Fridays, September 25 – October 30**

5:00 - 6:00 pm

**Location:** Municipal Gym football field  
**Fee(T):** $30 (residents only)

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**NEW! Running Club**

For youth entering grades K - 6

**Tuesdays & Thursdays**

**Session 1: September 1 - September 24**

**Session 2: October 6 - October 29**

**3rd - 6th grade:** 4:00 - 4:45 pm  
**K - 2nd grade:** 5:00 - 5:45 pm

Physical fitness training is an important life lesson for all children and young athletes. This fall, children can learn to run faster over short distances. Agility drills and injury prevention techniques will be covered, as well as an introduction to endurance running. The program will be held outdoors.

Children should dress appropriately for the weather and wear running shoes or sneakers. *Please send your child with a water bottle.*

**Fee per session:** $40 Ocean residents/$50 non-residents

**Location:** Joe Palaia Park, Saul Rubin West Fields  
*Meet in the parking lot of the Dow Ave. entrance*

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**Registration begins at 8:30 AM on Wednesday, August 12 (residents)**

**Wednesday, August 19 (non-residents)**

See page 18 for details
**DRAWING & WATERCOLORS**

*2nd - 6th grade*

Theresa Joseph Trocchia will introduce beginners to the art of drawing & watercolors. Students learn about the use of drawing pencils, pads, blending stumps and other materials. Emphasis is placed on shadows, sources of light and composition. Use of watercolors will be introduced. Materials are provided for use during class. 

*This is not a continuation of previous sessions and will cover the same skills as previous sessions.*

**Mondays, October 19 - November 23**

**4:30 - 5:30 pm**

**Location:** Don and Marie Curtis Senior Center (West Park Recreation Center)

Fee (T): $65 residents/$75 non-residents

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**YOUTH WRESTLING**

*2nd - 8th grade*

An introduction to the fundamentals of wrestling, basic moves, rules, and tournament procedures. The program has three participation levels based on weight and experience. Participants will be placed at their appropriate level by the program supervisors.

Due to space limitations parents cannot wait in the wrestling room during practices. Seating is available in the hall.

Participants are invited to participate in home and away matches. Matches may be held on Saturdays. Parents provide transportation to away matches.

**November - February**

*Information about fees, registration and program dates will be coming soon.*

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**STAY CONNECTED**

Website: oceantwp.org

Facebook: Facebook.com/OceanTwpHumanServices

Twitter: @OTHumanServices

Instagram: OceanTwpRecreation & OceanCommunityServices

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**Registration begins at 8:30 AM on Wednesday, August 12 (residents)**

**Wednesday, August 19 (non-residents)**

**See page 18 for details**
**ADULT BASKETBALL**

Courts available for “pick up” basketball. Adults night out. No youth or guests permitted on site. Enrollment will be limited. *Please note: The gym is not air conditioned.*

**Session 1:** Sundays, October 4 - December 13
8:00 - 10:00 am

**Session 2:** Mondays, October 5 - December 14
8:00 - 10:00 pm

**Session 3:** Wednesdays, October 7 - December 16
8:00 - 10:00 pm

**Location:** Municipal Gym

**Fees per session:**
- Session 1 (T): $25 residents/$35 non-residents
- Session 2 & 3: $25 residents/$35 non-residents

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**IT IS ALWAYS RECOMMENDED THAT YOU CHECK WITH YOUR PHYSICIAN PRIOR TO PARTICIPATING IN EXERCISE ACTIVITIES.**

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**ADULT VOLLEYBALL**

Courts are available for open play. Players are welcome to separate for games based on ability or combine all levels of players. Site supervisor is available to coordinate games. Adults night out—no youth or guests permitted on site. Enrollment will be limited. *Please note: The gym is not air conditioned.*

**Session 1 (T):** Tuesdays, October 6 - December 8

**Session 2:** Thursdays, October 8 – December 10
8:00 - 10:00 pm

**Location:** Municipal Gym

**Fee:** $25 residents/$35 non-residents

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**INDOOR PICKLEBALL**

Pickleball is the fastest growing sport in America! It’s fast, fun and easy to learn. This paddle sport combines the elements of tennis, badminton and table tennis and is enjoyed by players of all levels. Courts are available for open play. Paddles are available for use during the program. Group size may be limited to 25 participants at one time in the gym.

- Mondays, October 5 - December 7 11:00 am - 1:00 pm
- Wednesday, October 7 – December 9 12:00 pm - 2:00 pm
- Thursdays, October 8 - December 10 1:45 pm - 3:45 pm
- Thursdays, October 8 - December 10 5:30 pm - 7:30 pm

**Participants may attend any session for one fee, please note no program 11/28**

**Location:** Municipal Gym

**Fee (T):** $45 residents/session $55 non-residents/session

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**REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, AUGUST 12 (RESIDENTS)**

**WEDNESDAY, AUGUST 19 (NON-RESIDENTS)**

**SEE PAGE 18 FOR DETAILS**
BEGINNER YOGA
Open to beginners and those looking to refresh an ongoing practice. Chairs are provided for those who cannot be on the floor. Youth 12-16 may register with a participating adult.

Tuesdays,
October 6 - December 15
6:30 - 7:45 pm
no program 11/3

Fee (T): $90 residents
$100 non-residents *

OPEN LEVEL YOGA
Open to those who have some yoga experience to more advanced practitioners. All levels welcome.

Thursdays
October 1 - December 17
6:30 - 7:45 pm
no program 11/26

Fee (T): $95 residents
$105 non-residents

YOGA FOR 55+
Learn the basic practices of yoga geared especially for seniors and those with physical limitations. Chairs provided for those who cannot be on the floor.

Session I: Tuesdays
September 29 - December 15
Fee: $75 residents/$85 non-residents

Session II: Fridays
October 2 – December 18
9:30 - 10:45 am
Fee: $80 residents/$90 non-residents

LOCATION: TERNER CLASSROOM
All aspects of yoga are practiced: postures, breathing techniques, guided imagery, deep relaxation and guided meditation. Please bring your yoga mat, towel and blanket.

PILATES MAT WORK
A dynamic exercise program using a combination of controlled movements to shape and sculpt long, lean muscles. The class is suitable for beginners and experienced practitioners. Participants should bring their own floor mat and towel. Mats are available for purchase through the instructor.

MORNING PROGRAM
Tuesdays & Thursdays, October 6 - December 10
8:45 - 9:45 am
(no program 11/27)

Location: Municipal Gym
Fee (T): $70 residents/$80 non-residents

EVENING PROGRAM
Mondays & Wednesdays, October 5 - December 9
6:15 - 7:15 pm
(no program 10/12)

Location: Wanamassa School Gym
Fee (T): $70 residents/$80 non-residents

MORNING MEDITATION
Focus is on yogic meditation techniques and breathing techniques that quiet the mind. Students learn tips for establishing a consistent practice.

Session 1: Tuesdays, September 29 - December 15
Fee (T): $60 residents/$70 non-residents

Session 2: Fridays, October 2 – December 18
Fee (T): $65 residents/$75 non-residents

Time: 8:50 - 9:20 a.m.
Location: Terner Classroom

NIA
Through movement we find health. Nia is a cardio dance fitness class that incorporates martial arts, dance arts and healing arts. Nia promotes mindfulness, holistic fitness and well being.

Wednesdays, October 7 - December 16
10:30 am - 11:30 pm

Location: Municipal Gym
Fee (T): $40 residents/$50 non-residents

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, AUGUST 12 (RESIDENTS)
WEDNESDAY, AUGUST 19 (NON-RESIDENTS)
SEE PAGE 18 FOR DETAILS
**FITNESS FOR FIFTY FIVE+**

Join instructor Jill Albert as she guides students in a safe and fun exercise program designed for older adults. Classes include cardiovascular workouts with choreographed steps, strength training and floor work for a complete workout.

**Mondays, Wednesdays & Fridays**
9:00 - 10:00 am
October 5 - December 11
No class 10/12, 11/27

**Location:** The location will be determined based on the current executive order at the time of the start of class.

**Fee:** $45 residents/$55 non-residents

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**STRENGTH, STRETCH & BALANCE**

Instructor Joanne McKenna uses gentle strength training, stretches and balance exercises to help you feel your best.

**Session I:** Mondays, October 19 - December 7
10:10 - 11:00 am

**Location:** West Park Recreation Center, downstairs

**Session II:** Fridays, October 23 - December 11
10:10 - 11:00 am

**Location:** Municipal Gym

**Fee per session(T):** $30 residents/$40 non-residents

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**INDOOR WALKING**

Don’t let the winter weather keep you from walking. Join staff from the Recreation Office for a walk in the Municipal Gym. Walk at your own pace for a short time or the full hour—you choose!

**Tuesdays & Thursdays**
December 1 - May 13
No program 12/24 & 12/31
12:15 - 1:15 pm
FREE

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**FITNESS FOR FIFTY FIVE+**

Join instructor Jill Albert as she guides students in a safe and fun exercise program designed for older adults. Classes include cardiovascular workouts with choreographed steps, strength training and floor work for a complete workout.

**Mondays, Wednesdays & Fridays**
9:00 - 10:00 am
October 5 - December 11
No class 10/12, 11/27

**Location:** The location will be determined based on the current executive order at the time of the start of class.

**Fee:** $45 residents/$55 non-residents

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**ZUMBA GOLD**

Zumba Gold with instructor Patty Megill uses the same great Latin-style music and dance as Zumba Basic, but at a lower intensity and slower pace. It’s a fun, exciting program designed for older adults.

**Tuesdays & Thursdays, October 6 - December 10**
(No program 11/26)
10:00 - 11:00 am

**Location:** The location will be determined based on the current executive order at the time of the start of class.

**Fee (T):** $65 residents/$75 non-residents

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**STAY CONNECTED!**

Twitter: @OTHumanServices
Facebook.com/OceanTwpHumanServices
Instagram: OceanTwpRecreation

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**REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, AUGUST 12 (RESIDENTS)  
WEDNESDAY, AUGUST 19 (NON-RESIDENTS)  
SEE PAGE 18 FOR DETAILS**
Fall is for golfing at Ocean’s beautiful 9-hole golf course, open daily through November 11. Conveniently located in Wanamassa, the course offers 2,616 yards of golf from the longest tees for a par 35, reasonable rates, leagues and lessons for golfers of all ages and abilities. Open daily from 7 am until dusk. First tee time is adjusted in the fall. Reserve your tee time online at ColonialTerraceGolf.com.

**FALL SPECIAL! $13 GREENS FEES EVERY DAY!**

**OCTOBER 1 - NOVEMBER 11**

**GOLF LESSONS WITH COACH MICHELLE MELIA**

LPGA Professional Michelle Melia will offer golf lessons for adults this fall. Michelle brings more than 20 years of teaching and coaching experience and currently serves as head coach at Monmouth University. The LPGA named her National Golf Coach of the Year in 2008 for her efforts as head coach at Fairleigh Dickinson University, where the women’s program won eight Division 1 tournaments and the Northeast Conference Championship, earning a berth to the NCAA.

She is the LPGA Teaching Professional for the First Tee of the Jersey Shore, LPGA Girls Golf Club site director and serves as committee member for numerous local golf organizations. She has been featured on Fox Sports as a leading instructor for stroke survivors and is the lead instructor for the ARC of Monmouth, providing instruction for athletes preparing for the Special Olympics.

Each session of group lessons consists of eight classes held on Tuesday and Thursday evenings for four weeks. Students will receive a certificate to play a round of golf at William F. Larkin Golf Course upon completion of the program.

**BEGINNER LESSONS**

For the adult golfer who is just starting or who has had some exposure to golf. Learn chipping, pitching, putting, sand play and full swing fundamentals and principles.

**Tuesdays & Thursdays**

3:45 - 4:45 pm

**Session 1:** September 8 - October 1

**Session 2:** October 6 - 29

Fee(T): $100 residents/$110 non-residents

**INTERMEDIATE LESSONS**

For the player who has participated in prior lessons, has experience playing on different golf courses and has good fundamental skills.

**Tuesdays & Thursdays**

5:00 - 6:00 pm

**Session 1:** September 8 - October 1

**Session 2:** October 6 - 29

Fee(T): $100 residents/$110 non-residents

For information about private lessons with Michelle Melia, email mmelia@monmouth.edu
Professional, caring and confidential counseling services for Ocean Township residents

WE ARE HERE FOR YOU...HELP IS JUST A PHONE CALL AWAY!

Highly trained, licensed mental health professionals help people address a number of issues, such as anxiety, grief, coping with loss, depression, family and relationship issues.

In person, phone and online appointments are available.

DAY OR EVENING APPOINTMENTS
To schedule an appointment, call 732-531-2600

FREE TRANSPORTATION FOR MEDICAL APPOINTMENTS, SHOPPING AND ERRANDS FOR Ocean Township residents AGE 60 AND OLDER

Senior Rides

For everyone's safety, all riders are required to wear masks that cover the nose and mouth and only one rider is permitted in the van.

For shopping and errand trips, riders must be able to carry their own packages to and from the van.

SCHEDULE IS SUBJECT TO CHANGE
Call 732-531-2600 at least 2 days in advance to schedule a ride
Medical appointments: Monday, Wednesday, and Friday – 9 am-2 pm
Shopping & errands: Tuesday and Thursday - 9 am-2 pm

CONNECT WITH US ONLINE
www.oceantwp.org
How To Register

In-person or by mail:
1. Complete a registration form on the last page of this brochure. If registering for more than one program, a separate form must be completed for each program.
2. In-Person: Beginning at 8:30 am on Wednesday, August 12 registration for Ocean residents will take place at the Department of Human Services office. Staff will register walk-ins in the order in which they are received. Registrants must remain onsite until registration is completed.
3. By Mail: Registrations received by mail on August 12 will be processed in random order throughout the day. Forms received before registration begins will be returned unprocessed.

Online Registration:
If you have previously registered for programs, a family account is already set up for you. If you don’t know your user name and password, call 732-531-2600 for assistance prior to registration dates. First-time registrants, follow the instructions below to create an account using CommunityPass.

1. Go to www.oceantwp.org and click on the Recreation & Counseling tab. Click on “Click Here to Register for Programs” OR log on directly to https://register.communitypass.net/oceantwp. Follow instructions to create an account or skip to Step 2 if you already have an account.
2. Login with your user name & password, select “Browse Activities” and choose the appropriate category.
3. Verify that your family account information is accurate. Verify your email address.
4. Select participants: add additional family members here. Select the members you wish to register to view programs available. Volunteer coaches & assistants can also register here.
5. Select from the list of age/grade appropriate programs displayed for each family member. Click on the activities and view “details” to the right of the program name.
6. Complete the registration for each participant. Review your information and pay using Visa or Mastercard. Confirmation will be sent to your email address.

Questions? Call 732-531-2600 for assistance with online registration.

Thanks to our Volunteers!
The Department of Human Services provides integrated and comprehensive services that promote the welfare of the community, the positive development of youth, and the strengthening of families.

At the heart of many of our programs and services are the volunteers who make it possible. They serve as coaches in our recreation programs and drivers who deliver Meals on Wheels to homebound elderly people living in our community. They sort, pack and deliver donated food for the Thanksgiving Food Drive and they generously donate gifts for the holiday Adopt A Family program.

Without the energy and generosity of our dedicated volunteers, the department wouldn’t be able to serve so many people or provide affordable recreation programs for our youth. Thank you for all that you do to improve the lives of people living in the Township of Ocean!
### In-Person or Mail-in Registration Form

1. On Wednesday, August 12 registration will begin at 8:30 a.m. online or in person at the DEPARTMENT of HUMAN SERVICES. Registration for non-residents will be accepted beginning August 19 if space is available.
2. Registration takes place during dates specified in the brochure and are accepted on a first-come basis until maximum enrollment is met. Forms received prior to registration opening will be returned unprocessed. **Once maximum enrollment for program is met, registration will close.** If a minimum is not met, program may be cancelled.
3. Registration will be accepted on-line, through the mail or in person at Recreation Office from 8:30 - 4:30, Mondays through Fridays. Registration **will not** be accepted on site at programs.
4. For walk-in or mail-in registrations, form must be completed and submitted with designated fee to be registered for a program. Incomplete forms will be returned unprocessed. Please use only one form per person per program. Staff will register walk-ins in the order in which they are received, using the online program. Registrants are expected to remain onsite until the process is completed.
5. All checks payable to Township of Ocean (unless otherwise specified); Mastercard & Visa accepted. No cash payments over $50.00.
6. Age requirements must be met by program starting date. Copy of participant’s birth certificate may be requested.
7. Program refunds will be granted only if the program is cancelled by the Recreation Office (no service charge will apply) or if the vacated spot can be filled prior to the start of the program. Request for refund must be made in writing. Refunds will not be considered following start of a program. Granted refunds will be assessed a $10.00 service charge. Requests for refunds received within the appropriate time frame may also be credited to the registrant’s Family Account (with no processing charge held) and applied to future activity.
8. Programs may be canceled for unforeseen circumstances such as inclement weather or instructor absences. In the event of cancellations, up to two canceled classes per session will **not** be made up.
9. The Township of Ocean has established a Participation Code of Conduct (copy available upon request and posted on Township website). Compliance is required for participation in activities.
10. It is understood that images of participants may appear in footage on the Township cable station, the Township’s website, Facebook, Instagram, and Twitter pages, and in photographs promoting activities sponsored through the Department of Human Services.

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**Recreation Registration Form** (Recreation Office, 601 Deal Rd., Ocean, NJ 07712)

### I. HOUSEHOLD INFORMATION:

<table>
<thead>
<tr>
<th>PRIMARY ADULT NAME (First/Last):</th>
<th>PRIMARY ADULT DOB (mm/dd/yr):</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAILING ADDRESS:</td>
<td>TOWN: __________________ ZIP: __</td>
</tr>
<tr>
<td>HOME PHONE:</td>
<td>EMAIL ADDRESS: __________________</td>
</tr>
<tr>
<td>CELL PHONE:</td>
<td>DAY PHONE: __________________</td>
</tr>
</tbody>
</table>

### II. PROGRAM NAME: __________________ SESSION: __________________

### III. PARTICIPANT INFORMATION:

<table>
<thead>
<tr>
<th>PARTICIPANT NAME (First/Last):</th>
<th>DOB:</th>
<th>GENDER: M F</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRADE: __________________ (grade as of Sept. 2020)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EMERGENCY CONTACT (first/last):</td>
<td>PHONE: __________________</td>
<td></td>
</tr>
</tbody>
</table>

**PARTICIPANT’S WORK PHONE (adult programming only):**

<table>
<thead>
<tr>
<th>Youth Basketball:</th>
<th>Childs height (ft. &amp; inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Basketball:</td>
<td>Note the one night that child cannot practice due to an alternate obligation:__________</td>
</tr>
<tr>
<td>Youth Basketball:</td>
<td>Individual requests (carpooling, specific team, etc.) will not be considered given the size of the programs.</td>
</tr>
</tbody>
</table>

### YES, I WOULD LIKE TO VOLUNTEER (youth basketball/soccer) COACH ASSISTANT EITHER

<table>
<thead>
<tr>
<th>VOLUNTEER NAME:</th>
<th>ADDRESS: __________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOME PHONE:</td>
<td>DAY PHONE: __________________</td>
</tr>
<tr>
<td>CELL PHONE:</td>
<td>EMAIL ADDRESS: __________________</td>
</tr>
</tbody>
</table>

**Note:** All volunteers are required to participate in a fingerprinting program in order to be considered for involvement in this youth activity.

1. Does this program registrant require special assistance or accommodations to enjoy this program? _______ If yes, please note the physical or developmental disability and limitations (or any other situation) and include with registration form. Requests for special assistance must be received at least three weeks prior to the start of the program.
2. Due to the strenuous nature of some activities, registrant should consult a physician prior to participation. It is the responsibility of the participant to inform the Recreation Office of any physical disabilities that may limit his/her participation in a program.
3. Please note that participant assumes the responsibility of all reasonable risks which may exist due to participation in Township-sponsored events.
4. I have reviewed and understand the Registration/Refund procedure as provided in the seasonal brochure.
5. The Township of Ocean has established a Participation Code of Conduct and it is understood that compliance is required for participation in Township activities. A copy is available upon request.
6. It is understood that images of the participant noted on this form may appear in footage on the Township television station, the Township website and Facebook, Instagram or Twitter pages, and in photographs promoting activities sponsored through the Department of Human Services.
7. As per NJ State Law (P.L. 2006, Chapter 306), school age youth who wear corrective eyeglasses are directed to wear protective eyewear that meets established safety standards during certain activities (including but not limited to basketball, soccer, tennis, lacrosse, baseball/softball). Please consult your child’s eye doctor for specific information.

### IV. Participant (if over 21)/Parent/Guardian Signature:

| Office use: Date: | Amount: ________ Check#/Cash: ________ FAM ID #: ________ Int. ________ |

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**WINTER PROGRAMS 2021**

**WINTER 2021 RECREATION BROCHURE AVAILABLE EARLY OCTOBER**

**REGISTRATION FOR RESIDENTS BEGINS NOVEMBER 4**

**NON-RESIDENT REGISTRATION BEGINS NOVEMBER 18**

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**YOUTH PROGRAMS**

- Babysitting
- Ballet
- Drawing & Watercolors
- Hip Hop
- Itsy Bitsy Music
- Messy School
- Snapology

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**ADULT PROGRAMS**

- Basketball
- Nia
- Pickleball
- Pilates
- Yoga

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**PROGRAMS FOR ADULTS 55+**

- Fitness for 55+
- Let's Talk
- Indoor Walking
- Morning Meditation
- Pickleball
- Social Seniors
- Strength, Stretch & Balance
- Your Inner Picasso
- Yoga for 55+

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**SHARE YOUR TALENT WITH THE COMMUNITY**

Have an idea for a program?
The Township of Ocean Recreation Office welcomes and encourages instructors and community members to submit program ideas.
Please contact Mike Butrico, Recreation Director
732-531-2600, or mbutrico@oceantwp.org.