



GLoucester TOWNSHIP  
JOIN THE EXCITEMENT

GLoucester TOWNSHIP RECREATION DEPARTMENT

# SPRING 2017 CLASSES

**March 27 Resident Program Registration Begins 8am at Rec Center**

**April 3 Non-Resident Program Registration Begins 8am at Rec**

- Registration for programs will continue until the program reaches capacity.
- Space is limited for all programs. In-person registration is required for all activities. Registration forms must be filled out by the participant or parent/guardian. Adult programs are offered to HS students and adults. All programs require advanced registration. Make checks payable to "Twp. of Gloucester" except where otherwise noted; **two separate checks will be necessary.**
- **Non-Residents can now register for all Recreation Dept. Programs for an additional \$10 fee. Non-Residents can begin registering April 3** Bring a valid drivers license and second proof of residency to registration to receive resident rate.
- Full refunds will be given if the Recreation Dept. cancels a trip or program due to low enrollment. We reserve the right to cancel a trip or program if enough people have not registered in advance.

**IMPORTANT INFO:**

- *The Rec Center is located at 80 Broadacres Dr, Clementon*
- *Point Ariel Park is located at 2900 Erial New-Brooklyn Rd, Erial*
- *GT Community Park is located at the corner of Hicktown and Peter-Cheeseman Rds.*
- *Contact the Rec Dept. at 856-435-5734 or [recdept@glotwp.com](mailto:recdept@glotwp.com)*
- *Summer Info will be available in late April*

## ADULT PROGRAMS

**PILATES BARRE AND MAT**

Mondays: April 17 - June 26 10 Weeks  
6:30 - 7:30pm Held at Point Ariel Park  
Cost: \$50. to A. Davis/\$10. to Glo. Twp.  
Get the best of 2 Pilates workouts! First part of class, enjoy Chair Barre, a combination of standing Pilates and ballet moves. This part can be done with sneakers if you have any foot injuries or balance issues. Then onto our mat Pilates workout for strengthening and toning your core and body. Good for any fitness level. Instructor will be providing bands and handled resistance tubing for you to use during class times. Please bring a mat, water & a set of light weights. No class 5/29.

**SUMMER BODIES**

Tuesdays: April 18 - June 27 10 Weeks  
6:30pm - 7:30pm Held at Point Ariel  
Cost: \$50. to A. Davis/\$10 to GT  
Come out for a full body conditioning class which consists of low impact cardio and drills followed by toning through HIIT, high intensity interval training, to sculpt your body and Tabata drills to challenge your muscles and stamina. This class will put fun into your workout. Bring a set of weights ,mat and water and be sure to wear good sneakers. No class 6/6.



**T'AI CHI CHIH FOR STRESS**

Wednesdays: April 19-June 14 9 Weeks  
5:30pm - 6:30 pm Held at Point Ariel  
Cost: \$50. to M. Carlino/\$10. to GT  
Experience more abundant health, harmony and balance. T'ai Chi Chih's gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind. Done easily by anyone, regardless of age or physical condition.

**YOGA FOR WEIGHTLOSS**

Wednesdays: April 19 - June 21 10 Weeks  
7:30pm - 8:30pm Held at Point Ariel  
Cost: \$50 to M. Carlino/\$10 to GT  
Yoga supports balancing the body on all levels. This class will utilize specific postures and breath work that increase the metabolism and relax the mind to assist in guiding the body to its natural weight. Bring a mat/towel and blanket.

**ZUMBA**

Mondays: April 17- June 12 8 Weeks  
7:45 - 8:45pm Held at Rec Center  
\$40 to Sandy Kirkwood/\$10 to GT per session  
Zumba infuses hypnotic musical rhythms & tantalizing moves to create a dynamic workout system designed to be FUN & EASY to do! The routines feature interval training sessions where fast & slow rhythms & resistance training are combined to tone your body while burning fat. Good for all fitness levels. Bring water & towel. No class 5/29.

**INTERMEDIATE SEWING CLASS**

Mondays: April 17 - June 12 8 Weeks  
7:00 - 9:00pm Held at Rec Center  
Cost: \$100. to R. Pyles/\$10. to GT  
Dust off your sewing machine and get inspired! Sewing class for those who know how to operate a sewing machine independently, taught by a full time seamstress. This class will give you the confidence you need to accomplish your projects. Please bring your machine. No class 5/29.

**BEGINNER SEWING**

Thursdays: April 20-June 8 8 Weeks  
6:30-8:00pm Held at Rec Center  
\$90 to R. Pyles/\$10. to GT  
Let's start with the Basics! We will cover how to operate your sewing machine, pinning, cutting, and sewing terms. You will accomplish small projects that reinforce skills you are learning. All class materials included. Open to ages 10 and up. Please bring your machine.

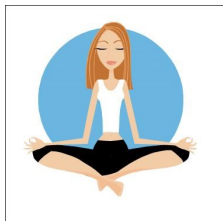
**YOGA BASIC**

Wednesdays: April 19 - June 21 10 Weeks  
6:30pm - 7:30pm Held at Point Ariel  
Cost: \$50 to M. Carlino/\$10 to GT  
This class is a workout for the mind, body and soul that brings inner and outer balance through stretching, breath work and meditation. Yoga promotes relaxation, reduces stress and calms anxiety. Wear comfortable clothing and bring a towel and water.

## ADULT PROGRAMS

### YOGA & MEDITATION FOR ALL

Tuesdays: April 18 - June 6 8 Weeks  
9:30-10:45am Held Still Point Yoga  
\$60 to Still Point Yoga/\$10. to GT  
Combination class-This session will start with a 45 minute yoga practice to open and energize the body. It will end with 30 minutes of breathing and meditation practice. Discover and enjoy the many benefits... Improve your mood, concentration, focus, decrease anxiety and stress and discover inner peace.



### YOGA STRENGTH & STRENGTHEN

Tuesdays: April 18-June 6 8 Weeks  
11am-12pm Held Still Point Yoga  
\$50 to Still Point Yoga/\$10. to GT  
Stretch and strengthen your whole body and mind! Recharge your energy and improve your overall health and wellness with yoga. This class includes a perfect mix of yoga poses, breathing exercises and guided relaxation for a complete hatha yoga experience. Beginners are welcome. Come dressed in comfortable clothing. Studio supplies mats and props.

### CHAIR YOGA

Wednesdays: April 19-June 7 8 Weeks  
2pm-3pm Held Still Point Yoga  
\$40 to Still Point Yoga/\$10. to GT  
No matter what age, weight, flexibility, balance issues or fitness level; you can do yoga! No experience needed. Come dressed in comfortable cloth-

### YOGA FOR US - 55 PLUS

Thursdays: April 20 - June 8 8 Weeks  
11am-12pm Held Still Point Yoga  
\$50 to Still Point Yoga/\$10. to GT  
Leave your worries behind, you CAN do yoga! Safely and gently stretch, wake up tired muscles, breath more effectively and learn to relax. This is a gentle HATHA yoga done on yoga mats. Designed for the mature adult with average mobility, it features seated, standing and floor postures. Wear clothes that allow movement. Studio supplies all mats and props.



## YOUTH PROGRAMS

Non-Residents can register for all Recreation Dept. Programs for an additional \$10 fee.

### PRESCHOOL PLAYTIME

Fridays: April 21-June 9 8 Weeks  
10am-12 noon Held at Point Ariel Park  
\$100 to Amy Mazakas/\$10. to GT  
Designed for children 3.5-5 years old. This class will focus on your child's creativity through a variety of crafts, music and play. This class is based on engaging your child in fun and creative ways of learning. Each week there will be a new and exciting theme to explore. Children must be potty-trained. Please provide a snack.

### KIDDING AROUND YOGA

Fridays: April 21-May 26 6 Weeks  
4:45-5:45pm Held Still Point Yoga  
\$45 to Still Point Yoga/\$10. to GT  
This yoga class is designed for kids to learn yoga in a playful way that fosters creativity and builds confidence, focus and cooperation. Children will learn yoga poses, sing songs, listen to stories and relax together, mastering the art of being a kid, in this uplifting, non competitive and fun environment. Studio supplies mats and props. Ages 4-12.

### BEGINNER SEWING

Thursdays: April 20-June 8 8 Weeks  
6:30-8:00pm Held at Rec Center  
\$90 to R. Pyles/\$10. to GT  
Let's start with the Basics! We will cover how to operate your sewing machine, pinning, cutting, and sewing terms. You will accomplish small projects that reinforce skills you are learning. All class materials included. Open to ages 10 and up. Please bring your machine.

### SOCCER SHOTS

Thursdays: April 20 - May 25 6 Weeks  
Held at Rec Center  
\$72 to Soccer Shots/\$10. to GT  
Soccer Shots is a leader in youth soccer development for young children. Our program has been created under the guidance of childhood educational specialists, professional soccer players and experienced coaches. Our innovative lesson plans are developmentally appropriate and tailored specifically to the age groups we teach. Soccer Shots aims to leave a lasting, positive impact on every child.

Mini Program Ages 2-3 6-6:30pm

Classic Program Ages 3-4 6:40-7:10pm

### YOUTH QUICKSTART TENNIS

Saturdays: May 20- June 24 5 Weeks  
9:00-10:30am Held at GT Community Park  
Cost: \$60. To Ron Miller/\$10 to GT  
This format of kid-sized tennis is the 10 and Under Tennis standard for providing quick success and lots of fun on the court. Through enjoyable activities and skill based play, participants get an introduction to strokes, terms, movement and scoring. Instructional games, scaled-down courts and nets, and youth racquets and balls are all designed for the size of a young child. Parents are encouraged to participate in family-friendly weekly activities. All equipment is provided. Open to ages 5-10. Class size limited to 24. No class 6/3.

### SPECIAL 2nd STUDENT DISCOUNT

2 students for \$105 plus Twp. Fee

Check out [www.glotwp.com](http://www.glotwp.com) under Recreation for all our summer offerings.

Info for our summer camps and programs will be available in late April.

Important Dates:

April 1: Easter Bunny Brunch at Rec Center 10am-Noon

April 8: GTDSC 5K Run

May 1: GT Pool/Swim Lessons/Pool Party Registration Begins

May 8: Fall 2017 Preschool Registration Begins

May 8: Summer Class/Sports Camp registration for residents begins

May 27: Pool Opens for Weekends (Tentative)

May 30 & 31: Summer Camp Registration begins

June 3: GT Day