

TOWNSHIP OF OCEAN

RECREATION PROGRAMS



SUMMER 2022

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 4 (RESIDENTS)
WEDNESDAY, MAY 18 (NON-RESIDENTS)

REGISTER ONLINE: [REGISTER.COMMUNITYPASS.NET/OCEANTWP](https://register.communitypass.net/oceantwp)
REGISTER IN-PERSON AT THE RECREATION OFFICE, 601 DEAL ROAD



TOWNSHIP OF OCEAN DEPARTMENT OF HUMAN SERVICES
601 Deal Road Ocean, NJ 07712
732-531-2600 www.oceantwp.org



TOWNSHIP OF OCEAN

RECREATION PROGRAMS

Summer 2022

601 Deal Road Ocean, NJ 07712 732-531-2600

www.oceantwp.org

RECREATION STAFF

MIKE BUTRICO
Recreation Director

AARON MILLER
*Project Extend Coordinator/
Recreation Coordinator*

JENNIFER NORDSTROM
Special Events Coordinator

KRISTEN WEBER
Recreation Coordinator

OFFICE HOURS
Mondays-Thursdays
8:30am-6:00pm
Fridays
8:30am - 4:30pm

MAILING ADDRESS
601 Deal Road
Ocean, NJ 07712

PHONE
732-531-2600

FAX
732-517-8567

CLOSINGS &
CANCELLATIONS
732-517-8568

GOLF COURSE
732-775-3636

COMMUNITY POOL
732-229-6161

DATES TO REMEMBER

Registration for Summer Programs & Fall Youth Soccer begins
May 4 for Ocean residents.

Non-resident registrations accepted **May 18**

Music in the Park **May 26**

Community Pool opens **May 30**

Memorial Day Service **May 30**

Spring Art Show & Sale **June 4**

Independence Day Celebration & Fireworks **July 1**



OTHER COMMUNITY RECREATION & SPORTS OPPORTUNITIES

Boys Lacrosse:	oceanyouthlax.com
Girls Lacrosse	oceangirlslacrosse.com
Little League	otll.org
Ocean United Soccer	oceansoccer.com
American Youth Football	oceanayf.siplay.com
Girl Scouts	jerseyshoregirlscouts.org
Boy Scouts	monmouthbsa.org
NFL Flag Football of Ocean	nflflagofocean.com
Township Library	monmouthcountylib.org

COMMUNITY CELEBRATIONS

DRIVE-IN CONCERT

Thursday, May 26

Mike Cernigliaro Fairgrounds
at
Joe Palaia Park

Gates open 6:15 pm

Show Starts at 6:30



Admission: \$10 per car

Bring lawn chairs, snacks & beverages and enjoy the show!

Register.CommunityPass.net/OceanTwp



MEMORIAL DAY

Remember and Honor

MONDAY, MAY 30 11 AM

Town Hall 399 Monmouth Road

Spring Art Show & Sale

Featuring the works of local artists

Saturday, June 4 10 am - 3 pm

raindate June 5

On the grounds of the Township Historical Museum
703 Deal Road



TOWNSHIP OF OCEAN
COMMUNITY CELEBRATIONS

Independence Day Celebration

FRIDAY, JULY 1
JOE PALAIA PARK

THANK YOU TO OUR GENEROUS SPONSORS

Paramount Realty
Shrewsbury Volkswagen
Family First Urgent Care
Middlebrook at Monmouth
Sanford D. Brown LLC
Suplee, Clooney & Company
Baja Fresh
Advisors Mortgage Group

FOR INFORMATION ABOUT BECOMING AN EVENT SPONSOR

CONTACT JENNIFER NORDSTROM, JNORDSTROM@OCEANTWP.ORG OR CALL 732-531-2600 EXT 6220

CHECK FOR UPDATES ABOUT MORE SUMMER EVENTS. OCEANTWP.ORG/CELEBRATIONS

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 & Senior Center

615 West Park Avenue, Oakhurst

Turner 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. Masks are recommended and please adhere to social distancing. Report any concerns regarding parks and playgrounds to the Dept. 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 Dept. 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.

PARK	TENNIS	PICKLE-BALL	SOFTBALL	BASEBALL	BASKET-BALL	PICNIC GROVE	TRAILS	DISC GOLF	PLAY-GROUND
DAVE DAHROUGE PARK	✓	✓	✓			✓			✓
JOE PALAIA PARK/ SAUL RUBIN FIELDS			✓				✓	✓	✓
OAKHURST FIRST AID & FIRE CO. MEM. FIELDS	✓	✓	✓		✓	✓			✓
WANAMASSA FIREMAN'S MEMORIAL PARK			✓	✓					
WAYSIDE PARK	✓	✓			✓				✓

SOFTBALL FIELD USE

Residents may reserve two-hour blocks of time. Reservations accepted no more than 1 week in advance of requested date. Fields are available for use as of June 22 (weather permitting). Contact the Recreation Office for additional information and requirements. Fees apply for use of the softball/baseball fields at the Wanamassa Fireman's Memorial Park Complex.

TENNIS/PICKLEBALL COURT RESERVATION & USE PROCEDURES

- Dave Dahrouge Park and Wayside Park have four tennis courts at each park. Two courts at each park **are lined for pickleball play. There are four courts at Oakhurst Fireman's Field. All four are lined for pickleball play.** The Community Pool and Tennis Facility has six courts. Three courts at that site are **lined for pickleball play. Courts lined for pickleball are "blended courts" that are also lined for tennis.** Either sport can be played on blended courts.
- **Courts at Dave Dahrouge Park, Wayside Park and Oakhurst Fireman's Field Park are open 8:00 am to dusk.** Courts at the Community Pool and Tennis Facility are open 8:00 am - 10:00 pm.
- Residents may reserve court time through October 15 and must be registered in the CommunityPass system to reserve courts. Proof of residency is required to register. Please indicate if you are reserving for tennis or pickleball play. *Please note: Oakhurst Courts are used for summer programs and have limited availability for reservations or walk-on play.* Reserve no more than one week in advance by calling the Recreation Office, 732-531-2600, Monday through Friday, 8:30 am - 2:00 pm.



- Players are limited to one hour of reserved court time per day. 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 8:00 am.
- Ball hoppers are not permitted on township courts.
- Walk-ons can play on a first come basis if court is not previously reserved. Walk-on use is limited to one hour (on the hour) if others are waiting to play. Walk-ons must vacate the courts any time they are reserved.
- Township tennis/pickleball courts may not be used for private tennis lessons. Private/group lessons are not permitted without prior authorization by the Recreation Office.



DISC GOLF

The disc golf course in Joe Palaia Park is available every day and is free to use. Discs can be borrowed from the Recreation Office during regular office hours.

A course map and instructional videos can be found online oceanwp.org. Download the UDisc app for an easy to use scorekeeping tool.

Sign up for Parks & Recreation email alerts at OceanTwp.org.

THERE'S SOMETHING FOR EVERYONE AT YOUR TOWNSHIP PARKS



Head outdoors and visit a Township of Ocean park this summer! Enjoy active sports & recreation at our ball fields, tennis/pickleball courts, golf course, playgrounds, pool and disc golf facility. Go for a run, take a stroll, or ride your bike the trails at Joe Palaia Park. Work out in the open air at the outdoor gym, or simply sit and enjoy the views. See page 4 for information **about Ocean's parks and recreation facilities and get ready to explore all of the outdoor opportunities!**

PROJECT EXTEND BEFORE & AFTER SCHOOL CARE

PRE-K - 8TH GRADE

Enriching and affordable child care is offered through the Department of Human Services. Trained professional staff supervise a variety of activities to promote social interaction and safe fun for children.



Eligibility: Project Extend serves resident children in grades pre-K-8 who attend Township of Ocean public schools.

Hours: Before School Project Extend for students in grades pre-K-4 is held from 7:00 am until the start of the school day on days Township schools are in session.



After School Project Extend for students in grades pre-K-8 begins at the end of the school day until 6:00 pm on days Township schools are in session.

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

PROJECT EXTEND HOLIDAY CARE

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

The Holiday Care program will run from 7:30 am to 5:30 pm in the 2022-23 school year.

Registration information will be available in the Fall Brochure.



2022-2023 HOLIDAY CARE DATES

DATES ARE SUBJECT TO CHANGE

September	26 & 27	January	16
October	5 & 10	February	17 & 20
November	10 & 11	April	3, 4, 5, 6, 7 & 10
December	26, 27, 28, 29 & 30	June	2

STAY CONNECTED!

Get all the latest news about recreation programs and special events.



FACEBOOK: [OceanTwpHumanServices](https://www.facebook.com/OceanTwpHumanServices)

TWITTER: [@OTHumanServices](https://twitter.com/OTHumanServices)

INSTAGRAM: [OceanTwpRecreation](https://www.instagram.com/OceanTwpRecreation)

WEBSITE: Oceantwp.org



REGISTRATION BEGINS 8:30 AM WEDNESDAY, MAY 4 (RESIDENTS) MAY 18 (NON-RESIDENTS)
SEE PAGE 17 FOR DETAILS



TOWNSHIP OF OCEAN RECREATION SOCCER

For youth in Kindergarten through 6th grade

as of September 2022

Pre-K Soccer Clinic for ages 4 & 5. See page 8 for details.

7th - 9th grade clinic for boys & girls. See Page 8 for details.

SOCCER DIVISIONS	GRADE
Instructional	Kindergarten & 1st
Developmental	2nd & 3rd
Junior	4th - 6th
<i>All soccer divisions are separated by gender Divisions may be restructured dependent upon enrollment.</i>	

Practices begin in late August. Coaches will notify participants when practices will begin.

Games are held on Saturdays September 17 - November 12.

*If makeup games are needed due to inclement weather,
games will be made up during weekly practice time.*

Soccer
Spooktacular
October 29!

FEE: \$70 residents/\$80 non-residents

Age-appropriate shin guards are required ~ Rubber cleats are suggested

VOLUNTEER COACHES AND ASSISTANTS ARE NEEDED

Call 732-531-2600 for information

*All volunteers must comply with the Rutgers SAFETY training and
Township-sponsored fingerprint program.*

REGISTRATION BEGINS 8:30 AM WEDNESDAY, MAY 4 (RESIDENTS) MAY 18 (NON-RESIDENTS)
SEE PAGE 17 FOR DETAILS

FALL SOCCER CLINICS

PRE-SCHOOL CLINIC FOR AGES 4 & 5

(MUST BE AGE 4 BY SEPTEMBER 1, 2022)

Children will learn the fundamentals of soccer with an emphasis on FUN! Our soccer instructor will lead players with a warm-up and instructional clinic, followed by game play. Children are encouraged to bring a #3 soccer ball, labeled with the child's name. Rubber soccer cleats optional. Age appropriate shin guards required.

SATURDAYS, OCTOBER 1 - NOVEMBER 5 9:00 - 10:00 AM

OAKHURST FIRST AID & FIRE COMPANY MEMORIAL FIELDS

FEE (T): \$35 RESIDENTS/\$45 NON-RESIDENTS

Adult supervision is needed. Please register as a *Volunteer Coach - Pre-K division*. You will be assigned a group of children each week and will help with skills, drills and games under the direction of the program supervisor.



Soccer
Spooktacular
October 29!



HOTSHOTS CLINIC FOR YOUTH IN GRADES 7-9

Boys and girls in grades 7-9 will improve their skills in a clinic designed for older players. Have fun while learning more about soccer through drills, skills and games! Rubber soccer cleats and age appropriate shin guards are required. Please bring a #5 soccer ball labeled with your name.

SATURDAYS, OCTOBER 1 - NOVEMBER 5 10:30 - 11:30 AM

JOE PALAIA PARK ENTRANCE #3

FEE (T): \$35 RESIDENTS/\$45 NON-RESIDENTS

Soccer
Spooktacular
October 29!

NEW!! BASKETBALL CLINICS WITH ASHTON GIBBS

Gibbs Elite Basketball Clinics are set up in a station format, focusing on basic fundamentals. Sessions will begin with group drills and ball handling warm ups. Players will then be broken down into small groups where they will work on form shooting, lay ups, midrange game, passing, post-moves, pivots-jabs-fakes and foul shots. The focus is to improve form, technique, speed and agility in all areas of the game.

HIGH SCHOOL CLINIC

BOYS & GIRLS IN GRADES 9-12

WEDNESDAYS, MAY 4 AND 18

GRADE 9/10: 5:00 -6:00 PM

GRADE 11/12: 6:00-7:00 PM

YOUTH CLINIC

BOYS & GIRLS IN GRADES 2-8

SATURDAYS, MAY 7 AND 21

GRADE 2/3: 8:30-9:30 AM

GRADE 4-6: 9:30-10:30 AM

GRADE 7/8: 10:30 -11:30 AM

FEE (T) \$50 RESIDENTS/\$60 NON-RESIDENTS REGISTER UNDER SPRING PROGRAMS

LOCATION - TOWNSHIP OF OCEAN MUNICIPAL GYM

REGISTRATION BEGINS 8:30 AM WEDNESDAY, MAY 4 (RESIDENTS) MAY 18 (NON-RESIDENTS)

SEE PAGE 17 FOR DETAILS

RUNNING CLUB



FOR YOUTH ENTERING GRADES 2 - 7

TUESDAYS & THURSDAYS

SESSION 1: JULY 5 - 28

SESSION 2: AUGUST 2 - 25

GRADES 5-7: 8:00 - 8:45 AM

GRADES 2-4: 9:00 - 9:45 AM



Physical fitness training is an important life lesson for all children and young athletes. This summer, 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.

FEE: \$40 OCEAN RESIDENTS/\$50 NON-RESIDENTS

LOCATION: JOE PALAIA PARK, SAUL RUBIN FIELDS DOW AVE. ENTRANCE

SUMMER RECREATION

SUMMER RECREATION is for youth entering 1st through 9th grade.

Your child's day will be filled with crafts, active and passive indoor/outdoor play, on-site special events, and possibly off-site events.

SUMMER RECREATION meets at the Ocean Township Elementary School.

Children must be dropped off and picked up at Ocean Township Elementary School.

Children should bring a face covering (wear it when necessary), one bag with their towel, sunscreen, snacks, lunch and water.

Please see the complete program rules and guidelines when registering.

PROGRAM DATES

SUN & FUN A	JULY 5-8
SESSION 1	JULY 11-22
SESSION 2	JULY 25-AUGUST 5
SESSION 3	AUGUST 8-19
SUN & FUN B	AUGUST 22-26

PROGRAM GROUPS

1st & 2nd grade	5th & 6th grade
3rd & 4th grade	7th, 8th & 9th grade



FEE PER SESSION

SESSION 1, 2, 3:

\$300 per child (Ocean residents)/\$350 per child, (non-residents)
 \$150 per child/per session due at registration.

SUN & FUN A & B:

\$150 per child (Ocean residents)/\$175 per child, (non-residents)
 \$75 per child/per session due at registration.

TIME:

8:30 AM - 4:30 PM

LOCATIONS:

Ocean Township Elementary School, 555 Dow Ave., Oakhurst

REGISTRATION BEGINS 8:30 AM WEDNESDAY, MAY 4 (RESIDENTS) MAY 18 (NON-RESIDENTS)
 SEE PAGE 17 FOR DETAILS

TOWNSHIP OF OCEAN RECREATION

Tennis

For Youth & Adults

BEGINNER YOUTH TENNIS

Basic grips, strategies and rules are taught through drills, games and open play. Participants provide their own racquet and an unopened can of balls at start of program.

- Session 1: Ages 9 - 11
Monday - Friday, July 5 - 8 6:15 - 7:30pm
- Session 2: Ages 12 - 17
Monday - Friday, July 11- 15 6:15 - 7:15 pm
- Session 3: Ages 7 & 8
Monday - Friday, July 18- 22 6:15 - 7:15 pm



Location: Oakhurst Park Tennis Courts
 Fee(T): \$80 residents/\$90 non-residents
Make-ups will be scheduled for rain only. No make-ups or refunds for student absence.

INTERMEDIATE TENNIS FOR ADULTS



Adult group lessons for intermediate players, age 17+.
 Six 1-hour lessons teach more advanced skills and sharpen existing skills. Bring a racquet and an unopened can of tennis balls to first class. Please wear appropriate footwear.

Mondays, July 11- August 15 6:00 - 7:00 pm
 Location: Oakhurst Park Tennis Courts
 Fee(T): \$130 residents/\$140 non-residents

Make-ups will be scheduled for rain only. No make-ups or refunds for student absence.

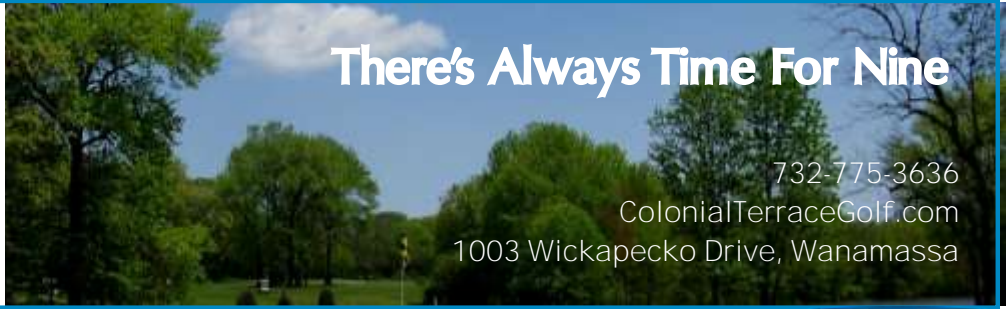
PRIVATE TENNIS & PICKLEBALL LESSONS



Group, private and semi private lessons for all levels are available with Certified Coach, Andre Blanquer. Andre will also offer open play, round robin tournaments and leagues. For information email: andretenniscamps@hotmail.com or call 732-531-2600 ext. 6235.



REGISTRATION BEGINS 8:30 AM WEDNESDAY, MAY 4 (RESIDENTS) MAY 18 (NON-RESIDENTS)
 SEE PAGE 17 FOR DETAILS



There's Always Time For Nine

732-775-3636

ColonialTerraceGolf.com

1003 Wickapecko Drive, Wanamassa

William F. Larkin Golf Course was named one of the Top 25 Short Courses in the U.S. (#23) by the **GolfPass Golfers' Choice 2022 Survey** and one of the Top 20 Courses (#16) with public access in New Jersey.



VISIT COLONIALTERRACEGOLF.COM

Book tee times online and stay up-to-date with news about lessons and special events.



SUMMER GOLF LESSONS

Learn to play or improve your game with PGA ADM Coach Rob Connelley. All classes are held at William F. Larkin Golf Course at Colonial Terrace. Golf clubs are available for use during class.

GOLF 101

For the adult golfer who is just starting or with some exposure to golf. Learn chipping, pitching, putting, sand play and full swing fundamentals and principles. Upon completion of lessons participants are invited to play nine holes with a WFLGC@CT staff member. Details will be provided at class.

- Session 1: Thursdays, July 7 - August 11
10:15 - 11:15 am
- Session 2: Thursdays, July 7 - August 11
6:30 - 7:30 pm
- Session 3: Fridays, July 8 - August 12
9:00 - 10:00 am

GOLF 102

For the player who has participated in prior lessons, has experience playing on different golf courses and has good fundamental skills. Upon completion of lessons participants will be given a pass to play a round at the WFLCG@CT.

- Session 4: Tuesdays, July 5- August 9
6:30 - 7:30 pm
- Session 5: Wednesdays, July 6- August 10
6:30 - 7:30 pm
- Session 6: Thursdays, July 7- August 11
9:00 - 10:00 am

FEE (T) \$70 RESIDENTS/\$80 NON-RESIDENTS

YOUTH LESSONS

Group lessons are available for youth, 8 -17, through The First Tee of the Jersey Shore. Call 732-759-2170 or email info@thefirstteejerseyshore.org.



JULY IS FAMILY MONTH!

Youth 7-17 play free Monday-Friday when accompanied by a paying adult. *Limit one free child per paying adult.*



WILLIAM F. LARKIN GOLF COURSE

WOMEN'S OUTDOOR FITNESS



All women are welcome at this outdoor, High-Intensity Interval Training (H.I.I.T.) workout. Hollie Fallon, an ACE certified personal trainer and group fitness instructor, leads an interval style format that alternates cardio, H.I.I.T. and strength rounds in one, super efficient workout. Meet friends and make new connections, all in a motivating and energizing environment. Women of all ages and stages welcome.

MONDAYS & WEDNESDAYS, JULY 11 - AUGUST 10

9:30 - 10:30 AM

LOCATION: DAVE DAHROUGE PARK

FEE: \$75 RESIDENTS/\$85 NON-RESIDENTS

ADULT BASKETBALL

For adults 18 and over, courts available for "pick up" basketball. The gym is not air conditioned. Registrants only, no youth/guests permitted.

SESSION 1 (T): SUNDAYS, JULY 10- SEPT, 18 8:00 - 10:00 AM

NO PROGRAM 9/4

SESSION 2: MONDAYS, JULY 11 - SEPT. 19 8:00 - 10:00 PM

NO PROGRAM 9/5

SESSION 3: WEDNESDAYS, JULY 6- SEPT. 14 8:00 - 10:00 PM

LOCATION: MUNICIPAL GYM

FEE PER SESSION: \$25 RESIDENTS/\$35 NON-RESIDENTS



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, JULY 6 - AUGUST 24

10:10 - 11:10 AM

LOCATION: WEST PARK RECREATION CENTER

FEE: \$35 RESIDENTS/\$45 NON-RESIDENTS

It is always recommended that you check with your physician prior to participating in exercise activities.

STAY CONNECTED!

Get all the latest news about recreation programs and special events.



FACEBOOK: [OceanTwpHumanServices](#)

TWITTER: [@OTHumanServices](#)

INSTAGRAM: [OceanTwpRecreation](#)

WEBSITE: [Oceantwp.org](#)



REGISTRATION BEGINS 8:30 AM WEDNESDAY, MAY 4 (RESIDENTS) MAY 18 (NON-RESIDENTS)
SEE PAGE 17 FOR DETAILS

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.

BEGINNER YOGA

For beginners and those who want to refresh their practice. Youth 12-16 may register with participating adult.

TUESDAYS, JULY 5 - SEPTEMBER 20

6:30 - 7:45 PM

PROGRAM IS VIRTUAL ON JULY 12

OPEN LEVEL YOGA

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

THURSDAYS, JULY 7 - SEPTEMBER 22

6:30 - 7:45 PM

PROGRAM IS VIRTUAL ON JULY 14

YOGA FOR 55+

Learn the basic practices of yoga geared especially for seniors and those with physical limitations.

SESSION 1: TUESDAYS, JULY 5 - SEPTEMBER 20

PROGRAM IS VIRTUAL ON JULY 12

SESSION 2: FRIDAYS, JULY 8 - SEPTEMBER 23

PROGRAM IS VIRTUAL ON JULY 15

9:30 - 10:45 AM

CHAIR YOGA

Chair yoga is done while sitting and is especially good for seniors and those who have difficulty sitting on the floor. Improve your mobility gently.

THURSDAYS, JULY 7 - SEPTEMBER 22

9:30-10:30 AM

PROGRAM IS VIRTUAL ON JULY 14

LOCATION: TERNER CLASSROOM

FEE PER SESSION (T): \$100 RESIDENTS/\$110 NON-RESIDENTS

All aspects of yoga are practiced: postures, breathing techniques, guided imagery, deep relaxation and guided meditation. Please bring a yoga mat, towel and blanket. No mat is needed for Chair Yoga.

ZOOM YOGA!

Select your favorite yoga class and choose the virtual option to participate from your home.

MORNING MEDITATION

Focus is on meditation and breathing techniques to aid in quieting the mind. Students learn tips for establishing a consistent meditation practice. Chairs are provided for those who prefer not to sit on the floor.

SESSION I: TUESDAYS, JULY 5 - SEPTEMBER 20

PROGRAM IS VIRTUAL ON JULY 12

TIME: 8:50 - 9:20 AM

FEE (T): \$60 RESIDENTS/\$70 NON-RESIDENTS

SESSION II: FRIDAYS, JULY 8 - SEPTEMBER 23

PROGRAM IS VIRTUAL ON JULY 15

LOCATION: TERNER CLASSROOM

SUMMER PILATES

Class is suitable for beginners as well as those with experience. Participants should supply their own floor mat.

TUESDAYS, JULY 5- AUGUST 16 8:45 - 9:45 AM

FEE (T): \$35 RESIDENTS/\$45 NON-RESIDENTS

MONDAYS, JULY 11 - AUGUST 15 6:00-7:00 PM

FEE (T): \$30 RESIDENTS/\$40 NON-RESIDENTS

LOCATION: WEST PARK RECREATION CENTER

LOCATION: VIRTUAL (*NO PROGRAM 8/8*)

It is always recommended that you check with your physician prior to participating in exercise activities.

REGISTRATION BEGINS 8:30 AM WEDNESDAY, MAY 4 (RESIDENTS) MAY 18 (NON-RESIDENTS)
SEE PAGE 17 FOR DETAILS

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.



An innovative, fun and exciting program designed for older adults of all fitness and ability levels. Zumba Gold uses the same great Latin-style music and dance as Zumba Basic, but at a lower intensity and slower pace.

TUESDAY & THURSDAY: JULY 5 – AUGUST 25 10:15 - 11:15 AM
 LOCATION: WEST PARK REC CENTER, 1ST FLOOR
 FEE (T): \$55 RESIDENTS/\$65 NON-RESIDENTS

STRENGTH, STRETCH & BALANCE



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

MONDAYS, JULY 11 - AUGUST 15
 10:10 - 11:00 AM
 LOCATION: WEST PARK REC CENTER, 1ST FLOOR
 FEE (T): \$30 RESIDENTS/\$40 NON-RESIDENTS

It is always recommended that you check with your physician prior to participating in exercise activities.

FITNESS FOR 55+

Join instructors Jill Albert and Valerie Maugeri, who will guide participants in a safe, fun exercise class. Class includes cardio workouts with choreographed steps and strength training with weights.

MONDAYS & WEDNESDAYS, JULY 6 - AUGUST 17 9:00 - 10:00 AM
 LOCATION: WEST PARK RECREATION CENTER, 1ST FLOOR
 FEE: \$25 RESIDENTS/\$35 NON-RESIDENTS

YOUR INNER PICASSO

Budding or born again artists 55+ will learn and practice basic concepts of painting in a relaxing and encouraging atmosphere. Bring a photo of a favorite subject matter or choose from the picture file. Discover your own creativity even if you have never held a paintbrush. Students will use acrylics. One canvas will be provided. **Please bring your own paintbrushes.**



TUESDAYS, JULY 5 - AUGUST 30 NO PROGRAM 8/2
 SESSION 1: 12:30 - 2:00 P.M.
 SESSION 2: 3:00 - 4:30 P.M.
 LOCATION: DON & MARIE CURTIS SENIOR CENTER
 FEE (T): \$55 RESIDENTS/\$65 NON-RESIDENTS

REGISTRATION BEGINS 8:30 AM WEDNESDAY, MAY 4 (RESIDENTS) MAY 18 (NON-RESIDENTS)
 SEE PAGE 17 FOR DETAILS

Professional, caring and confidential counseling services for Ocean Township residents

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

Highly trained mental health professionals are here to 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

LET'S TALK



A support and learning program for adults age 60 and older

Join seniors living in Ocean for conversation, coffee and light refreshments. Moderated by **licensed counselors, together we'll explore topics** of interest such as health & wellness, family relationships and who we are today. There is no cost to join.

Limited space is available in Wednesday groups at the Don & Marie Curtis Senior Center. Call 732-531-2600 for information.

FREE TRANSPORTATION FOR MEDICAL APPOINTMENTS, SHOPPING AND ERRANDS FOR OCEAN TOWNSHIP RESIDENTS AGE 60 AND OLDER

Senior Rides

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

OCEAN COMMUNITY POOL 615 WEST PARK AVENUE, OAKHURST

A beautiful facility with three outdoor pools: an activity pool for all ages, a main pool with a lap swimming area and a dive tank. Other amenities include locker rooms with changing areas, a snack bar, tennis, basketball and sand volleyball courts, shade structures and shaded picnic areas.



A variety of memberships for resident and non-resident individuals, families and seniors are available.

Township residents can use the facility without a membership by paying a daily fee. Visit oceanwtp.org for membership and daily fee information.

SWIM LESSONS

Into the Swim offers lessons at the Community Pool. A membership is not required to participate in swim lessons. Go to IntotheSwim.com for information and to register.

TENNIS & PICKLEBALL LESSONS & CAMPS

Andre Blanquer will offer lessons, camps, clinics and special events this summer at the Oakhurst Park Courts. Private lessons for youth and adults are offered.



Pickleball: Supervised open play, tournaments, league play, private and group lessons too!

View Andre's brochures at oceanwtp.org.



2022 SEASON UPDATES

- Daily hours 10:00am – 8:00pm
- Open weekends May 28 30, June 4-5, and June 11-12
- Open daily June 18—Labor Day, September 5
- Registration is now open
- Some chairs will be available poolside. We recommend that you BYOC (Bring your own chair).
- Lifejackets will be available
- Capacity limits in pools will be enforced when necessary
- Concession stand will be open
- Additional guidelines will be posted throughout the pool grounds.
- Hours are subject to change



PICNIC GROVE

The picnic grove can be reserved for family functions. Mature trees provide shade. For information contact the Recreation Office or speak to the staff at the pool.

REGISTER ONLINE AT
REGISTER.COMMUNITYPASS.NET/OCEANTWP
OR IN-PERSON AT THE RECREATION OFFICE



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, May 4 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 DATE will be processed in random order throughout the day. Forms received before registration begins will be returned unprocessed.

The Township of Ocean cannot accept cash payments for any amount over \$50.

Any payments over \$50 must be made by credit or debit card, check or money order.

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 logon 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.

STAY CONNECTED



WEBSITE:
oceantwp.org

FACEBOOK:
[Facebook.com/OceanTwpHumanServices](https://www.facebook.com/OceanTwpHumanServices)

TWITTER:
[@OTHumanServices](https://twitter.com/OTHumanServices)

INSTAGRAM
[OceanTwpRecreation](https://www.instagram.com/OceanTwpRecreation)



IN-PERSON OR MAIL-IN REGISTRATION FORM

1. On Wednesday, May 4 registration will re-open at 8:30 am. Non-residents may register Wednesday, May 18 if space is available.
2. Registration will be 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 requirement is not met, program may be cancelled.
3. Registration will be accepted on-line *OR* through the mail. Registration **will not** be accepted on site at programs.
4. For mail-in registrations, form must be completed and submitted with the designated fee in order to be registered for a program. Incomplete forms will be returned unprocessed. Please use one form per person per program. All checks payable to: **Township of Ocean.** Mastercard & Visa accepted.
5. Age requirements must be met by program start date. Copy of participant's birth certificate may be requested.
6. 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 the 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 a future activity.
7. 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.
8. It is understood that images of participants may appear in footage on the Township cable station, Township website, Facebook

**IMPORTANT MESSAGE
ABOUT CASH PAYMENTS**

The Township of Ocean cannot accept cash payments for any amount over \$50
Any payments over \$50 must be made by credit or debit card, check or money order.

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

I. HOUSEHOLD INFORMATION:

PRIMARY ADULT NAME (First/Last): _____

PRIMARY ADULT DOB (mm/dd/yr): _____

MAILING ADDRESS: _____

TOWN: _____ ZIP: _____

HOME PHONE: _____ EMAIL ADDRESS: _____

CELL PHONE: _____ DAY PHONE: _____

II. PROGRAM NAME: _____ **SESSION:** _____

III. PARTICIPANT INFORMATION:

PARTICIPANT NAME (First/Last): _____

DOB: _____ **GENDER:** M F **GRADE :** _____ (grade as of Sept. 2022)

EMERGENCY CONTACT (first/last): _____ **PHONE** _____

PARTICIPANT'S WORK PHONE (adult programming only): _____

Youth Soccer: Note the one night that child cannot practice due to an alternate obligation: _____

Youth Soccer: Individual requests (carpooling, specific team, etc.) will not be considered given the size of the programs.

YES, I WOULD LIKE TO VOLUNTEER (youth soccer) **COACH ASSISTANT EITHER**

VOLUNTEER NAME: _____ **ADDRESS:** _____

HOME PHONE: _____ **DAY PHONE:** _____

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 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.

Participant (if over 21)/Parent/Guardian Signature _____

Office use: Date: _____ Amount: _____ Check#: _____ FAM ID #: _____ Int. _____