

TOWNSHIP OF OCEAN

RECREATION PROGRAMS



REGISTER ONLINE:

REGISTER.COMMUNITYPASS.NET/OCEANTWP

**REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 2 (RESIDENTS)
WEDNESDAY, MAY 16 (NON-RESIDENTS)
SEE PAGE 3 FOR DETAILS**



**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 2018

601 Deal Road Ocean, NJ 07712

732-531-2600

www.oceantwp.org

RECREATION STAFF

JUDI JOHNSON

Recreation Director

AARON MILLER

*Project Extend Coordinator/
Recreation 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

WEBSITE

oceantwp.org

CLOSINGS & CANCELLATIONS REC LINE

732-517-8568

GOLF COURSE

732-775-3636

COMMUNITY POOL

732-229-6161

DATES TO REMEMBER

Registration for Summer Programs and Fall Youth Soccer begins
Wednesday, May 2 for Ocean residents.

Non-resident registrations accepted **Wednesday, May 16.**

Ocean Community Pool opens **Saturday, May 26.**

July is Family Month at William F. Larkin Golf Course at Colonial Terrace.
Kids play free when accompanied by a paid adult.

Fall recreation brochure published **Wednesday, August 1.**

Registration for Fall Programs begins **Wednesday, August 29**
for Ocean residents.

Non-resident registrations accepted **Wednesday, September 12.**

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Township of Ocean

COMMUNITY CELEBRATION COMMITTEE

Invites all residents to enjoy our events



MOVIE NIGHT

Friday, June 22

Joe Palaia Park Bandshell at Dusk

Bring chairs & blankets

FOURTH OF JULY FIREWORKS

Tuesday, July 3 (raindate July 5)

Joe Palaia Park

Mike Cernigliaro Fairgrounds

Gates open at 6 pm

Bring chairs and your picnic

FIREWORKS AT DUSK



MOVIE NIGHT

Friday, October 5

Joe Palaia Park Bandstand at Dusk

Bring chairs and blankets

OCTOBER FEST

Saturday, October 13 (raindate October 14)

Joe Palaia Park Mike Cernigliaro Fairgrounds

10 am - 4 pm

Crafts, Art, Kids' Fun, Food, Music

FOR INFORMATION

Email: ccc@oceantwp.org

Call: 732-531-5000 ext. 5401



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 2 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 May 2 will be processed in random order throughout the day. Forms received before registration begins will be returned unprocessed.

Online Registration:

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

1. Go to www.oceantwp.org and click on the Recreation & Counseling tab. Click on "Click Here to Register for Programs" OR 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.

Important Message About Cash Payments for Programs

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.

JOB BANK FOR ADULTS & TEENS

Seasonal positions are available through the Recreation Office and the Department of Public Works. Positions include: Park and Pool Maintenance, Program Supervisors, Pool Recreation Personnel, Pool Front Office, Pool



Snack Bar, Full and Half Day Recreation Counselors.

Applications for seasonal positions within the Recreation Office will be accepted February through early April.

Job descriptions and applications are available at www.oceantwp.org/jobs.

Positions may be limited based on status of returning staff from previous seasons. For information about employment opportunities in Department of Public Works, call 732-531-5000 ext. 3363.

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

Temer Gallery and classrooms

701 Deal Road in Township library

PARK REGULATIONS

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

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

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

PARKS AND FACILITIES

PARK	TENNIS	BASKETBALL	SOFTBALL	BASEBALL	PLAYGROUND	PICNIC GROVE	TRAILS
DAVE DAHROUGE PARK	✓		✓		✓	✓	
JOE PALAIA PARK/ SAUL RUBIN FIELDS			✓		✓		✓
OAKHURST FIRST AID & FIRE CO. MEM. FIELDS	✓	✓	✓		✓	✓	
WANAMASSA FIREMAN'S MEMORIAL PARK			✓	✓			
WAYSIDE PARK	✓	✓			✓		

HOST YOUR NEXT EVENT AT A TOWNSHIP FACILITY

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



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



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

TENNIS COURT RESERVATION & USE PROCEDURES

- Courts at Wanamassa, Wayside and Oakhurst Parks are open 8:00 am to dusk. Courts at the Community Pool and Tennis Facility (when available) are for use by members or those who pay the daily fee. Please note the Community Pool Tennis Courts are not available summer 2018. Tennis programs will meet at the Oakhurst Park courts.
- Residents may reserve court time at Oakhurst, Wanamassa and Wayside parks from April 16 to October 15. Please note: Oakhurst Courts will be used for summer programs that were relocated from the Community Pool courts.
- Players are limited to one hour of reserved court time per day. Reserve no more than one week in advance by contacting the Recreation Office, Monday through Friday, before 3:45 pm. (Court time scheduled on the hour). Reservations ARE NOT accepted for the same day as the call. Player's name will be requested at time of reservation. Reservation sheets will be posted each morning at the appropriate location.
- Saturday and Sunday reservations can be made on the Friday two weeks in advance.
- 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.

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 April 15 (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.

Use your CommunityPass account to register for Summer Morning Recreation & Summer Project Extend. <https://register.communitypass.net/oceantwp>

MORNING RECREATION

Youth entering grades 1-8 in September 2018

Spend weekday summer mornings participating in a variety of activities including crafts, sports, field trips and swimming.



The Oakhurst Meeting Room, West Park Recreation Center, Municipal Gymnasium and the Ocean Community Pool & Tennis Facility will also be used daily for this summer program.

Program Dates: (Three, 2-week sessions)

Session 1: July 9 - July 20

Session 2: July 23 - August 3

Session 3: August 6 - August 17

Time: 9:00 am - 12:00 noon

Location: Ocean Township Elementary School, 55 Dow Ave., Oakhurst

Fee: \$75/session (residents)
\$100/session (non-residents)

PROJECT EXTEND SUMMER CARE

Early morning and afternoon programs extend the Morning Recreation program at **Ocean Township Elementary School**. Care is available 7:00 - 9:00 am and 12 noon - 6:00 pm.

Participants must enroll in and pay the fee for the corresponding session(s) of Morning Recreation. There is no bus transportation available with this extended day program.

Program dates/locations: Correspond to Morning Recreation sessions. (see left)

Fee: \$165/session (residents)

\$190/session (non-residents)

Payment in full or a non-refundable \$20 deposit per child/session is accepted at time of registration. Balance due dates are:

Session I Balance due: May 16

Session II Balance due: June 13

Session III Balance due: July 11

Late payments are charged a \$30 late fee. If payment is not received by due date, placement in the program is no longer guaranteed. In this event deposits will not be refunded.

BUS TRANSPORTATION

Available for Township residents to and from **Morning Recreation**. Bus routes will be organized at the close of registration. Once established, bus schedules cannot be altered to accommodate late registrants. Schedules will be forwarded to registrants one week prior to the start of each session.

Fee(T): \$25/session (Residents only)



Pick up a registration form from the Department of Human Services or use your CommunityPass account to register for Summer Morning Recreation & Summer Project Extend. <https://register.communitypass.net/oceantwp>
Registrations are accepted through Friday, May 25 or until the program is filled.

SUMMER RECREATION

PROJECT EXTEND BEFORE & AFTER SCHOOL CARE

K - 8TH GRADES

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 children in grades K-8 who attend Township of Ocean Public Schools.

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



After School Project Extend for students in grades K-8 begins at the end of the school day until 6:00 pm on days 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 FOR K - 8TH GRADES

Full day child care is offered on the 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 2018-2019 school year. Registration information will be available in the Fall Brochure.

SWIM LESSONS



Swim lessons are offered at the Community Pool for facility members and/or Ocean residents.

Group Lessons include Parent/Child Water Safety, Pre-school Lessons, Beginners, Intermediate and Advanced Swimmers.

Private lessons for adults are also available.

Class schedules are posted on oceantwp.org.

See the Pool and Tennis Facility page in the Recreation and Counseling section



**SEE PAGE 18
FOR INFORMATION ABOUT
THE COMMUNITY POOL
AND TENNIS FACILITY.**



FALL PRE-K SOCCER CLINIC
AGES 4 & 5
MUST BE AGE 4 AS OF 9/1/18

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 each week, labeled with the child's name. Rubber soccer cleats are optional, and sage appropriate shin guards are required.

SATURDAYS, SEPTEMBER 22 - OCTOBER 27

9:00 - 10:00 AM

OAKHURST PARK

FEE (T): \$25 RESIDENTS/\$35 NON-RESIDENTS

*Adult supervision is needed. If you are interested in helping, 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.*



PRE-SCHOOL SOCCER

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 2 (RESIDENTS)
WEDNESDAY, MAY 16 (NON-RESIDENTS)
SEE PAGE 3 FOR DETAILS



TOWNSHIP OF OCEAN RECREATION YOUTH SOCCER

For youth in Kindergarten through 9th grade

as of September 2018

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

SOCCER DIVISIONS	GRADE
Instructional	Kindergarten & 1st
Developmental	2nd & 3rd
Junior	4th - 6th
Hot Shots	7th - 9th
<i>All soccer divisions are separated by gender Divisions may be restructured dependent upon enrollment.</i>	

Practices begin in late August.

Games are held on Saturdays September 8 - November 3.

If makeup games are needed due to inclement weather, games will be made up on 11/10 and/or 11/17.

FEE

\$55 Residents/\$65 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 comply with the Rutgers SAFETY training and
Township-sponsored fingerprint program.*

TOWNSHIP OF OCEAN DEPARTMENT OF HUMAN SERVICES

601 Deal Road Ocean, New Jersey 07712

732-531-2600

www.oceantwp.org



OceanTwpHumanServices



OT Human Services



OCEAN TOWNSHIP THEATER INITIATIVE (OTTI)

OTTI - A new program to introduce the fun world of theater to children entering 6th - 10th grades in the fall of 2018. A four week summer program full of lessons, activities, projects, rehearsals and a showcase at the conclusion of the program! Not just for actors - participants have an opportunity to be introduced to all aspects of the theater world.

MONDAYS - THURSDAYS, JULY 9 - AUG 2*, 8:00 AM - 1:00 PM

***SHOWCASE, THURSDAY AUGUST 2ND AT THE BANDSHELL**

EVENING REHEARSALS MAY BE HELD THE WEEK OF JULY 30

Location: Ocean Township High School
Showcase will be held at the Bandshell
located in the Mike Cernigliaro Fairgrounds
in Joe Palaia Park.

Fee (T): \$185 residents/\$200 non-residents

MEET THE PROGRAM STAFF

LUCAS DEGIROLAMO will be entering his sophomore year as a drama major at NYU's Playwrights Horizons Theater school where he studies directing, writing and design. He has participated in theater programs with the Two River Theater and the Berridge Conservatory. Lucas adapted a version of his favorite childhood novel, "James and the Giant Peach" through the Student Director program at Ocean Township High School. He successfully directed and produced this show last spring.



SHELBY PICKELNY will be entering her freshman year and will be studying Theater Production & Management. She has been acting since the age of six. Shelby has studied through the Arts High School program and interned for the South Mountain Theater Works company. She has written an original play as part of the Student Director program at OTHS. She looks forward to directing and producing her play, "By Us," this June.

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 2 (RESIDENTS)
WEDNESDAY, MAY 16 (NON-RESIDENTS)
SEE PAGE 3 FOR DETAILS

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. *Make-ups, due to rain only, will be scheduled during the following session. There are no make-ups or refunds due to student absence.*

Location: Oakhurst Park Tennis Courts

Fee(T): \$45 residents/\$65 non-residents

Session 1	Ages 9 - 11	Monday - Friday, July 9 - 13	6:15 - 7:15 pm
Session 2	Ages 12 - 16	Monday - Friday, July 16 - 20	6:15 - 7:15 pm
Session 3	Ages 7 - 8	Monday - Friday, July 23 - 27	6:15 - 7:15 pm

YOUTH GOLF LESSONS

Group lessons are offered for youth, 8 -17, at William F. Larkin Golf Course through The First Tee Jersey Shore. Call 732-759-2170 or email info@thefirstteemonoc.org.

Private & semi-private lessons are also available by contacting Dale Shankland, PGA Pro, 732-775-3636.



PGA JUNIOR LEAGUE

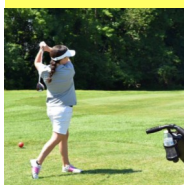


PGA Junior League is a fun, social and inclusive opportunity for youth ages 7 - 13 of any ability. Led by Golf Pro Dale Shankland, members play at some of the area's best

courses. For details and registration visit pgajlg.com and search for program at William F. Larkin Golf Course at Colonial Terrace. For more information contact Dale Shankland: Dshankland@Oceantwp.org, 732-775-3636.

2018 JUNIOR GOLF TOUR

4 - 17 YEARS



Young golfers can participate in the Junior Golf Tour at William F. Larkin Golf Course. Winners in each category receive trophies for each tournament.

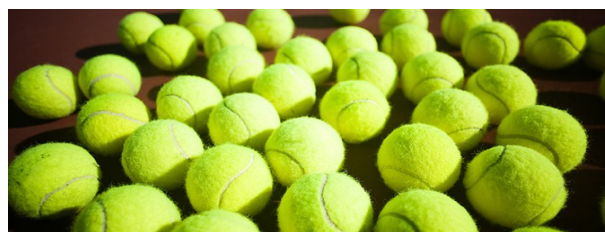
Junior Masters	Thursday, July 12
Junior Open	Thursday, July 19
Junior Challenge	Thursday, July 26
Junior Championship*	Thursday, August 2

** Golfers must participate in at least one prior tournament to be eligible for Jr. Championship.*

Fee(T): \$30 first tournament/\$25 each additional tournament;/\$15 ages 4-6

Registration: Accepted at William F. Larkin Golf Course beginning May 1.

Go to ColonialTerraceGolf.org for a registration form. .
Return to address indicated on the form or drop off in person at golf course clubhouse.



SPECIAL NEEDS YOUTH TENNIS 13 - 21 YEARS

Is your teen ready for a summer activity? Join us on Saturday mornings for a tennis program designed for special needs youth. Participants will learn the basics of tennis under the supervision of a facility tennis pro. Volunteers needed to assist.

Saturdays, June 9 - July 14

9:00 - 10:00 a.m.

Location: Oakhurst Park Tennis Courts

Fee(T): \$40 residents/\$50 non-residents

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 2 (RESIDENTS)

WEDNESDAY, MAY 16 (NON-RESIDENTS)

SEE PAGE 3 FOR DETAILS

OPEN LEVEL YOGA

Open to those who have some yoga experience to more advanced practitioners. Variations are



presented to grow your individual practice. All aspects of yoga will be practiced:

positions, breathing techniques, guided imagery, deep relaxation and meditation. Participants will leave relaxed, nurtured and energized! Bring your own yoga mat and blanket.

THURSDAYS, JULY 5 - AUGUST 23 6:30 - 7:30 PM

Location: Turner Classroom, Library 2nd floor

Fee (T): \$70 residents/\$80 non-residents

SUMMER PILATES

Stay in shape throughout the summer. Class is suitable for beginners as well as those with experience. Participants should supply their own floor mat. Mats may also be purchased from the instructor, Jill Albert.

TUESDAYS, JULY 10 - AUGUST 28 6:15 - 7:15 PM

Location: West Park Recreation Center

Fee (T): \$35 residents/\$45 non-residents

ADULT BASKETBALL

For adults 18 and over, courts available for "pick up" basketball. The gym is not air conditioned. Adults night out, no youth or guests permitted on site.

Mondays, July 9 - Sept. 17 8:00 - 10:00 pm
(No program 9/3)

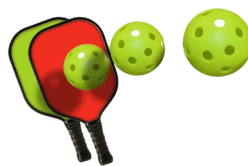
Wednesdays, July 11 - Sept. 12 8:00 - 10:00 pm

Location: Municipal Gym

Fee: \$15 residents/\$25 non-residents

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

PICKLEBALL



Pickleball is a paddle sport created for all skill levels.

The rules are simple and the game is easy for beginners to learn, but it can be an

exciting game for even the most skilled players. Basic instruction is offered. Courts are available for supervised pick-up play and equipment is provided.

THURSDAYS, JULY 5 - AUGUST 30* 6:00 - 8:00 PM

Location: Wayside Tennis Courts

Fee (T): \$30 residents/\$40 non-residents

**Please note only one day (September 6) available for make up if needed due to inclement weather. No refunds for dates missed due to more than one inclement weather cancellation.*

TENNIS FOR BEGINNERS



Adult group lessons for beginner players, age 17+.

Five 1-hour lessons teach basic skills and sharpen existing skills. Please bring a racquet and wear appropriate footwear. Bring one unopened can of tennis balls to first class. *Make-ups, due to rain only, will be scheduled. No make-ups or refunds for student absence.*

WEDNESDAYS, MAY 30 - JUNE 27 6:30 - 7:30 PM

Location: Oakhurst Park

Fee (T): \$40 residents/\$60 non-residents

Register through Spring 2018 Recreation Programs

SUNDAY MORNING BASKETBALL

Adult pick up basketball at the Municipal Gym. No youth or guests permitted on site.

Sundays, July 8 - Sept. 16 8:00 - 10:00 am
(No program 9/2)

Location: Municipal Gym

Fee (T): \$20 residents/\$30 non-residents

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 2 (RESIDENTS)
WEDNESDAY, MAY 16 (NON-RESIDENTS)
SEE PAGE 3 FOR DETAILS

GET GOLF READY*Learn to golf in just one week*

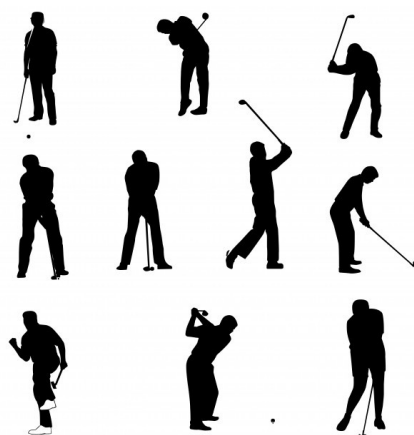
Adults with little or no golf experience can learn to play in a one week series of lessons. Learn basic skills and knowledge of the game's rules, etiquette and values. Participants will learn chipping, putting, full swing, half swing and bunker play as well as the use and maintenance of golf equipment, score keeping and navigating the course. Clubs are available to use for classes. 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: Monday - Friday, April 23 -27, 12:00-1:00 pm

Session 2: Monday - Friday, July 2 - 6, 12:00 - 1:15 pm
(no class 7/4)

Registration: Visit ColonialTerraceGolf.org to download a registration form. Registration is accepted at the golf course beginning March 31.

Fees(T): \$99 residents/\$145 non-residents

**SUMMER GOLF LESSONS****(SPRING LESSONS AVAILABLE — CHECK OUR SPRING BROCHURE)**

Learn to play or improve your game with PGA Pro Dale Shankland. 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 who has had some exposure to golf. Learn chipping, pitching, putting, sand play and full swing fundamentals and principles. 6 class sessions. 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: Tuesdays, July 10 - August 14
6:40 - 7:40 pm

Session 2: Sundays, July 8 - August 12
11:00—12:00 noon

Fee(T): \$70 residents/\$80 non-residents

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 come play a round at the WFLCG@CT, where *There's always time for Nine!*

Session 3: Wednesdays, July 11 - Aug. 15
6:30 - 7:30 pm

Session 4: Fridays, July 13 - Aug. 17
10:15 - 11:15 am

Fee(T): \$70 residents/\$80 non-residents

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 2 (RESIDENTS)

WEDNESDAY, MAY 16 (NON-RESIDENTS)

SEE PAGE 3 FOR DETAILS

YOGA FOR 55+

Learn the basic practices of hatha yoga especially for beginners, seniors and those with physical limitations. Practice simple postures, breathing techniques, guided imagery, deep relaxation and meditation. Bring a yoga mat and blanket. Chairs are provided for those who cannot be on the floor. Participants will leave relaxed, nurtured and energized!

Session I: Tuesdays, June 26 - September 4

Session II: Fridays, June 29 - September 7

Time: 9:30 - 10:45 am

Location: Terner Classroom

Fee(T): \$75/session/resident
\$85/session/non-resident



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



STRENGTH, STRETCH & BALANCE

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

MONDAYS, JULY 9 - AUGUST 27

10:10 - 11:00 am

Location: West Park Rec Center, 2nd Floor

Fee (T): \$25 residents/\$35 non-residents

FITNESS FOR 55+

Join instructors Jill Albert and Joanne McKenna who will guide participants in a safe and fun exercise program. Classes include cardiovascular workouts with choreographed steps and strength training with weights.

MONDAYS & WEDNESDAYS JULY 9 - AUGUST 29

9:00 - 10:00 am

Location: West Park Recreation Center

Fee: \$35 residents/\$45 non-residents

MORNING MEDITATION

This class focuses on yogic meditation techniques 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, June 26 - September 4

Session II: Fridays, June 29 - September 7

Time: 8:50 - 9:20 am

Location: Terner Classroom

Fee (T): \$60/session/resident
\$70/session/non-resident

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 2 (RESIDENTS)

WEDNESDAY, MAY 16 (NON-RESIDENTS)

SEE PAGE 3 FOR DETAILS

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.

Materials are provided for in-class use.

Tuesdays July 10 - August 28

Session I: 1:00 - 2:30 p.m.
Session II: 3:00 - 4:30 p.m.
Location: Senior Center
Fee(T): \$60/session/resident
 \$70/session/non-resident

ZUMBA GOLD

An innovative, fun and exciting program designed for older adults of all fitness and ability levels.

Zumba Gold with instructor Loretta Brady uses the same great Latin-style music and dance as Zumba



Basic, but at a lower intensity and slower pace.

TUESDAY & THURSDAY JULY 10 - SEPTEMBER 13
9:00 - 10:00 am

Location: West Park Rec Center, 2nd Floor
Fee (T): \$65 residents/\$75 non-residents.

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

Township of Ocean Department of Human Services

LET'S TALK



*A support and learning program
 for adults
 age 60 and older*

Join other seniors living in Ocean Township for friendly 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 and free transportation is available.

WEDNESDAYS 10:30 AM—12 NOON

OCEAN SENIOR CENTER, 615 WEST PARK AVENUE

CALL 732-531-2600 FOR INFORMATION

REGISTRATION BEGINS AT 8:30 AM ON WEDNESDAY, MAY 2 (RESIDENTS)

WEDNESDAY, MAY 16 (NON-RESIDENTS)

SEE PAGE 3 FOR DETAILS

SENIOR FRIENDSHIP CLUB

Residents age 55 and older meet on the 1st & 3rd Mondays at the West Park Recreation Center, 1:30 - 3:45 pm.

Speakers are scheduled, bus trips planned and holiday events are organized. Contact Lenore Stinett, 732-663-0039 for additional information.

FREE HEALTH SCREENINGS

The Visiting Nurse Association conducts health screenings at the Senior Center on the third Monday of each month from 12:30 - 1:30 pm.



SOCIAL BRIDGE

Enjoy a morning of social bridge at the Senior Center with friends and new acquaintances.

The program host will direct newcomers into the games. Lessons are not provided. Free.



THURSDAYS AND FRIDAYS 9 A.M. - 12 NOON

TURNER GALLERY

The Turner Gallery is located in the Township Public Library and exhibits works by local artists throughout the year. The Gallery is open to the public during the library's regular hours.

Exhibits run approximately 7 weeks for visitors to enjoy. Admission is free.



TURNER GALLERY EXHIBITS AND OPENINGS

Opening receptions 2 - 4 pm

April 8: John Kaye

May 20: Patricia Supplee

July 1 James Teal & Corinne Cavallo

August 12: William Walker



SENIOR TRANSPORTATION

This free service is available to residents 62 years of age or older. Residents wishing to use the service must be registered. To register and get more information call the Department of Human Services, 732-531-2600.

The schedule of transportation services noted below is subject to change.

DESTINATION	DAY	TIME
Shoprite	Tuesdays	Pickup between 12 and 1 p.m. At store about one hour.
Foodtown/Wegman's	Alternating Fridays	Pickup between 12 and 1 p.m. At store about one hour.
Doctor Appointments	Mondays, Wednesdays & Fridays	8:30 a.m. - 2:30 p.m.
Monmouth Mall	Every other Thursday	Approximately 10 a.m. pick up 12 p.m. return
Ocean Township Library	Every other Wednesday	1 p.m. pick up At Library about one hour

ESPECIALLY FOR SENIORS



Ocean's beautiful 9-hole golf course is conveniently located in Wanamassa and offers 2,616 yards of golf from the longest tee for a par 35, reasonable rates, leagues and lessons for golfers of all ages and abilities. The course is open daily from 7 am until dusk. Book tee times online and sign up for a Loyalty Card – buy 9 rounds and get the 10th round free!

SPECIAL EVENTS

- **Mother's Day: Sunday, May 13**
Moms play free when accompanied by a paying son or daughter age 7 or older.
- **Father's Day: Sunday, June 17**
Dads play free when accompanied by a paying son or daughter age 7 or older.
- **Adult/Child Tournament: Sunday, July 15**
Registration begins May 2.

Junior Golf Tour

Four summer tournaments for golfers ages 4-17.

Junior Masters July 12

Junior Open July 19

Junior Challenge July 26

Junior Championship August 2

visit ColonialTerraceGolf.org for details



ADULT GOLF LESSONS

PGA Pro Dale Shankland offers expert instruction for beginner and intermediate level players.

See page 13 for details.

Private lessons available for all ages.

Call 732-775-3636 to schedule.

PGA JUNIOR LEAGUE



A fun, social and inclusive opportunity open to youth ages 7 - 13 of any ability.

Led by Golf Pro Dale Shankland, members will play at some of the area's best golf courses.

For details and registration visit pgajlg.com and search for the program at William F. Larkin Golf Course at Colonial Terrace.

YOUTH LESSONS

Group lessons are available for youth, 8 -17, through The First Tee of Monmouth & Ocean counties. Call 732-759-2170 or email info@thefirstteemonoc.org. For private & semi-private lessons call Dale Shankland, PGA Pro, 732-775-3636.



OCEAN COMMUNITY POOL & TENNIS FACILITY

615 WEST PARK AVE., OAKHURST

A beautiful facility with three pools: a brand new activity pool for all ages, a main pool with a lap swimming area and a dive tank. A snack bar, basketball and sand volleyball courts and shaded picnic areas are available.

Staff supervise scheduled youth activities including water games, crafts, story time, Bingo, and active play.

A variety of memberships for resident and non-resident individuals, families and seniors are available. Township of Ocean residents can use the facility without a membership by paying a daily fee. Visit oceantwp.org for membership and daily fee information.

A Note about the Tennis Courts: The Township intends to construct outdoor tennis courts at the facility upon completion of the indoor tennis facility.

TENNIS LESSONS AND CAMPS



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



View Andre's brochure at oceantwp.org

2018 OPEN DATES & TIMES

(weather permitting dates may change based on Ocean Twp. School calendar)

Facility opens Saturday of Memorial Day Weekend.

- Open 10:00 am – 8:00* pm all weekends & holidays
- 1:00 – 6:00 pm weekdays that correspond to Township of Ocean School half days
- 10:00 am – 8:00* pm daily from the day following the last day of Township of Ocean schools through Labor Day

* As of August 13 the facility will close at 7:30 pm & as of August 20 the facility will close at 7:00 pm.

SWIM LESSONS

Lessons for beginners to advanced swimmers; youth and adults are offered for members and Ocean residents.

A schedule of classes is available at oceantwp.org and at the facility when open.



PICNIC GROVE

The picnic grove can be reserved for family and corporate functions. Mature trees provide shade and charcoal grills are available for use. For information and reservations contact the Recreation Office, or speak to the staff at the pool when open.



FALL 2018 PREVIEW

FALL 2018 RECREATION BROCHURE WILL BE AVAILABLE AUGUST 1

REGISTRATION FOR RESIDENTS BEGINS AUGUST 29

NON-RESIDENT REGISTRATION BEGINS SEPTEMBER 12

YOUTH PROGRAMS



Messy School
Musical Me
Mixed Bag Dance Class
Ballet
Drawing & Watercolors
JV Gym & Open Gym
Project Extend & Holiday Care

ADULT PROGRAMS

Basketball
Pickleball
Pilates
Yoga
Volleyball
Meditation
Beginner & Intermediate Golf Lessons



PROGRAMS FOR ADULTS 55+



Ageless Grace
Fitness for 55+
Morning Meditation
Strength, Stretch & Balance
Yoga for 55+
Your Inner Picasso
Zumba Gold

SHARE YOUR TALENT WITH THE COMMUNITY



Have an idea for a program?
The Township of Ocean Recreation Office welcomes and encourages providers to submit program ideas.
Please contact Judi Johnson, Recreation Director
732-531-2600, or jjohnson@oceantwp.org.

FALL PREVIEW

IN-PERSON OR MAIL-IN REGISTRATION FORM

1. On Wednesday, May 2 registration will begin @ 8:30 am online or in person at the **DEPARTMENT OF HUMAN SERVICES**. Registration for non-residents will be accepted beginning Wednesday, May 16, 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, 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.
4. 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.
5. All checks payable to: **Township of Ocean** (unless otherwise specified); Mastercard & Visa accepted.
6. Age requirements must be met by program starting date. Copy of participant's birth certificate may be requested.
7. Program refunds will be granted only if the program is cancelled by the Recreation Office (no service charge will apply) or if the vacated spot can be filled prior to the start of the program. Request for refund must be made in writing. Refunds will not be considered following 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.
8. 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.
9. It is understood that images of participants may appear in footage on the Township cable station, Township website, Facebook and Twitter accounts, and in photographs promoting activities sponsored through the Department of Human Services.

**IMPORTANT MESSAGE
ABOUT CASH PAYMENTS
FOR PROGRAMS**

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. 2018)**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. _____