

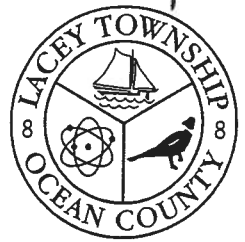
**Winter**



# Recreation Department

818 W Lacey Road,  
Forked River, NJ 08731  
609-693-1100 Ext 2203

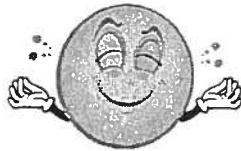
Email: [lacey.recreation@njpublic.com](mailto:lacey.recreation@njpublic.com)



## Someone Special & Me Yoga

This yoga offers children a safe, nurturing environment to explore yoga movements and relaxation techniques. A 45 minute class is enhanced through reading, games, music and art. Be sure to wear comfortable clothing. Bring your own yoga mat or blanket

**Location:** Lacey Recreation Room  
**Instructor:** Y is for Yoga  
**Ages 2-5 with caregiver**



8 Fridays, Jan. 20, 27, Feb. 3, 10, 17, 24, Mar. 2, 9  
9:30 am—10:15 am      **Fee: \$65.00**

## Preschool Gymnastics

This 45 class includes a warm up to music, followed by a gymnastics circuit with games and activities designed to help students increase attention, follow directions, build physical abilities, and develop a love of fitness.

**Location:** Garden States Gymnastics  
**Instructor:** Staff



**Ages 3—5**  
8 Fridays, Jan 6, 13, 20 27, Feb 3, 10, 17, 24  
4:00 pm      **Fee: \$80.00**

## Kids & Teen Yoga

This yoga provides a great benefit to children through enhancing flexibility, strength, coordination, and body awareness. In addition, concentration, sense of calmness and relaxation improves. Yoga helps bring that marvelous inner light that all children have to surface.

**Location:** Lacey Recreation Room  
**Instructor:** Y is for Yoga

**Grades 1—4**  
8 Mondays, Jan 23, 30, Feb. 6, 27, Mar. 5, 12, 19, 26  
No Class February 13 & 20  
5:15—6:00 pm      **Fee \$65.00**

**Grades 5—8**  
8 Thursdays, Jan. 19, 26, Feb. 2, 9, 16, 23, Mar. 1, 8  
6:45—7:30 pm      **Fee: \$65.00**

## Someone Special & Me Story Time and Craft

Fun filled hour of stimulating children's literature followed by an activity which ties in the experience with your child. All Materials and supplies are included in cost of the class.

**Location:** Lacey Recreation Room  
**Instructor:** New Logic Educators  
**Ages 2-5 with caregiver**



**Ages:** 18 months—2 years  
8 Tuesdays, Jan. 17, 24, 31, Feb. 7, 14, 21, 28, Mar.  
69:30—10:30 am      **Fee: \$55.00**

**Ages:** 3—5 years  
8 Tuesdays, Jan. 17, 24, 31, Feb. 7, 14, 21, 28, Mar. 6  
10:30—11:30 am      **Fee: \$55.00**

## Tumble Tots

A fun 45 minute class designed for children ages 12 - 24 months. A Parent/guardian accompanies the child throughout the class. This class includes music, movement activities, games and free exploration.

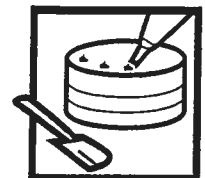
**Location:** Garden States Gymnastics  
**Instructor:** Staff

**Ages:** 12 months to 2 years  
8 Fridays, Jan 6, 13, 20 27, Feb 3, 10, 17, 24  
4:00 pm      **Fee: \$80.00**

## Cooking Jr.

This series of culinary exploration will provide our young chefs with the hands on experience under the supervision of skilled culinary artists. Each class a different topic is explored with demonstrations and learning providing our student with a culinary experience.

**Location:** Shoprite of Lacey



**Cake Decorating for grade 1—5**  
Thursday, January 19  
5:00—6:00 pm      **Fee: \$10.00**

**Big Game Party Pleasers for grades 1—5**  
Thursday, February 2  
5:00—6:00 pm      **Fee: \$10.00**

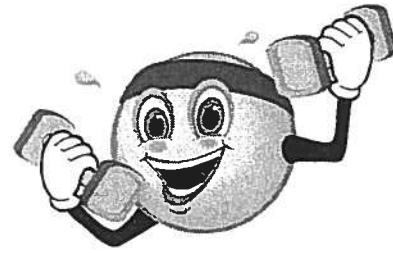
### The CHANGE Program

This program provides 10 weeks of semi-private training and nutritional instruction for a total of 30 sessions. Lose weight and gain self esteem. Exploring all areas of fitness: walking excursions, kickboxing, yoga, Pilates, weight training, and the list goes on and on. This program is designed for teens looking to change their lifestyle.

**Location:** Recreation Classroom  
**Instructor:** Adrienne Costa-DiPaolo

30 Sessions Monday, Wednesday, & Friday  
 Jan 18, 20, 23, 25, 27, 30,  
 Feb 1, 3, 6, 8, 10, 15, 17, 22, 24, 27, 29,  
 March 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30  
 No Class February 13 & 20  
 3:30—5:00 pm 13—18 years old

Fee: \$ 295



COMING  
SOON!

Skateboarding Clinic

Lacey Get Fit  
Weight Loss Challenge

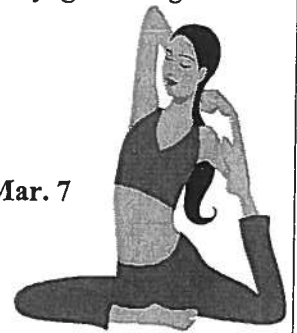
Chess Class

### Teens "Ab"solutely Yoga

This yoga provides a great benefit to our teens through enhancing flexibility, strength, coordination, and body awareness. The yoga is designed to focus on core strength proving a great ab workout.

**Location:** Recreation Classroom  
**Instructor:** Adrienne Costa-DiPaolo

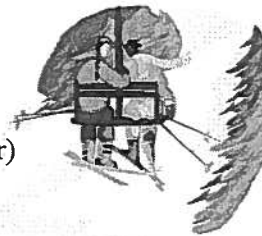
8 Wednesdays, Jan. 18, 25, Feb. 1, 8, 15, 22, 29 Mar. 7  
 6:00—7:00 pm Fee: \$70.00



### New Jersey Recreation & Park Association Winter consignment Ticket Program

#### Mountain Creek Lift Tickets, McAfee, NJ

- Weekend/Holiday Adult (Open to Close Ages 19 & over)
- Weekend/Holiday Youth (Open to Close Ages 7—18)
- Midweek Adult (Open to Close Ages 19 & over)
- Midweek Youth (Open to Close Ages 7—18)
- Mountain Creek Triple Play Card**  
 (Voucher for a pre-loaded card with 3 lift tickets)



	Gate Price	Our Price
Weekend/Holiday Adult (Open to Close Ages 19 & over)	\$62.99	\$55.00
Weekend/Holiday Youth (Open to Close Ages 7—18)	\$50.99	\$40.00
Midweek Adult (Open to Close Ages 19 & over)	\$50.99	\$40.00
Midweek Youth (Open to Close Ages 7—18)	\$40.99	\$30.00
<b>Mountain Creek Triple Play Card</b> (Voucher for a pre-loaded card with 3 lift tickets)	\$89.99	\$80.00

#### Jack Frost/Big Boulder Lift Tickets, Blakesee PA

- Weekend Adult (Open to Close, Age 16 & Older)
- Midweek Adult (Open to Close, Age 16 & Older)
- Weekend Youth (Open to Close, Age 5—15)
- Midweek Youth (Open to Close, Age 5—15)



Weekend Adult (Open to Close, Age 16 & Older)	\$50.00	\$44.00
Midweek Adult (Open to Close, Age 16 & Older)	\$44.00	\$38.00
Weekend Youth (Open to Close, Age 5—15)	\$40.00	\$35.00
Midweek Youth (Open to Close, Age 5—15)	\$33.00	\$32.00

#### Sahara Sam's Indoor Oasis, West Belrin, NJ

Indoor Waterpark admission



Indoor Waterpark admission	\$29.99	\$20.00
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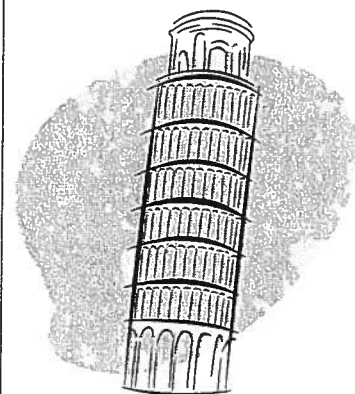
**Camelback Mountain** Discounted coupons available at the Recreation Office. Save up to \$8.00 per Tickets

## *A Tour of Italy*

Introduction to the beautiful Italian Language, with a focus on travelers and beginners needs. Experience the culture of the Italian language, art, design, and of course some of their cuisine. Educator is born, raised and educated in Italy. **Please bring a \$20.00 materials fee the first night of the program.**

**Location:** Lacey Recreation Classroom  
**Instructor:** New Logic Educators

**8 Tuesdays, Jan. 17, 24, 31, Feb. 7, 14, 21, 28, Mar. 6**  
**7:00—8:00 pm      Fee: \$95.00**



**Nutrition: The facts about organic foods**

**Location:** Shoprite of Lacey

**Thursday, February 23**  
**7:00 - 8:00 pm      Fee: \*\*FREE\*\***

## *Culinary Workshops by Chef Joe*

This series of culinary explorations will provide our cooking enthusiasts with the hands on experience under the supervision of our chef instructor. Register for one night in the series or all three!

**Location:** Murray Grove Retreat Center  
**Instructor:** Chef Joe Jakositz

### **Basic Knife Skills**

We'll go over which knives are used for which cuts, how to buy a good knife in any price range, as well as sharpening and caring for your knives. Instruction will include a basic knowledge of knife safety. **Please bring your own Knife and cutting board.**

**Wednesday, February 1**  
**6:30—9:00 PM      Fee: \$40.00**

### **Soups**

**Please bring your own Knife and cutting board.**  
**Wednesday, February 15**

**6:30—9:00 PM      Fee: \$40.00**

### **Seafood Night**

**Please bring your own Knife and cutting board.**  
**Wednesday, March 7**

**6:30—9:00 PM      Fee: \$40.00**

## *Getting Back into the workforce: Sharpening Math & Writing Skills*

With the competitiveness of the job market, having math and writing skills have become more important. In addition many companies and businesses require an entry level exam prior to being hired. Review basic math and writing techniques to give you the tools you need to gain employment. **Please bring Notebook and Pencil/Pen**

**Location:** Lacey Recreation Classroom  
**Instructor:** New Logic Educators

**6 Wednesdays, Feb. 1, 8, 15, 22, 29, Mar 7**  
**7:00—8:00 pm      Fee: \$75.00**



## *Yoga-Pilates Fusion*

Transcend to a new level of fitness, balance, flexibility and stamina. **All levels welcome.**

**Location:** Lacey Recreation Classroom  
**Instructor:** Adrienne Costa-DiPaolo

**8 Mondays, Jan 23, 30, Feb 6, 27, Mar 5, 12, 19, 26**  
**No Class Feb 13 & 20**  
**6:00—6:45 pm**  
**Ages: 16 +      Fee: \$ 65.00**

## *Tough Guy Yoga*

All the athletic benefits of yoga without the “oms” and chants. Embrace strength and flexibility training in a new light and in a new way. Great Playlist include music from Pearl Jam, Staind, and many others.

**Location:** Lacey Recreation Classroom  
**Instructor:** Adrienne Costa-DiPaolo

**4 Thursdays, Feb 2, 9, 16, 23**  
**7:30—8:15 pm**  
**Ages: 16 +      Fee: \$32.00**



**REGISTRATION INFORMATION**

**Registration process**

- You may register in person or by mail. Recreation Dept. 818 W Lacey Road, Forked River, NJ 08731
- Township offices are open Monday-Friday, 8:30 a.m. - 4:30 p.m.
- If registering in person or by mail, a registration form must be properly filled out, signed and submitted with your payment.
- Please make checks payable to Lacey Township.
- Unless noted, the registration deadline for all programs is one week prior to the start of the first class. Registration will still be accepted after the deadline.
- Registrations are open to Lacey Township residents only.

**Waiting lists**

Waiting lists are a source of contact and do not guarantee you will receive a call back. You will be contacted only if a space becomes available. If notified of an opening, you will have 24 hours to accept the space (with payment) or the opening will be offered to the next person.

**Registration waiver**

Registration forms must be signed by the participant. If the participant is a minor, the form must be signed by a parent or guardian. Class is to be attended by the registrant only. Parents and siblings are not permitted to stay in class with children unless the curriculum is designed for that purpose.

**Cancellations/Refunds**

- Cancellations or transfers must be made 7 days prior to a trip or class. No Refunds will be honored after this date.
- Refunds will not be given except in the case of injury or illness. Written documentation from a physician is required.
- Courses canceled due to inclement weather or instructor absence will be made up at the end of the session.

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Name	Age	Program	Session	Fee

**Street address** \_\_\_\_\_

**City** \_\_\_\_\_ **ZipCode** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**Emergency Contact Name** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Relationship** \_\_\_\_\_

I, the registrant/guardian (circle one) by applying to participate in Lacey Township Recreation program, do hereby waive, release, absolve, indemnify and agree to hold harmless Lacey Township, the organizers, sponsors and supervisory of the program.

**Signature** \_\_\_\_\_ **Printed Name** \_\_\_\_\_ **Date** \_\_\_\_\_