

Spring
2020



LACEY
RECREATION

818 W Lacey Rd
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 **Fee:** \$75

Ages 6-10 years old (Level 1) 5:30-6:30pm

Ages 8-13 years old (Level 2) 6:30-7:30pm

(Ages 8-9 must have taken class with Crafty Katie for at least 3 sessions)

Thursdays:

Session 1: March 5, 12, 19, 26, April 2, 9

Session 2: April 23, 30, May 7, 14, 21, 28



HYBRID HIIT

Stephanie Lauren is a nationally recognized fitness presenter and founder of 2 trademarked formats, both PLYOGA Fitness & CASE Method. You never know exactly what you are going to get as far as which workout she will bring to the table, but one thing is for certain...you will receive an amazingly challenging, rejuvenating, and satisfying fitness EXPERIENCE!! PLYOGA is a High Intensity Interval Training (HIIT) workout based in functional, body weight movement that uses simple Yoga postures as active recovery! CASE Method is another HIIT style program based upon a 40/20 format that focuses on 4 major components of fitness: CORE, AGILITY, STRENGTH, & ENDURANCE.

Location: Lacey Recreation Classroom

Instructor: Stephanie Lauren

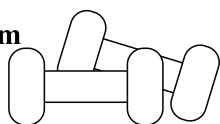
Ages: 12 and up

Mondays: February 3, 10, March 2, 9, 16, 30,

April 6, 13, 20, May 4, 11

Time: 6:15-7pm

FREE



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 heads as we carry out some amazing sensory scientific experiments.

Location: Recreation Classroom

Instructor: Heather Popielarczyk

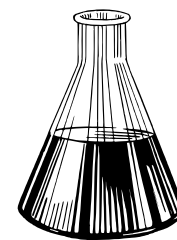
1st and 3rd Saturday of the Month

March 7, 21 April 4, 18, May 2, 16

Time: 10:30-11:30am

Ages: School Age Children **Fee:** Free

Children must pre-register for this program. This program is inclusive.



Fiber Art Fun

Boys and girls will join Crafty Katie and explore the tactile world of fiber art! Kids will learn the beginning of knitting, crochet, weaving, sewing, fabric printing and SEW much more!!! Kids will make AMAZING pieces of art and usable crafts! All materials included, no experience necessary, unique needs welcome!

Location: Lacey Recreation Classroom

Instructor: Crafty Katie

Fee: \$65

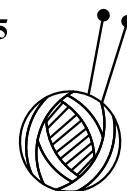
Ages: 4-6 years old

Time: 4:30-5:15pm

Thursdays:

Session 1: March 5, 12, 19, 26, April 2, 9

Session 2: April 23, 30, May 7, 14, 21, 28



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

Tuesdays: April 7, 21, 28, May 5, 12, 19, 26

No Class: April 14

Time: 5:30-6:15pm **Fee:** \$50

Drop-in: \$8 per class



Creative Kids: Art 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

Mondays:

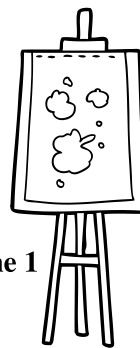
Session 1: March 2, 9, 16, 30 April 6

Session 2: April 20, 27, May 4, 11, 18, June 1

No Class: March 23 and May 25

Time: 5-6pm **Fee:** \$60

All Materials are included



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 at 11:00am

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: March 23, 30, April 6, 20, 27, May 4, 11, 18

Time: 6-9pm

No Class: April 13

Fee: \$15.00



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,
itssewcrafty@gmail.com



Sports Buddies: Unified Volleyball

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

Location: Lacey Township High School

Leaders: Lacey Recreation Staff

Sundays 6-7pm

Program begins: March 8

Program ends: May 17



Let's Make Art

A social art experience for children of all ages with special needs, their families, and friends. Come join us each month as we explore a new artist and create an original artwork using a variety of techniques and materials.

Location: Lacey Recreation Classroom

Instructor: Heather Popielarczyk

2nd Saturday of the Month

March 14, May 9

Time: 10:30-11:30am

Ages: School Age Children **Fee:** Free



Sports Buddies: Unified Basketball

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

Location: Lacey Township Middle School

Leaders: Recreation Staff

Wednesdays

Time: 6-7pm

Program begins: January 8

Program ends: March 25



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: February 2, March 1

6:00—7:00 pm

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

FREE

ACUYoga

More than ever in today's fast paced and tension-filled world you need to find ways to relieve stress. AcuYoga is a unique and powerful system that combines the best of acupuncture and yoga techniques to relieve stress and tension, boost your energy, and strengthen your mind and body. With AcuYoga you learn simple and natural self-care systems that allows you to regulate the flow of energy through your body, using the ancient practices of yoga and acupuncture. **Call or text 609-994-4663 to reserve your spot.**

Location: Lacey Recreation Classroom

Instructor: Adrienne Costa-DiPaolo E-RYT, CPT, MA and Diane Mess, Acupuncturist

Fridays: January 17, February 7, March 6

Time: 6:30-8pm

Fee: \$30 per person or 2 for \$50

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 3, 10, 17, 24, 31, April 7, 14, 21

Session II: April 28, May 5, 12, 19, 26, June 9, 16, 23

No class: June 2

7:00 - 8:00 pm Ages: Adults

Fee: \$ 64.00 per session Drop In: \$10 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: February 3, 10, 17, 24

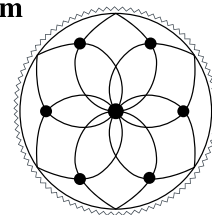
March 2, 9, 16, 23

Time: 10:15-10:45am

Ages: Adults

Fee \$20.00 per 4 week session

Call 609-994-4663 to reserve your spot.



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

Sundays: January 19, February 23, March 22

6:00—7:30PM

Fee: \$15

Call 609-994-4663 to reserve your spot

High School Volleyball– Open Gym

We provide the equipment so you can come out for pick-up games and have fun while getting a great workout. **High School students ONLY. You must show your student I.D. to participate**

Location: Lacey Township High School

Supervisor: Recreation Staff

Sundays: February 2 through May 17

Time: 7-9pm

Fee: \$10





WATER BASED FAMILY ENTERTAINMENT



**LACEY
RECREATION**

609-693-1100 x2203

818 West Lacey Rd, Forked River, NJ 08731

 Lacey Township Wibit

BIRTHDAY PARTY PACKAGE \$225*

THE GROUP PACKAGE IS FOR
A MINIMUM OF 25
INDIVIDUALS AGES 8 AND UP.
FOR EVERY INDIVIDUAL OVER
25 THERE WILL BE AN
ADDITIONAL \$9 CHARGE.

PACKAGE INCLUDES 1 HOUR
OF TIME ON THE WIBIT AND
45 MINUTES ON LAND, A MEET
AND GREET WITH OUR
MASCOT WIBIT THE FROG!

UPGRADE AVAILABLE FOR A
FOOD PACKAGE! FOR \$8 PER
INDIVIDUAL YOU'LL BE
PROVIDED PIZZA (2 SLICES
EACH) A BOTTLE OF WATER
AND DELICIOUS ITALIAN ICE
FROM TOM AND DEES!

OUR STAFF PROVIDES FULL
SET-UP AND WILL CLEAN UP
AFTER YOUR EVENT, MAKING
SURE YOU CAN FOCUS ON
HAVING A GREAT TIME WITH
YOUR FAMILY AND FRIENDS!