

# Township of Ocean

## 2011/2012 Fall & Winter Recreation Programs

Recreation Office: 732-531-2600 (phone) 732-517-8567 (fax)  
Hours: 8:30 a.m. - 4:30 p.m.  
601 Deal Rd., Ocean

### On-line Registration System has seen great success!

Many residents & non-residents have taken advantage of our on-line registration service. No more waiting on lines, no more missed deadlines. Register 24/7 on a secure site.

#### What you need to know...

1. Create your family account using CommunityPass (if it hasn't been set up already). You can reach CommunityPass following the simple instructions below. On-line transactions require a credit card (Mastercard or Visa) and a valid email address.
2. If a Family Account is already set up, you will just need your User Name & Password to register. If you've forgotten this information, please contact the Recreation Office at 732-531-2600 prior to the fall or winter registration dates and that information will be computer generated and forwarded to the email address you provide on your Family Account.

**Beginning Thursday, September 8th @ 8:30 a.m. (fall cycle of activities), registering for programs is fast & easy...Here's How...(If your Family Account is already set up skip to Step 2 once you log on)**

**Step 1:** From any computer with an internet connection, go to [www.oceanhsd.org](http://www.oceanhsd.org) and click on **Recreation Registration** or logon directly to <https://register.communitypass.net/oceantwp>. Click on "Create your account now" and complete the Log In Information & Family Information sections; click on "Continue". Your Family Account is now set up and you are back at the CommunityPass homepage.

**Step 2:** Enter your user name & password. From the drop down box above "Register Now!" select the appropriate activity category, **Fall 2011 Recreation Programs**, and click "Register Now". Beginning November 16, winter activities will be displayed in **Winter 2012 Recreation Programs**.

#### **Step 3 Verify Account:**

Verify your general family account information is accurate.

#### **Step 4 Select Participants:**

Use this screen to add other family members (ie. spouse, children) not yet listed; click on "Add New Child" or "Add New Adult". When done entering family members, select those family members that you are interested in registering for a program and click "Continue". **We suggest that you always select all family members so you can review all programs available to all members of the family.** Adult volunteer coaches & assistants (ie. youth basketball) also sign up to volunteer using this on-line program.

#### **Step 5**

From the "Profile Verification" page, enter the required information for each individual you are registering (ie. appropriate grade, dates of birth). When finished, click on the "Continue" button. **You can always reference where you are in the registration process by viewing the menu posted on the left side bar.**

#### **Step 6**

A list of age/grade appropriate program(s) for each family member will display. Click on the activities for which you want to register. You can view specific program information by clicking on **detail** to the right of the program name. This program information is also listed in our **2011/12 Fall & Winter Recreation brochure** posted online at [www.oceanhsd.org](http://www.oceanhsd.org)

#### **Step 7**

Please follow the remaining instructions on your screen to complete and pay for your registration. CommunityPass will calculate your cost on your confirmation page. Payment for on-line transactions is accepted with a credit card (Visa or Mastercard) only. Questions? Please contact the Recreation Office.

### **In-person/By Mail Registration (if not using on-line system):**

1. Complete a recreation registration form for each program for which you intend to register. Forms found in this brochure may be printed from [www.oceanhsd.org](http://www.oceanhsd.org) or available at the Recreation Office.
2. **In-Person:** On Thursday, September 8, 2011 (fall cycle) & Wednesday, November 16, 2011 (winter cycle) registration will be held at the **Department of Human Services, 601 Deal Rd. beginning at 8:30 a.m.** Staff will be registering 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.
3. **By Mail:** Registrations received by mail on September 8 & November 16 will be processed in a random order throughout the day. Forms received by mail before registration begins may be returned unprocessed.

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**Messy School** (Parent & child program)

Participants, 18 months to 5 years of age, please join our new group leader, Ms. Debbie to enjoy songs and free play under parental supervision during 50-minute classes. Activities include painting, sand & water play, blocks and balls, play-dough, crafts and even edible treats. Bring a smock and a smile and come play at "messy school". Please note any food allergies at time of registration. Infant siblings are allowed to attend at no fee. Class size limited.

**Fall Cycle A:** Tuesdays, Oct. 4 - Dec. 6  
**Session 1** 9:30 - 10:20 a.m.  
**Session 2** 10:30 - 11:20 a.m.  
**Session 3** 11:30 - 12:20 p.m.  
**Fall Cycle B:** Wednesdays, Oct. 5 - Dec. 7  
**Session 4** 9:30 - 10:20 a.m.  
**Session 5** 10:30 - 11:20 a.m.

**Winter Cycle A:** Tuesdays, Jan. 10 - Mar. 13  
**Session 6** 9:30 - 10:20 a.m.  
**Session 7** 10:30 - 11:20 a.m.  
**Session 8** 11:30 - 12:20 p.m.  
**Winter Cycle B:** Wednesdays, Jan. 11 - Mar. 14  
**Session 9** 9:30 - 10:20 a.m.  
**Session 10** 10:30 - 11:20 a.m.

**Location:** West Park Recreation Center  
**Fee:** \$30.00/res./sess.; \$40.00/non-res./sess.  
 (fee includes adult & 1 child)  
**Fall Reg.** Sept. 8 - Sept. 23, or until maximum capacity is met. (Non-residents accepted as of 9/21 if space avail.)  
**Winter Reg.** Nov. 16 - Dec. 23, or until Maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

**Musical Me** (Parent & child program)

Music and movement oriented program available to youth 12 months to five years of age with parent/guardian participation. A variety of instruments are introduced to children to stimulate each child's musical ability.

**Fall Cycle:** Saturdays, Oct. 15 - Dec. 10  
 (No program 11/26)  
**Session 1** 9:15 - 10:00 a.m.  
**Session 2** 10:15 - 11:00 a.m.  
**Winter Cycle:** Saturdays, Jan. 21 - Mar. 17  
 (No program 2/18)  
**Session 3** 9:15 - 10:00 a.m.  
**Session 4** 10:15 - 11:00 a.m.  
**Location:** West Park Recreation Center  
**Fee(T):** \$50.00/res./sess.; \$60.00/non-res.  
**Fall Reg.** Sept. 8 - Oct. 7, or until maximum capacity is met. (Non-residents accepted as of 9/21 if space).  
**Winter Reg.** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space).

**Rhythm to Reading** (Parent & child ages 3 - 5)

Story time meets music and books come alive, through reading, rhyming, tapping and timing. Together we'll read books that rhyme, explore sounds as building blocks of words, use percussion instruments to sound out rhythm patterns, and sing-a-long to a reading song.

**Fall Cycle:** Wednesdays, Oct. 12 - Nov. 30  
 2:00 - 2:45 p.m.  
**Location:** West Park Recreation Center  
**Fee(T):** \$50.00/res./sess.; \$60.00/non-res.  
**Registration:** Sept. 8 - Sept. 23, or until maximum capacity is met.  
 (Non-residents accepted as of 9/21 if space available)

**Tasty Tales** (Parent & child ages 3 - 5)

Together we will read a story, have a related "cooking" activity and complete each class with a circle time activity. Parents, please indicate any food allergies at the time of registration.

**Winter Cycle:** Wednesdays, Jan. 18 - Mar. 7  
 2:00 - 2:45 p.m.  
**Location:** West Park Recreation Center  
**Fee(T):** \$50.00/res./sess.; \$60.00/non-res.  
**Registration:** Nov. 16 - Dec.23, or until maximum capacity is met.  
 (Non-residents accepted as of 11/30 if space available)

**Ballet** (3 yrs. - Kindergarten)

Class to introduce children to basic ballet movements while learning coordination skills and developing rhythm. Children will gain an appreciation for dance and classical music as well. Recommended (but not required) apparel includes tights, leotard and ballet shoes for girls and comfortable pants and t-shirt for boys. Instructor is Joanne McKenna of "The Studio".

**Fall Cycle:** Mondays, Oct.17 - Nov. 21  
 9:30 - 10:15 a.m.  
**Winter Cycle:** Mondays, Jan. 9 - Feb. 27  
 9:30 - 10:15 a.m.  
 (No program 1/16, 2/20)  
**Location:** West Park Recreation Center  
**Fee(T):** \$35.00/res./sess.; \$45.00/non-res.  
**Fall Reg.** Sept. 8 - Sept. 23, or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).  
**Winter Reg.** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

**Kid's Fitness** (ages 4 - 6)

A fun fitness oriented program utilizing activities and games to help kids develop healthy habits. The activities will combine stretching, strength, and cardio for a fun and lively workout for the kids.

**Program Dates:** Tuesdays, Oct. 11 - Nov. 15  
4:30 - 5:15 p.m.

**Location:** Municipal Gym

**Fee(T):** \$35.00/res./sess.; \$45.00/non-res.

**Registration:** Sept. 8 - Sept. 23, or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).

**Co-ed Instructional Indoor Soccer**

(Kindergarten & 1st grade)

Participants develop and strengthen soccer skills through instruction. Participants are not placed on specific teams but are grouped for weekly drills and pick up games. Bring shinguards. Both sessions are co-ed. **Adult Volunteers Needed!**

**Session 1:** Fridays, Dec. 2 - Jan. 13  
(No program 12/30)

**Session 2:** Fridays, Feb. 3 - March 9

**Location:** Intermediate School

**Time:** 6:45 - 8:00 p.m.

**Fee:** \$25.00/participant (residents only except for Loch Arbor);  
\$35.00/Loch Arbor resident

**Reg. Sess. 1:** Sept. 8 - Nov. 11 or until maximum capacity is met. (Loch Arbor residents accepted as of 9/21).

**Reg. Sess. 2:** Nov. 16 - Jan. 6 or until maximum capacity is met. (Loch Arbor residents accepted as of 11/30).

**Zumbatomic® Lil' Starz & Big Starz**

(Boys and Girls, Lil' Starz Ages 5 - 7,  
Big Starz Ages 8 - 12 )

Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? Instructor is Joanne McKenna of "The Studio" and a certified member of the Zumba Instructor Network (ZIN™).

**Program Dates:** Fridays, Oct. 7 - Nov. 18  
(No program 11/11)  
Lil' Starz 4:15 - 5:00 p.m.  
Big Starz 5:15 - 6:00 p.m.

**Location:** Municipal Gym

**Fee(T):** \$25.00/res./sess.; \$35.00/non-res.

**Registration:** Sept. 8 - Sept. 23, or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).

**Youth Basketball** (1st - 8th grade)

Program available to youth in first through eighth grade.

A great opportunity to receive instruction, sharpen skills, make friends and have a good time! Limited space is available.

Teams in all divisions will be selected from scratch.

**Divisions:**

*Instructional Girls: 1st & 2nd grade*

*Instructional Boys: 1st & 2nd grade*

*Biddy Girls: 3<sup>rd</sup> & 4<sup>th</sup> grade Biddy Boys: 3<sup>rd</sup> & 4<sup>th</sup> grade*

*Junior Girls: 5<sup>th</sup> & 6<sup>th</sup> grade Junior Boys: 5<sup>th</sup> & 6<sup>th</sup> grade*

*Senior Girls: 7<sup>th</sup> & 8<sup>th</sup> grade Senior Boys: 7<sup>th</sup> & 8<sup>th</sup> grade*

Practices held one night/week, Mondays through Fridays; specific day dependent upon coach (practice night remains the same for the duration of season).

Games held Saturdays, mornings through afternoons.

**Volunteer Coaches Needed! (Full compliance with the Township fingerprinting and coaches training programs is required by all volunteers)**

**Program Length:** December through March

**Fee:** \$55.00/res.; \$65.00/non-res.

**Registration:** Sept. 8 - Oct. 14 or until maximum capacity is met. If space available, Loch Arbor residents accepted as of 9/21 and all other non-residents as of 10/12.

**Biddy Wrestling** (2nd - 6th grade)

Second through sixth graders are introduced to the fundamentals of wrestling which include basic moves, rules, and tournament procedures. Registered youth are invited to participate in occasional "home" and "away" matches. Program supervisors will categorize youth based on ability (beginner 1 & beginner 2). Beginner 2 participants will also be invited to "try out" for Saturday matches.

**Program Dates:** Mondays & Thursdays  
Nov. 21, 2011 - Feb. 16, 2012  
6:00 - 7:30 p.m.  
(No program 11/24, 12/26, 12/29, & 1/16)

**Location:** Ocean Twp. High School  
Wrestling Room

**Fee:** \$35.00/participant (residents only except for Loch Arbor)  
\$45.00/Loch Arbor resident

**Registration:** Sept. 8 - Nov. 11 or until maximum capacity is met. (Loch Arbor residents accepted as of 9/21).

**JV Gym** (5th - 8th grade)

Volleyball, basketball and dodgeball pick up games will be arranged each week. Other gym games available. Pre-registration through the Recreation Office required prior to participating.

**Program Dates:** Fridays, Oct. 7 - Nov. 18  
6:30 - 8:00 p.m.  
(No program 11/11)

**Location:** Municipal Gym

**Fee(T):** \$20.00/participant (residents only)

**Registration:** Sept. 8 - Sept. 23 or until maximum capacity is met.

**Varsity Gym** (9th - 12th grade)

Gym open to high school students for basketball, volleyball, dodgeball or other gym games as chosen by group. Pre-registration through the Recreation Office required prior to participating.

**Program Dates:** Tuesdays, Oct. 4 - Nov. 15  
(No Program 11/8)  
6:30 - 8:00 p.m.

**Location:** Municipal Gym

**Fee:** \$20.00/participant (residents only)

**Registration:** Sept. 8 - Sept. 23 or until maximum capacity is met.

**Teen Wrestling** (6th - 12th grade)

Instruction by experienced coach in beginner, intermediate and advanced wrestling techniques.

**Program Dates:** Mondays, Oct. 3 - Nov. 14  
6:00 - 8:00 p.m.  
(No program 10/10)

**Location:** Ocean Township High School

**Fee:** \$20.00/participant (residents only)

**Registration:** Sept. 8 - Sept. 23 or until maximum capacity is met.

**Babysitting Clinic** (6th - 9th grade)

What skills do you already have and what skills will you need to be a great babysitter? This 6-hour program will help acquaint students in 6th - 9th grade with what to expect when taking on the responsibilities of *Babysitter*. Registrants who attend both dates will receive a certificate of attendance for the program.

**Program Dates:** Saturdays, October 15 & 22  
1:00 - 4:00 p.m.

**Location:** West Park Recreation Center

**Fee(T):** \$35.00/res; \$40.00/non-res.

**Registration:** Sept. 8 - Sept. 30 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).

**Baking for the Holidays** (5th - 8th grade)

Let your young teen help prepare the holiday goodies this upcoming season. In addition to fun recipes, measuring systems, appropriate tools of the trade, and creative ideas will be used and discussed as luscious treats are created by the participants. Emphasis on kitchen safety and cleanliness will be included during this 5 class series. Any allergy concerns must be indicated in writing by October 3.

**Program Dates:** Wednesdays, Oct. 12 - Nov. 9  
5:30 - 7:30 p.m.

**Location:** West Park Recreation Center

**Fee(T):** \$65.00/res.; \$75.00/non-res.

**Registration:** Sept. 8 - Oct. 7 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).

**Cooking with Confidence** (4th - 8th grade)

After school activities, late practices and busy work schedules sometimes require the family to spend their dinner time eating in shifts. This program will help your child to become more independent in the kitchen. Measuring systems, appropriate tools for the task, and creative ideas will be used and discussed as affordable and nutritious meals are created by the participants. Emphasis on kitchen safety and cleanliness will be included during this 5 class series. Any allergy concerns must be indicated in writing by January 4.

**Program Dates:** Wednesdays, Jan. 11 - Feb. 8  
5:30 - 7:30 p.m.

**Location:** West Park Recreation Center

**Fee(T):** \$65.00/res.; \$75.00/non-res.

**Registration:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

**Additional Teen Opportunities**

Information on the following activities is found throughout the on-line brochure:

**Recreation Youth Basketball** (through 8th grade) pg. 4

**Pilates Mat Work** (Adult Fitness, pg. 7)

**Zumba** (Adult Fitness, pg. 7)

**Scorer & Timers** (OTHS students) Needed

for Winter Recreation Youth Basketball program. Contact the Recreation Office for more info.

**Anyone Can Draw** (grades 5 - 8)

This class is therapeutic as well as fun! Students will build confidence as they explore a variety of mark making tools.... Some very primitive and unexpected. We will focus on eye-hand coordination, the elements which measure art and most of all drawing what we see, not what we want to know. This class is for everyone - those who are just beginning, those who are curious and those who have developed some skill. Students will build a strong understanding and walk away with skill. Students will be given a list of supplies to have for at home practice and most in class resources will be supplied.

**Program Dates:** Wednesdays, Oct. 5 - Dec. 7  
5:30 - 6:30 p.m.  
(No class 11/16 & 11/23)

**Location:** Oakhurst Park Meeting Room

**Fee(T):** \$55.00/res.; \$65.00/non-res.

**Registration:** Sept. 8 - Sept. 23, or until maximum capacity is met.  
(Non-residents accepted as of 9/21 if space available)

**Anyone Can Paint** (grades 5 - 8)

Drawing with liquid. Painting is for everyone whether it is realistic or abstract. The students will learn to apply the same elements of art from drawing to the canvas in paint. The students will learn how to map a canvas, turn line to form, mixing on the canvas and color theory. We will discuss the evolution of painting, artists, realism and abstraction. Different paint techniques will be demonstrated and applied. The students will walk away with skill, an understanding of style, tools and an intro to art history.

**Program Dates:** Wednesdays, Jan. 11 - Feb. 29  
5:30 - 6:30 p.m.

**Location:** Oakhurst Park Meeting Room

**Fee(T):** \$55.00/res.; \$65.00/non-res.

**Registration:** Nov. 16 - Dec. 23, or until maximum capacity is met.  
(Non-residents accepted as of 11/30 if space available)

### Morning Pilates Mat Work

A dynamic exercise program which utilizes special combinations of controlled movements to shape and sculpt long, lean muscles. The Pilates method emphasizes quality of movement vs. quantity. Participants should supply floor mat. It is always recommended to check with physician prior to participating in exercise activities.

**Fall Cycle:** Tues. & Thurs., Oct. 4 - Dec. 15  
8:45 - 9:45 a.m.  
(No class 11/10 & 11/24)  
**Location:** Municipal Gym  
**Fall Fee(T):** \$70.00/res; \$80.00/non-res.  
**Fall Reg:** Sept. 8 - Sept. 30 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space).

**Winter Cycle:** Tues. & Thurs., Jan. 10 - Mar. 22  
8:45 - 9:45 a.m.  
**Location:** Municipal Gym  
**Winter Fee(T):** \$80.00/res.; \$90.00/non-res.  
**Winter Reg:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Zumba® Basic - Evening Program

Program fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Appropriate for all fitness levels. One hour of pumping music and hot dance moves will make you sweat and smile. You will feel the benefit in your body, mind and spirit. Youth, under 16 years of age, may register with a participating adult. It is always recommended to check with physician prior to participating in exercise activities.

**Fall Cycle:** Mon & Wed., Oct. 3 - Dec. 14  
7:30 - 8:30 p.m.  
(No program 10/10,11/23)  
**Location:** Wayside School Auditorium  
**Fall Fee(T):** \$50.00/res; \$60.00/non-res.  
**Fall Reg.** Sept. 8 - Sept. 23, or until max capacity is met. (Non-residents accepted as of 9/21 if space available).

**Winter Cycle:** Mon & Wed., Jan. 9 - Mar. 21  
7:30 - 8:30 p.m.  
(No program 1/16 & 2/20)  
**Location;** Wayside School Auditorium  
**Winter Fee(T):** \$50.00/res./sess.; \$60.00/non-res.  
**Winter Reg:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Evening Pilates Mat Work

A dynamic exercise program which utilizes special combinations of controlled movements to shape and sculpt long, lean muscles. The Pilates method emphasizes quality of movement vs. quantity. Youth, under 16 years of age, may register with a participating adult. Participants should supply floor mat. It is always recommended to check with physician prior to participating in exercise activities.

**Fall Cycle:** Mon. & Wed. Oct. 3 - Dec. 14  
6:15 - 7:15 p.m.  
(No class 10/10, 11/23)  
**Location:** Wayside School  
**Fall Fee(T):** \$70.00/res.; \$80.00/non-res.  
**Fall Reg:** Sept. 8 - Sept. 30 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space).

**Winter Cycle:** Mon. & Wed., Jan. 9 - Mar. 21  
(No program 1/16 & 2/20)  
6:15 - 7:15 p.m.  
**Location:** Wayside School  
**Winter Fee(T):** \$70.00/res.; \$80.00/non-res.  
**Winter Reg:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available)

### Hatha Yoga Levels 1 & 2

**Level 1** - A beginner program for the student interested in developing a Hatha Yoga practice. We will cover basic postures with time to focus on alignment, pranyama breathing techniques and meditation. Participants will need to bring a yoga mat.

**Level 2** - Designed for the student who has some basic Hatha Yoga experience and is looking to deepen their practice. We will learn a series of postures combining breath, movement and meditation in a gentle and focused style. Participants will need to bring a yoga mat.

**Fall Cycle:** Tuesdays, Oct. 4 - Dec. 6  
**Level 1:** 6:00 - 7:00 p.m.  
**Level 2:** 7:15 - 8:15 p.m.

**Winter Cycle:** Tuesdays, Jan. 10 - Mar. 13  
**Level 1:** 6:00 - 7:00 p.m.  
**Level 2:** 7:15 - 8:15 p.m.

**Location:** Senior Center  
**Fee/Cycle(T):** \$80.00/res./sess.; \$90.00/non-res.  
**Fall Reg:** Sept. 8 - Sept. 23, or until maximum capacity is met. (Non-residents accepted as of 9/21 if space).  
**Winter Reg:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Adult Basketball

Courts available for "pick up" basketball as specified by program dates/times noted. Adult basketball separated by age indicated below. Separate registrations are required for each individual program.

Adults night out. Sorry, no youth permitted on site.

- Fall Sess. 18+:** Mondays, Oct. 3 - Dec. 19  
8:00 - 10:00 p.m.
- Fall Sess. 35+:** Wednesdays, Oct. 5 - Dec. 21  
8:00 - 10:00 p.m.  
(No program 11/23)
- Sunday 18+:** Sundays, Oct. 9 - Dec. 18  
8:00 - 10:00 a.m.
- Location:** Municipal Gym
- Fee:** \$15.00/res./sess.; \$25.00/non-res./sess.
- Fee (Sunday):** \$20/res. - \$30/non-res.
- Fall Reg:** Sept. 8 - Sept. 23 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).
- Winter 18+:** Mondays, Jan. 9 - Mar. 26  
(No program 1/16, 2/20)
- Winter 35+:** Wednesdays, Jan. 4 - Mar. 21
- Time:** 8:00 - 10:00 p.m.
- Location:** Municipal Gym
- Fee:** \$15.00/res./sess.; \$25.00/non-res./sess.
- Winter Reg:** Nov. 16 - Dec. 21; or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Check Out Fall Session of Sunday Morning Basketball (above)

### Adult Volleyball (18+)

Courts available for "pick up" volleyball for adults, 18+. Separate registrations are required for each cycle. Adults night out. Sorry, no youth permitted on site.

- Fall Cycle:** Thursdays, Oct. 6 - Dec 22  
8:00 - 10:00 p.m.  
(No program 11/24)
- Winter Cycle:** Thursdays, Jan. 5 - Mar. 22  
8:00 - 10:00 p.m.
- Location:** Municipal Gym
- Fee:** \$20.00/res.; \$30.00/non-res.
- Fall Reg.:** Sept. 8 - Sept. 23 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).
- Winter Reg:** Nov. 16 - Dec. 21 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Drawing For Adults

You may have always wanted to learn to draw but never did, or you may have skill but never make the time.... Well, no time is better than the present. This class is for everyone, the artist and the hobbyist. Many mark making techniques, tools and project ideas will be shared. Some you may have never tried. Space, figure, still are just some of the subjects we will explore. Drawing is very therapeutic and can be learned by all. Students will be given a list of supplies to have for at home practice and most in class resources will be supplied.

- Fall Cycle:** Wednesdays, Oct. 5 - Dec. 7  
6:45 - 7:45 p.m.  
(No class 11/16 & 11/23)
- Location:** Oakhurst Park Meeting Room
- Fee(T):** \$55.00/res./sess.; \$65.00/non-res.
- Registration:** Sept. 8 - Sept. 23, or until maximum capacity is met.  
(Non-residents accepted as of 9/21 if space available)

### Painting For Adults

Drawing with liquid. Painting is for everyone whether it is realistic or abstract. The students will learn to apply the same elements of art from drawing to the canvas in paint. The students will learn how to map a canvas, turn line to form, mixing on the canvas and color theory. We will discuss the evolution of painting, artists, realism and abstraction. Different paint techniques will be demonstrated and applied. The students will walk away with skill, an understanding of style, tools and an intro to art history.

- Program Dates:** Wednesdays, Jan. 11 - Feb. 29  
6:45 - 7:45 p.m.
- Location:** Oakhurst Park Meeting Room
- Fee(T):** \$55.00/res./sess.; \$65.00/non-res.
- Registration:** Nov. 16 - Dec. 23, or until maximum capacity is met.  
(Non-residents accepted as of 11/30 if space available)

### Tasty & Inexpensive Family Meals

Join others to gather information on how to create nutritious, delicious and inexpensive meals for an individual or family with this "hands on approach". (Adults only). Participants will work together to create an example of such a meal during this 2-hour workshop. Take away tips on meal selections, veggie prep, starch selections & garnishing along with a dinner to enjoy that evening!

- Program Date:** Saturday, February 11  
8:00 - 10:00 a.m.
- Location:** West Park Recreation Center
- Fee(T):** \$15.00/res.; \$25.00/non-res.
- Reg:** Nov. 16 - Dec. 23; or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available)

### Yoga for Fifty Five+

Hatha yoga geared for seniors and those with physical limitations. All aspects of yoga will be practiced including simple postures, breathing techniques, guided imagery, deep relaxation and meditation. Chairs will be provided for those who cannot be on the floor. Participants will leave relaxed, nurtured and energized!

**Fall Cycle:** Tuesdays, Oct. 4 - Dec. 13  
9:30 - 10:45 a.m.

**Winter Cycle:** Tuesdays, Jan. 10 - Mar. 20  
9:30 - 10:45 a.m.

**Location:** Senior Center

**Fee(T):** \$80.00/res./cycle  
\$90.00/non-res./cycle

**Fall Reg:** Sept. 8 - Sept. 23 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).

**Winter Reg:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Zumba Gold® - Morning Program

An innovative, fun and exciting program designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used. It is always recommended to check with physician prior to participating in exercise activities.

**Fall Cycle:** Tues. & Thur., Oct. 4 - Dec. 15  
10:00 - 11:00 a.m.  
(No program 11/11, 11/25)

**Fall Fee(T):** \$50.00/res; \$60.00/non-res.

**Fall Reg.** Sept. 8 - Sept. 23, or until maximum capacity is met. (Non-residents accepted as of 9/21 if available space available).

**Winter Cycle:** Tues. & Thur., Jan. 10 - Mar. 22  
10:00 - 11:00 a.m.

**Winter Fee(T):** \$55.00/res./sess.; \$65.00/non-res.

**Winter Reg.** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

**Location:** Municipal Gym

### Fitness for Fifty Five+

Seniors, 55+, are invited to participate in a safe and fun exercise program. Work to strengthen muscles, improve lung capacity, and obtain an overall fitness level. It is always recommended to check with a physician prior to participating in exercise activities.

**Fall Cycle:** Mon./Wed./Fri., Oct. 3 - Dec. 16  
9:00 - 10:00 a.m.  
(No class 10/10, 11/11, 11/25)

**Location:** Municipal Gym

**Fall Fee:** \$40.00/res.; \$50.00/non-res.

**Fall Reg:** Sept. 8 - Sept. 23 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space).

**Winter Cycle:** Mon./Wed/Fri., Jan. 9 - Mar. 23  
9:00 - 10:00 a.m.  
(No class 1/16, 2/10)

**Location:** Municipal Gym

**Winter Fee:** \$40.00/res.; \$50.00/non-res.

**Winter Reg:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space).

### Building Better Bones

A structured exercise program for older adults with or at risk for osteoporosis using weight bearing strength training exercises. A great program for those who prefer to exercise at a slower pace. It is always recommended to check with a physician prior to participating in exercise activities.

**Fall Cycle:** Mon./Wed./Fri., Oct. 3 - Dec. 16  
10:15 - 11:00 a.m.  
(No class 10/10, 11/11, 11/25)

**Location:** Municipal Gym

**Fall Fee:** \$40.00/res.; \$50.00/non-res.

**Fall Reg:** Sept. 8 - Sept. 23 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).

**Winter Cycle:** Mon./Wed/Fri., Jan. 9 - Mar. 23  
10:15 - 11:00 a.m.  
(No class 1/16, 2/10)

**Location;** Municipal Gym

**Winter Fee:** \$40.00/res.; \$50.00/non-res.

**Winter Reg:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Your Inner "Picasso"

This 8-week course offers budding or born again artists, 55+, a relaxing and encouraging atmosphere while learning the basic concepts of drawing and painting. Participants may bring in photos of their favorite subject matter or choose from a picture file or still life display. Discover your own creativity even if you have never held a paintbrush. Materials provided for on site use for duration of program.

**Fall Cycle:** Tuesdays, Oct. 4 - Nov. 22

Sess. A: 1:00 - 2:30 p.m.

Sess. B: 3:00 - 4:30 p.m.

**Winter Cycle:** Tuesdays, Jan. 10 - Feb. 28

Sess. C 1:00 - 2:30 p.m.

Sess. D 3:00 - 4:30 p.m.

**Location:** Senior Center

**Fee(T):** \$55.00/res./sess./cycle  
\$65.00/non-res./sess./cycle

**Fall Reg:** Sept. 8 - Sept. 24 or until maximum capacity is met. (Non-residents accepted as of 9/21 if space available).

**Winter Reg:** Nov. 16 - Dec. 23 or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Tasty & Inexpensive Family Meals

Join others to gather information on how to create nutritious, delicious and inexpensive meals for an individual or family with this "hands on approach". (Adults only).

Participants will work together to create an example of such a meal during this 2-hour workshop. Take away tips on meal selections, veggie prep, starch selections & garnishing along with a dinner to enjoy that evening!

**Program Date:** Saturday, February 11

8:00 - 10:00 a.m.

**Location:** West Park Recreation Center

**Fee(T):** \$15.00/res. \$25.00/non-res.

**Reg:** Nov. 16 - Dec. 23; or until maximum capacity is met. (Non-residents accepted as of 11/30 if space available).

### Healthy Issues

#### "Mark Your Calendar"

The Visiting Nurses Association will conduct health screenings the third Monday of each month from 12:30 - 1:30 p.m. in the Senior Center. **Monmouth County Health Commission has scheduled an Influenza and Pneumonia Clinic for Tuesday, October 18th, 4:00 - 6:00 p.m.** at the West Park Recreation Center.

### Social Bridge

Enjoy a morning of social bridge with friends and new acquaintances.

The program host will direct new-comers into the games. Lessons are not provided.

Games are at the Senior Center Thursday & Friday mornings, 9:00 a.m. - noon



### Senior Transportation

Senior citizens (62 years of age or older) may participate in the Senior Transportation Program by registering with the Township's Department of Human Services Office. **The schedule of transportation services is noted below and is subject to change based on added or altered destinations.**

Register by calling **732-517-8568** and follow the instructions on the Voice Mail System. This same telephone number is used to schedule appointments.

All appointments for Transportation Services must be made at least two business days in advance of requested date.

For further information, please call the Dept. of Human Services at 732-531-2600.

<b>Destination</b>	<b>Day</b>	<b>Time</b>
Shoprite	Tuesdays	First pick up at 9:00 a.m.; at store about 1 hour
Foodtown/Wegman's	Alternating Fridays	First pick up at 9:00 a.m.; at store about 1 hour
Dr. Appointments	Mondays, Wednesdays & Fridays	8:30 a.m. - 2:30 p.m.
Monmouth Mall	Every Other Thursday	9:30 a.m. pick up 1:15 p.m. return
Ocean Township Library	Thursdays	10:00 a.m. pick up & 12:00 p.m. return

### Turner Gallery Events

**Sunday, September 11th**

Bob Herbert

Reception, 2 - 4 p.m.

**Sunday, October 30th**

Patricia Strano Burke

Reception, 2 - 4 p.m.

**Sunday, December 11th**

Diane Nungesser & Sue Hensler

Reception, 2 - 4 p.m.

**Sunday, January 22nd**

Ocean Twp. Studio Painters

Reception, 2 - 4 p.m.

**Month of March**

Twp. of Ocean Children's Art

Contact the Dept. of Human Services 732-531- 2600 for information.

## In-Person or Mail-in Registration Form

1. On Thursday, September 8 (fall cycle), & Wednesday, November 16 (winter cycle) registration will begin @ 8:30 a.m. online or in person at the **DEPT. of HUMAN SERVICES**.
2. Registration takes place during dates specified in the brochure and 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. Loch Arbor residents are invited to register for programs offered through the Recreation Office and held in the Twp. of Ocean school(s), prior to other non-resident registration date(s) as noted for the program. Registrations accepted if space is available. Registration for other non-residents will be accepted beginning on the non-resident registration date indicated, if space is available.
4. Registration will be accepted on-line, through the mail or in person at the Recreation Office from 8:30 – 4:30, Mondays through Fridays. Registration **will not** be accepted on site at programs.
5. For walk-in or 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. 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.
6. All checks payable to: **Township of Ocean** (unless otherwise specified); Mastercard & Visa also accepted.
7. Age requirements must be met by program starting date. Copy of participant's birth certificate may be requested.
8. 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.
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 photos & videos of activities sponsored by the Department of Human Services may be used on Ocean TV cable station and in other forms of publicity.

### Recreation Registration Form (Recreation Office, P.O. Box 910, Oakhurst, NJ 07755)

#### I. FAMILY CONTACT INFORMATION:

ADULT CONTACT NAME (First/Last): \_\_\_\_\_ ADULT CONTACT DOB (mm/dd/yr): \_\_\_\_\_  
MAILING ADDRESS: \_\_\_\_\_ TOWN: \_\_\_\_\_ ZIP: \_\_\_\_\_  
HOME PHONE: \_\_\_\_\_ ADULT CONTACT EMAIL ADDRESS: \_\_\_\_\_  
ADULT CONTACT CELL PHONE: \_\_\_\_\_ ADULT CONTACT DAY PHONE: \_\_\_\_\_

II. PROGRAM NAME: \_\_\_\_\_ SESSION: \_\_\_\_\_

#### III. PARTICIPANT INFORMATION:

PARTICIPANT NAME (First/Last): \_\_\_\_\_ DOB: \_\_\_\_\_ GENDER: M F

GRADE (as of Sept. 2011): \_\_\_\_\_

EMERGENCY CONTACT (first/last): \_\_\_\_\_ PHONE: \_\_\_\_\_

PARTICIPANT'S WORK PHONE (adult programming only): \_\_\_\_\_

Youth Basketball: Child's height (ft. & inches) \_\_\_\_\_

Youth Basketball: Note the one night that child cannot practice due to religious obligation: \_\_\_\_\_

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

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

VOLUNTEER NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ DAY PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

**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 the 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 participant to inform the Recreation Office of any physical disabilities that may limit his/her participation in a program.  
Please note that participant assumes the responsibility of all reasonable risks which may exist due to participation in Township sponsored programs.
3. I have reviewed and understand the Registration/Refund procedure as provided in the seasonal brochure.
4. 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.
5. It is understood that images of the participant noted on this form may appear in footage on the Township cable station, the Township website and in photographs promoting activities sponsored through the Department of Human Services.
6. 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. \_\_\_\_\_