

Spring  
2019



**LACEY**  
RECREATION

818 W Lacey Road,  
Forked River, NJ 08731  
609-693-1100 Ext 2203  
lacey.recreation@laceytownship.org  
www.laceytownship.org

### ***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**

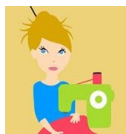
**Instructor: Crafty Katie**

**Thursdays: Session I, March 7, 14, 21, 28, Apr. 4, 11  
Session II, Apr. 25, May 2, 9, 16, 23, 30**

**Ages 6—10 (Level 1) 5:15—6:15 pm Fee: \$72.00**

**Ages 8—13 (Level 2) 6:30—7:30 pm, Ages 8-9 must have taken class with Crafty Katie at least 3 sessions.**

**Machines and all Materials included.**



### ***Teddy Bear Crochet with Crafty Katie***

Bring a teddy bear and learn how to use yarn and a crochet hook to make them a sweater! No experience needed, all materials provided -Teddy bears must be labeled with child's name - bears will stay safe with Crafty Katie during the 6 weeks.

**Location: Lacey Recreation Classroom**

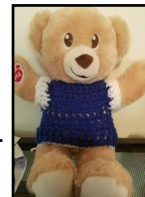
**Instructor: Crafty Katie**

**Thursdays: Session I, March 7, 14, 21, 28, Apr. 4, 11  
Session II, Apr. 25, May 2, 9, 16, 23, 30**

**Ages: 6—10**

**Time: 4:30—5:15pm**

**Fee: \$35.00 Includes all materials and an after-school Snack**



## Free Fitness Wednesdays!

Come join us on Wednesday afternoons for an hour of free fitness fun! Sample different classes from instructors from our town! Each Wednesday will feature two twenty minute sessions from two different instructors.

*\*May 8th will feature a children's instructor\**

May 8, 15, 22, 29

5:30PM Gille Park Pavilion



## Lacey Recreation

is hosting a

## Volunteer Fair

Join us to connect with local organizations and learn how YOU can make a difference in our community!

WEDNESDAY, APRIL 3, 2019

LACEY COMMUNITY HALL

5PM-7PM

Light Refreshments / Door Prizes



### ***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**

**Wednesdays, April 10, 17, May 1, 8, 15, 22, 29**

**No Class April 24**

**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.**



[facebook.com/lacey.recreation](https://facebook.com/lacey.recreation)



### **Lacey ART Group**

Teens and adults come join a community group for creating public art! You do not need to be an “artist” to join this group. We will meet the second Monday of every month to discuss and design community art projects.

**Location: Lacey Recreation Classroom**  
**Instructor: Crafty Katie**



**Mondays:**

**March 11, April 8, May 13**

**Teens & Adults Time: 7:30 pm**

**Contact Crafty Katie for additional information,**  
**laceyartgroup@gmail.com**

### **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: Erika Schoeneberg**

**Ages 7—12**

**Wednesdays: Apr. 10, 17, May 1, 8, 15, 22, 29**

**No Class April 24**

**5:30 - 6:15 pm**

**Fee: \$50.00**

**Drop-In: \$8.00 per class**



### **Beginner Tai Chi**

Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi is known to improve cardiovascular health, balance, and flexibility, no matter what your age or ability level. Learn the fundamentals of Tai Chi! Limited to the first 12 registrants.

**Location: Lacey Recreation Classroom**

**Instructor: Adrienne Costa-DiPaolo**

**Mondays, 11—11:30 am, April 1, 8, 15, 29**

**Tuesday, 5:30—6 pm, April 2, 9, 16, 30**

**No Class April 22 & 23**

**Ages: Adults Fee \$20.00 per 4 week session**

**Call 609-693-1100, ext. 2203 for more dates and times.**

### **Creative Kids: Arts Class**

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**

**Ages 8-10**

**6 Mondays, Apr. 1, 8, 15, 29, May 6, 13**

**No Class April 22**

**Time: 5:30 - 6:30pm**

**Fee: \$60.00**

**Materials are included in the registration fee**



**Share your talents with us, Submit course proposals to the Recreation Department at [lacey.recreation@laceytownship.org](mailto:lacey.recreation@laceytownship.org)**



**WELLNESS+ RECREATION**

### **Full Moon Yoga at Meadowlark Beach**

Specialty 60 min. Hatha or Reiki practice set under the starry sky & full moon . Beginner-friendly practice appropriate for all levels. Please bring a mat, blanket, and water.

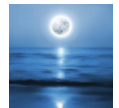
**Location: Meadowlark Bay Beach**

**Instructor: Adrienne Costa-DiPaolo**

**Reiki Dates: May 17th & June 18th**

**Hatha Dates: May 18th & June 17th**

**Time: 9:00 pm Ages: Adult Fee: \$10 per class**



### **Flag Football for Fun**

This Sunday morning workshop brings our young people together to play flag football games. Each week, players from the Lacey Township High School Football team lead this program where elementary school students learn a new skill and play fun games with their new friends.

**Location: Clune Park**

**Led by LTHS Football players**

**Grades 1 & 2 9:30 am**

**Grades 3 & 4 10:30 am**

**Grades 5 & 6 10:30 am**



**Sundays, April 7, 14, 28, May 5, 19, June 2**

**No Practice April 21, May 12, May 26**

**Fee: \$25.00 per player, includes shirt**

### **Reiki Yoga**

Reiki is a form of alternative energy therapy— a form of hands-on healing therapy that combines the use of touch and energy channeling to promote a sense of deep healing and relaxation. YIN yoga is slow-paced, poses are held for a longer period of time. Combined, this yoga is aimed to help you relax and prepare for the week ahead. Please bring your own mat and blanket/towel. Space is limited.

**Location: Lacey Recreation Classroom**

**Instructor: Adrienne Costa-DiPaolo & Gina Dinkey**

**Dates: Sundays, 6:00—7:30PM**

**Fee: \$55 per 4 week session, call 609-693-1100 ext 2203 for reservations.**

**Time: 8:00PM**

**Ages: Adult**

### ***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.

**Location:** Lacey Recreation Classroom  
**Instructor:** Adrienne Costa-DiPaolo  
**Sundays, March 3, April 7, May 5, June 2**  
**Friday June 7th at 2nd Lake (Lake Barnegat)**  
**6:00—7:00 pm**

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



### ***Tuesday Night Yoga***

An all levels class that focuses on stretching postures, gentle flows and breathing techniques that release stress, reduce tension and promote relaxation through a calm, meditative approach. Please bring mat and blanket.

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

**Session I: March 12, 19, 26, Apr. 2, 9, 16, 23, 30**  
**Session II: May 7, 14, 21, 28, June 11, 18, 25, July 2**  
**No class June 4th**

**7:00 - 8:00 pm**

**Ages: Adults**

**Fee: \$ 64.00 per session**

**Drop In: \$10 per Class**



### ***Just Unwind Knitting Club***

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

**Location:** Lacey Recreation Classroom  
**Instructor:** Crafty Katie  
**Thursdays at 7:30pm**  
**Contact Crafty Katie for additional information, itsewcrafty@gmail.com**



### ***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, March 19, 26, Apr. 2, 9, 16, 30, May 7**  
**9:00—10:00 am**

**Fee: \$32.00 per session**

**Drop In: \$5.00/class**



### ***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**



### ***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—9:00**

**Mar. 25, Apr. 1, 8, 15, 29, May 6, 13, 20**

**No Class April 22**

**Fee: \$15.00**



Check facebook for up to date program and event information.

**facebook.com/lacey.recreation**



**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.**

**March 29, St. Patrick’s Day**

**Fee: \$6.00 Pre Paid in advance**

**April 26, Western**

**\$7.00 Registered pay day of**

**May 31, Patriotic**

**\$8.00 door, if space allows**

**June 28, Luau**

# Exceptional Programs for Exceptional Families

The world is composed of individuals who are unique in their own ways. Through these programs offered by the Recreation Department, our staff aims to not only teach important skills, but to focus on providing opportunities to ALL children in our community. By participating in our recreation based programs it allows all children to feel accepted, build bonds and have fun. These programs are designed for ALL school aged children.

## ***Sports Buddies: Unified Volleyball***

Come out and learn the skills necessary to participate in a volleyball game!

**Location:** Forked River School

**Leaderss:** Elie Wright & Grace Hasbrouck

**Fridays, Time:** 6:30—7:30pm

**Program ends April 12th**      **Fee:** Free



## ***It's Sew Crafty: Knitting and Crochet***

Make interesting projects while learning how to express yourself through fiber art.

**Location:** Lacey Recreation Classroom

**Instructor:** Crafty Katie

**Mondays, Mar. 11, Apr. 8, May 13**

**Time:** 6:45—7:30pm      **Fee:** Free



## ***Sports Buddies: Unified Basketball***

Come out and learn the skills necessary to play basketball through fun games and new skills each week!

**Location:** High School Auxiliary Gym

**Led by Coach Leanne**

**Saturdays, 4:15 — 5:30pm**

**Program ends Apr. 13th**      **Fee:** Free



## ***Super Sensory Science***

This season we are exploring the world around us using the Scientific Method. This is an inclusion class designed to encourage all participants to interact with each other and with their environment. We will be carrying out some amazing sensory scientific experiments.

**Location:** Lacey Recreation Classroom

**Instructor:** Heather Popielarczyk

**Saturdays, Mar. 2, 16 Apr. 6, 20, May 4, 18**

**Time:** 10:00am      **Fee:** Free



## ***Sports Buddies: 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.

**Location:** Kum Sung Martial Arts, Shoprite Plaza

**Instructor:** Master Neil

**Mondays, 4:00 pm**

**Contact Kum Sung Martial Arts for pricing**

## ***Let's Make Art***

Creative art activities for children of all ages Families are encouraged to participate.

**Location:** Lacey Recreation Classroom

**Instructor:** Heather Popielarczyk

**Saturdays, Mar 9, Apr 13, May 11**

**10:00am**      **Fee:** Free



## ***Family Night Out for students with unique needs***

### **Tuesday, April 9, Family Paint Night**

Join us for an art night where families will collaborate on a painting together that represents their family. Painting led by art instructor Diane Salkeld. Pizza and refreshments will be served

**Location:** TBD **Time:** 5:30PM **Fee:** \$20.00 per set-up

### **Wednesday, May 8, Family Fitness Night**

Join us at Free Fitness Wednesday where we will be featuring a kid's fitness instructor and family games. Bring a yoga mat or beach towel and plenty of water.

**Gille Park Pavilion**      **Time:** 5:30-6:30 pm      **Fee:** Free

### **Wednesday, June 5, Family Picnic and Outdoor Science**

Come out and celebrate all of this year's past accomplishments with familiar faces. Enjoy food, listen to music, engage in cool science activities, and have a great time celebrating the end of the school year!

**Gille Park Pavilion**      **Time:** 5:00-6:30 pm      **Fee:** \$10 per family includes food

### **Wednesday, June 26, Pine Barren Modelers RC Club: Learn to Fly**

There will be drone demonstrations and flight simulators on hand. Pizza and Refreshments will be provided.

**Gille Park Pavilion**      **Time:** 5:00—6:30 pm      **Fee:** \$10.00 per family includes food