

MANALAPAN RECREATION CENTER PROGRAM GUIDE

SPORTS & FITNESS | CULTURAL PROGRAMS | SPECIAL EVENTS

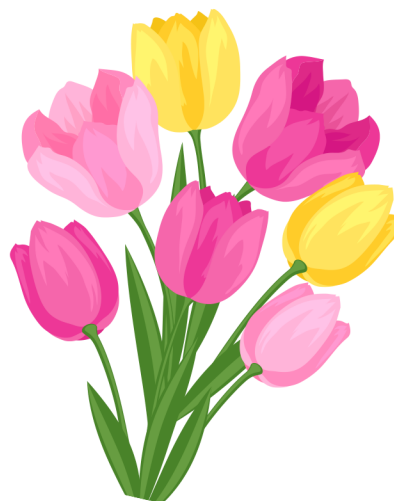
ARTS & CRAFTS
FITNESS CLASSES
SPECIAL EVENTS

*Recreation helps keep
you fit for life!*

**REGISTRATION
BEGINS FEBRUARY 14**

On RecDesk

SPRING INTO FUN!



In this guide you will find:



Health & Wellness



Cultural Activities



Sports & Fitness



Special Events



Community Events



Senior Center Information

How to register:

mtnj.org → **departments/parks and recreation** → **program/registration information**

Manalapan Parks and Recreation

Office: (732) 446-8336; (732) 446-8353

Summer Camp: (732) 446-8355

120 Freehold Road Manalapan, NJ 07726



Manalapan Parks and Recreation



@Manalapan_Parks_And_Recreation



@Manalapan_Rec



IMPORTANT

We're excited to announce we are changing registration platforms! Starting with our spring program registration on February 14, we will be using RecDesk.

To ensure a smooth transition, it is important to set up your RecDesk account prior to the start of the 2024 Spring program registration.

 **REGISTER NOW**



Scan the QR Code or visit: <https://manalapan.recdesk.com/>
For any questions please contact Manalapan Parks & Recreation
732.446.8336

PARENT & CHILD

Storytime Adventures - 6 Week

Ages 2-4 with Adult

Join us in exploring some classic children's stories and new seasonal favorites! We will make an art project that relates to our story using various art materials each week. Sensory exploration, parachute and bubbles will round out the sessions. Please have children dress for mess!

6 sessions \$85 per parent/child pair

**Manalapan Recreation Center,
Kuschick Pavilion (outside)**

**Mondays March 4 - April 15; (skip 4/1)
10am-10:45am**



Storytime Adventures - 4 Week

Ages 2-4 with Adult

The Storytime Fun continues in our 4-week session! This session will follow the same format as the 6-week session, but we will explore a different set of stories and related projects. We hope you can join us for the fun!

4 sessions \$65 per parent/child pair

**Manalapan Recreation Center,
Kuschick Pavilion (outside)**

**Mondays April 29 - May 20
10am-10:45am**



Multi Sports Squirts

Ages 1.5-3.5 with Adult



Introduce your child to the world of sports in a supportive, non-competitive environment. With help from their parent, young children will learn a variety of movement skills through games and activities from various sports including lacrosse, soccer, T-ball, track and field, and football. With a parent actively participating by their side, your child will enjoy quality bonding time while learning fundamental sports skills through enjoyable games and activities. Our program is carefully tailored to promote both physical and personal growth, encompassing not only motor skills development but also valuable life skills such as patience, teamwork and self-confidence.

8 sessions \$184 per parent/child pair

**Manalapan Recreation Center, Field G
Saturdays April 13 - June 8; (skip 5/25)**

Ages 1.5-3 8:30am-9:10am

Ages 2-3.5 9:15am-9:55am

Ages 1.5-3 10am-10:40am

Ages 2-3.5 10:45am-11:25am

PARENT & CHILD



Stroller Fitness

6 weeks-5 years with Adult

Come enjoy a great workout while meeting new friends and their little ones! This stroller fitness class is a full body workout catering to all levels of fitness through strength, cardio, and core training. Some kids may laugh, cry, sleep, eat or need a bottle during class - don't worry! We get it! Please bring a yoga mat, water and a light pair of dumbbells (2-3 lbs.). Children 6 weeks - 5 years welcome. Moms must be at least 6 weeks postpartum (8 weeks with a c-section) with clearance from their doctor to exercise.

6 sessions \$112 per parent/child pair

Manalapan Recreation Center,
Dreyer Pavilion

Tuesdays April 9-May 21; 10am-10:45am
(skip 4/23)

SAVE THE DATE

S.O.A.R. Earth Day Celebration

Join us at the Dreyer Pavilion for a morning of crafts, learning and most importantly, fun!

Stop by to pot-a-plant in celebration of Earth Day and learn more about the SOAR program for children with special needs.

Saturday, April 20; 9am-11am

Dreyer Pavilion, Manalapan Recreation Center

*This program is designed for children with special needs. Parents must stay to chaperone their child for the length of the program. Participation available while supplies last. Please contact Katie O'Brien with questions regarding special needs programs: kobrien@mtnj.org.

PAVILION RENTALS

Host your special event with us.

**Pavilions available at the
Manalapan Recreation Center**



- Birthday Parties
- Barbeques
- Baby Showers
- Class Parties
- Family Reunions
- Team Gatherings

Reservation packet available at:

mtnj.org **➔** departments **➔** parks & recreation

***Pavilions & fields are available by permit
use only. Please call the
Parks & Recreation office for more
information.***

(732) 466-8336

KIDS & TEENS - CULTURAL

Art in the Park

Grades K-7

Does your child love to draw and color? Well you're in luck! Come join our drawing-based fine art program with a diverse multimedia curriculum. Discovery and self-expression are fundamental to art programs where creative spirit is nurtured while building friendships and having fun. Dress for the mess!

4 sessions \$60 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

**Thursdays March 14-April 18; 5pm-6pm
(skip 3/28; 4/4)**

Thursdays April 25-May 16; 5pm-6pm

Thursdays May 23 -June 13; 5pm-6pm

Awakenings Theatre Workshoppe



Grades 4-7

Welcome to the world of theater where your child can explore, create and be anything they want to be in a safe, fun environment. In our class, the students will learn the basics of working on stage. Our goal is to allow your child to gain confidence while entering the world of pretending. With many improvisation games, short scripts, monologues and dialogues, there is never a dull moment! This class will focus on improvisations, both long and short form. We will be concentrating on creating scenes through improv exercises and games. (Former students in 8th grade welcome).

5 sessions \$160.00 per child

Pine Brook School

Tuesdays April 9 - May 14; 6:30pm-7:30pm

Advanced Acting: Awakenings Style

NEW!

Grades 7-8

Awakenings Theatre Workshoppe is excited to offer our new Advanced Acting class! This class will focus on various acting techniques that dig deep into the skills that create incredible performances. Students will learn vocal and physical warm-ups, tools for working with imagination during a scene, script analysis, and improv. Students will rehearse scenes in class for a public performance that will take place on the last session. While creating a comfortable and fun environment, the students will organically grow and expand their skills, which not only enhances their acting, but helps them cope with all of life's challenges. Linda Paone, our director and assistant at Awakenings, will be leading the class. Linda has studied theater and acting and has a background in the following: the Chekhov Technique, the Atlantic Technique, Miller Voice Method and Alexander Technique.

8 sessions \$210.00 per child

Pine Brook School

Thursdays April 11-May 30; 6:30pm-7:30pm



KIDS & TEENS - CULTURAL

Lego Robotics & Coding: Amazing Engineers

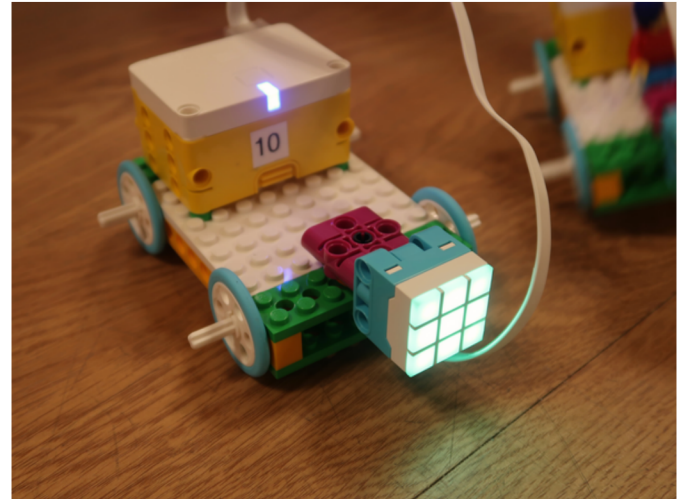
Grades 1-3

This fun and interactive program focuses on coding and robotics as it introduces students to the engineering design process using LEGO Essential Education Robotics Construction Sets. The young engineers will work in teams of 2 building models, such as a swing and a submarine. They will define problems, brainstorm solutions, and test their prototypes to improve their ideas. Children will gain confidence and understanding as they build and explore their construction projects.

6 sessions \$165 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

Tuesdays March 12-April 16; 4:30pm-5:30pm



Lego Robotics & Coding with Scratch MIT - On the Go

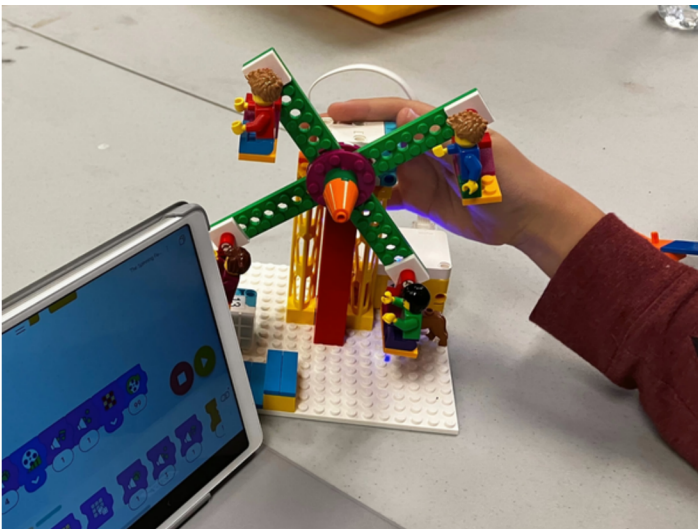
Grades 3-5

This fun and interactive program explores many aspects of STEM using LEGO Essential Education Robotics Construction Sets. Focusing on means of transportation, students will work in pairs to build prototypes as they learn the engineering design process. They will then code their designs with Scratch MIT, a block-based code, to perform various tasks and functions. Young engineers will construct ships and helicopters as they learn and refine their observation, problem-solving and team-building skills.

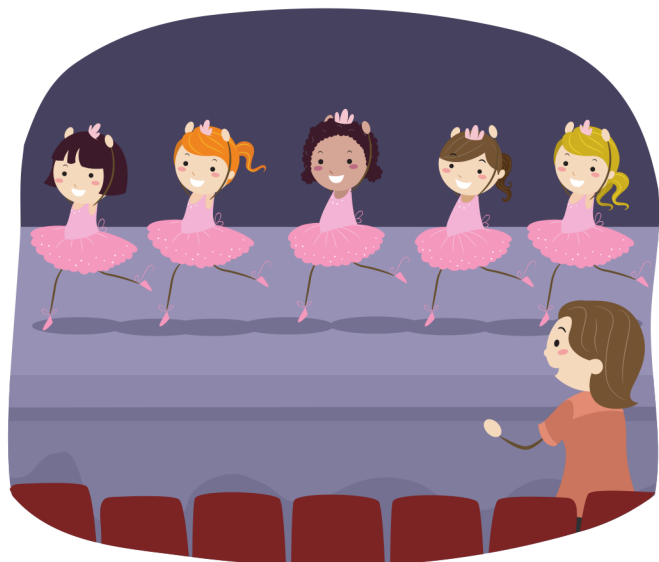
6 sessions \$165 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

Tuesdays March 12-April 16; 5:45pm-6:45pm



KIDS & TEENS - CULTURAL



Lil Dancers: Ballet

Grades 1-3

Experience the magic of the ballet with its gorgeous dance steps and whimsical music. Your princess or prince will have so much fun as they are invited to explore movement creatively while learning proper ballet terminology. The music will include both popular songs and traditional orchestral music from the most famous ballets. Dancers will partake in a series of ballet stretches to increase flexibility, exercises to gain strength and stability, and free dance to encourage creative expression. We will reinforce important skills necessary to a child's success in the classroom. This class will culminate in an optional recital dance to perform at the end of the session.

7 sessions \$82 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

**Saturdays April 6-June 1;
11:15am-11:45pm; (skip 4/13; 5/25)**

Optional Recital June 8

Lil Dancers: Dance On My Own & Dancing Minis

Ages 2.5-6

Your child will explore creative movement and beginning ballet and jazz techniques. These fun classes are upbeat, imaginative and full of popular music children love. We will work on building the confidence to become independent dancers and acquiring skills needed for the classroom such as waiting in line, raising our hands, taking turns, following directions and more. Children will enjoy waving the large rainbow parachute and dancing in a whirlwind of bubbles. This class will culminate in an optional recital dance to perform at the end of the session.

7 sessions \$82 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

Dance On My Own Ages 2.5-4

**Wednesdays April 24-June 5; 4pm-4:30pm
(skip 5/29)**

Dance On My Own Ages 2.5-4

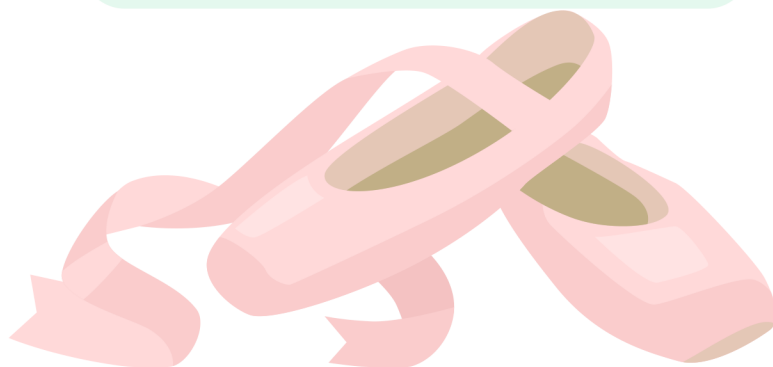
**Saturdays April 6-June 1; 10:05am-10:35am
(skip 4/13; 5/25)**

Dancing Minis Grades PreK-K

**Wednesdays April 24-June 5; 4:35pm-5:05pm
(skip 5/29)**

**Saturdays April 6-June 1; 10:40am-11:10am
(skip 4/13; 5/25)**

Optional Recital June 8



KIDS & TEENS - CULTURAL

Lil Dancers: Jazz/HipHop

Grades 1-4

If your child likes to dance and sing along to pop music, this is the class for them! This fun, upbeat class is geared towards high energy dancers. Classes will be filled with turns, leaps, high kicks and other cool moves for your dancers to show off. Weekly choreography will incorporate foundational jazz/hiphop dance steps seen in your favorite music videos or on stage in a show. Classes will incorporate stretches and exercises to build strength, flexibility and a sense of rhythm. We will also reinforce important skills necessary to a child's success in the classroom. This class will culminate in an optional recital dance to perform at the end of the season.

7 sessions \$82 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

**Wednesdays April 24 - June 5; 5:45pm-6:15pm
(skip 5/29)**

**Saturdays April 6-June 1; 11:50am-12:20pm
(skip 4/13; 5/25)**

Optional Recital June 8



Manalapan Regional Orchestra

**KIDS &
ADULTS!**

Grades 6-Adults

The Manalapan Regional Orchestra is a community orchestra for students and adults in Manalapan and neighboring towns. The group is a blend of abilities, with a minimum requirement of two years experience on their instrument. New members to the program may require an audition to participate. More advanced players have the opportunity for solos and advanced chamber ensembles. Weekly rehearsals are a combination of full group rehearsals and smaller ensembles, separated by instrument type. Smaller groups are taught by additional teachers, which allows for more individual instruction. Participants have the opportunity to earn community service hours for performances. The MRO performs throughout the community and for Manalapan Township holiday festivities. The following instruments are currently accepted: violin, viola, cello, string bass, flute, clarinet, oboe, trumpet, trombone and horn.

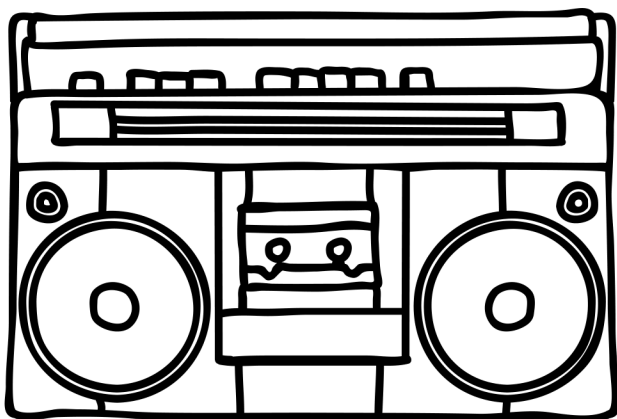
1/2-year session

\$175 Manalapan resident

\$188 non-resident

Manalapan High School, RLA Gym

Wednesdays through May 2024; 6:30pm-8pm



KIDS & TEENS - SPORTS

Gone Running: Junior Olympics

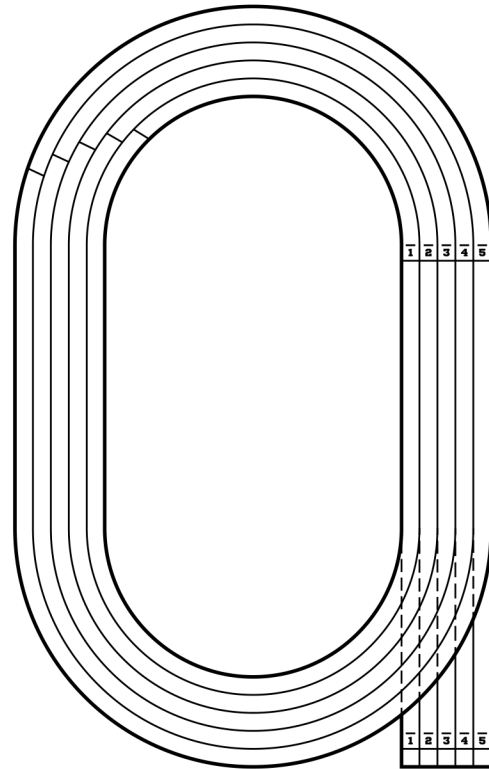
Grades 3-10

The Junior Olympic program is a moderate to advanced training program that challenges the athletes to reach their fullest potential. Athletes will learn dynamic flexibility drills that teach proper running form and increase speed. The focus will also be on racing strategies, plyometrics, nutrition, sportsmanship, leadership and team building. The program culminates with participation at the NJUSATF Junior Olympics being held in June, (TBD). Includes up to 3 training sessions per week, entry fee for up to three races and Shore AC competition jersey. (USATF and Shore AC Club memberships required. Not included in the fee.)

10 weeks, 3 sessions per week \$350 per child
3 competition sessions; 6/2, 6/15,
and TBD

Manalapan High School Track
April 9-June 15
Tuesdays & Thursdays; 5pm-6pm
Saturdays 10am-11am

***price includes 3 sessions per week for 10 weeks**



Gone Running: Recreation Program

Grades K-10

This is an introductory level program where the emphasis is on fun, fitness and running form. The training activities will keep participants moving while building their self-confidence and stamina. Bring running shoes and water. The program culminates with a race on the Manalapan High School track on Sunday, June 9. T-Shirt, track competition and Race Day awards included.

9 sessions \$135 per child/1-time per week
18 sessions \$220 per child/2-times per week
1 weekend competition Sunday, June 9

Manalapan High School Track
April 9-June 9;
Tuesdays & Thursdays 4:30pm-5:30pm
Saturdays 11am-12pm

***Grades K-2 Tuesday and Thursday**
***Grades 3-10 Tuesday, Thursday, Saturday**

KIDS & TEENS - SPORTS

Hockey Fundamentals: Roller & Street

Ages 4-14

This program has been set up as an introduction to hockey focusing on basic hockey skills, with an emphasis on having fun! Our weekly sessions teach the fundamental skills of puck handling, passing, shooting, and game situations while reinforcing previously taught skating skills. Our progressive teaching methods provide skaters with the opportunity to develop confidence and a positive self-image while experiencing achievement throughout the program.

7 sessions \$85 per child

**Manalapan Recreation Center;
West End Basketball Courts**

Roller Hockey

Saturdays March 30-May 11

Ages 6-9 9am-9:45am

Ages 9-11 10am-10:45am

Ages 11-14 11am-11:45am

All gear is mandatory. Please have child wear helmet, shin pads, gloves, and bring stick. Recreation does not provide these items.

NEW!

7 sessions \$85 per child

**Manalapan Recreation Center;
West End Basketball Courts**

Street Hockey

Sundays March 31-May 12

Ages 4-6 9am-9:45am

Ages 7-9 10am-10:45am


Ages 10-14 11am-11:45am

No skates are required, this program is done on foot.



KIDS & TEENS - SPORTS

COED Foundation Basketball

Ages 5-11 

Throughout the week players will develop their dribbling, passing and shooting skills. Each day will end with small-sided games where coaches will encourage good sportsmanship and teamwork. Focusing on developing a basic understanding of the sport, all Foundation curricula have been designed for the beginner to intermediate player.

8 sessions \$184 per child

Manalapan Recreation Center; Old Courts


Thursdays April 18-June 6

Ages 5-7 4:30pm-5:20pm

Ages 7-9 5:30pm-6:20pm

Ages 9-11 6:30pm-7:20pm

Foundation Tennis

Ages 5-14.9 

This class is designed to introduce players to the fundamentals of tennis including a stroke technique serving, court awareness and rallying. Activities are delivered in a low pressure, yet energetic environment, ensuring optimal learning, all the while maintaining the enjoyment factor of being on the tennis court.

7 sessions \$184 per child

Manalapan Recreation Center; Front Courts

Thursdays April 18-May 30

Ages 11-14; 5:30pm-6:20pm

Manalapan Recreation Center; Front Courts

Sundays April 14-June 2 (skip 5/26)

Ages 5-8 9:20am-10:10am

Ages 5-8 10:20am-11:10am


Manalapan Recreation Center; Back Courts

Sundays April 14-June 2 (skip 5/26)

Ages 8-11 9:30am-10:20am

Ages 11-14.9 10:30am-11:20am

Development Tennis

Ages 8-11 

This class is designed for players who have previous experience and a good understanding of tennis' fundamental skills. In Development Tennis, players will work towards refining their technique, generating consistent rallying skills and grasping how to dictate direction of play to make game winning shots.

7 sessions \$184 per child

Manalapan Recreation Center; Front Courts

Sundays April 14-June 2; 11:30am-12:20pm

(skip 5/26)

Pickleball

Grades 4-9

NEW!

Want your kids to get involved with a new sport? Want them active and exercising? With a focus on the basics of this fun and exciting sport, this class is perfect for kids with little or no experience playing. Players will learn the rules of the game, some basic strokes, serving, volleying and even the "dink" which is a very important part of the game. We will also incorporate some speed and agility drills to help with game play. Upon completion of the class, students will be all set to go out and play at the beginner/advanced beginner level. The instructors are PPR Certified Professional coaches and have years of playing and teaching experience and they will make sure your kids have fun while learning this great game.

4 sessions \$140 per child

Manalapan Recreation Center; Pickleball Courts

Grades 4-6


Mondays March 11-April 1; 5pm-6pm

Grades 7-9

Mondays March 11-April 1; 6pm-7pm

KIDS & TEENS - SPORTS

Squirts Multi Sports

Ages 3-5.5 

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, and more fun! Participants will have the opportunity to experience lacrosse, soccer, T-Ball and track and field.

8 sessions \$184 per child

Manalapan Recreation Center; Field G

Saturdays April 13-June 8; (skip 5/25)

Ages 3-4.5 8:30am-9:15am

Ages 4-5.5 9:20am-10:05am

Ages 3-4.5 10:10am-10:55am

Squirt Tennis

Ages 3-4 

USSI's Tennis Squirts program is a fun-filled learning adventure that introduces children ages 3 to 4 to the world of tennis. It's a great way to learn the sport's fundamental skills in a low pressured, fun environment. Following the guidelines set out by the United States Tennis Association (USTA), children will quickly develop their skill base and knowledge of the game through a series of games and activities designed to ensure learning and most importantly: fun, fun, fun! All sessions are conducted using age-appropriate equipment and court sizes.

7 sessions \$184 per child


Manalapan Recreation Center; Front Courts

Sundays April 14-June 2; (skip 5/26)

8:30am-9:15am

11:15am-12pm

Senior Squirts Multi Sports

Ages 5.5-7 

Multi Sports Senior Squirts allows children ages 5.5-7 to experience a variety of sports throughout their program. An introductory level program, Multi Sports - Senior Squirts is the perfect stepping stone for for children who have graduated from USSI's Multi Sports Squirts program or for children looking for their first ever sports experience. Players will learn key skills through small-sided scrimmages in a variety of sports including Lacrosse, Soccer, T-Ball, and Track and Field. All Senior Squirts curricula create an environment which allows players to develop and progress within sports.

8 sessions \$184 per child

Manalapan Recreation Center; Field G

Saturdays April 13-June 8; 11am-11:45am

(skip 5/25)



SPECIAL EVENTS

SAVE THE DATE

Easter Egg Hunt

Saturday, March 23; 11am Start
West End; Field K, Manalapan Recreation Center

S.O.A.R. Earth Day Celebration

Saturday, April 20; 9am-11am
Dreyer Pavilion, Manalapan Recreation Center

NEW!

Follow us on social media for the most up-to-date event information:

 Manalapan Parks and Recreation  @Manalapan_Parks_And_Recreation

 @Manalapan_Rec



ADULTS

Beginner Social Dancing

Adults

Ready to make a splash on the dance floor at an upcoming wedding or event? If you've ever wished to learn the foundational basics of social dancing, our 4-week beginner workshop is crafted just for you! Throughout the sessions, we'll delve into learning and practicing basic steps, creating an enjoyable experience as we rotate partners among participants. No need to worry if you've never danced before - this workshop is designed for beginners. Whether you sign up solo or with a friend, family member or significant other, we encourage everyone to join in on the fun. Get ready to groove on the dance floor with confidence.

Beginner Sound Meditation

Grade 7-Adults

Meditation can wipe away the day's stress. Practice breathing exercises then enjoy a guided meditation, followed by sound healing where Tibetan singing bowls, crystal bowls, wood chimes and drums wash away your concerns into a deep luxurious relaxation. Bring your friends or child to share the soothing experience along with a mat, pillow or blanket for your comfort.

4 sessions \$110 per person

**Manalapan Recreation Center;
Kushick Pavilion**

Sundays March 10-March 31;

10:30am-11:15am

Sundays April 7-April 28; 10:30am-11:15am

**Sundays May 5 - June 2; 10:30am-11:15am
(skip 5/26)**

Mondays March 11-April 1; 7:45pm-8:30pm

Mondays April 8-April 29; 7:45pm-8:30pm

**Mondays May 6-June 3; 7:45pm-8:30pm
(skip 5/27)**

4 sessions \$85 per person

4 sessions \$160 you and a friend

Salsa and Hustle

Manalapan Recreation Center, Kushick Pavilion
Thursdays February 29-March 21; 10am-10:50am
Thursday May 2-May 23; 11:10am-12:10pm
Taylor Mills School

NEW!

Bachata and Waltz

Manalapan Recreation Center, Kushick Pavilion
Thursdays February 29-March 21; 11:10am-12pm
Thursdays May 2-May 23; 10am-10:50am
Taylor Mills School

***Please dress comfortably and in shoes that won't slip off.**

Glitter Hoops

Adults

No prior experience needed. Learn the basics of Hoop Dance! Class will start with stretching, then an arm workout, followed by a leg workout, all done while waist hooping to work the core. You will learn a few Hoop moves each week so that by the end of the course we will put them all into flow to form a hoop dance. You will need to bring water and a smile. Hula Hoop is provided for class use. Start with a new spin on fitness! Classes tone and strengthen your entire body while providing you with increased energy, flexibility, and confidence. Low impact cardio workouts. Wear comfortable clothing.

6 sessions \$60 per person

Taylor Mills School

**Thursdays March 7-April 18; 7pm-8pm
(skip 3/28)**

ADULTS

Development Tennis

NEW!

Adults 

This class is designed for players who have previous experience and a good understanding of tennis' fundamental skills. In Development Tennis, players will work towards refining their technique, generating consistent rallying skills and grasping how to dictate direction of play to make game winning shots.

7 sessions \$184 per person

**Manalapan Recreation Center; Front Courts
Thursdays April 18-May 30; 7:30pm-8:20pm**

Halfway to Halloween: Channel Your Inner Zombie

Adults & 12+ with Adult

NEW!

Celebrate the halfway mark to Halloween by learning the dance moves of an iconic zombie routine! While prior experience in dance, coordination and memorization are beneficial, it's not required for this beginner-friendly class. The session kicks off with a warmup, paving the way for a step-by-step breakdown of our zombie routine. The ultimate aim is to unite and dance in a group routine by the end of class. Feel free to embrace the spooky spirit with optional zombie costumes, but please ensure you're wearing supportive shoes and attire that allows comfortable movement. Whether you're a seasoned dancer or just starting out, everyone is welcome to join in on the undead dance fun!

1 session \$50 per person

1 session \$95 you and a friend

Taylor Mills School

Tuesday April 30; 6pm-8pm

Foundation Tennis

NEW!

Adults 

This class is designed to introduce players to the fundamentals of tennis, including stroke technique, serving, court awareness and rallying. Activities are delivered in a low-pressure, yet energetic environment, ensuring optimal learning, all while maintaining the enjoyment factor of being on the tennis court.

7 sessions \$184 per person

**Manalapan Recreation Center, Old Courts
Thursdays April 18-May 30; 6:30pm-7:20pm
Sundays April 14-June 2; 8:30am-9:20am
(skip 5/26)**

Pickleball: Beginner

Adults

Want to learn the most popular sport around? This is your chance! With a focus on the basics of this fun and exciting sport, this class is perfect for anyone with little or no experience playing. Players will learn the rules of the game, some basic strokes, serving, volleying, and even the "dink," which is a very important part of the game. Upon completion of the class, students will be all set to go out and play at the beginner/advanced beginner level. The instructors are PPR Certified Professional Coaches and have years of playing and teaching experience, and they will make sure you have fun while learning this great game.

4 sessions \$160 per person

**Manalapan Recreation Center,
Pickleball Courts**

**Saturdays March 9-March 30; 8am-9:30am
Tuesdays March 12-April 2; 4:30pm-6pm**

ADULTS

Pickleball: Advanced Beginner

Adults

Ready to advance your game beyond the beginner level? This is the time and place to do it. In the advanced beginner class, players will learn how to hit with power, control and spin. Serving, volleying and dinking will be worked on, and we will introduce the key "3rd shot drop" as we get you ready to play at the next level. We will also get into strategic play, covering court positioning and how to "speed up" and "slow down" a point. The instructors are PPR Certified Professional Coaches and have years of playing and teaching experience and they will make sure you have fun while learning this great game.

4 sessions \$160 per person

**Manalapan Recreation Center,
Pickleball Courts**

Saturdays March 9-March 30; 9:30am-11am

Tuesdays March 12-April 2; 6pm-7:30pm

Stress Management Workshop

NEW!

Grade 9-Adults

Stress can have consequences far beyond temporary feelings of pressure. While we can't avoid stress, we can learn to manage it through mindfulness practice. We'll discuss how to cope better, practice letting go of the stress and end with relaxation so we can bounce back to feeling secure, safe and confident. You may want to bring a notepad and pen for your advancement.

NEW!

Play with a Pickleball Pro

Adults

Do you have the basics down but want to play more strategically? Do you find yourself stuck in rallies where everyone is just hitting the ball back really hard? Do you want to improve your game while receiving input and feedback from a Professional Coach? This 1 hour class will have 3 players at the same skill level on the court with a Professional Coach, playing regular pickleball games. No drills, just playing pickleball. The Coach will stop play to provide instruction, pointers, tips and strategies, all to improve your game while playing. This is a great way to get better and advance your game. Sign up with friends and play together or for the appropriate skill level.

Advanced Beginner

1 session \$35 per person

**Manalapan Recreation Center,
Pickleball Courts**

Monday April 22; 5pm-6pm

Monday April 29; 5pm-6pm

Monday May 6; 5pm-6pm

Intermediate

1 session \$35 per person

**Manalapan Recreation Center,
Pickleball Courts**

Monday April 22; 6pm-7pm

Monday April 29; 6pm-7pm

Monday May 6; 6pm-7pm

4 sessions \$130 per person

**Manalapan Recreation Center, Kuschick Pavilion
Sundays March 10-March 31; 9:30am-10:15am**

Sundays April 7-April 28; 9:30am-10:15am

Sundays May 5-June 2; 9:30am-10:15am

(skip 5/26)

Mondays March 11-April 1; 6:45pm-7:30pm

Mondays April 8-April 29; 6:45pm-7:30pm

Mondays May 6-June 3; 6:45pm-7:30pm

(skip 5/27)

ADULTS

NEW!

Total Body Conditioning

Adults

Work all muscle groups with a variety of strengthening and conditioning exercises. This sculpting class tones the upper and lower body using dumbbells, bands and more. All fitness levels welcome. Please bring a yoga mat water and a set of dumbbells (2-5 lbs.).

6 sessions \$130 per person

**Manalapan Recreation Center,
Dreyer Pavilion**

**Mondays April 8-May 20; 6:15pm-7pm
(skip 4/22)**

Yoga

Adults

This class is perfect for those new to yoga and for those with a regular yoga practice. It incorporates yoga postures, gentle movement, breathwork and guided meditation, all aimed at helping you to feel more comfortable in our own body and relaxed. Come discover yoga at your own pace, in a relaxed and supportive environment. You will reduce stress as you gain confidence, flexibility, strength and focus.

5 sessions \$65 per person

10 session special \$115 per person

**Manalapan Recreation Center,
Kuschick Pavilion**

**Wednesdays March 6-April 10; 7pm-8pm
(skip 4/3)**

Wednesdays April 24-May 22; 7pm-8pm



Zumba Fitness

Adults 16+

Each class is a dance fitness party that includes movements to world rhythms. It's a total workout that combines all elements of fitness - cardio, muscle conditioning, balance and flexibility. Burn calories and boost your energy! For all fitness levels, no dance experience necessary.

5 sessions \$80 per person

Taylor Mills School

**Wednesdays March 6-April 17; 7:15pm-8:15pm
(skip 4/3; 4/10)**

6 sessions \$95 per person

Taylor Mills School

Wednesdays April 24-May 29; 7:15pm-8:15pm

Sign up for both Zumba classes and save!

11 sessions; \$130 per person

Zumba Toning

Adults 16+

Zumba Toning is perfect for those who want to put extra emphasis on toning and sculpting their muscles. It's a low-impact workout that incorporates fun music and moves with resistance and bodyweight exercises to help you focus on different muscle groups including arms, core and lower body. For all fitness levels.

5 sessions \$65 per person

Taylor Mills School

**Wednesdays March 6-April 17; 6:30-7:10pm
(skip 4/3; 4/10)**

6 sessions \$80 per person

Taylor Mills School

Wednesdays April 24-May 29; 6:30pm-7:10pm

Sign up for both Zumba classes and save!

11 sessions; \$130 per person

THERAPEUTIC RECREATION

Adaptive Danceability

Adults 16+ with Low Mobility

Welcome to our vibrant and inclusive dance class designed for people ages 16-100 with limited or low mobility. Get ready to join an uplifting community where we celebrate the joy of movement and the beauty of dance. Catering to people of all levels and abilities, our welcoming environment ensures you will be included and supported. Bring your smile, your spirit and your jazz hands as we explore how dance is for everybody!

4 sessions \$45 per person

**Manalapan Recreation Center,
Kuschick Pavilion**

**Saturdays May 4-June 1; 12:12pm-12:55pm
(skip 5/25)**



S.O.A.R. Earth Day Celebration

NEW!

Grades K-7 with Special Needs

Join us at the Dreyer Pavilion for a morning of crafts, learning and most importantly, fun! Stop by to pot-a-plant in celebration of Earth Day and learn more about the SOAR program for children with special needs. *This program is designed for children with special needs. Parents must stay to chaperone their child for the length of the program. Participation available while supplies last. Please contact Katie O'Brien with questions regarding special needs programs: kobrien@mtnj.org.

1 session FREE

**Manalapan Recreation Center,
Dreyer Pavilion
Saturday April 20; 9am-11am**





SENIOR CENTER

Our mission is to maintain a welcoming facility and resource center for educational, recreational, and wellness programs as well as provide access to support services for seniors and their caregivers.

Our goal is to meet the needs of the senior population to ensure quality of life, promote physical, emotional, and economic well-being and encourage participation in aspects of community life. Our programs encourage socialization and present opportunities to make new friends.

Some Programs Include:

- | | | |
|-----------------|---------------------|------------------|
| ● Chair Yoga | ● Strength Training | ● Bingo |
| ● Gentle Cardio | ● Book Club | ● Special Events |
| ● Tai-Chi | ● Healthy Bones | ● Bus Trips |

For more information visit:

mtnj.org → departments → senior center

Programs held at:

Manalapan Township Community Center

114 Route 33 West

Manalapan, NJ 07726

(just past Peking Pavilion Restaurant)

*Interested in joining or know a senior that
might be? Give us a call!*

(732) 446-8401

*Must be 60+ and a Manalapan Resident

