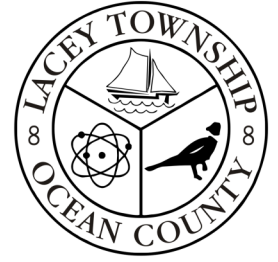




Recreation Department

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

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



Jump Start

Jump Start is a "parent and me" preschool readiness class that will help your child develop preschool skills, with an emphasis on socialization and motor skills. Children will gain independence and familiarity with a school setting through participating in fun, engaging, and meaningful activities while still having the comfort and guidance of parents.



Location: Lacey Recreation Classroom

Instructor: Dana Tretola

Thursdays:

Session I, Oct. 12, 19, 26, Nov. 2, 16, 30, Dec. 7, 14

Session II, Jan. 11, 18, 25, Feb. 1, 8, 15, 22, Mar. 1

No Class November 9 & 23

Time: 10:00—11:00 am

Fee: \$70

Ages: 2 –3 year olds

Please let us know if there are any allergies or concerns we should be aware of.

Kids at Heart Music Together

Music Together is a mixed age family music class for children aged birth to 6 years with a caregiver. We are an informal learning environment allowing children to explore the music age appropriately and the grownups to model music making behaviors. The class fee includes a 2 CD set and songbook to accompany the music we will be learning in class....and for families to play along with at home!



Location: Lacey Recreation Classroom

Instructor: Joan Seele-Goold

Mondays:

Session I, Sept. 11, 18, 25, Oct. 2, 16, 23, 30, Nov. 6

Session II, Jan. 8, 22, 29 Feb. 5, 26, March 5, 12, 19

No Class Oct. 9, No Class Jan. 15, Feb. 12 & 19

Time: 9:30 am

Fee: \$155.00

10:30 am

Sibling Fee: \$40.00

4:00 pm

Price includes 2 CD Set & Songbook

Halloween Costume Parade

The Lacey Township Municipal Alliance will sponsor a Halloween Costume Parade at the Middle School on **Saturday, October 21st**, between the hours of 10:30 am and 1:00 pm. Don't miss our great giveaways, DJ, Halloween crafts, refreshments, and lots of fun. Each paid registrant will receive admission into the event, 2 hotdogs, drink, cupcake, as well as a small pumpkin to decorate.



Please pre-register at the Recreation office to guarantee a spot for your child.

Fee: \$6.00 in advance

\$8.00 at the door if space allows

Pumpkins to the 1st 170 registered!

Ghost Stories of Lacey Township

Take a bus tour to different stops in Lacey Township where spooky tales will be read by great story tellers. Busses depart from the Lacey Recreation Department Office. Fun refreshments & games will be served throughout the evening. This event is sponsored by the Lacey Historical Society.

Bus Tours are about 90 minutes and depart at

5:00 pm , 5:45 pm, 6:30 pm & 7:15 pm

We will be hosting these tours on Fridays

October 20 & 27

Tickets on sale at the Recreation Office

Ticket Price: \$4 in advance

\$5 at the door/ if available



Register Online for your favorite Recreation Programs!

Check out our registration website:

<https://laceytwp.youractiveworld.com/>



Register for classes in the comfort of your own home 24 hours a day and pay by credit card. Create a profile and download classes into your online schedule.

Check Out Our Upcoming Events...

facebook.com/laceyrecreation



It's Sew Crafty with Crafty Katie

Kids will learn to use a sewing machine, hand sew and use patterns created by Crafty Katie specifically designed for boys and girls ages 6-12. Each six week session will be building their fine and gross motor skills by learning to pin and cut fabric as well as create their own patterns. A wide variety of projects from stuffed animals to applique art!

Location: Lacey Recreation Classroom

Instructor: Crafty Katie

Boys and Girls Ages 6—12

Thursdays:

Session I, Sept. 21, 28, Oct. 5, 12, 19, 26,

Session II, Nov. 2, 16, 30, Dec. 7, 14, 21

Session III, Jan. 11, 18, 25, Feb. 1, 8, 15

No Class November 9 & 23

Time: 5:15 to 6:30 pm

Fee: \$72.00

Machines and all Materials included.



Kids Yoga

In this class children will be introduced to yoga postures, breath-work & relaxation techniques in a fun, non competitive atmosphere. Children will learn ways to invite peace, clarity and focus into their lives while increasing their flexibility, strength, coordination and balance.

Location: Lacey Recreation Classroom

Instructor: Jamielyn Lombardo

Ages 7—14

Tuesdays:

Session I, Oct. 10, 17, 24, Nov. 14, 21, 28, Dec. 5, 12

Session II, Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27

No Class October 31 & November 7

5:30 - 6:15 pm

Fee: \$50.00

Drop-In: \$8.00 per class



Family Martial Arts

Our Martial Arts classes focus on confidence, agility, flexibility, technique, balance, self confidence, and athletic development in a safe training environment using traditional training methods. This class gives our students the opportunity to gain the necessary skills needed to achieve personal goals and learn how to identify priorities that help them to be successful in all aspects of their life.

Location: Master Vandenberg's Kum Sung Martial Arts

Located in the Shoprite Plaza

Instructor: Master Neil Vandenberg

Little Ninjas —Ages 3 - 4 Fee: \$65.00

Mondays & Fridays at 10:30 am

Oct. 9, 13, 16, 20, 23, 27, 30, Nov. 3, 6, 10, 13, 17

Wednesday at 4:30 pm & Fridays at 4:00 pm

Oct. 11, 13, 18, 20, 25, 27, Nov. 1, 3, 8, 10, 15, 17

Youth—Ages 5 - 10 Fee: \$65.00

Wednesdays at 5:00 pm & Fridays at 4:30 pm

Oct. 11, 13, 18, 20, 25, 27, Nov. 1, 3, 8, 10, 15, 17

Teens—Ages 11 - 16 Fee: \$65.00

Mondays & Fridays at 5:15 pm

Oct. 11, 13, 18, 20, 25, 27, Nov. 1, 3, 8, 10, 15, 17



Hands on cooking class led by registered dietitians teaching our children how to cook and eat healthy while having fun. This class includes all materials and is supported by the Perlmutter Family of Shoprites.

Location: Murray Grove Retreat Center

Instructor: Perlmutter Family of Shoprites

Session I, Nov. 13, 20, 27, Dec. 4

Session II, Jan. 29, Feb. 5, 12, 26

No Class February 19

Group 1 Ages: 6—9

Time: 5:00—6:15 pm

Group 2 Ages: 10—13

Time: 6:30—8:30pm

Fee: \$40.00 per student



Just Unwind Knitting Club

Come out and meet some new friends while learning a new skill.

Location: Lacey Recreation Classroom

Instructor: Crafty Katie

Thursdays, Oct. 12, 19, 26, Nov. 16, 30, Dec. 14, 21, 28,

Jan. 11, 18, 25, Feb. 8, 15, 22

No Class November 2, 9, 23, Dec. 7, Jan. 4, Feb. 1

Time: 7:30 pm

Don't Forget! You can register online!

<https://laceytwp.youractiveworld.com/>

Gentle Yoga for Lacey Food Bank

This yoga program, to benefit the Lacey Food Bank, is a beginner friendly yoga class designed for all levels to enjoy.

Location: Lacey Recreation Classroom
Instructor: Adrienne Costa-DiPaolo



Sundays, Oct. 1, Nov. 5, Dec. 3, Jan. 7, Feb. 4
6:00—7:00 pm

Admission is Free if you bring a non perishable food item for the Lacey Food Bank to class.

It's Sew Crafty with Crafty Katie

Our students will learn to use a sewing machine, hand sew and use patterns created by Crafty Katie specifically designed for Teens and adults. The students will learn to pin and cut fabric as well as create their own patterns. A wide variety of projects will be taught in this unique class!

Location: Lacey Recreation Classroom
Instructor: Crafty Katie
Teens and Adults
Thursdays:



Session I, Sept. 21, 28, Oct. 5, 12, 19, 26,
Session II, Nov. 2, 16, 30, Dec. 7, 14, 21
Session III, Jan. 11, 18, 25, Feb. 1, 8, 15
No Class November 9 & 23

Time: 6:30—7:30 **Fee: \$72.00**
Machines and all materials included.

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 Middle School
Supervisor: Jack Ryan

Wednesdays, October through May,
6:00—7:15 Beginner 7th - 9th Grade
7:30—9:30 Intermediate 9th—12th Grade
7:30 - 9:30 Adults

Student Fee: \$10.00 **Adult Fee: \$20.00**

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: Community Hall Upstairs
Instructor: Gerry Marchitto

Mondays 11:00 am
Fee: \$3.00 per class



Tuesday Night Yoga

Fusion based class combining athletic based yoga poses and the best of Joseph Pilates body slimming and core exercises. Guaranteed to be the most effective yet relaxing workout. All levels welcome.

Location: Lacey Recreation Classroom
Instructor: Adrienne Costa-DiPaolo



Tuesdays:

Session I: Aug. 29, Sept. 5, 12, 19, 26, Oct. 3, 10, 17
Session II: Oct. 24, 31, Nov. 14, 21, 28, Dec. 5, 12, 19
Session III: Dec. 26, Jan. 2, 9, 16, 23, 30, Feb. 6, 13
No Class November 7th

7:00 - 8:00 pm **Ages: Adults**
Fee: \$ 64.00 per session **Drop In: \$10 per Class**

Zumba with Diane

A Dance Fitness Class that is fun, energetic and makes you feel amazing! Designed for all levels this class combines low and high intensity moves for an interval style caloric burn class! A total workout with the addition of 1-2 lb weights for toning and sculpting! Come and join the party!

Location: Lacey Community Hall (Upstairs)
Instructor: Diane Salkeld
Tuesdays:



Session I: Sept. 12, 19, 26, Oct. 3, 10, 17, 24, 31
Session II: Nov. 14, 21, 28, Dec. 5, 12, 19, 26, Jan. 2
Session III: Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27
No Class November 7th

9:00—10:00 am
Fee: \$32.00 per session **Drop In: \$5.00 / class**
Ten class punch card available for \$45.00

Adult Basketball—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: Bud Mezera



Tuesdays, October through May
6:00—9:00 pm **Fee: \$20.00**

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: Bud Mezera



Adults 18 and over
Mondays 6:00—7:00 Beginners looking for extra time
Mondays 7:30—9:30
Thursdays, 7:30—9:30
October 2, 5, 12, 16, 19, 23, 26, 30, November 2
Gym Unavailable: October 9th **Fee: \$15.00**



Lacey Municipal Alliance Corner

Senior Connections

The goal of our senior program is to encourage seniors to stay active and “**connected**” to the community. The Alliance offers a variety of activities from exercise classes and luncheons to mentoring programs. The **Health Ease** exercise program called “**Move Today**” continues on Thursday mornings at Community Hall from 9-10 am. Luncheons are held the last Friday of every month at Community Hall. The luncheons are a wonderful way to get out, get updated on Township business, share some laughs and meet new friends.

Transportation is available through the Recreation Department if needed. We do insist that you call ahead to make a reservation so we can have an accurate head count for lunch.

September 29,	Italian	Fee: \$6.00 Pre Paid in advance
October 27,	Halloween/Octoberfest	\$7.00 Pre-Register, Pay day of
December 1,	Holiday	\$8.00 at the door, if space allows
January 26,	Chinese New Year	
February 23	Mardi Gras/Hollywood	

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.
- Registrations are open to Lacey Township residents only.

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.

Name	Age	Program	Session	Fee

Street address _____

City _____ **Zip Code** _____

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** _____