



# LACEY RECREATION



818 W Lacey Rd  
Forked River, NJ 08731  
609-693-1100 ext 2203

lacey.recreation@laceytownship.org  
www.laceytownship.org



Fall 2022

## 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

**Time:** 4-5pm **Age:** 8-11 **Fee:** \$70

**Mondays: Session 1:** October 3, 10, 17, 24, November 14, 21

**No Class:** October 31 and November 7

**Session 2:** December 5, 12, 19, January 9, 23, 30

**No Class:** December 26, January 2 and January 16



## 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 3- November 28

**No Pickleball:** October 10 and November 7

## 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 TBA**



## 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 out 18 and out of high school to join

**Lacey Residency required**

**Location:** Lacey Middle School

**Supervisor:** Bud Mezera

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

**Tuesdays** starting October 4

**No Basketball:** November 8 and December 27



## 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

**Supervisor:** Gerry Marchitto

**Every Monday Time:** 11am **Fee:** \$3 Drop-in

**No Line Dancing:** October 10, December 25, January 2, January 16



## Free Food Bank Yoga

Grab whoever is next to you and meet for a sweet, gentle stretch followed by relaxation, the 1st Sunday of every month. Class is free with donation to Lacey Food Bank. No experience necessary. Please bring your own mat and blanket. Spread the word. More Participation = More Donation

**Location:** Lacey Recreation Classroom

**Instructor:** Adrienne Costa- DiPaolo

**Dates:** October 2, November 6, December 4

**Time:** 6pm



FOR UPDATES ON EVENTS AND PROGRAMS LIKE US ON FACEBOOK  
@LACEY.RECREATION



### Super Sensory Science

This season we are exploring the world around us using the Scientific Method. Have you ever wondered why a rock sinks in water, why a rubber ball bounces, or why M&Ms melt in your mouth but not in your hand? We will discover the answers to these questions and more. This is an inclusion class designed to encourage all participants to interact with each other and with their environment. Students with special needs are encouraged to attend and accommodations will be made as needed. Come along and bring your scientific minds as we carry out some amazing experiments.

**Location:** Lacey Recreation Classroom

**Instructor:** Heather Popielarczyk

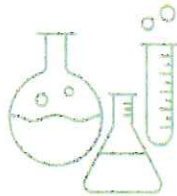
**Saturdays**

**Session 1:** September 17, October 1, 15, 22

**Session 2:** November 5, 19 December 3, 17

**Time:** 10:30-11:30am

**Fee:** \$55



### Tuesday Night Yoga

Relax and let go- this class is all about restoring physical health and mental well being. 60 min of bodily postures that make the spine supple, the core strong, and to promote circulation in the organs, glands, and tissues. The goal is to bring about a sound, healthy body and a clear, peaceful mind. Please bring your own mat, blanket, and yoga props if you have them (blocks and straps). All levels welcome.

**Location:** Lacey Recreation Classroom

**Instructor:** Adrienne Costa- DiPaolo

**Session 1:** October 4, 11, 18, 25, November 1, 15, 22, 29 December 6, 13

**Session 2:** December 20, 27, January 3, 10, 17, 24, 31 February 7, 14

**No Class:** November 8

**Time:** 7pm

**Fee:** \$80 per session, \$10 Drop-In



### Reiki Yoga

Reiki is a form of hands-on healing that combines the use of touch and energy channeling to promote a sense of deep relaxation and healing. The aim of Reiki is to clear the body of energetic blocks, allowing energy to flow freely and for balance to be restored.

Yin Yoga is a slow-paced style of yoga with postures that are held for longer periods of time. Yin targets the connective tissues, such as the ligaments, bones, and even the joints- parts of the body not normally exercised very much in a more active style of asana practice.

Imagine the results when you put the two together!!! Using Reiki on targeted areas while holding and breathing through yoga poses that target those same areas has the power to create a potent surge of prana that can shift your mind, body and spirit to a more enlightened and invigorating place. Please bring your own mat and blanket. Class is limited to 12 participants. Ensure your spot by making a reservation today! **Text/Call 609.994.4663 for more information**

**Location:** Lacey Recreation Classroom

**Instructor:** Adrienne Costa- DiPaolo

**Dates:** September 22 and October 20

**Time:** 7pm

**Dates:** November 18 and December 30

**Time:** 6:30pm

**Fee:** \$20 Drop In



### Adult Volleyball- Open Gym

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

**Location:** Lacey High School

**Supervisor:** Recreation Staff

**Sundays** starting October 23

**Age:** Adults 18 and over **Time:** 7-9pm **Fee:** \$30

**No Volleyball:** November 6 and November 27



REGISTER ONLINE FOR ALL YOUR FAVORITE  
RECREATION PROGRAMS  
[REGISTER.CAPTUREPOINT.COM/LACEYTOWNSHIP](http://REGISTER.CAPTUREPOINT.COM/LACEYTOWNSHIP)



### Lacey Children's Choir

Lacey Children's Choir is open to any child in grades 2-6. Rehearsals will meet once a week on Tuesdays and will end in December with a holiday concert. A very casual setting in which any child will have fun singing songs of the season! Come join us for a great time!

**Sheet Music included, please bring a folder**

**Location:** Lacey Recreation Classroom

**Supervisor:** Shelly Minucci

**Tuesdays**

**Session 1:** October 4, 11, 18, 25, November 1, 15, 22, 29, December 6

**Concert:** TBD

**Age:** Grade 5-6 **Time:** 4:30-5:15pm

**Age:** Grade 2-4 **Time:** 5:30-6:15pm

**Fee:** \$110



### Comic Book and Japanese Style Manga Drawing

Students will learn how to illustrate a story or idea using these techniques. Starting with perspective and tones, inking and basic drawing concepts. We use canson art board, drawing pencils, drawing paper, micron pens, exacto knives, tape and a ruler. All materials are included.

**Location:** Lacey Recreation Classroom

**Instructor:** Deirdre Callaghan

**Wednesdays**

**Session 1:** October 5, 12, 19, 26, November 2, 9

**Time:** 6:30-8pm

**Age:** 12-16

**Fee:** \$150



### Self Defense Men and Women- All Ages

You don't need any prior experience in self-defense to attend this program. The classes are safe and designed to meet the age-appropriate needs and physical abilities of participants. Make sure to wear comfortable loose-fitting clothes to class.

**Location:** Lacey Recreation Classroom

**Supervisor:** Walter Miller

**Tuesdays**

**Session 1:** October 25, November 15, 22, 29, December 13

**Fee:** \$22 **Time:** 1pm



**NEW JERSEY  
DEVILS**

**VS**

**PHILADELPHIA  
FLYERS**



**THURSDAY DECEMBER 15**

**BUS DEPARTS LACEY MUNICIPAL BUILDING @ 5PM**

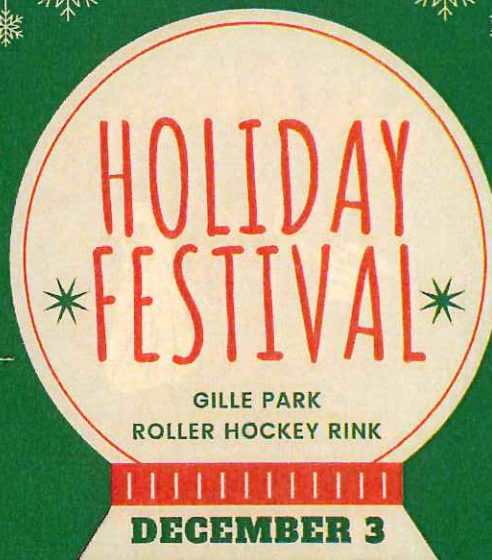
**SECTION 107**

**\$60 PER TICKET**

**\$5: 50% OFF \$10 FOOD VOUCHER**

**PURCHASE TICKETS @**

**REGISTER.CAPTUREPOINT.COM/LACEYTOWNSHIP**



**GILLE PARK  
ROLLER HOCKEY RINK**

**DECEMBER 3**

**12PM-6PM**

**HOLIDAY FLEA MARKET  
HORSE CARRIAGE RIDES, FIRE PITS,  
ICE CARVING AND MORE!**

**IF YOU ARE INTERESTED IN BECOMING A VENDOR CONTACT  
THE LACEY RECREATION DEPARTMENT AT  
609-693-1100 EXT 2203**



# Fall / Winter Events 2022



LACEY  
RECREATION

## LACEY DAY



SEPTEMBER 24TH  
12-4PM GILLE PARK

FOOD TRUCKS, LIVE MUSIC,  
KIDS ACTIVITIES AND SO MUCH MORE!

LIVE MUSIC BY: WHITE RABBIT  
LIVE WRESTLING BY:  
STAND ALONE WRESTLING

Sponsored by:



RE/MAX

Lacey Municipal Alliance Presents:

## Halloween Costume Parade

Saturday October 15

Charles A. Smith Community Center (15 E. Lacey Rd)

Starts at: 10:30am

Price: \$10 Pre-Registration

\$15 after October 12th and at the door

Register at:

[register.capturepoint.com/lacetytownship](http://register.capturepoint.com/lacetytownship)

Sponsored by: Lacey Township Municipal Alliance and LTHS A.A.D.A  
Pumpkins are guaranteed for the first 150 registrants

## HALLOWEEN



## GHOST WALK

OCTOBER 7TH AND 8TH  
6PM-8:30PM  
LACEY HISTORICAL SOCIETY

PURCHASE TICKETS AT:  
[REGISTER.CAPTUREPOINT.COM/LACEYTOWNSHIP](http://REGISTER.CAPTUREPOINT.COM/LACEYTOWNSHIP)



LACEY RECREATION PRESENTS

## LACEY IN LIGHTS

A NEIGHBORHOOD LIGHT PRESENTATION

REGISTRATION BEGINS: NOVEMBER 1

REGISTRATION ENDS: DECEMBER 1

HOUSES MUST BE DECORATED BY: DECEMBER 9