

**Township of Ocean**

# **RECREATION PROGRAMS**

## **Fall 2023**



**REGISTRATION BEGINS AT 8:30 AM WEDNESDAY, AUGUST 16 (RESIDENTS)**

**WEDNESDAY, AUGUST 30 (NON-RESIDENTS)**

**SEE PAGE 19 FOR DETAILS**



**Township of Ocean Department of Human Services**  
601 Deal Road Ocean, NJ 07712  
732-531-2600 [oceantwp.org](http://oceantwp.org)



# TOWNSHIP OF OCEAN



# RECREATION PROGRAMS



*Fall 2023*

601 Deal Road Ocean, NJ 07712

732-531-2600

[www.oceantwp.org](http://www.oceantwp.org)

## RECREATION STAFF

**MIKE BUTRICO**

*Recreation Director*

**AARON MILLER**

*Recreation Coordinator*

**JENNIFER NORDSTROM**

*Events Coordinator*

**KRISTEN WEBER**

*Recreation Coordinator*

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### OFFICE HOURS

Monday-Thursday  
8:30am-6:00pm

Friday  
8:30am - 4:30pm

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### MAILING ADDRESS

601 Deal Road  
Ocean, NJ 07712

### PHONE

732-531-2600

### FAX

732-517-8567

### WEBSITE

[oceantwp.org](http://oceantwp.org)

**CLOSINGS &  
CANCELLATIONS  
LINE**

732-517-8568

## DATES TO REMEMBER

National Night Out at the Community Pool  
**TUESDAY, AUGUST 1**



Registration for fall programs begins  
**WEDNESDAY, AUGUST 16** for Ocean residents

Fall non-resident registration begins **WEDNESDAY, AUGUST 30**



The Community Pool closes for the season on  
**MONDAY, SEPTEMBER 4**

Fall Fest at Joe Palaia Park **SATURDAY, SEPTEMBER 30**

Registration for Winter Programs begins  
**WEDNESDAY, NOVEMBER 1** for Ocean residents

William F. Larkin Golf Course at Colonial Terrace closes for the  
season on **SATURDAY, NOVEMBER 11**

Winter non-resident registration begins  
**WEDNESDAY, NOVEMBER 15**

## COMMUNITY RECREATION AND SPORTS ORGANIZATIONS

BOYS LACROSSE

[oceanyouthlax.com](http://oceanyouthlax.com)

GIRLS LACROSSE

[oceangirlslacrosse.com](http://oceangirlslacrosse.com)

LITTLE LEAGUE

[otll.org](http://otll.org)

OCEAN UNITED SOCCER

[oceansoccer.com](http://oceansoccer.com)

AMERICAN YOUTH FOOTBALL

[oceanayf.siplay.com](http://oceanayf.siplay.com)

NFL FLAG FOOTBALL OF OCEAN

[nflflagofocan.com](http://nflflagofocan.com)

GIRL SCOUTS

[jerseyshoregirlscouts.org](http://jerseyshoregirlscouts.org)

BOY SCOUTS

[monmouthbsa.org](http://monmouthbsa.org)

TOWNSHIP LIBRARY

[monmouthcountylib.org](http://monmouthcountylib.org)



Work for the Department of Human Services and support our mission to provide recreational opportunities for children and adults, and safe and affordable child care at Township schools.

For information about current job opportunities, go to [OceanTwp.org/jobs](http://OceanTwp.org/jobs). Check back regularly for updates.

Questions? Call 732-531-2600.



## Volunteers Needed



The Township of Ocean Department of Human Services is looking for volunteer **Meals on Wheels** drivers.

Drivers deliver nutritious mid-day meals to homebound elderly residents of Ocean Township. Volunteers must be available at least one day per week, **Monday through Friday, between 11am and 1pm.**

Deliveries take no longer than two hours.

For more information, please call **732-531-2600** or email [mrudolph@oceantwp.org](mailto:mrudolph@oceantwp.org)



## STAY CONNECTED!

WEBSITE: [oceantwp.org](http://oceantwp.org)

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

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

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

## COMMUNITY HOPE FUND

### HELPING OUR NEIGHBORS DURING THE HOLIDAY SEASON

The **COMMUNITY HOPE FUND** strives to be a source of support and to make life a little better for neighbors who are struggling financially due to temporary and/or unexpected life circumstances. Assistance is available for individuals and families living in the Township of Ocean. CHF provides assistance by:

- Organizing supply drives for items such as food and holiday gifts
- Providing limited emergency assistance
- Grocery or general merchandise gift cards

This holiday season, the Community Hope Fund will collect donations of non-perishable food for the annual Thanksgiving Food Drive. CHF relies on generous donors and volunteers to supply Ocean families with holiday meals.

In December, CHF pairs local families with donors who will provide gifts and other needed items through the Adopt-a-Family holiday giving drive.

More information about these events will be available in October. Please call 732-531-2600 to find out how you can help.



*The Community Hope Fund (CHF) is a 501c (3) non-profit organization whose mission is to promote youth development and support the charitable needs of our community.*

# COMMUNITY CELEBRATIONS



## FALL FEST

*Fall Food, Fun,  
Crafts & Entertainment*

**SATURDAY,  
SEPTEMBER 30**  
Joe Palaia Park



## HALLOWEEN TRUNK OR TREAT



JOE PALAIA PARK

DATE TBA



HONORING ALL  
WHO SERVED



**SATURDAY, NOVEMBER 11**  
11 AM

**Christmas  
Tree  
Lighting**  
Sunday  
December 3  
701 Deal Road



## MENORAH LIGHTING

**THURSDAY, DECEMBER 7**  
TOWN HALL

**HELP OCEAN TOWNSHIP CELEBRATE!  
BECOME A  
COMMUNITY CELEBRATIONS  
SPONSOR**

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

## PARKS AND RECREATION FACILITIES

### PARKS

**Dave Dahrouge Park**

*Park Boulevard & Logan Road, Wanamassa*

**Joe Palaia Park**

*Dow Avenue & Whalepond Road, Oakhurst*

**Oakhurst Fireman's Fields**

*74 Larkin Place, Oakhurst*

**Wanamassa Firemen's Memorial Park**

*off Sunset Avenue, Wanamassa*

**Wayside Park**

*Green Grove Road, Wayside*

### INDOOR FACILITIES

**Oakhurst Park Meeting Room**

*74 Larkin Place, Oakhurst*

**Municipal Gym**

*1100 West Park Avenue, Oakhurst*

**West Park Recreation Center &  
Don and Marie Curtis Senior Center**

*615 West Park Avenue, Oakhurst*

**Turner Gallery and classrooms**

*701 Deal Road in Township library*

### PARK REGULATIONS

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

- ◆ Park Hours: 7:00 am - sunset
- ◆ Parking only in designated areas
- ◆ 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.**

PARK	TENNIS	PICKLEBALL	SOFTBALL	BASEBALL	BASKET-BALL	PICNIC GROVE	TRAILS	DISC GOLF	PLAY-GROUND
<b>DAVE DAHROUGE PARK</b>	✓	✓	✓			✓			✓
<b>JOE PALAIA PARK SAUL RUBIN FIELDS</b>			✓				✓	✓	✓
<b>OAKHURST FIREMANS FIELDS</b>	✓	✓	✓		✓	✓			✓
<b>WANAMASSA FIREMANS MEMORIAL PARK</b>			✓	✓					
<b>WAYSIDE PARK</b>	✓	✓			✓				✓

# COMMUNITY POOL

## AUGUST POOL MEMBERSHIPS ARE NOW ON SALE



There's still time to enjoy summer at Ocean Community Pool!  
Purchase an August membership for half off the regular seasonal price.

August memberships are valid August 1 - September 4.

Register on CommunityPass or download a membership form at [oceantwp.org/pool](http://oceantwp.org/pool).

**PURCHASE ONLINE, AT THE RECREATION OFFICE OR AT THE POOL.**

## TENNIS AND PICKLEBALL COURT RESERVATION AND USE PROCEDURES

- Courts at Dave Dahrouge, Wayside and Oakhurst Fireman's Field parks are open 8am to dusk. Courts at the Community Pool & Tennis Facility are open 8 am -10 pm.
- **Residents** may reserve court time and must be registered in the **CommunityPass** system. Proof of residency may be requested.



- Players are limited to 1 hour of reserved court time per day.
- Reserve no more than 1 week in advance on CommunityPass.
- Same-day reservations ARE NOT accepted.
- NO tennis ball hoppers.
- Walk-ons can play on a first-come basis if court is not previously reserved.

Walk-on use is limited to 1 hour (on the hour) if others are waiting to play. Walk-ons must vacate the courts any time they are reserved.

- Private/group lessons are not permitted without prior authorization by the Recreation Office.

### TENNIS AND PICKLEBALL COURT RESERVATIONS ARE NOW ONLINE

#### STEP 1: LOG INTO COMMUNITYPASS

- Access and log in to your CommunityPass account: [Register.CommunityPass.net/OceanTwp](http://Register.CommunityPass.net/OceanTwp)
- Click on **Browse Activities** button, then click continue next to **Facility Reservations** option.
- Confirm primary contact and account information, then click on continue.
- Verify email address and continue.
- In the Facility Permits category, select Tennis/Pickleball Courts and continue.

#### STEP 2: SELECT THE APPROPRIATE FACILITY

#### STEP 3: CONFIRM AND COMPLETE YOUR RESERVATION

- Choose the date of your reservation. *Same day reservations are not permitted.*
- Click on "day of the week" to continue, then select start time from drop down menu. *Maximum of one hour per reservation.*
- Enter number of attendees.
- Click on the 3 tabs to approve the policy and agreements and then enter your name to show that you agree to the policies.
- Complete your transaction. You will receive an email confirming your reservation.



*Oakhurst pickleball courts are first come, first served. Before using the courts, please read and follow the posted rules.*

## NEW IN YOUR PARKS!

### MYA LIN TERRY PLAYGROUND AT KEPWEL SPRINGS

The Mya Lin Terry Playground will open at the Kepwel Springs site, Cold Indian Springs, on Tuesday, September 12. The playground will honor the life of Mya Lin, an Ocean Township resident who battled cancer for 5 years, until her death at age 10.



Mya had an innate way of caring for others, despite her cancer battles. She strived to bestow kindness upon others, so that they may have a lighter load or perhaps a smile, when down. This shared community space, inclusive of pond, will ensure her kindness towards others is paid forward perpetually, in her honor. The Mya Lin Terry Foundation hopes that all will enjoy this open space, where families can connect and perhaps even start a family tradition of fishing, like Mya and her brother, Michael did so often with their Pop Pop and cousins, Alex and Kenny.

The playground capitalizes on the natural essence of the Kepwel Springs site, with landscaping and a variety of aquatic plants and fish. The space is intended to be all inclusive and enable community members to contribute their thoughts and memories and honor others as well, through engraved pavers. Details about the September 12 ribbon cutting will follow.

## COMING SOON!

1001 Wickapecko Drive, located at the entrance to William F. Larkin Golf Course, will be home to four state-of-the-art indoor golf simulators with a meeting space to host any occasion of your choice.

Want to host your company party? No problem! There will be rental packages ranging from one bay with a meeting room to the entire space! Memberships will also be available to get discounted rates! More information to come soon.



## STAY TUNED!

New playgrounds are coming to Dave Dahrouge Park and Oakhurst Fireman's Field.

## THERE IS SOMETHING FOR EVERYONE AT YOUR TOWNSHIP PARKS



Head outdoors and visit a Township of Ocean park this fall! Enjoy active sports and recreation at our ball fields, tennis/pickleball courts, golf course, playgrounds and the disc golf course. Go for a run, take a stroll, or ride your bike the trails at Joe Palaia Park. Work out in the open air at the outdoor gym, or simply sit and enjoy the views. See page 5 for information about Ocean's parks and recreation facilities and get ready to explore all of the outdoor opportunities!

# PROJECT EXTEND

## BEFORE & AFTER SCHOOL CARE

### Pre-K – 8th grades

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

**Eligibility:** Project Extend serves children in grades PreK-8 who attend Township of Ocean Public Schools. All children must be able to toilet themselves reliably and appropriately.

**Hours:** **BEFORE SCHOOL PROJECT EXTEND** for students in grades PreK-4 is held from 7:00 am until the start of school on days schools are in session.

**AFTER SCHOOL PROJECT EXTEND** for students in grades PreK-8 begins at the end of the school day until 6:00 pm on days schools are in session.

For information about monthly rates and a registration packet for school year Project Extend call 732-531-2600 or visit [oceantwp.org](http://oceantwp.org). (Click on Recreation & Counseling tab.)

# School's Out Recreation

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

## 2023

September 25

October 9

November 9 & 10

December 27, 28 & 29

December 27, 28, & 29

## DATES

## 2024

January 15

February 16 & 19

March 29, 2024

April 1, 2, 3, 4, 5, 22 & 23

June 7

**TIME:** Drop off as early as 7:30 am. Pick up by 5:30 pm.

**LOCATION:** Oakhurst Meeting Room, 74 Larkin Place, Oakhurst

**FEE:** \$45 per day (residents) \$35.00 with early registration discount  
\$55 per day (non-residents) with early registration discount

### IMPORTANT INFORMATION:

1. Families must registered for Schools Out Recreation to attend. Annual registration can be done online.
2. Families currently registered for Schools Out Recreation can sign up for specific dates and pay, online, using CommunityPass or at the Department of Human Services.
3. Fees are not refundable or transferable as of the close of registration. Refund requests must be made in writing. Early registration is discounted so sign up right away!
4. Send participants with a non-perishable lunch and snacks. Please be sure children are dressed for outdoor activities.
5. Minimum enrollment must be met by registration deadline or Schools Out Recreation may be canceled. Registration is now in progress.



# PRE-SCHOOL PROGRAMS

## MESSY SCHOOL 18 MONTHS – 5 YEARS PARENT AND CHILD PROGRAM



Join our group leader, Ms. Amy, for free play, stories, music and messy fun! Under parental supervision, children will enjoy activities such as painting, blocks, play dough, crafts and music. Wear clothes that can get “messy.”  
*Fee includes 1 parent and 1 child. (Instructor schedule subject to change.)*



**FALL A:** TUESDAYS, OCTOBER 3 - NOVEMBER 28 *NO PROGRAM 11/7*

**SESSION 1:** 9:30 - 10:20 AM

**SESSION 2:** 10:30 - 11:20 AM

**SESSION 3:** 11:30 - 12:20 PM

**FALL B:** WEDNESDAYS, OCTOBER 4 - NOVEMBER 29 *NO PROGRAM 11/8*

**SESSION 4:** 9:30 - 10:20 AM

**SESSION 5:** 10:30 - 11:20 AM

**SESSION 6:** 11:30 - 12:20 PM

**LOCATION:** WEST PARK RECREATION CENTER

**FEE:** \$65 RESIDENTS/\$75 NON-RESIDENTS

## BALLET 3- 5 years



Joanne McKenna of The Studio helps children learn basic ballet movements, develop coordination skills and rhythm while gaining an appreciation for dance and classical music. Recommended apparel (not required): tights, leotard and ballet shoes for girls. Comfortable pants and a t-shirt for boys.

*This is not a parent/child activity. Parents do not stay in the classroom with their children, but may be seated in the hallway during class.*

**MONDAYS, OCTOBER 23 – DECEMBER 4** *NO PROGRAM 11/20*

**9:15 - 10:00 AM**

**LOCATION:** WEST PARK RECREATION CENTER

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

## PRE-SCHOOL BASKETBALL AGES 4 AND 5



Learn the fundamentals of basketball while having fun! Children will begin with a warm-up followed by an instructional clinic that focuses on dribbling, passing, ball skills and defensive stance. Volunteers are needed. Adults interested in helping may contact Kristen Weber, 732-531-2600. Volunteers work under the direction of the program supervisor.  
*Program is limited to 25 children.*

**WEDNESDAYS, JANUARY 24 - FEBRUARY 28**

**4:30 - 5:30 PM**

**LOCATION:** MUNICIPAL GYM

**FEE (T):** \$45 RESIDENTS/\$55 NON-RESIDENTS

**REGISTRATION BEGINS 8:30 AM WEDNESDAY, AUGUST 16 (RESIDENTS) AUGUST 30 (NON-RESIDENTS)**  
**SEE PAGE 19 FOR DETAILS**

# TOWNSHIP OF OCEAN RECREATION BASKETBALL

*For Youth in grades K - 9*

*Sharpen your skills, make new friends and have fun!*

Practices are held one night per week, Monday - Friday, beginning week of January 8. Games are held on Saturday mornings January 13 - March 9. Coaches will provide schedules before the start of the season.

**LOCATION:** Program is held at Township school gymnasiums and the Municipal Gym

**FEE:** \$80 Residents/\$90 Non-Residents

DIVISION	GRADE
Instructional	Kindergarten & 1st
Developmental	2nd & 3rd
Juniors	4th - 6th
Hot Shots	7th - 9th

*All divisions are separated by gender*



## VOLUNTEER COACHES ARE NEEDED

Register online or call 732-531-2600 for information.

*Full compliance with fingerprinting and coaches training programs are required.*

## PRE-SCHOOL BASKETBALL CLINIC FOR CHILDREN AGES 4 & 5

SEE PAGE 9 FOR DETAILS.

# YOUTH WRESTLING

## GRADES 1-8



An introduction to the fundamentals of wrestling, basic moves, rules, and tournament procedures. The program has three participation levels based on weight and experience. Participants will be placed at their appropriate level by the program supervisors. Due to space limitations parents cannot wait in the wrestling room during practices. Seating is available in the hall. Participants are invited to participate in home and away matches. Matches may be held on Saturdays. Parents provide transportation to away matches.

NOVEMBER - FEBRUARY MORE INFORMATION ABOUT PROGRAM DATES COMING SOON.

FEE: \$100 RESIDENTS/\$110 NON-RESIDENTS

**REGISTRATION BEGINS 8:30 AM WEDNESDAY, AUGUST 16 (RESIDENTS) AUGUST 30 (NON-RESIDENTS)**  
**SEE PAGE 19 FOR DETAILS**

# SCHOOL-AGE YOUTH PROGRAMS

## CLASS CANCELLATION POLICY

*Programs may be canceled for unforeseen circumstances such as inclement weather or instructor absences. In the event of cancellations, up to two canceled classes per session will not be made up.*

### TOGETHER WE PLAY PRE-K – GRADE 8

Developed to create a fun and active experience for youth with special needs. Activities are designed to further develop motor skills, enhance physical wellness and empower kids to make social connections in a safe and supportive environment. Children will participate in a variety of inclusive activities and games that will keep them moving, playing and having fun!



**DETAILS WILL BE ANNOUNCED**

### YOUTH DRAWING AGES 8-12



Theresa Joseph Trocchia will introduce beginners to the art of drawing. Students learn about the use of drawing pencils, pads, blending stumps and other materials. Emphasis is placed on shadows, sources of light and composition. Materials are provided for use during class. *This is not a continuation of previous sessions and will cover the same skills as previous sessions.*

**MONDAYS, OCTOBER 16 - NOVEMBER 20 4:00 - 5:00 PM**

**LOCATION: DON AND MARIE CURTIS SENIOR CENTER  
(WEST PARK RECREATION CENTER)**

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

## LIKE US ON FACEBOOK [Facebook.com/OceanTwpHumanServices](https://www.facebook.com/OceanTwpHumanServices)

### JV GYM GRADE 5-8

Enjoy a variety of sports, games and other activities.  
*Please send your child with a water bottle.*

**FRIDAYS, NOVEMBER 3 – DECEMBER 15 6:30 - 8:00 PM**

**NO PROGRAM 11/24**

**LOCATION: MUNICIPAL GYM**

**FEE(T): \$35 (RESIDENTS ONLY)**



**REGISTRATION BEGINS 8:30 AM WEDNESDAY, AUGUST 16 (RESIDENTS) AUGUST 30 (NON-RESIDENTS)  
SEE PAGE 19 FOR DETAILS**



# YOGA AND MEDITATION

*Programs may be canceled for unforeseen circumstances such as inclement weather or instructor absences. In the event of cancellations, up to two canceled classes per session will not be made up.*

## YOGA

### BEGINNER YOGA

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

TUESDAYS, OCTOBER 3 - DECEMBER 19

6:30 - 7:45 PM

FEE (T): \$105 RESIDENTS/\$115 NON-RESIDENTS

### OPEN LEVEL YOGA

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

All levels welcome.

THURSDAYS, OCTOBER 5 - DECEMBER 21

6:30 - 7:45 PM (NO PROGRAM 11/23)

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

### YOGA

Learn the basic practices of yoga geared especially for all.

SESSION 1: TUESDAYS, OCTOBER 3 - DECEMBER 19

SESSION 2: FRIDAYS, OCTOBER 6 - DECEMBER 22

9:30 - 10:45 AM

FEE (T): \$105 RESIDENTS/\$115 NON-RESIDENTS

### CHAIR YOGA

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

THURSDAYS, OCTOBER 5 - DECEMBER 21

9:30-10:30 AM (NO PROGRAM 11/23)

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

LOCATION: TERNER CLASSROOM

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

## ZOOM YOGA!

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

*Fees are same as in-person programs.*

## MORNING MEDITATION

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

SESSION I: TUESDAYS, OCTOBER 3 - DECEMBER 19

SESSION II: FRIDAYS, OCTOBER 6 - DECEMBER 22

TIME: 8:50 - 9:20 AM LOCATION: TERNER CLASSROOM

FEE (T): \$65 RESIDENTS/\$75 NON-RESIDENTS

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

**REGISTRATION BEGINS 8:30 AM WEDNESDAY, AUGUST 16 (RESIDENTS) AUGUST 30 (NON-RESIDENTS)  
SEE PAGE 19 FOR DETAILS**

## ADULT FITNESS

*Programs may be canceled for unforeseen circumstances such as inclement weather or instructor absences.  
In the event of cancellations, up to two canceled classes per session will not be made up.*

### OUTDOOR FITNESS FOR WOMEN



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

**MONDAYS & THURSDAYS, OCTOBER 2 - NOVEMBER 9**

**9:00 - 10:00 AM**

**LOCATION: DAVE DAHROUGE PARK**

**FEE (T): \$75 RESIDENTS/\$85 NON-RESIDENTS**

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



Through movement we find health. Nia is a cardio dance fitness class that incorporates martial arts, dance arts and healing arts. Nia promotes mindfulness, holistic fitness and well being. No experience is necessary.

**WEDNESDAYS, OCTOBER 4 - DECEMBER 20**

**TIME: 10:15 - 11:15 AM**

**LOCATION: MUNICIPAL GYM**

**FEE (T): \$45 RESIDENTS/\$55 NON-RESIDENTS**

### PILATES MAT WORK

A dynamic exercise program using a combination of controlled movements to shape and sculpt long, lean muscles. Suitable for beginners and experienced practitioners. Participants should bring their own floor mat and towel.

**MORNING PROGRAM : TUESDAYS & THURSDAYS, OCTOBER 3 - DECEMBER 7**

**8:45 - 9:45 AM**      *NO PROGRAM 11/23*

**LOCATION: MUNICIPAL GYM**

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

**EVENING PROGRAM (VIRTUAL): MONDAYS & WEDNESDAYS, OCTOBER 2 - DECEMBER 6**

**6:15 - 7:15 PM**      *NO PROGRAM 10/9*

**LOCATION: VIRTUAL**

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



**REGISTRATION BEGINS 8:30 AM WEDNESDAY, AUGUST 16 (RESIDENTS) AUGUST 30 (NON-RESIDENTS)  
SEE PAGE 19 FOR DETAILS**

# ADULTS 55+

## CANCELLATION POLICY

*Program may be canceled for unforeseen circumstances such as inclement weather or instructor absences. In the event of cancellations, up to two canceled classes per session will not be made up.*

## FITNESS FOR 55+

Students are guided in a safe and fun exercise program designed for older adults. Instructors are Jill Albert (Monday & Wednesday) and Valerie Maugeri (Friday). Classes include cardiovascular workouts with choreographed steps, strength training and floor work for a complete workout. (Instructor schedules subject to change)

**MONDAYS, WEDNESDAYS & FRIDAYS**    **OCTOBER 2 - DECEMBER 8 (NO CLASS 10/9)**  
**9:00 - 10:00 AM**    **LOCATION: MUNICIPAL GYM**  
**FEE: \$50 RESIDENTS/\$60 NON-RESIDENTS**

## STRENGTH, STRETCH & BALANCE

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

**SESSION I:**    **MONDAYS, OCTOBER 16 - DECEMBER 11 (NO CLASS 11/20)**  
**10:10 - 11:00 AM**  
**LOCATION: WEST PARK RECREATION CENTER**

**SESSION II:**    **FRIDAYS, OCTOBER 20 - DECEMBER 15 (NO CLASS 11/24)**  
**10:10 - 11:00 AM**  
**LOCATION: MUNICIPAL GYM**

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



**IT IS RECOMMENDED THAT YOU CHECK WITH A PHYSICIAN PRIOR TO PARTICIPATING IN EXERCISE ACTIVITIES.**



**ZUMBA**  
**gold**

Zumba Gold with instructor Graciela Saltos uses the same great Latin-style music and dance as Zumba Basic, but at a lower intensity and slower pace. It's a fun, exciting program designed for older adults. (Instructor schedules subject to change)

**TUESDAYS & THURSDAYS, OCTOBER 3 - DECEMBER 21 (NO PROGRAM 11/23)**  
**TIME: 10:00 - 11:00 AM**  
**LOCATION: MUNICIPAL GYM**  
**FEE (T): \$75 RESIDENTS/\$85 NON-RESIDENTS.**

**STAY INFORMED ABOUT EVENTS  
FOR OCEAN SENIORS!**

**OCEANTWP.ORG/SENIORS**

**REGISTRATION BEGINS 8:30 AM WEDNESDAY, AUGUST 16 (RESIDENTS) AUGUST 30 (NON-RESIDENTS)  
SEE PAGE 19 FOR DETAILS**

# ADULTS 55+

## CANCELLATION POLICY

*Program may be canceled for unforeseen circumstances such as inclement weather or instructor absences. In the event of cancellations, up to two canceled classes per session will not be made up.*

## INDOOR WALKING



Don't let the winter weather keep you from walking. Join other seniors for a walk indoors at the Municipal Gym. Walk at your own pace for a short time or the full hour—you choose!

**TUESDAYS & THURSDAYS DECEMBER 5 - APRIL 25**

***No PROGRAM 12/26 & 12/28***

**TIME: 12:15 - 1:15PM**

**LOCATION: MUNICIPAL GYM      FEE (T): \$15 RESIDENTS/\$25 NON-RESIDENTS**

**IT IS ALWAYS RECOMMENDED THAT YOU CHECK WITH YOUR PHYSICIAN  
PRIOR TO PARTICIPATING IN EXERCISE ACTIVITIES.**

## ADULT ACRYLICS

Budding or born again artists 55+ will learn and practice basic concepts of painting in a relaxing and encouraging atmosphere. Some knowledge of drawing is encouraged. Materials are provided for in-class use. Instructor: Theresa Joseph Trocchia.

*Fee includes one canvas board per session.*

*Participants may purchase additional boards if they choose.*

**TUESDAYS, OCTOBER 17 - DECEMBER 12**

**(NO CLASS 10/31, 11/7)**

**TIME: 12:30 - 2:30 PM**

**LOCATION: DON & MARIE CURTIS SENIOR CENTER**

**FEE PER SESSION (T): \$80 RESIDENTS/\$90 NON-RESIDENTS**



**CHECK OUR WEBSITE  
[OceanTwp.org](http://OceanTwp.org)  
(click on Recreation & Counseling tab)**

**LIKE US ON FACEBOOK  
[Facebook.com/OceanTwpHumanServices](https://www.facebook.com/OceanTwpHumanServices)**

**FOLLOW US ON INSTAGRAM  
[@OceanTwpRecreation](https://www.instagram.com/OceanTwpRecreation)**

**REGISTRATION BEGINS 8:30 AM WEDNESDAY, AUGUST 16 (RESIDENTS) AUGUST 30 (NON-RESIDENTS)  
SEE PAGE 19 FOR DETAILS**



# WILLIAM F. LARKIN GOLF COURSE



There's Always Time For Nine

732-775-3636

ColonialTerraceGolf.com

Fall is for golfing at Ocean's beautiful 9-hole golf course, open daily through November 11. Conveniently located in Wanamassa, the course offers 2,616 yards of golf from the longest tees for a par 35, reasonable rates, leagues and lessons for golfers of all ages and abilities. Open daily from 7 am until dusk. First tee time is adjusted in the fall. Reserve your tee time online at ColonialTerraceGolf.com.

**FALL SPECIAL! \$14 GREENS FEES EVERY DAY! OCTOBER 1 – NOVEMBER 11**

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



## GOLF LESSONS WITH COACH ROB CONNELLEY

Coach Rob Connelley has more than 25 years of coaching and instruction experience at private country clubs and numerous golf schools.

Rob is a PGA ADM Coach, U.S. Kids Certified Coach, First Tee Certified Coach, Els for Autism Instructor, NJ Special Olympic Coach, LPGA Girls Golf and the St. Rose High School Boys Golf Coach, where the program won 8 Sectional State Titles and 1 Group State Title with numerous student athletes playing collegiate and professional golf. He was named NJ Boys High School Golf Coach of the year in 2017.



Rob teaches to his student's strengths enforcing fundamentals of the game, utilizing V1 video swing analysis.

### **BEGINNER LESSONS**

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.

**WEDNESDAYS  
SEPTEMBER 6-27  
6:00 – 7:00 PM**

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

### **INTERMEDIATE LESSONS**

For the player who has participated in prior lessons, has experience playing on different golf courses and has good fundamental skills.

**WEDNESDAYS  
OCTOBER 4-25  
5:00 – 6:00 PM**

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

**COACH ROB CONNELLEY OFFERS PRIVATE LESSONS FOR ALL LEVELS  
FOR INFORMATION GO TO COLONIALTERRACEGOLF.COM**

# ESPECIALLY FOR SENIORS

CONNECT WITH US ONLINE

Professional, caring and confidential

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

Highly trained mental health professionals help Ocean residents address a number of issues, such as anxiety, grief, coping with loss, depression, family and relationship issues.



**DAY OR EVENING  
APPOINTMENTS.  
TO SCHEDULE,  
CALL 732-531-2600**

## LET'S TALK



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

Join seniors living in Ocean for conversation, coffee and light refreshments. Together we'll explore topics of interest such as health & wellness, relationships and who we are today. There is no cost to join and free transportation is available.

**SPACE IS LIMITED—REGISTRATION IS REQUIRED.**

## OPEN GAME PLAY

**Thursdays & Fridays  
9am-12pm  
Don & Marie Curtis  
Senior Center**



**Mahjong, cards, checkers  
and board games  
Free!  
Drop-in program**

**FREE TRANSPORTATION FOR MEDICAL  
APPOINTMENTS, SHOPPING AND ERRANDS**

## Senior Rides

For shopping and errand trips, riders must be able to carry their own packages to and from the van.

**SCHEDULE IS SUBJECT TO CHANGE**

**Call 732-531-2600 at least 2 days in advance  
to schedule a ride**

**MEDICAL APPOINTMENTS:**

**Monday, Wednesday, and Friday – 9 am-2 pm**

**SHOPPING & ERRANDS:**

**Tuesday and Thursday - 9 am-2 pm**

## BINGO

**Mondays**

**West Park Recreation Center**

**1:00- 2:30 pm**

**Refreshments! Prizes!**

**Free for Ocean residents!**

**\$10 non-residents**

**Registration required**

**August 28**

**September 18**

**October 30**

**November 27**



**DON & MARIE CURTIS SENIOR CENTER  
615 West Park Avenue**

**Call 732-531-2600 to sign up for emails  
about events at the Senior Center.**

**CONNECT WITH US ONLINE: [www.oceantwp.org/seniors](http://www.oceantwp.org/seniors)**

## 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, August 16 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 August 16 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 [oceantwp.org](http://oceantwp.org) and click on the Recreation & Counseling tab. Click on "Click Here to Register for Programs" OR log on 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.**

## THANKS TO OUR VOLUNTEERS!

The Department of Human Services provides integrated and comprehensive services that promote the welfare of the community, the positive development of youth, and the strengthening of families.

At the heart of many of our programs and services are the volunteers who make it possible. They serve as coaches in our recreation programs and drivers who deliver Meals on Wheels to homebound elderly people living in our community. They sort, pack and deliver donated food for the Thanksgiving Food Drive and they generously donate gifts for the holiday Adopt A Family program.

Without the energy and generosity of our dedicated volunteers, the department wouldn't be able to serve so many people or provide affordable recreation programs for our youth. Thank you for all that you do to improve the lives of people living in the Township of Ocean!

### In-Person or Mail-in Registration Form

1. On Wednesday, August 16 registration will begin at 8:30 a.m. online or in person at the **DEPARTMENT of HUMAN SERVICES**. Registration for non-residents will be accepted beginning August 30 if space is available
2. Registration takes place during dates specified in brochure and are 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 is not met, program may be cancelled.
3. Registration will be accepted on-line, through the mail or in person at 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 designated fee 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 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 future activity.
8. Programs may be canceled for unforeseen circumstances such as inclement weather or instructor absences. In the event of cancellations, up to two canceled classes per session will not be made up.
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 images of participants may appear in footage on the Township cable station, the Township's website, Facebook, Instagram and Twitter pages, and in photographs promoting activities sponsored through the Department of Human Services.

#### 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. 2023)

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

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

Youth Basketball: Childs height (ft. & inches) \_\_\_\_\_

Youth Basketball: Note the one night that child cannot practice due to an alternate 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 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, Instagram 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.

IV. Participant (if over 21)/Parent/Guardian Signature: \_\_\_\_\_

Office use: Date: \_\_\_\_\_ Amount: \_\_\_\_\_ Check#/Cash: \_\_\_\_\_ FAM ID #: \_\_\_\_\_ Int. \_\_\_\_\_