

Spring
2021



LACEY
RECREATION

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

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



Super Sensory Science

Join us this spring as we explore the world around us in this Science, Technology, Engineering, Art, and Mathematics (STEAM) based class. We will be building simple machines, changing states of matter, and launching rockets in the park. This is a special needs inclusive class and students of all abilities are encouraged to participate; accommodations will be made as needed. So, come on out and bring a friend as we carry out some amazing sensory scientific experiments

Limited to the first 14 registrants

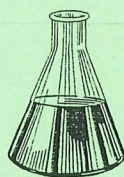
Location: Lacey Recreation Classroom

Instructor: Heather Popelarczyk

Dates: Wednesdays May 5, 19, June 2, 16

Time: 5-6pm

Fee: \$40



Core plus More Yoga

This 30 minute workout combines the best yoga, pilates, barre, and strength training exercises that trim and tone the waist, lower back, hips, glutes and thighs. Bring your own mat and light (2-5 lb) handweights.

Text/Call 609.994.4663 for more information

Location: Hebrew Park

Instructor: Adrienne Costa-DiPaolo

Dates: Wednesday 4pm starting April 21

Mondays and Fridays 8:30am Starting May 3

Fee: \$6 Drop-In or \$50 Ten Class Card

Morning Magic 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.

Text/Call 609.994.4663 for more information

Location: Hebrew Park

Instructor: Adrienne Costa-DiPaolo

Dates: Mondays and Fridays 9am Starting April 26

Fee: \$10 Drop-In or \$80 Class Card

Beginner Yoga Workshop

This comprehensive 3hr workshop teaches beginners the essentials needed to start (or restart) their Yoga journey instilling the groundwork and confidence to attend regular classes or begin an at home practice. The workshop will start with the basics of what Yoga actually is and the ancient philosophy behind it. We will explore yoga postures including standing poses, forward & back bends, twists, sun salutations and simple inversions. You will learn about alignment, how to work towards experiencing ease & stability in your poses and the importance of the breath – its effect on your practice and using it as a simple way to start meditating.

Text/Call 609.994.4663 for more information

Location: Gille Park

Instructor: Adrienne Costa-DiPaolo

Dates: April 25 and May 16

Time: 1-4pm

Fee: \$50

Creative Kids Art Class

Students will explore a variety of materials and techniques in drawing, painting, collage and Ceramics. They will be engaging in creative projects that stimulate imagination and encourage problem solving strategies, while sharpening observational skills. Diverse projects will be based on important Artists, Styles and Artworks from around the world.

Materials included. A personal art bag will be provided for each students use with pencil, eraser, markers, glue stick, scissors, sanitizer. All other materials will be given out to students, such as paint, clay, etc. Students can add basic materials to the bag from home.

Limited to the first 14 registrants

Location: Lacey Recreation Classroom

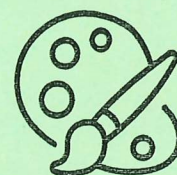
Instructor: Diane Salkeld

Mondays May 10- June 21

No class May 31

Time: 4-5pm **Age:** 8-10

Fee: \$70



Anime and Comic Book Drawing

In this class you will illustrate a short story you created. You will design a character as a protagonist and antagonist. You will design the comic/anime cover, and illustrate one panel of the story on canson board.

This is a special needs inclusive class and students of all abilities are encouraged to participate

Limited to the first 14 registrants

Location: Lacey Recreation Classroom

Instructor: Deirdre Callaghan

Dates: Saturdays May 1st- June 26th

No class May 29th

Ages: 11-13 10-11am

14-16 11:30am-12:30pm

Fee: \$80



Full Moon Yoga

Enjoy a smooth and slow yoga flow under the moonlit sky at scenic Meadowlark Bay Beach with Master Instructor Adrienne Costa-DiPaolo. Gentle breathing, calming moon salutations, and finish with a dreamy relaxation. All levels welcome. Please bring your own mat/blanket and dress in warm layers.

Text/Call 609.994.4663 for more information

Location: Meadowlark Bay Beach

Instructor: Adrienne Costa- DiPaolo

Dates: April 26 and May 26

Time: 7pm

Fee: \$10 Drop-In

Lacey Outdoor Pickleball

The Lacey Pickleball Group will begin playing open pickleball games, round robin style. The group will play every Monday and Thursday, starting at 6:00pm on the Lacey tennis courts. We welcome all levels of play, beginners to experienced players. Equipment and beginner instruction are available.

Any questions call Robin O'Brien at 609-693-9337.

Location: Gille Park Tennis Courts

Mondays and Fridays starting May 3rd

Time: 6pm

LACEY TOWNSHIP'S 150TH ANNIVERSARY MERCHANDISE

Purchase at:

https://stores.farrostees.com/lacey_township_150/shop/home



Lacey 150 Challenge Coins and
Flags on sale at the Lacey
Recreation Department



1871 Lacey Life 2021

— Live It ~ Love It ~ Be Part of It —

Register Online for all your favorite Recreation Programs

register.capturepoint.com/laceytownship