

WEDNESDAY'S

Obstacle Based Tumbling with Miss Missy

Sept. 11 – Dec. 18 (No class Nov. 6, 27)

In this structured yet active class, your child will gain more than just instruction on basic tumbling skills & techniques. Confidence, strength, mobility, & balance are just a few of the benefits your child will experience in this fun & healthy environment. Please dress your child for physical activity as well as provide them with a water bottle. Bare feet, ballet shoes, or grip socks are required.

Preschool Tumbling Code # 1770 10-10:45am \$115

Stretch & Strength Class for Adults with Missy

Sept. 11 – Dec. 18 (No class Nov. 6, 27)

This is a once a week, 45 minute, functional fitness class for those who are simply looking to get or stay active in a fun, low pressure environment. We'll focus mostly on maintaining and/or improving flexibility, strength, & balance. Let's get that body in motion!

Code # 1771 10:45 – 11:30am \$115

Stretch & Strength Class (For teens & adults) with Missy

This is a once a week, 45 minute, functional fitness class for those who are simply looking to get or stay active in a fun, low pressure environment. We'll focus mostly on maintaining and/or improving flexibility, strength, & balance. Let's get that body in motion!

Code # 1777 5:45p-6:30pm \$115

Young Picasso's Art with Miss Patty

Sept. 11 - Dec. 18 (No class Nov. 6, 27)

The class is for student's grades K-5 who have an interest in art. Participants will have an art show at the Barnegat Library in January.

Code #1701F 5:30-6:30pm \$130

Obstacle Based Tumbling with Miss Missy

Sept. 11 – Dec. 18 (No class Nov. 6, 27)

In this structured yet active class, your child will gain more than just instruction on basic tumbling skills & techniques. Confidence, strength, mobility, & balance are just a few of the benefits your child will experience in this fun & healthy environment. Please dress your child for physical activity as well as provide them with a water bottle. Bare feet, ballet shoes, or grip socks are required.

Preschool tumbling Code # 1775 4:15-5:00pm \$115

Tumbling ages 6 & up Code # 1776 5:00-5:45pm \$115

Stretch & Strength Class

(For teens & adults) with Missy

This is a once a week, 45 minute, functional fitness class for those who are simply looking to get or stay active in a fun, low pressure environment. We'll focus mostly on maintaining and/or improving flexibility, strength, & balance. Let's get that body in motion!

Code # 1777 5:45p-6:30pm \$115

THURSDAY'S

Health and Wellness Seminars – sponsored by Barnegat Rehabilitation Center

Donuts with the Doc will be held the 3rd Thursday of each month at 10am.

Acrylic Painting with Laura Fiorillo

Join our painting class designed for all levels and create your own fun art masterpiece. Everyone is guided along with instructions and a painting demonstration. This is a great way to learn how to paint and discover painting techniques in a group setting while you are also encouraged to add your own creativity. The medium we are using is acrylic paint on canvas.

Code # 1900 Sept 12:30-2:30pm \$70

Code # 1901 Oct 12:30-2:30pm \$110

Code #1902 Nov 12:30-2:30pm \$70

Code #1903 Dec 12:30-2:30pm \$70

Afterschool Creative Painting with Laura Fiorillo

Join our painting class designed for all levels and create your own fun art masterpiece. Everyone is guided along with instructions and a painting demonstration. This is a great way to learn how to paint and discover painting techniques in a group setting while you are also encouraged to add your own creativity.

The medium we are using is acrylic paint on canvas. Cost includes all supplies & instruction Please register by the month.

Code # 1910 Sept Ages 13 & up 2:45-3:45pm \$70

Code # 1911 Oct Ages 13 & up 2:45-3:45pm \$90

Code #1912 Nov Ages 13 & up 2:45-3:45pm \$55

Code #1913 Dec Ages 13 & up 2:45-3:45pm \$70

Code # 1920 Sept Ages 9-12 4:00 – 5:00 \$70

Code # 1921 Oct Ages 9-12 4:00 – 5:00 \$90

Code #1922 Nov Ages 9-12 4:00 – 5:00 \$55

Code # 1923 Dec Ages 9-12 4:00 – 5:00 \$70

FRIDAY'S

B 4everfit with Barb Hanlon

7:45 -8:45am \$4 pay as you go

Come join over 20 years of fun classes include: Strength Training, Cardio, Pilates, Interval Training, Light Weights with movement and Stretching. Great for Balance and fall prevention. Come join a great group of awesome ladies, move to some great music and feel great. Class is given by certified instructor Barbara Hanlon 609-713-9952.

Barnegat Recreation Accessibility for Individuals with Special Needs (B.R.A.I.N.S.)

barnegatspecialneedsrec@gmail.com

Social Clubs & Programs

New programs are constantly being added.

For updates visit www.barnegat.net/officeofrecreation

B.R.A.I.N.S Inclusive Jr. After School Club

Wednesdays

SESSION 1 Sept 25– Oct. 30 at

Meadowedge Park 550 E Bay Ave Barnegat

This once a week club is designed for students ages 7 to 12 who may or may not have special needs. The club includes: hands on cooking and crafting, indoor and outdoor playground games, partner games and other recreational opportunities. Emphasis will be given to developing motor and social skills. Participants will meet at off site recreational facilities. (Schedule will be distributed the 1st day of class)

Code #2001Fall Session 1 Wednesday 4:30- 5:30pm \$30

SESSION 2 Nov.13-Dec 18

(NO class Nov. 27th) Ave Barnegat

Code # 2011 Fall Session 2 Wednesday 4:30- 5:30pm \$25

Meadowedge Social Club

"A place where everyone fits in!" Meadowedge is an inclusive social club offering encouragement, experiences, and exposure to new opportunities for teens & adults with special needs. A place for members and families to build friendships, learn, and interact with each other. We offer fun, games, trips and fun 4 nights a week, Monday-Thursday Check us out on Facebook / Meadowedge Social Club). For more info please call the Recreation Department 698-0080 x 122, 130 or email barnegatspecialneedsrec@gmail.com our monthly activity calendars are posted on www.barnegat.net under Office of Recreation.

Discovery Basketball

(for individuals with special needs ages 5 & up)

FREE program Fridays 6:30-7:30pm September 13 – October 18

(Pizza Party Oct 25th will be held in the Barnegat Recreation Center) In the Collins School Gym

Registration forms are available each night at the gym and at www.barnegat.net/office of recreation

Volleyball – Adults

(Free pickup games)

Join us Tuesdays from 7:00-10:00pm at the Horbelt School Gym. Beginning September 10th

Free Senior Exercise Programs & Activities offered at the 11th

St Community Center, Pebble Beach section of Waretown.

Monday's & Thursday's 10a-11a Sit and Be Fit; Tuesday's Maj Jong Tuesday's 1-4p; Wednesday's

Noon – Sit and Be Fit followed by WII bowling & cards till 4pm; Call (609) 698-0080, Ext 122

ADULT Exercise Classes Theresa Brown, Instructor

Classes are held in the Waretown Community Center 239 11th St Barnegat.

EMAIL terry8224@aol.com for more information

MONDAYS 8:30A ZUMBA GOLD 9:15A TONING 9:45A LINE DANCING

TUESDAY 9A CHAIR EXERCISE 9:50A DANCE & TONE

WEDNESDAY 8:30A ZUMBA GOLD NO CLASS ON THE 4TH WEDNESDAY OF EACH MONTH

THURSDAY 8:30A ZUMBA GOLD 9:15A TONING 9:45A CHAIR EXERCISE

Mall Shopping Trips

(busses depart from the 11th St Community Center) Cost is \$9pp per trip

Trips are held the 3rd & 4th Friday of each month. Programs and trips are continuously being added. For a current list of offerings email

jbroadbent@barnegat.net.



The Recreation Department is committed to giving all citizens equal access to all Recreation opportunities.