



**LACEY**  
**RECREATION**

818 W Lacey Rd Forked River, NJ 08731

609-693-1100 ext 2203

lacey.recreation@laceytownship.org

www.laceytownship.org

FALL 2024



### Focus on Fitness

If you don't like the changes you see as you age – CHANGE THE WAY YOU AGE!

This low-impact exercise program is designed to address the challenges we face as our bodies age. With a focus on balance, flexibility and maintaining muscle strength, this program is beneficial for individuals of all abilities. This fitness program can improve mobility, increase stability and strength and help maintain independence. All exercise movements can be modified to accommodate physical limitations.

**Call/text 609-276-3687 to register or more information.**

**Location:** Lacey Recreation Classroom

**Instructor:** Jean Sullivan, AAI-ISMA Certified: Personal Trainer, Group Fitness, and Fitness for Older Populations

**Tuesdays and Thursdays Time:** 9-9:30am **Fee:** 10 classes for \$50!! **FIRST CLASS FREE!**

### Line Dancing

Come join us every Monday as we move and groove down the dance floor. Learn some dances and meet new friends.

No Experience Necessary!

**Location:** Charles A Smith Community Center

**Every Monday Time:** 11am **Fee:** \$3 Drop-in **No Line Dancing:** October 14 and November 11

### Pilates

Pilates is a mind-body practice with benefits that include improved core strength, posture, and coordination; increased focus, concentration and body awareness, as well as injury prevention. Mat work is a great choice for all levels of Pilates practitioners because the exercises not only can build in difficulty, but every exercise can also be modified to decrease or increase the level of challenge. Practicing Pilates helps build a strong, balanced body and increases flexibility

For any questions contact Adrienne at 609-994-4663

**Location:** Lacey Recreation Classroom

**Instructor:** Adrienne Costa-Dipaolo

**Dates:** Every Tuesday at 6:30pm and Sundays at 8am **No Class:** November 5 **Fee:** \$100 for 10 class card or \$15 Drop in

### Adult Mens Basketball-Open Gym

We provide the equipment so you can come out for pick-up games and have a great workout. You must be over the age of 18 and out of high school to join.

### Lacey Residency required

**Location:** Lacey Middle School **Supervisor:** Recreation Staff

**Tuesdays starting October 1 Age:** 18 and over **Time:** 6:00-9:00 pm **Fee:** \$30

**No Basketball:** November 5, December 24 and 31

REGISTER ONLINE FOR ALL YOUR FAVORITE RECREATION PROGRAMS

PARKSREC.EGOV.BASGOV.COM/LACEYNJ

FOR UPDATES ON UPCOMING EVENTS FOLLOW US ON FACEBOOK @LACEY.RECREATION!

## **Zumba**

Zumba gives you a burning cardiovascular workout in the atmosphere of a dance party. You can modify it to your level. Great for weight loss, boosting your heart health, improves coordination and helps de-stress.

Just come out and have fun! That's what it is all about!

**Location:** Gille Park Pavilion

**Instructor:** Dawn Kramer

**Time:** 7-8pm **FREE**

Mondays and Thursdays

Starts indoors at Mill Pond Cafeteria October 3

**No Class:** October 14, 31, November 4, 7, 28, December 23, 26, 30

## **Adult Pickleball– Open Gym**

We provide the equipment so you can come out for pick-up games and have a great workout.

**Location:** Lacey Middle School

**Supervisor:** Recreation Staff

**Age:** Adults 18 and over **Time:** 6:30-9:00pm **Fee:** \$15

**Mondays** October 7 to December 16 **No Pickleball:** October 14 and November 4

## **Basics of Balance**

Feeling unsteady on your feet? Do you hesitate climbing stairs? Do you find yourself holding onto things for support? Balance is the ability to control your body and distribute your weight evenly in a way that allows you to remain upright. Balance is a complex combination of equilibrium as well as muscle structure. And... unfortunately our sense of balance tends to change and weaken as we age.

Balance training can improve stability and coordination, improve posture, strengthen muscular balance within the body, improve communication between your brain and your muscles, and strengthen your core for stabilization.

BASICS OF BALANCE is a low impact exercise class which focuses on the most basic elements of improved balance. This class is suitable for all abilities.

**Call/text 609-276-3687 to register or more information.**

**Instructor:** Jean Sullivan, AAI-ISMA Certified: Personal Trainer, Group Fitness, and Fitness for Older Populations

**Location:** Lacey Recreation Classroom **Time:** Tuesdays 9:30-10am **Fee:** 10 classes for \$50!! FIRST CLASS FREE!

## **Creative Kids: Art**

Students engage in Drawing, Painting & Sculpture through creative projects that stimulate imagination and helps develop important techniques and observational skills. Diverse Projects draw examples from important Artists, style, and works from around the world.

**Location:** Lacey Recreation Classroom

**Instructor:** Diane Salkeld

**Grades 1&2:** 4-5pm **Grades 3-6:** 5:15-6:15pm **Fee:** \$90

**Mondays: Session 1:** Sept 23, 30, Oct 7, 21, 28 **No Class:** October 14

**Session 2:** Nov 18, 25, Dec 2, 9, 16, 23

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### **Literacy and Movement Storytime Yoga**

In this special Storytime yoga 5-week series, children will explore the joy of literacy and movement with Miss Kim's books, "Yoga Beach Adventure" and "The Gift of Mittens." Children will use their imagination by visualizing the story and expressing literature through the creative mindful movement of yoga. One-of-a-kind storyboards designed by a local artist will be used to assist children in their journey. Children will also discover the healing sound therapy of singing bowls and the steel tongue drum to create their own sound as well. Continue your child's life-long learning adventure now.

**Instructor:** Kimberly Manganelli, Master's in Education, author, reading specialist, certified elementary school teacher, and certified children's yoga instructor.

**Session 1:** Fridays Sept. 27th, Oct. 4th, 11th, 18th, 25th

**Time:** 4:30-5:30PM **Ages:** 4-9 **Fee:** \$60 **Location:** Lacey Recreation Classroom

**\*Bring a yoga mat or towel. Children must be accompanied by an adult.**

### **Pelvic Floor Health**

While it's certainly not a topic that is discussed very often, pelvic health is an integral part of a woman's overall health well being – at all stages of her life. PELVIC FLOOR HEALTH CLASS will focus on gentle exercises to maintain and build muscle strength which can help prevent or mitigate pelvic floor issues. Class will also include an understanding of anatomy and basic practices to stay active and healthy.

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**Location:** Lacey Recreation Classroom

**Instructor:** Jean Sullivan, AAI-ISMA Certified: Personal Trainer, Group Fitness, and Fitness for Older Populations

**Time:** Thursdays 9:30-10am **Fee:** 10 classes for \$50!! FIRST CLASS FREE!

### **Rise and Shine Yoga**

Greet your day with this gentle yet invigorating practice appropriate for all levels. Salute the sun with a smile, stretch your body, awaken your mind, and fuel your spirit. You'll feel energized with increased mental clarity and ready to flow through the day with calm and ease.

For any questions contact Adrienne at 609-994-4663

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

**Dates:** Every Friday **Time:** 9am **Age:** Adults **Fee:** \$100 for 10 class card or \$15 Drop in

### **Tai Chi Movement, Chair Yoga and Meditation**

Discover a harmonious blend of Tai Chi, Chair Yoga, and Meditation in this 45-minute class designed to enhance your mind, body, and spirit. Gently flowing Tai Chi movements will improve balance and flexibility, while seated Chair Yoga postures offer strength and relaxation. The session concludes with a guided meditation to promote inner peace and tranquility. Perfect for all levels, this class is a nurturing escape from daily stress. Leave feeling centered, rejuvenated, and restored..

**Text/Call 609.994.4663 for more information**

**Instructor:** Adrienne Costa-DiPaolo, E-RYT

**Dates:** Every Friday **Time:** 10am **Fee:** \$100 for a 10 class card or \$15 drop in

### **Yin-Yang Yoga**

Yin Yang yoga is a combination of high-energy movement, much like vinyasa, which builds heat and energy promoting strength and stamina, followed by the more restorative practice of Yin to give us a deeper stretch and calm the nervous system. This class truly offers the best of both worlds.

**Text/Call 609.994.4663 for more information**

**Instructor:** Adrienne Costa-DiPaolo, E-RYT

**Dates:** Every Wednesdays **Time:** 9am **Fee:** \$100 for a 10 class card or \$15 drop in



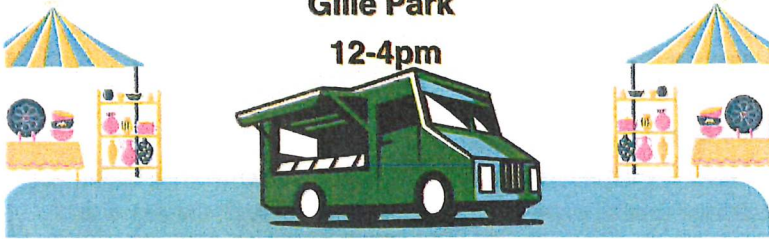
# UPCOMING EVENTS



Local Businesses-Food Trucks-  
Free Kids Activities

**SATURDAY SEPTEMBER 28**

**Gille Park  
12-4pm**



Please join us for a



**HALLOWEEN**  
*Costume Parade*

**OCTOBER 19**

\$10 Pre Registered

\$15 at the door

Register online at:

[parksrec.egov.basgov.com/laceyjn](http://parksrec.egov.basgov.com/laceyjn)

**SPOOKY TREATS, DRINKS & GAMES**

Charles A Smith Community Center  
15 E Lacey Rd, Forked River NJ 08731

Sponsored by the Lacey Municipal Alliance



**LACEY  
RECREATION**



**Friday, Oct. 11th (rain date is Oct. 13th)**

**Saturday, Oct. 12th (rain date is Oct. 13th)**



Please scan here to  
purchase tickets



**\$15.00 per  
ticket**

@laceynightmaretrail

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Check out another South Jersey Haunt,  
Operation Halloween on October 25 & 26  
Citta Scout Reservation, For More information:  
[Cittascoutreservation.org/operation-halloween](http://Cittascoutreservation.org/operation-halloween)



*Lacey Seaport  
Society*

The Radio Controlled Model Boat Club runs their boats  
Spring, Summer & Fall in Deerhead Lake. They host  
various events each year and also have dates for open  
running. If you are interested in more information  
regarding the club contact Don Herman at 609-410-9902.

Upcoming Events:

September 22

October 6

October 13

October 20

