

# MONTGOMERY RECREATION DEPARTMENT

## SEPTEMBER 2009 ISSUE

Otto Kaufman Community Center • 356 Skillman Road, Skillman, NJ 08558

Monday – Friday, 8:00 am – 4:30 pm

Tel (609) 466-3023 • Fax (609) 466-6761

**TRIPS include CHARTERED bus transportation and depart from UMS parking lot (375 Burnt Hill Rd., Skillman) unless otherwise noted. Plan to arrive about 10 minutes before departure time. ADDITIONAL TRIPS may be added after print deadline! Visit [www.twp.montgomery.nj.us](http://www.twp.montgomery.nj.us) - from homepage, click on Newsletter & then Recreation News!**

### Radio City Christmas Spectacular

Experience unforgettable thrills, including the world famous Rockettes & their show-stopping "Parade of the Wooden Soldiers", the majestic "Living Nativity" and the awe-inspiring ride around Manhattan aboard Santa's 3-D sleigh!

**Date:** Saturday, Nov 14 **Time:** 8:30 am – 5:00 pm

**Showtime:** 1pm (lunch on your own)

**Cost:** \$75 each (2<sup>nd</sup> level mezz seats)

**Location:** Rockefeller Ctr - 6<sup>th</sup> Ave & 50<sup>th</sup> St

**Please register ASAP – we will sell out!**

### A Christmas Carol (& Reception w/Holiday Music)

**Trip is for adults only (age 21 & up).** Celebrate the season with McCarter's acclaimed production of the Charles Dickens classic tale. The 5th Annual Fezziwig Party is included! This pre-show event features hearty appetizers and "sweet stations" catered by The Ferry House along with festive holiday drinks.

**Date:** Thursday, Dec 10 **Time:** 5 – 10pm

**Showtime:** 7:30pm (reception @5:30)

**Cost:** \$72 each (includes front orchestra seats, reception & bus)

**Location:** McCarter Theatre, Princeton, NJ

**24 passenger bus leaves from OKCC parking lot.**

### West Side Story

Leonard Bernstein & Stephen Sondheim's haunting score has returned to Broadway with Jerome Robbins's choreography dynamically recreated AND danced by a huge ensemble cast who shine! Nominated for four 2009 Tony Awards, the New York Times says "This production is enthralling, electric and taken to a level of pure physical EXHILARATION!" (Ben Brantley)

**Date:** Weds, Mar 31 (school spring break) **Time:** 9:30am – 7pm

**Showtime:** 2 pm (lunch on your own) **Cost:** \$110 each (Orch Seats)

**Location:** Palace Theatre, 1564 Broadway (bet 46 & 47<sup>th</sup> Sts), NYC

**Half deposit (\$55/pp) is due now; remainder is due by March 1<sup>st</sup>.**

**MUST register by SEPT 15<sup>th</sup>!**

### Coaches Safety Clinic

**Clinic is mandatory** for anyone who plans on coaching for a sport league in Montgomery.

**Date:** Weds, Sept 16 **Time:** 7 - 10 pm (sign-in begins at 6:45)

**Cost:** FREE to Montgomery Township Coaches

**Location:** Otto Kaufman Community Center, 356 Skillman Road

**No one will be admitted after 7 pm. Pre-registration is required by Sept 14! Call the Rec Dept @ 609-466-3023, M-F, 8am - 9pm.**

### NEW! Country Line Dance

No dance experience, two left feet? No problem! Learn important "survival" tips and gain the confidence to dance at any country dance hall at the completion of course! Bring a bottle of water and be ready to make new friends & have FUN! **Dress code: Leather soled-shoes & No sneakers, please!**

**Dates:** Weds, Oct 21, 28, Nov 4, 18, Dec 2 & 9

**Time:** 7:30 – 9pm **Instructors:** Gail & Harry The Silver Spurs

**Location:** OKCC Gym **Cost:** \$70 per person (6 wks)

### Ballroom Dance

Why be a wallflower while everyone else is having a great time on the dance floor? Learn all the traditional and Latin ballroom dances as well as the hottest dance craze, The Swing!

**Dates:** Weds, Sept 16, 23, 30, Oct 7 & 14

**Times:** **Beginners** ~ 7:30 – 8:30pm **Advanced** ~ 8:30 – 9:30pm

**Location:** Otto Kaufman Community Center Gym

**Instructor:** Candace Woodward-Clough Professional Dance Instructor

**Cost:** \$120 per couple (5 wks)

**Mark your calendars for Friday Night Family Ballroom Dance on Nov 13 (7pm)!**

### Free Well-Being Seminars

An introduction to alternative healing and well-being with free one hour seminars!

**Meditation: Thurs, Sept 24, 7pm (Sr Ctr)** Learn the benefits of Active Meditation, presented by Ping Li [www.awakenwithinpath.com](http://www.awakenwithinpath.com)

**Feldenkrais: Mon, Oct 5, 10am (Lrg Meeting Rm)** Learn to recognize where we hold stress in ourselves & find the tools needed to replace it with healthful movement. Presented by Susan A. Orshan, Healthy Matters LLC

**Reiki: Mon, Oct 12, 7pm (Sr Ctr)** A natural, energy healing technique also referred to as "laying on of hands", this seminar is presented by Suzanne O'Brien, a Reiki Master Practitioner since 2002.

**Please call Rec Dept to register 609-466-3023 for any/all of the above seminars!**

### Halloween Happenings!

**Saturday, Oct 24<sup>th</sup> – Halloween Bash** held in conjunction with Montgomery High School's Fall Festival at MHS. Festivities include a costume parade, games, refreshments & more! Look for more info in backpack flyer from schools.

**Friday, Oct 30<sup>th</sup> – Halloween Trick-or-Treating** at Municipal Bldg - Kids (age 7 & under) are invited to wear their costumes & visit each department. Don't forget the seniors and Rec Dept at OKCC!

### Turkey Trot for Ages 3 & up!

**Sunday, November 22 at 1:00 pm**

**Upper Middle School Track**

The Turkey Trot is a series of running events for different age groups. Ribbons are awarded to all participants and 1<sup>st</sup> place winners in each event take home a THANKSGIVING TURKEY! No pre-registration is required. Events/prizes are divided into age groups for girls, boys, women & men.

**Events begin at 1 pm sharp! Youngest runners race first!**

### Montgomery's Biggest Loser Competition!

**Adults, 18 & older - Mark your calendars!**

**TENTATIVE Dates & Time:** Tues, Jan 5 – Feb 23, 7 – 8:30pm

**Location:** OKCC Gym

**Please see our Winter Newsletter for this exciting new eight week weight loss program that includes exercise, diet & motivational tools to keep YOU (& your family) FIT ALL year!**

**Cash Prize to the winner!**

### Fine Arts Painting & Drawing

**For 3<sup>rd</sup> & 4<sup>th</sup> graders at VES!** Explore a variety of drawing and painting techniques while creating images from life and their imagination. Pastels, watercolors, acrylics and more!

**Dates:** Weds, Oct 7, 14, 21 & 28

**Time:** 2:45 – 3:45 pm

**Location:** VES Art Room # 115 **Cost:** \$70 (includes all materials)

**Instructor:** Jennifer O'Connor, VES Art teacher

### ATTENTION 7<sup>TH</sup> & 8<sup>TH</sup> GRADERS!

**Save the Date**

**Friday, October 9, 2009**

**Montgomery Recreation's 1<sup>st</sup> Teen Pool Party**

More details to follow or email [anniemichaelson@yahoo.com](mailto:anniemichaelson@yahoo.com)

### Dog Obedience Classes

Need a little help in the discipline department? If yes, then this is the class for you! Teach your dog how to sit, stay, heal & come. Dogs must be at least 4 months old and the trainer at least 15 years old.

**Dates:** Mon & Weds, Sept 14 – Oct 5 (no class 9/28) (6 classes)

**Time:** 6:30 - 7:30 pm

**Cost:** \$72

**Location:** Harlingen Gazebo

**Instructor:** Linda Teeple

**Bring a chain collar & nylon leash. Do NOT bring your dog to the first class. In case of rain, first class will be held in the Montgomery Municipal Building (lower level police entrance).**

## Adult Exercise Classes

All classes are held at OKCC. Call 609-466-3023 to schedule a free demo for any exercise class! All levels of experience welcomed. We do not prorate. Make-ups are permitted (during session, in any another exercise class w/instructor permission as space allows).

### Class Descriptions:

**Body Sculpt** An efficient workout designed to *build muscle tone* and *burn calories* while moving through intervals of strength training and aerobic exercises! Hand weights and a body bar will be used for the strength segments and a step will be used for some of the cardio segments and drills. Pilates moves will be integrated for core/abdominal toning.

### Bring water, mat & hand weights!

**On the Ball Core Exercise** The exercise ball intensifies your core (abs/hip/thigh) work out. It adds stretching & balance to your core routine. **Bring ball to class.** Contact Margo [mrmyr@BodySculptFitness.org](mailto:mrmyr@BodySculptFitness.org) for more info.

**Mat Pilates** Stimulate your body & mind! Pilates focuses on the body's core stability, enhancing control, coordination, endurance, balance, & flexibility. By toning and strengthening the abdomen, you improve posture & help prevent injury by strengthening muscles that support the spine. Pilates is the ultimate toning and abs workout! 45 minute classes are for beginners & advanced; **bring mat & water!**

**Yoga with Trish** Yoga improves the function of the physical body while calming the mind. Increased flexibility, improved circulation and a positive outlook can all be attained through regular yoga practice. This Integral Yoga class includes meditation, breathing practices, asanas & deep relaxation. No yoga experience needed. **Bring mat & blanket.**

You may email [trish@verbeyst.com](mailto:trish@verbeyst.com) for more info.

**Hatha Yoga with Beth** This is a gentle Hatha Yoga class where individuals will learn Asanas (poses) and Pranayama (breath work) in combination to build overall strength, increase flexibility and aid in relaxation. **Bring mat!**

**Tai Chi** is considered "moving meditation" or "the art of creating energy" which began as a martial art in China about 350 years ago. It has become extremely popular as an exercise for people of all ages all over the world. It helps to reduce stress & improves the health of body & mind. "A Tai Chi practice a day keeps the doctor away"!

**PiYoChi** is a combination of Yoga Asana & Pilates mat work that stretches & strengthens the body. Elements of Tai Chi are also incorporated. The asana sequence starts with simple relaxation moves and progresses toward a high intensity "Sun Salute". Pilates mat work is the core stabilizer that makes the other aspects of the class manageable. All levels - **Bring mat & water!**

**Kickboxing** blends aerobic, strength & flexibility training with the martial arts. Classes start out with warm-up stretching, and move into basic punching & kicking, followed by combination drills for aerobic conditioning. **Wear regular workout clothes & bring water. Beginners & advanced welcome!**

**Zumba** is a fusion of Latin & International music that utilizes the principles of fitness interval & resistance training for maximum caloric output, fat burning & total body toning. A great, FUN workout! **Bring water!**

**Belly Dancing (Beginner)** is a physical workout along with an emotional & spiritual boost! Learn the basics of the ancient & soul-freeing exotic dance form. Learn the basics of veil work, foot work & all the hip/body isolations this art is best known for!

### Instructors:

**Susan Sheppard**, (Mat Pilates) NETA, AAAI/ISMA

**Margo Myer**, (Body Sculpt, Mat Pilates & On the Core) ACE personal trainer; AAAI/ISMA

**Trish Verbeyst**, (Yoga) RYT, IYTA

**Beth Shen**, (Yoga) Spanda Yoga Cert, RYT & HITA

**Bob Beck**, (PiYoChi & Kickboxing) Strength & Conditioning Instructor & Certified Life Coach

**Suzanne O'Brien** (Belly Dance) presently teaches for The Jointure/Hillsborough & in S. Plainfield.

### Margo's Exercise

**Body Sculpt (Program Rm or Gym)**

Cost: \$120/12 wks (\$220, 2x wk)

**Mon 9:15 – 10:15am**

Dates: Sept 14 - Oct 26 – Dec 14 (no 9/28)

**Weds 6:15 – 7:15pm**

Dates: Sept 9 – Dec 9 (no 11/11 & 25)

**Fri 9:15 – 10:15am**

Dates: Sept 11 – Dec 11 (no 11/6 & 27)

**Mat Pilates (Program Rm)**

Cost: \$120/12 wks Time: 7:30 – 8:15pm

Dates: Weds, Sept 9 – Dec 9 (no 11/11 & 25)

**On the Ball Core Exercise (Program Rm)**

Cost: \$96/12 wks Time: 10:30 – 11am

Dates: Fri, Sept 11 – Dec 11 (no 11/6 & 27)

### Mat Pilates with Susan

Cost: \$100/10 wks (\$190, 2x wk)

Time: 9 – 9:45am Dates (10 wks) (Gym)

Mon, Sept 14 – Dec 14 (no 9/28, 10/12, 11/2 & 11/23)

Thurs, Sept 17 – Dec 3 (no 11/5 & 11/26)

### Yoga with Trish

Cost: \$72/6 wks; \$120/10wks

Tues: 6:30 – 8pm (Sr Ctr)

Session 1: Sept 8 – Oct 13 (6 wks)

Session 2: Oct 20 – Dec 22 (10 wks)

### Hatha Yoga with Beth

Cost: \$72/6 wk sess; \$60/5 wks

Sat: 8:30 – 9:45am (Sr Ctr)

Sess 1: Sept 12 – Oct 24 (no 9/26) (6wks)

Sess 2: Nov 14 – Dec 19 (no 11/28) (5 wks)

### Tai Chi with Daniel (Program Rm)

Cost: \$80/8 wks

Time: 6:30 – 7:30pm

Dates: Weds, Sept 16 – Nov 4

### Bob's Friday Night Fitness

Cost: \$60 (6 wks)

\$110 for both PiYoChi and Kickboxing

6:30 - 7:15pm

PiYoChi (Program Rm)

7:30 – 8:15pm

Kickboxing

Dates: Fridays

Sess 1: Sept 18 - Oct 23

Sess 2: Oct 30 - Dec 11 (no 11/27)

Sess 3: Dec 18 – Feb 5 (no 12/25 & 1/1)

### NEW! Belly Dancing!

Cost: \$60 (6 wks)

Fri, 1 – 2pm (Prog Rm)

Sept 18 – Oct 23

Adult Exercise	Belly Dance	Body Sculpt	Kickbox	Mat Pilates	On the Ball	PiYo Chi	Tai Chi	Yoga	Zumba*
Monday		9:15am		9:00am					
Tuesday								6:30pm	
Wednesday		6:15pm		7:30pm			6:30pm		
Thursday				9:00am					
Friday	1:00pm	9:15am	7:30pm		10:30am	6:30pm			
Saturday								8:30am	

\* We're planning Zumba classes for fall. If you are interested, please call the Rec Dept!

### Couch to 5K Running Program for Adults

Be fit! Learn to jog or train gently to improve your speed and endurance. In class, we'll stretch, walk, jog & enjoy the company of others. We'll begin with very short intervals of walking and jogging (about 1-2 minutes of each for 20 minutes). As we build endurance, we aim to complete a 5K race. Diane has trained adults and 8-10 year-old girls who have accomplished this goal AND YOU WILL TOO!

**Dates:** Mon & Thurs, Sept 14 – Nov 12 (no class 9/28, 10/12 & 11/5)

**Time:** 1:00 – 2:00 pm **Cost:** \$115.00

**Save the date:** Sat, Nov 14 for 5K race at Colonial Park

**Location:** VES -- Meet on the field near the playground

**Instructor:** Diane Fay – Coached Girls on the Run & other female programs for over 25 seasons. Diane has completed two marathons and various 5K races.

### ADULT BADMINTON for Montgomery Residents

Recreation sponsors two adult badminton sessions (Mon or Weds sessions) starting Sept 14th from 6:30 – 9pm at LMS Gym. The cost is \$32 per session for seven weeks. Spaces are limited & preregistration is required. Please contact Boon Phanawat at 609-424-6943 or [boon@comcast.net](mailto:boon@comcast.net). The next session will be held on Mondays beginning Nov 2 in OKCC gym. Contact Boon for info.

### ADULT VOLLEYBALL for Montgomery Residents

Recreation sponsors "open gym" volleyball on Tues evenings from Sept 15 - Oct 27 at LMS Gym (7:30 – 9pm). Please contact Ben Shen at 609-275-2253 or email [ben@gpva.org](mailto:ben@gpva.org).

### Conversation Spanish for Adults

A conversation class for travel, business and fun for beginners or those who need a refresher!

**Dates:** Weds, Oct 7 – Dec 9 (no 11/11 & 25) **Time:** 7- 8 pm

**Cost:** 100 (8 wks) **Location:** OKCC Conf Rm

**Instructor:** Amparo Spielholz

### Conversation French for Adults

For beginners and those who had some French years ago. A conversation class for travel, business and fun!

**Dates:** Tues, Sept 29 – Nov 17 **Time:** 1:30 – 2:30pm

**Cost:** \$110 (8 wks) **Location:** OKCC Conf Rm

**Instructor:** Patricia DePrins-Kreilmann

### Conversation Italian for Adults

This intensive conversation class is for beginners and intermediate adults who wish to develop a practical command of the Italian language. Emphasis will be placed on grammar and oral expression with attention given to common idioms and vocabulary. Class will also introduce various aspects of Italy's cultural life.

**Dates:** Tues, Sept 29 – Nov 17 **Time:** 10 – 11:30am

**Cost:** \$160 (8 wks) **Location:** OKCC Conf Rm

**Instructor:** Cristina Fratarcangeli, instructor for Dorothea House, Princ U & Adult School

### Intro to Mah Jongg

Learn to play Mah Jongg (American version)! Beginners & those who have played before are welcome. Learn all parts of the game and strategies. Afternoons OR evenings!

**Dates:** Weds, Oct 14, 21 & 28 **Times:** 2 – 3:30pm OR 7 – 8:30pm

**Cost:** \$75 (includes Mah Jongg card) (\$65 if you have card)

**Location:** OKCC Senior Ctr **Instructor:** Lori Konkowski

Class minimum is 8.

### FINANCIAL EDUCATION SEMINAR SERIES

Jeffrey Salton of UBS Financial Services, Inc. is offering a series of six FREE financial education seminars on Thursday evenings this fall. These sessions will benefit anyone trying to navigate the maze of financial products and economic decisions necessary to plan for retirement and other financial goals. Coffee and snacks will be provided.

**THURSDAYS:** Sept 24 Transition to Retirement  
Oct 8 Understanding Social Security  
Oct 22 Understanding Annuities  
Nov 5 Understanding Municipal Bonds  
Nov 12 College Funding Strategies  
Dec 3 Money Matters: When Life Changes

**Time:** 7 - 8:30pm **Location:** OKCC Meeting Room

**Questions:** Jeffrey Salton, UBS Financial Services (800) 796-8931 or [jeffrey.salton@ubs.com](mailto:jeffrey.salton@ubs.com)

**Space is limited--please call Rec Dept to register 609-466-3023!**

### Outdoor Fall Petite Soccer

A fun introduction for 3, 4 and 5 year-olds to the world of soccer through an activity-based program! Emphasis is on a "Games Based" approach to coaching soccer within a fun learning environment. Each child will participate in a small group setting with professional U.K. Elite Soccer coaches. Parents are welcome to stay and join in on the fun. Kids should wear sneakers or soccer cleats. **SIGN UP FOR SPECIFIC DAY/TIME SLOT & NOTE ON REGISTRATION FORM!**

**Dates:** Wednesdays, Sept 16 – Oct 21

**Times:** 10:30-11:30am OR 1:00-2:00pm

**Dates:** Thursdays, Sept 17 – Oct 22

**Times:** 10:30-11:30am OR 1:00-2:00pm

**Cost:** \$130 (6 wks – includes t-shirt)

**Ages:** 3-5 years old

**Location:** Montgomery Park (soccer field by concession stand)

**Instructors:** U.K. Elite Soccer, Inc., (Andrew Broadbent, Director)

### Kangaroo Kickers (for 3 – 5 yr olds)

Kang's Martial Arts introduces this new program designed to give your child a simple introduction to the wonderful world of Tae Kwon Do. Improve your child's listening & social skills, coordination and confidence in a fun, safe & exciting new class! All classes taught by Master Kang.

**Dates:** Thurs, Sept 24 – Nov 19 (no 11/5 & 26) **Time:** 1:30 – 2:00pm

**Cost:** \$130 (8wks; includes uniform & long sleeve shirt)

**Location:** OKCC Prog Rm (Class limit: 8 – 10 students)

**Instructor:** (David) Kang's Martial Arts

### Fencing for all Ages

Learn a sport that spans centuries and is one of the oldest martial arts. Fencing conditions the body and develops balance and coordination. Learn proper form, technique and etiquette while having fun!

All beginning fencing equipment is available (to purchase or to borrow for class). 8pm class is electric fencing for adults and high school students -- footwork and conditioning, drills and tactics and electric fencing with a partner. Bring your own electric gear or fence dry. High School Students! Gain confidence, finesse & prepare for the winter season.

**Dates:** Thursdays, Sept 24 – Nov 19 (no class 11/5)

**5:00 – 6:00 pm: 8 -11 yr olds (Beginners)**

**6:00 – 7:00 pm: 12/13 yr olds (Intermediates)**

**7:00 – 8:00 pm: 14 years & up**

**Cost:** \$240 (8 wks) w/borrowed equipment;

\$210 if you have set (or buy from instructor)

**Location:** OKCC Gym

**Instructor:** Marcos & Ivanka Lucchetti, Lucchetti Fencing, LLC

### November Gymnastics Clinic!

**Fundraiser for MHS Varsity Gymnastics & Class of 2011!** Held during the Nov teachers' convention (Thurs & Fri, Nov 5 & 6), this camp is for students in Grades 1 – 8. Campers will learn skills & techniques in gymnastics. Both beginners & advanced students are welcome (with more emphasis on game play than skill development). Sign up NOW for two fun-filled days!

**Dates:** Thurs & Fri, Nov 5 & 6 **Time:** 9am – 12pm (bring water & snack)

**Location:** MHS Auxiliary Gym **Cost:** \$75

**Head Coach:** Johanna Snedeker, MHS Varsity Gymnastics Coach

(Assisted by Class of 2011)

### THE FAL-ROONEY CUP 14 & 15

**GRADES 1<sup>st</sup>-6<sup>th</sup>** Events include Dodge Ball, Capture the Flag, Relay Races and more. Previous years included highlights like *The Fal-Rooney Idol* Dance Competition, Deal or No Deal & Let's Make a Deal.

**Directors:** Johnny Rooney, Suzanne Trautwein, Mike Falco & Erich Trautwein

**Location:** OKCC Gym **Cost:** \$99 per 2 day camp **Time:** 9am-1pm

**Dates:** Thu/Fri, Nov 5<sup>th</sup> & 6<sup>th</sup> (Fal-Rooney 14)

**Dates:** Tue/Weds, Dec 29 & 30 (Fal-Rooney 15)

### Fitness & Friendship for Boys

*Fitness & Friendship* is designed to increase your son's fitness level & enhance self-esteem. The emphasis is not on competition, but on having fun, playing athletic games, talking about peer pressure, and celebrating the strengths of friendship. This is a wonderful athletic outlet for boys who may not enjoy or have the opportunity to participate in traditional team sports. We offer highly structured supervised activities, a lively pace, and a kind, welcoming environment geared for all levels of fitness and physical aptitude. **Open to boys in grades 3 & 4-please wear sneakers, play clothes & bring a full bottle of water!**

**Dates:** Weds, Sept 16-Nov 11 (no class 11/4) Class is held rain or shine!

**Time:** 2:30 – 3:30pm **Cost:** \$95

**Location:** VES on field next to playground (Classroom TBA if heavy rain)

**Instructor:** Diane Fay leads the highly successful GOTR program for 3<sup>rd</sup> & 4<sup>th</sup> graders and the *Couch to 5K Running Program* for adults. She's coached sports programs for more than 25 seasons & taught language arts for 11 years. For questions, you may email Diane at [DbardesFay@aol.com](mailto:DbardesFay@aol.com).

## AQUATICS PROGRAM

Our Aquatics Director is Cory Delgado. If you have specific questions regarding any swim instruction class, you may email Cory at: [cdelgado@mtsd.k12.nj.us](mailto:cdelgado@mtsd.k12.nj.us).

### YOUTH INSTRUCTION

Our instruction program follows the guidelines of the American Red Cross *Learn-To-Swim* program. The goal is to teach people to swim, be safe in & around water, & learn safety skills, all in a logical progression. NOTE: Students may need more than 1 session to complete each course/level of the program.

**BEGINNER:** No prerequisites for this course - **Students must be at least 4 years of age.**

The objective of the beginner course is to help students feel comfortable in the water. Elementary aquatic skills are taught which students build on as they progress through the higher levels. Students work towards receiving a Red Cross Level 1 Certification at the completion of this course. Some students who have experience in the water may begin the program at a higher level.

**ADVANCED BEGINNER:** Students entering this course must have a Level 1 certificate or be able to enter and exit the pool unassisted, move short distances in the water and float on front and back with some support. Course combines the objectives of the Red Cross Levels 2 and 3. Students gain success with fundamental skills such as floating and coordinating arm and leg movements as they begin to develop strokes. At the completion of course, students receive a Red Cross Level 3 certification.

**INTERMEDIATE:** Students entering this course must have a level 3 certificate or be able to swim front crawl for 15 yards with face in the water and rhythmic breathing pattern, tread or float in the water for 30 seconds, and swim back crawl for 15 yards. Course combines the objectives of the Red Cross Levels 4 and 5. Stroke improvement and refinement are the focus. Upon completion students will receive a Red Cross Level 5 certificate.

**ADVANCED:** Students entering this course must have a level 5 certificate or must be able to swim front & back crawl 50 yards, butterfly, breaststroke & sidestroke at least 25 yards. The focus is to refine strokes so students swim them with more ease, efficiency, power and greater distances. At the completion of this course students receive a Red Cross Level 6 certificate.

### SWIM CLASS SCHEDULE

**Session 1:** Tues & Thurs, Sept 22 – Oct 15 (8 thirty min classes)

**Session 1:** Saturdays, Sept 26 – Nov 14 (8 thirty min classes)

**Session 2:** Saturdays, Dec 5- Jan 30 (no class 12/26) (8 thirty min classes)

**Times ~ Tues/Thurs:**

*Beginner* 6:00 – 6:30pm

*Advanced Beginner* 6:40–7:10pm

*Intermediate* 7:20 – 7:50pm

*Advanced* 8:00 – 8:30pm

**Times ~ Saturdays:**

*Beginner* 10:00 – 10:30am

*Advanced Beginner* 10:40–11:10am

*Intermediate* 11:20 – 11:50am

*Advanced* 12:00 – 12:30pm

**Please sign your child up for the level class that best suits their swimming ability based on the above descriptions. NOTE: Register ASAP – CLASS LIMIT: 12 per class**

**Cost: \$125 per session ~ Register in person at the recreation office beginning Sept 1<sup>st</sup>.**

**Please write AGE and LEVEL (Beginner, Adv Beginner, etc.) on the registration form!**

### Springboard Diving Lessons

**Requirements:** Must be able to swim 25 yards (1 pool length) unassisted. Must be able to dive into the pool head first off the diving board. Must be 7 years or older at start date.

Students unable to meet requirements will be removed from the program – No refunds! If a student is placed in the wrong level, an evaluation will be made after the first lesson and a switch made.

**Level 1:** Focus is on an introduction to diving: covers hurdles, back presser, different positions, proper alignment, and forward jumps and entries. Basic dive safety considerations and pool rules are covered.

**Level 2:** Focus is on more advanced board work techniques, proper arm swing and balance, more advanced forward dives, back entries, back jumps and basic backward skills are introduced.

**Dates:** Saturdays, Sept 26 – Oct 31 (6 wks) **Cost:** \$190

**Level 1:** 8:30 – 9:30 am

**Level 2:** 9:30 – 10:30 am

### MONTGOMERY MARLINS SWIM TEAM

The 2009-10 Marlins will be led by Head Coach Lauren Smith. Our team is designed to give its members an opportunity to improve their strokes and experience competition in a recreational team setting. All residents, grades K-8 and able to swim one length of the pool are eligible. **SPACE IS LIMITED**, so please refer to the registration information below for dates to reserve your spot!

#### Dates:

The team will be divided into two groups. The **Green** group will practice on Monday and Wednesday evenings. The **Gold** group will practice on Tuesday and Thursday evenings. Practices begin Nov 3, 2009 & the season ends February 20, 2010. **Swim Meet schedule TBA.**

- Saturday October 10; swimsuit fitting @ MHS pool. Green group 9 – 10am. Gold group 10 – 11am (same style as 08-09).
- Mon, Nov 2 parent meeting @ MHS Commons, 6pm. Mandatory for NEW parents!

#### Practice Times:

6:00 – 6:50pm ~ Grades K-2

7:00 – 7:50pm ~ Grades 3-5

8:00 – 8:50pm ~ Grades 6-8

\*\*Times are subject to change based on roster demands.

#### REGISTRATION –

**Returning swimmers (and siblings of)** can register in person or mail beginning Sept 1. Registration must be received by September 23 to guarantee spot on roster and preferred practice group.

**New swimmers** must register in person on September 26. Registration is held at the Recreation office from 9 - 11am. **NO NEW SWIMMER REGISTRATIONS (other than siblings of existing team) WILL BE ACCEPTED BEFORE SEPTEMBER 26.** New swimmers are not guaranteed preferred practice group.

**Cost: \$260**

## POOL MEMBERSHIPS

**Dates of use:** Sept 8, 2009 – early Aug, 2010

**Members are entitled to use pool during operating hours for LAP SWIMMING ONLY:**

**We strongly recommend you do not bring children under age 13 to the pool for lap swimming unless they are strong, experienced swimmers. Thank you for your cooperation.**

**HOURS:** Mon – Fri, 6pm – 9pm (5:30pm for seniors) and Sat, 9am – 2pm

- Family \$200
- Individual \$95
- Senior/Student \$35
- 10 Daily tickets \$50

**All members receive 10% off registration fee for any swim lessons offered – This does NOT include swim team and summer swim camp!**

**Pool Membership forms are available at the Recreation Office. Pool rules are given to all members.**

### Fall Dance Classes

Classes are held in the Dance Studio at OKCC.

**Instructor Danielle Mondì** just graduated from Mason Gross School of Dance at Rutgers. She also teaches at Center Stage Dance in Marlboro. **Michelle Pender**, kindergarten teacher at OHES, has a degree in Elementary Education & Dance from Rider University, & also teaches at Spotlight on Dance in South Plainfield & Center Stage.

**NEW instructor Maura Ryan** recently attended the Dance Conservatory at SUNY Purchase College & completed a BFA in Dance Performance. She has taught for the Belle Mead Ballet School and presently teaches at the Princeton Dance and Theatre Studios.

#### CLASS DESCRIPTIONS:

**Tutu Ballet** (Ages 3-4) A great introduction to dance. This class incorporates simple dance movements, coordination & motor skills in a fun, creative environment using music & games. 3 year olds must be potty trained!

**Pre-Ballet** (Ages 4-5) A follow up to Tutu with more complicated dance movements within a fun environment.

**Ballet** (Ages 5 & up) (5 yr olds must have taken Pre-Ballet for 6 months). Classical ballet is taught. Barre, center & floor work will be covered. (For both Ballet & Jazz, 5 year olds should have 1 year dance experience or be in Kindergarten).

**Jazz/Hip Hop** (Ages 8-10) Basic jazz steps as well as the most popular hip hop steps will be taught.

**Tap** For ages 5-7, an introduction to tap dance. For ages 7-10, more advanced techniques will be taught, including soft shoe, trenches, Indian jumps, etc.

**Acro/Tumbling** (Ages 3-4) A fun program for girls & boys to improve fitness while developing gross motor skills using a balance beam, trampoline, parachute, etc. Fun that promotes coordination and fitness! 3 year olds must be potty trained!

**Lyrical Ballet** (Ages 6-10) A fusion of Ballet & Jazz, performed to slower music with fluid movements.

#### TUESDAY (Miss Maura)

9:15 – 10:00am Tutu (3 – 4 yrs)  
10:00 – 10:45am Beginner Tap (3 – 4 yrs)  
10:45 – 11:30am Ballet/Tap (4 – 5 yrs)  
11:30 – 12:15pm Acro/Tumbling (3 – 4 yrs)  
1:00 – 1:45pm Tap/Jazz (4 – 6 yrs)  
1:45 – 2:30pm Tutu (3 – 4 yrs)  
2:30 – 3:15pm Acro/Tumbling (3 – 4 yrs)  
3:15 – 4:00pm Pre-Ballet (5 – 6 yrs)

#### WEDNESDAY (Miss Maura)

9:15 – 10:00am Acro/Tumbling (3 – 4 yrs)  
10:00 – 10:45am Tutu (3 – 4 yrs)  
10:45 – 11:30am Pre Ballet (5 – 6 yrs)  
11:30 – 12:15pm Beginner Tap (5 – 6 yrs)  
1:15 – 2:00pm Tutu Ballet (3 – 4 yrs)  
2:00 – 2:45pm Tap/Jazz (5 – 6 yrs)  
2:45 – 3:30pm Ballet (5 – 6 yrs)  
3:30 – 4:15pm Beginner Tap (5 – 6 yrs)

#### THURSDAY (Miss Maura)

9:15 – 10:00am Tutu (3 – 4 yrs)  
10:00 – 10:45am Ballet (5 – 6 yrs)  
10:45 – 11:30am Tap/Jazz (5 – 6 yrs)  
11:30 – 12:15pm Beginner Tap (5 – 6 yrs)  
1:15 – 2:00pm Acro/Tumbling (3 – 4 yrs)  
2:00 – 2:45pm Beginner Tap (3 – 4 yrs)  
2:45 – 3:30pm Tutu Ballet (3 – 4 yrs)  
3:30 – 4:15pm Pre-Ballet (5 – 6 yrs)  
4:30 – 5:15pm Lyrical Ballet (6 – 8 yrs)  
5:15 – 6:00pm Tap (7 – 10 yrs)  
6:00 – 6:45pm Lyrical Ballet (8 – 10 yrs)

#### TUESDAY (Miss Michelle)

4:15 – 5:00pm Tutu Ballet 3 – 4 yrs  
5:00 – 5:45pm Ballet/Tap 4 – 5 yrs  
5:45 – 6:30pm Tap/Jazz 5 – 8 yrs

#### WEDNESDAY (Miss Danielle)

4:30 – 5:15pm Ballet 6 – 8 yrs  
5:15 – 6pm Jazz/Hip Hop Fusion 8 -10 yrs

#### Dates: 10 weeks

Tues, Sept 22 – Dec 8 (no class 11/3 & 24)  
Weds, Sept 23 – Dec 9 (no class 11/4 & 25)  
Thurs, Sept 24 – Dec 10 (no class 11/5 & 26)

Cost: \$100 per class per 10 wk session

**New! \$15 Discount for sibling or additional classes.**

**Dress Code: All hair must be off the face & neck!**

**Ballet:** Any color leotard, tights & pink ballet slippers. Skirts are fine.

**Jazz:** Any color leotard, tights, leggings, or unitard with black ballet slippers or jazz shoes.

**Tap:** Any color leotard, tights & tap shoes.

### After-School Acting Classes

Classes are presented by Youth Stages, LLC.

All classes are \$120.00 per 8-week session. Class limit: 15

#### PLAYtime for Gr. K - 2:

Children explore visual arts, music, movement, & storytelling as they dramatize stories. They develop expression & self-confidence by playing with language & pantomime.

Dates: Weds, Sept 23 – Nov 18 (no class 11/4) Time: 3:45 – 4:45pm

Location: OHES Rm # 123 (Music Room)

#### PLAYing Around with Theatre for Gr. 3 & 4:

Students become other characters, vocally & physically, discuss plot possibilities and cooperate with one another as they create their own improvisational scenes.

Dates: Fri, Sept 25 - Nov 20 (no 11/6) Time: 2:45 – 3:45pm

Location: VES Rm # 200 (Chorus Room)

#### Children Should be SCENE... and Heard! For Gr. 5 & 6:

Children will combine theatre games & acting exercises with scene work, as students create original performance pieces.

Dates: Tues, Sept 29 – Nov 17 Time: 3:35 – 4:35pm

Location: Lower Middle School Room # TBA

### After School Karate w/Nelson & Eileen Whitney

Instructors: Nelson & Eileen Whitney, 8<sup>th</sup> Degree Black Belt Kyoshi Masters Held at OHES West Gym for grades K – 2

#### BEGINNER KARATE/NINJA TRAINING

This course helps develop coordination & discipline through the learning of karate skills. Blocking, evasion, stretching, upper body exercises & kicks, rolls, stealth, ninja stances, obstacle course and more! **Note:** This course is for beginners & those who need a refresher & is followed by Intermediate Karate.

Dates: Thurs, Sept 17-Oct 15 Time: 3:45-4:45pm Cost: \$50 (5 wks)

**INTERMEDIATE KARATE: Prerequisite:** Completion of beginner course.

Work for the 1st rank of Yellow Belt. Students are given paperwork outlining the requirements & follow the instructors in 15 upper body exercises & 11 basic kicks. Group testing/ceremony on last day of class; parents are invited.

Date: Thurs, Oct 22-Dec 3 (no 11/5 & 26) Time: 3:45-4:55pm

Cost: \$70 (6 weeks, 7 hrs)

#### ISSHINRYU ADVANCED KARATE

Cost: \$100 (10 wks)

This class is for students who have attained rank: yellow, blue, green, purple belts. Each rank works towards their next goal & perfecting past requirements. Additional forms & self-defense is taught with each advancing rank. Students must practice at home

Date: Fri, Sept 18-Dec 11 (no 10/30, 11/6 & 27) Time: 3:45-4:45pm

### After-School Chess

Chess helps to develop skills such as critical thinking in a changing environment and problem solving. Dean Ippolito, LLC is a premier chess instruction company whose world-class instructors provide stimulating, entertaining lectures that motivate students to master the game of chess. Interactive lectures coupled with supervised play provide reinforcement for the new concepts introduced each week.

**Beginners through advanced students are welcome!**

**Please state on registration form beginner, intermediate or advanced.**

**Students will be divided by skill level.**

**Instructor:** Dean Ippolito, LLC & Associates

Cost: \$140 (8wks)

#### Grades 1 & 2 at OHES:

Dates: Tues, Sept 29 – Nov 24 (no class 11/3)

Time: 3:30-4:30pm

Location: OHES Room # TBA

#### Grades 3 & 4 at VES:

Dates: Thurs, Oct 1 – Dec 3 (no class 11/5 & 26)

Time: 2:30-3:30pm

Location: VES Room # TBA

### VIDEO ANIMATION

**GRADES 5<sup>TH</sup> & 6<sup>TH</sup>** Dive into the world of video animation by creating characters that dance, sing and interact. Add sound effects & music clips to create a dynamic video animation clip using *Scratch*, the innovative programming language created for kids by MIT Media Lab. Clips are then posted on-line and incorporated into video games!

**Class limit: 12.**

Dates: Thu, Oct 1-Dec 3 (no class on 11/5 & 11/26) Time: 3:35-4:35pm

Location: LMS, Room D-14 Cost: \$120 (8 wks includes all materials)

**Instructor:** Laura Leonard, Co-Director Computertots Computer Explorers

### HANDS-ON ROBOTICS WITH COMPUTER EXPLORERS

**GRADES K – 2<sup>ND</sup>** Robots draw, play music and navigate through obstacle courses leading up to a Robot Olympics! Kids learn about robotics and programming, as well as fine tune their math and computing skills with hands-on team activities & creating a journal to take home. We provide hand-outs each week. Curriculum is partially a refresher for our repeat students along with new activities. New students are welcome! **Class limit: 14.**

Dates: Weds, Sep 30 – Nov 18

Time: 3:45-4:45pm

Location: OHES, Room 122 Cost: \$120 (8 wks, including all materials)

**Instructor:** Laura Leonard, Co-Director Computertots Computer Explorer – Website: [www.computerexplorers.com/62](http://www.computerexplorers.com/62)

### INTRO TO PIANO AND KEYBOARD AND INDIVIDUAL LESSONS FOR GRADES K-2<sup>ND</sup> - Location for all lessons is OHES Room 123.

**Introductory** class for children with no formal piano background. Children will learn the basic concepts of piano through keyboard piano games and fun activities. This class makes learning and piano-playing fun! **Children must be able to read and write!**

**CLASS LIMIT:** 6 STUDENTS

**Dates:** Weds, Sep 30 – Dec 2 (no 11/4 & 25)

**Time:** 3:45 – 4:45pm

**Cost:** \$170 (8 Wks – Includes all materials)

**INDIVIDUAL:** Each one-on-one lesson is 20 minutes & immediately follows the group sessions.

**Children must be able to read and write and have a piano or keyboard to practice on their own. Personal transportation arrangements are required.**

**CLASS LIMIT:** 3 STUDENTS TOTAL

**1.** 5-5:20pm, **2.** 5:20-5:40pm, **3.** 5:40-6pm

**Dates:** Weds, Sep 30 – Dec 2 (no 11/4 & 25)

**Time:** 5-6 pm (children can be dropped off at 4:50pm & picked up at 6pm)

**Cost:** \$250 (8 wks, includes all materials)

**Instructor:** Jess Aggabao, private piano instructor and for the Jointure in Hillsboro – you may email [jessaggabao@hotmail.com](mailto:jessaggabao@hotmail.com) for more info.

### NEW! LYRIC SONG WRITING WORKSHOP

**GRADES 9 – 12** This workshop provides an introduction to the world of song writing. The focus is writing lyrics to music reflecting the writer's feelings and simultaneously captures the interest and imagination of the listening audience. We will look at successful hit songs and discover the formulas for writing good song lyrics. Using these methods, each student will have the opportunity to write his/her own lyrics and present them. This is an exciting, creative way for someone who loves music or who enjoys singing to share his/her thoughts through the art of song. **No musical background is necessary;** just the desire to write songs and enjoy the experience.

**Dates:** Tue, Sep 29-Nov 17

**Time:** 3-4 pm

**Location:** OKCC-Meeting Room

**Class Limit:** 12 STUDENTS

**Cost:** \$170 (8 Wks-Includes all Materials)

**Instructor:** Jess Aggabao, private piano teacher and for the Jointure in Hillsboro, is an accomplished musician and singer. You may email [jessaggabao@hotmail.com](mailto:jessaggabao@hotmail.com) for more info.

### Prepare for the November 2009 SAT

This is your opportunity to prepare for and then ace the November 7, 2009 SAT. Students will receive 33 hours of instruction from two outstanding educators. Mr. Larry Krieger is the author of two books for the SAT. Under his leadership SAT scores at Montgomery High School rose over 100 points culminating in a state championship for the class of 2005. Mr. Michael D'Alessio is the Supervisor of Mathematics at Watchung Hills Regional High School. He has won three Teacher of the Year awards in the last eight years. This comprehensive course will teach students the critical reading, writing and mathematical skills they need to make exceptionally high scores on the SAT.

**AGES:** Grades 11 & 12 only (Grade 10 if space allows)

**Dates:** Tuesdays and Thursdays, Sept 29, Oct 1, 6, 8, 13, 15, 20, 22, 27, 30 & Nov 2, 3 & 4 (M, T & W) (13 classes)

**Time:** 6:00 – 8:30 pm

**Location:** Upper Middle School Rm # B-101 & 102

**Cost:** \$645 (includes 3 books & all study materials)

**Instructors:** Larry Krieger & Michael D'Alessio

**Register ASAP!**

### College Application Essay Course

Course will guide college applicants through the process of writing a college application essay, beginning with brainstorming techniques and culminating in the completion of an essay. We will focus students on the task at hand & help them prepare an effective essay with a dash of creativity that will enhance their college application. Students should bring essay questions to the first session.

**Dates:** Tues & Thurs, Oct 13, 15, 20, 22 & 27

**Time:** 6:30 – 8pm

**Location:** OKCC Conf Rm

**Cost:** \$125

**Class Limit:** 14

**Instructors:** Lori Kalan, Marketing, Select College Consulting & Cheryl O'Brien, NJ Cert English teacher, W Windsor School District

### Girls Volleyball Program

**Attention 8<sup>th</sup> Grade and High School Girls** who want to learn volleyball skills and prepare for the introduction of the varsity sport. This program is for all levels of play and experience. Fundamental skills will be taught and drills used in team play will be emphasized. Games will be played leading up to a round robin tournament. **Please note on registration form your t-shirt size! Questions?** Contact Ken at [Montgomery\\_Volleyball@comcast.net](mailto:Montgomery_Volleyball@comcast.net).

**Dates:** Tues & Thurs, Sept 15 – Oct 22

**Time:** 6 – 7:30 pm

**Cost:** \$85 (includes t-shirt)

**Location:** LMS Gym

**Instructor:** Ken Ford with additional coaches

**Ages:** 8<sup>th</sup> - 12<sup>th</sup> Grade Limited to 30 students --- Sign-up ASAP!

### “Girls on Track” at LMS

**For girls in 5<sup>th</sup> & 6<sup>th</sup> grade!** *Girls on Track* continues the same program and principles as *Girls on the Run*. The curriculum is geared for lower middle-school girls. Discussions are more specific and targeted; additional topics such as personal and internet safety are explored. While having fun, girls will train for a 5K race. This program provides middle school girls with further encouragement to eat right, respect their bodies and stay positive! **Limited participants - register ASAP!**

**Dates:** Tues & Thurs, Sept 15 – Nov 12 (no class 11/5)

**Save the date:** Nov 14, 5K race at Colonial Park

**Time:** 3:45 – 5:00 pm

**Location:** LMS – We will meet in classroom D-13 & walk/jog out to the Pop Warner field behind the tennis courts. Parents p/up back at school at 5pm.

**Cost:** \$100 (includes t-shirt) Camp is partially sponsored by the Montgomery/Rocky Hill Municipal Alliance on Substance Abuse Prevention and Youth Services Commission

**Instructor:** Kath Pace, Montgomery resident and mother of 2, CPR/1<sup>st</sup> Aide certified. She has completed 4 marathons and many shorter races.

### “Girls on the Run”

*Girls on the Run* is a 9 week running program for girls in Grades 3 & 4. The program is designed to educate and prepare girls for a life-time of self-respect and healthy living. Girls will have fun training for a 5K race while making friends and learning about themselves. The emphasis is not on running but on having fun. The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three. **Limited participants - register ASAP! Classes are RAIN OR SHINE! Girls must wear running shoes and bring a full bottle of water.**

**Dates:** Mon & Thurs, Sept 14 – Nov 12 (no class 9/28, 10/12, 11/2, 5 & 9)

**OR**

**Dates:** Tues and Fri, Sept 22 – Nov 13 (no class 11/3 & 6)

**Time:** 2:45 – 4:00 pm

**Location:** VES field next to playground - In case of heavy rain, class will use classroom TBA.

**Cost:** \$100 (includes t-shirt) Camp is partially sponsored by the Montgomery/Rocky Hill Municipal Alliance on Substance Abuse Prevention and Youth Services Commission.

**Instructor:** Diane Fay, CPR & First Aid cert, has coached sport programs for over 25 seasons & taught language arts for 11 years.

**Save the date:** Sat, Nov 14, 5K race at Colonial Park

### Learn to SEW! For 3<sup>rd</sup> & 4<sup>th</sup> Graders

Fun & Fashion are used to teach basic sewing skills in this 6 week program. Students will learn 6 Basic Skills while making wearable accessories. All materials (fabric, thread, needles, buttons & scissors) will be provided.

**Class limit: 8**

**Dates:** Weds, Sept 16 – Oct 21

**Time:** 2:45 - 3:45 pm

**Cost:** \$90 (6 wks incl all materials)

**Location:** VES Rm # TBA

**Instructor:** Sarah Romagnoli, currently Costume/Wardrobe Supervisor for American Repertory Ballet

### Express Yourself!

**For 3<sup>rd</sup> & 4<sup>th</sup> Graders! Combine art & creative writing!** Children will be challenged to create imaginative art works and write about them! Each child will use paint, mixed media and other supplies to craft fanciful creations. The next week will be spent writing a short story or poem based on the art piece. New writing techniques will be encouraged. Four artworks and four written projects will be included with fun and interactive activities!

**Dates:** Tues, Oct 6 – Dec 1 (no Nov 3)

**Time:** 2:45 – 3:45 pm

**Location:** VES Room # 214

**Cost:** \$120 (8 wks)

**Instructor:** Dawn James, VES 3<sup>rd</sup> grade teacher

## SENIOR CITIZEN, INC

### SENIOR CITIZENS, INC.

If you are a Montgomery Township or Rocky Hill resident, 55 years of age or older, then you are eligible to join!  
Call President Mary Ann Symonoski at 908-359-6022.

### INFORMATION & RESERVATIONS

Atlantic City & Bus Trips - Muriel Kellenger - 908-874-3626  
Dec. 10 Party - Alice Garrison: 609-921-8113

### Senior Citizens, Inc. Calendar

**Thurs, Sept 10** – Meeting at Princeton Elks Lodge, 1pm. Kelly Finnegan, Office of Aging, “No Place like Home in Somerset County”  
**Tues, Sep 29** – Atlantic City Trip  
**Thurs, Oct 8** – Meeting at Princeton Elks Lodge, 1pm. Rich Curtiss presents “Al Jolsen – The Living Voice of Al Jolsen & His Music”  
**Tues, Oct 15** – Trip to Woodlock Pines & Spectacular Entertainment  
**Tues, Oct 27** – Atlantic City Trip  
**Thurs, Nov 12** – Meeting at Princeton Elks Lodge, 1pm. Marcie Tyson, Montgomery Health Dept, “How to Stay Healthy”  
**Tues, Nov 24** – Atlantic City Trip  
**Mon, Dec 7** – Trip to Hunterdon Hills – “Christmas Show”  
**Thurs, Dec 10** – Christmas Party, Princeton Elks Lodge – 1pm. Reservations required

### **FREE EMS BLOOD PRESSURE READINGS ON THE FIRST MONDAY OF EVERY MONTH, 9:30-10AM!**

IF SEATS ARE AVAILABLE, YOU DO NOT HAVE TO BE A MEMBER OF THE MONTGOMERY SENIOR CITIZENS GROUP TO PARTICIPATE IN THE ABOVE ACTIVITIES. (EXCEPTIONS INCLUDE PICNICS, HOLIDAY LUNCHEONS AND MONTHLY MEETINGS).

## MONTGOMERY SENIOR CENTER

**We are located at the Otto Kaufman Community Center-356 Skillman Rd, Skillman, NJ 08558.** We welcome new members 60+ years. No dues are collected; attend as many times a week as you wish. The Center is open Mon-Fri, 9am-1pm, for Somerset County-run activities & bus transportation. However, the building remains open for use until 4:30pm. Hot lunch is served for a suggested donation of \$1.50. Mgr, Denise Crowley, sets up lunches & activities. To add or cancel a lunch, you must call (609) 466-0846 by 10:30am, with 24-hour notice! **To register for the Senior Center, please contact Denise Crowley at 609-466-0846. Transportation to the center is now handled by Somerset County Transportation - (908) 231-7115 or 1-800-246-0527. 24-hour notice for pick-ups & cancellations is required.**

## SEPTEMBER CALENDAR

<b>Tues, Sept 1</b> – Arm Chair Fitness Strength Improvement, 10:15	breast cancer prevention and new advances in care, 11am
<b>Weds, Sept 2</b> – Healthy Bones, 10:15	<b>Tues, Sept 15</b> – Yoga w/Trish, 10:30a.
<b>Thurs, Sept 3</b> – Tai Chi, 10:15 Bridge, 10:30	<b>Weds, Sept 16</b> – Healthy Bones, 10:15
<b>Fri, Sept 4</b> – Line Dancing w/Robbie, 10:15	<b>Thurs, Sept 17</b> – Tai Chi 10:15 Bridge, 10:30
<b>Mon, Sept 7</b> – Closed for Labor Day	<b>Fri, Sept 18</b> – Line Dancing w/Robbie, 10:15
<b>Tues, Sept 8</b> – Yoga w/Trish, 10:30	<b>Mon, Sept 21</b> – Exercise w/Dyan, 10:15; ESL Chinese, 10:30, Somerset County Affordable Housing program, 11am
<b>Weds, Sept 9</b> – Healthy Bones, 10:15	<b>Tues, Sept 22</b> – Yoga with Trish, 10:30
<b>Thurs, Sept 10</b> – Arm Chair Fitness Strength Improvement, 10:15	<b>Weds, Sept 23</b> – Healthy Bones, 10:15
<b>Fri, Sept 11</b> – Line Dancing w/Robbie, 10:15 Audrey Clymer Presents “Self-Care the way our grandmothers did it”, 11am	<b>Thurs, Sept 24</b> – Arm Chair Fitness Strength Improvement, 10:15
<b>Mon, Sept 14</b> – Exercise w/Dyan, 10:15am; ESL Chinese, EMS Blood Pressure Screening, 9:45 Lynn Lutwin, RN will discuss	<b>Fri, Sept 25</b> – Line Dancing w/Robbie, 10:15
	<b>Mon, Sept 28</b> – Exercise w/Dyan, 10:15
	<b>Tues, Sept 29</b> – Yoga w/Trish, 10:30
	<b>Weds, Sept 30</b> – Healthy Bones, 10:15

**Recreation Staff: M-F, 8:00 am – 4:30 pm**

Karen Zimmerman, Director  
 Pauline Carr, Senior Program Coordinator  
 Joe Pidany, Program Coordinator  
 Rochelle Fityere, Senior Finance Aide - Kid Connection  
 Helene Coakley, Secretary  
 Lou Vaccaro, PM Desk  
 Laure Scasserra, Kid Connection Director  
 Ellen Elgort, Kid Connection After-school Supervisor  
**Kid Connection: 908-359-2111**  
**Senior Center (Denise Crowley) 609-466-0846**  
**Food Pantry (Denise Crowley) 609-466-1054**  
**Sports Hotline:(for Field Cancellations) 800-731-8412**

**Recreation Committee Members**

Cliff Wilson, Chair  
 George Jarvis  
 Joe O'Rourke  
 Peter Treichler  
 Dave Colonna, Alternate II  
 Donald Matthews, Vice Chair  
 Benton Camper, Jr.  
 Kurt Perhach  
 John Vasilik, Alternate I

**LIAISONS:**

**Twp. Committee:** Mark Caliguire  
**Montgomery Schools:** Paul Popadiuk, VP, MHS

**Independent Sport League Organizations**

*Montgomery Recreation does NOT run these programs. They are independent.*

**Montgomery Youth Baseball & Little League:**  
 Dave Musto 609-430-1220 [www.montgomerybaseball.com](http://www.montgomerybaseball.com)  
**Montgomery Girls Softball:**  
 Daniel O'Connor 908-281-6394 [www.montgomerysoftball.com](http://www.montgomerysoftball.com)  
**Montgomery Jaguars Girls Travel Softball:**  
 Anthony Uva 908-581-2203 [www.eteamz.com/MontgomeryJaguars](http://www.eteamz.com/MontgomeryJaguars)  
**Montgomery Youth Soccer:**  
 Pat Brady 908-874-8157 [www.sportsconnex.com/mtys](http://www.sportsconnex.com/mtys)  
**Soccer Club Youth Development Program:**  
 Bruce Guest 908-904-9428 [www.bluesombrero.com/montgomerysoccer](http://www.bluesombrero.com/montgomerysoccer)  
**Soccer Club Traveling:**  
 John Lyssikatos 908-359-2955 [www.montgomerysoccer.org](http://www.montgomerysoccer.org)  
**Montgomery Youth Basketball:**  
 Tom Tarca 908-359-8618 [www.montgomerybasketball.com](http://www.montgomerybasketball.com)  
 John Hageman 609-466-3936

**Montgomery Boys/Girls Lacrosse:**  
**Boys:** Cliff Higgins 609-683-5250 [www.sportsconnex.com/mylc](http://www.sportsconnex.com/mylc)  
**Girls:** Becky Sommi 908-904-9600  
**Men's Montgomery United Soccer:**  
 Eric Atanda 609-683-0670 eatanda@hamamatsu.com (email)  
**Montgomery Youth Football & Cheerleading:**  
 Dave Colonna 908-359-2386 [www.myfca.org](http://www.myfca.org)  
**Montgomery Flag Football:**  
 John Durso 908-406-0555 [www.leaguelineup.com/montgomeryflagfootball](http://www.leaguelineup.com/montgomeryflagfootball)  
**Montgomery Wrestling:**  
 John Moyle 908-281-6431 [www.montgomerywrestling.com](http://www.montgomerywrestling.com)  
**Princeton Special Sports:**  
 Deborah Norcross 609-279-0191 [dmartinnorcross@aol.com](mailto:dmartinnorcross@aol.com) (email)  
**Challenger Little League:**  
 Amy Staats 908-581-4010 [www.littleleague.org/divisions/challenger/asp](http://www.littleleague.org/divisions/challenger/asp)

**REGISTRATION FORM**

Once a registration is taken, no refunds, rainchecks, or credit will be given unless a program is canceled due to lack of participation. Class participants will not receive a confirmation. If you do not hear from our department, your registration is complete and you should plan to attend the class as scheduled. Trip participants will receive an itinerary approximately a week prior to the trip date. Register for all programs well in advance of start date so that programs are not canceled due to low participation. For more information please call 609-466-3023. Senior Citizens (55+) may take 10% off Adult School Classes (not trips). **SEPARATE checks are required if you are registering for a class and a trip.** Non-residents need to add an additional \$10.00 to the class fee. Please note! **NO reservations for classes or trips are accepted over the phone. Registrations are only processed with payment - first come, first served.** You may call to inquire about the status of a class or trip, but NO reservations will be made over the phone! THANK YOU & Enjoy!

Last Name	First Name	Grade	Age
Address	(Street)	(City)	(Zip)
Phone/Home	Work	Email	
Course/Trip	Date/Time of Class	Cost	
Course/Trip	Date/Time of Class	Cost	
Check#(s)	/	Date	Cash
Total Enclosed _____			

**NOTE:** Please complete the entire registration form. It is very important for proper registration. Please make checks payable to Montgomery Recreation Department. Send form(s) with check to: Montgomery Recreation, Otto Kaufman Community Center, 356 Skillman Rd, Skillman, NJ 08558. If you have questions, call 609-466-3023. **Classes may be canceled 1 week prior to start date based on registrations; please register early!**

I understand that the programs in this brochure are sponsored by the Montgomery Township Recreation Department, and hereby waive, release, absolve, indemnify, and agree to hold harmless, Montgomery Township, the class organizers, supervisors, and chaperones, for any claim arising out of an injury to myself/son/daughter. I understand I will not receive a refund for any class/program unless the class/program is cancelled by the Recreation Department.

Adult Name:(Print) \_\_\_\_\_ Adult Signature \_\_\_\_\_ Date \_\_\_\_\_