

# MANALAPAN RECREATION CENTER SUMMER PROGRAM GUIDE

SPORTS & FITNESS | CULTURAL PROGRAMS | SPECIAL EVENTS

ARTS & CRAFTS  
FITNESS CLASSES  
SPECIAL EVENTS

*Recreation helps keep  
you fit for life!*

**REGISTRATION  
BEGINS MAY 14**

*On RecDesk*



# MAKE THIS SUMMER ONE TO REMEMBER!



*In this guide you will find:*



**Health & Wellness**



**Sports & Fitness**



**Community Events**



**Cultural Activities**



**Special Events**



**Senior Center Information**

## How to register:

**mtnj.org → departments/parks and recreation →  
program/registration information**

**Manalapan Parks and Recreation**

**Office: (732) 446-8336; (732) 446-8353**

**120 Freehold Road Manalapan, NJ 07726**



**Manalapan Parks and Recreation**



**@Manalapan\_Parks\_And\_Recreation**



**@Manalapan\_Rec**

# PAVILION RENTALS

*Host your special event with us.*

**Pavilions available at the Manalapan Recreation Center**



- Birthday Parties
- Baby Showers
- Family Reunions
- Barbeques
- Class Parties
- Team Gatherings

**Reservation packet available at:**

[mtnj.org](http://mtnj.org)



departments



parks & recreation

***Pavilions & fields are available by permit  
use only. Please call the  
Parks & Recreation office for more  
information.***

**(732) 466-8336**

# PARENT & CHILD



## Family Fitness: Super Hero Training

NEW!

*Ages 3-6 with Adult*

Calling all superheroes! Join us for a morning of fitness and exercise while learning and practicing our superhero-themed skills! Exercising with your child instills the importance of physical activity and a healthy lifestyle from an early age, setting the foundation for a lifetime of fitness habits. This program is open to all families with children ages 3-6, with age-appropriate exercises performed in a fun way. Families are welcome and encouraged to dress as their favorite superheroes. Please bring a yoga mat and water.

**\$35 Per Family of 4; \$5 per add' person**  
**Manalapan Recreation Center,**  
**Dreyer Pavilion**  
**Sunday June 8; 10am-10:30am**

## Lil Dancers: Grown Up & Me

*Ages 2 & under with Adult*

Get your little one outside in the fresh air with this interactive, upbeat parent and child movement class. Your child will dance along with fun music and play with exciting props including colorful scarves, a large rainbow parachute, bubbles and more! Children will stretch, improve balance and explore their creativity. Enjoy a morning of socialization while soaking in the beauty of the park!

**5 Classes \$72 per parent/child pair**

**Manalapan Recreation Center,**  
**Kuschick Pavilion**

**Saturdays July 12-August 9; 9:30am-10am**  
**Optional Recital: August 16**

## Science & Nature Explorers

*Ages 2-5 with Adult*

Come explore nature and science with us through classic stories and themed sensory play. Music, movement, simple games, and art will add to the fun. Dress for messy outdoor play.

**1 Class/Session \$25 per parent/child pair;**  
**\$10 per add' child**

**Manalapan Recreation Center,**  
**Dreyer Pavilion (outside)**

**Session 1: Summer Colors**

**Saturday June 21; 10am-11am**

**Session 2: Picnic Time**

**Saturday July 12; 10am-11am**

**Session 3: Winter in Summer**

**Saturday July 26; 10am-11am**

**Session 4: Mermaid Fun**

**Saturday August 2; 11am-12pm**



# PARENT & CHILD

## Multi Sports

*Ages 1.5-3.5 with Adult*

Introduce your child to the world of sport in a supportive, non-competitive environment. With help from their parent, young children will learn a variety of movement skills through enjoyable games and activities from various sports. All of this is done with the support and guidance of a parent by their side. With a parent actively participating beside them, your child will enjoy quality bonding time while learning fundamental skills. Our curriculum is carefully tailored to promote both physical and personal growth, offering excitement and fun in every session, including songs, yoga, sports games, and an epic obstacle course designed specifically for toddlers.

**6 Classes \$150 per parent/child pair**

**Manalapan Recreation Center, Field G**

**Saturdays July 12-August 16**

**Ages 1.5-2.5; 9am-9:40am**

**Ages 2-3.5; 9:45am-10:25am**

**Ages 2-3.5; 10:30am-11:10am**



## Stroller Fitness

*6 weeks-5 years with Adult*

Come enjoy a great workout while meeting new friends and their little ones! This stroller fitness class is a full body workout catering to all levels of fitness through strength, cardio, and core training. Some kids may laugh, cry, sleep, eat or need a bottle during class - don't worry! We get it! Please bring a yoga mat, water and a light pair of dumbbells (2-3 lbs.). Children 6 weeks - 5 years welcome. Moms must be at least 6 weeks postpartum (8 weeks with a c-section) with clearance from their doctor to exercise.

**6 Classes \$130 per parent/child pair**

**Holiday Park**

**Tuesdays June 3-July 8; 11:15am-12pm**



# SPORTS SUMMER CAMPS

MANALAPAN  
RECREATION

## WEEKLY CLASSES

AGE 5 - 11

Fall Schedules Online Soon  
More Sports Options Available

SCAN TO VIEW  
SCHEDULES & REGISTER



## SUMMER SCHEDULE

### ***Multi Sports Summer Camp:*** 8/18 - 8/22/25

Location: Manalapan Recreation Center, Field G  
Monday to Friday from 9am to 12pm

Early Drop Off Available at 8:45am

Ages 5-11

**\$210**

### ***Tennis Summer Camp:*** 8/18 - 8/22/25

Location: Manalapan Recreation Center Tennis Courts  
Monday to Friday from 9am to 12pm

Early Drop Off Available at 8:45am

Ages 5-11

**\$235**



**REGISTER TODAY**

[HTTPS://MANALAPAN.RECDESK.COM/COMMUNITY/HOME](https://manalapan.recdesk.com/community/home)

NEED HELP? CONTACT TODAY

**732-446-8336**



# KIDS & TEENS - CULTURAL

## Art in the Park

*Grades K-7*

Does your child love to draw and color? Well you're in luck! Come join our drawing-based fine art program with a diverse multimedia curriculum. Discovery and self-expression are fundamental to art programs where creative spirit is nurtured while building friendships and having fun. Dress for the mess!

**4 Classes/Session \$60 per child**

**Manalapan Recreation Center,  
Kuschick Pavilion**

**Session 1:**

**Thursdays June 5-July 3; 5pm-6pm  
(skip 6/19)**

**Session 2:**

**Thursdays July 10-July 31; 5pm-6pm**

**Session 3:**

**Thursdays August 7-Sept 11; 5pm-6pm  
(skip 8/14 & 8/21)**

## LEGO Robotics and Coding-Space Odyssey

*Grades 2-4*

This engaging and hands-on program delves into the world of STEM using LEGO Spike Essential Education Robotics Construction sets. Students will have a blast constructing space-themed structures such as lunar rovers and coding them to navigate obstacles. Each week, they will embark on a new space exploration project, allowing them to develop problem-solving skills and collaborate as they work with their partner. Through building, coding and testing Lego prototypes, students will gain confidence, understanding and an appreciation for the wonders of space.

## Lego Robotics & Coding with Scratch MIT Funky Innovations

*Grades 4-6*

This fun and interactive STEM program will engage students in engineering, robotics and coding using LEGO Spike Essential Education Robotics Construction Sets. They will develop engineering design skills as they define problems, brainstorm solutions and test prototypes for example, a trash monster and a high-tech playground. Through building, coding and testing LEGO models, students will gain confidence, understanding and appreciation for engineering.

**6 Classes \$165 per child**

**Manalapan Recreation Center,  
Kuschick Pavilion**

**Tuesdays July 8-August 12; 6:15pm-7:15pm**

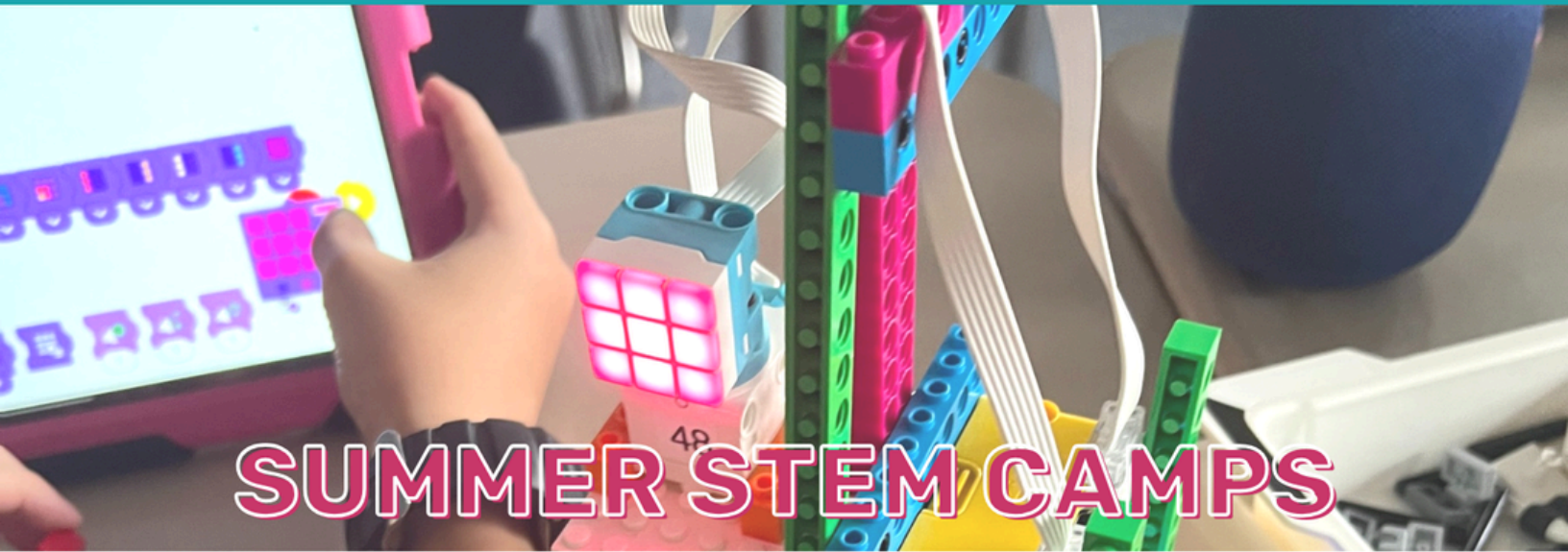


**6 Classes \$165 per child**

**Manalapan Recreation Center,  
Kuschick Pavilion**

**Tuesdays July 8-August 12; 5pm-6pm**

# We help children grow into creators.



## SUMMER STEM CAMPS



**MANALAPAN TOWNSHIP**  
A GREAT PLACE TO LIVE.

**LEGO® Robotics and Coding - Summer Fun:** August 18 - 22, 9:00 am - 12:00 pm

Incoming grades: 2 - 4

Minimum 5, maximum 8

This fun and interactive camp will introduce children to coding, robotics, and engineering using the LEGO® Spike Essential Education Robotics Construction Sets. Throughout the week, campers will combine hands-on STEM activities and team challenges to learn coding, problem-solving, and critical thinking skills. They will work in pairs on building models using sensors and motors that will allow them to code their prototypes to simulate amusement park rides. Young engineers will learn and gain confidence as they build and test their designs, reinforcing these concepts.

**LEGO® Robotics and Coding with Scratch MIT - Summer Getaway:** August 18 - 22, 1:00 pm - 4:00 pm

Incoming grades 4 - 6

Minimum 5, maximum 10

This engaging and interactive camp introduces children to coding, robotics, and engineering through LEGO® Spike Essential Education Robotics Construction Sets. Throughout the week, campers will participate in hands-on STEM activities and collaborative challenges to develop coding, problem-solving, and critical thinking skills. They will work in pairs building models using sensors and motors that will allow them to code their prototypes to simulate means of transportation using Scratch MIT, a block-based coding language. Young engineers will build confidence as they design, test, and refine their creations, bringing their innovations to life!

**SCAN TO REGISTER:**



**MANALAPAN.RECDESK.COM**



# KIDS & TEENS - CULTURAL

## Lil Dancers : Dance On My Own

*Ages 2-4*

Get ready to dance, wiggle, and have a blast! In this super fun class, your child will twirl, jump, and groove as they explore creative movement and beginner dance steps. We'll move to awesome music kids love and use our imaginations! We'll wave the giant rainbow parachute, chase bubbles through the air, and build the confidence to shine as independent dancers.

**5 Classes \$72 per child**

**Manalapan Recreation Center,  
Kuschick Pavilion**

**Wednesdays July 16-August 13;  
4pm-4:30pm**

**Optional Recital August 16th**



## Manalapan Recreation Dance: Dancing Minis

*Ages 4-6*

In this super fun, upbeat class, dancers will explore beginner ballet and jazz techniques while building confidence and coordination. Dancers will work on a fully choreographed routine to perform—building confidence and stage presence. Each week includes playful movement & exciting music! Creativity and musicality are encouraged every step of the way, making this class a perfect blend of structure and fun.

**5 Classes \$72 per child**

**Manalapan Recreation Center,  
Kuschick Pavilion**

**Wednesdays July 16-August 13;  
4:35pm-5:05pm**

**Saturdays July 12-August 9;  
10:05am-10:35am**

**Optional Recital: August 16**





CO-ED

# SOCCER

Camp

GRADES 1-9

This camp will cover basic soccer fundamentals such as passing, receiving, heading, dribbling and shooting. Players will learn the strategies and rules of the sport while engaging in drills and game situations. Both offensive and defensive skills will be enhanced by four-on-four games as well as full sided competitions. Camp is instructed by Manalapan High School Varsity Girls Soccer Coach, John Rogers and Varsity Boys Soccer Coach, Brandon Downey. This camp is run in coordination with the Manalapan High School soccer programs. All equipment must be supplied by the participant. No experience necessary. Instruction provided.

**\$110 PER PARTICIPANT & \$90 PER CAMPER**  
**(DISCOUNTED RATE FOR SUMMER REC CAMPERS ONLY)**

**JUNE 16 - JUNE 19**

**5:00PM TO 7:30PM**

**SCAN TO REGISTER:**



**MANALAPAN.RECDESK.COM**



# KIDS & TEENS - CULTURAL

## Manalapan Recreation Dance: Ballet

*Ages 7-9*

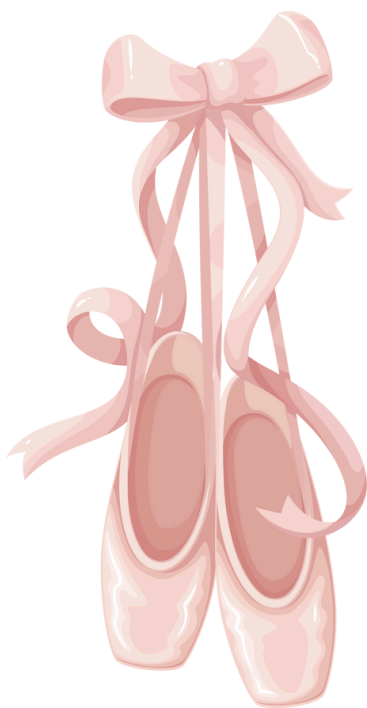
Experience the magic of the ballet with its gorgeous dance steps and whimsical music. Your princess or prince will have so much fun as they are invited to explore movement creatively while learning proper ballet terminology. The music will include both popular songs and traditional orchestral music from the most famous ballets. Dancers will partake in a series of ballet stretches to increase flexibility, exercises to gain strength and stability, and free dance to encourage creative expression.

**5 Classes \$72 per child**

**Manalapan Recreation Center,  
Kuschick Pavilion**

**Wednesdays July 16-August 13;  
5:10pm-5:40pm**

**Optional Recital: August 16**



## Manalapan Recreation Dance: Jazz/HipHop

*Ages 6-14*

If your child likes to dance and sing along to pop music, this is the class for them! This fun, upbeat class is geared towards high energy dancers. Classes will be filled with turns, leaps, high kicks and other cool moves for your dancers to show off. Weekly choreography will incorporate foundational jazz/hiphop dance steps seen in your favorite music videos or on stage in a show. Classes will incorporate stretches and exercises to build strength, flexibility and a sense of rhythm. We will also reinforce important skills necessary to a child's success in the classroom. This class will culminate in an optional recital dance to perform at the end of the season.

**5 Classes \$72 per child**

**Manalapan Recreation Center,  
Kuschick Pavilion**

**Wednesdays July 16-August 13;**

**Ages 6-8 5:45pm-6:15pm**

**Ages 11-14 6:20pm-6:50pm**

**Saturdays July 12-August 9;**

**Ages 6-7 11:15am-11:45am**

**Ages 8-10 11:50am-12:20pm**

**Optional Recital: August 16**



# Kids Fest

SUPERHERO EDITION



**FREE EVENT!**

May 17th at Field M,  
Manalapan Recreation Center  
10am-1pm

Musical Performance at 11am  
by Little Rockers

FEATURING MUSIC,  
CHARACTERS,  
SPONSOR DISPLAYS  
AND MORE!

*Brought to you by*



**COME EARLY AND MEET EVENT SPONSORS**


Businesses that sponsor this event will be able to set up a table to display their products or services.

If you are interested in sponsoring this event, please call 732-446-8308 or e-mail [info@mtnj.org](mailto:info@mtnj.org) with any questions.



# KIDS & TEENS - SPORTS

## Beginner/Intermediate Tennis

Ages 5-11 

Our tennis classes offer a fun and engaging environment for players to develop their skills, whether you're just starting out or looking to enhance your abilities. Led by professional coaches, players will learn the fundamental techniques of tennis, including stroke technique, serving, court awareness, and rallying. The class will also cover tactics and game rules, ensuring players have the tools to play confidently.

**6 Classes \$170 per child**

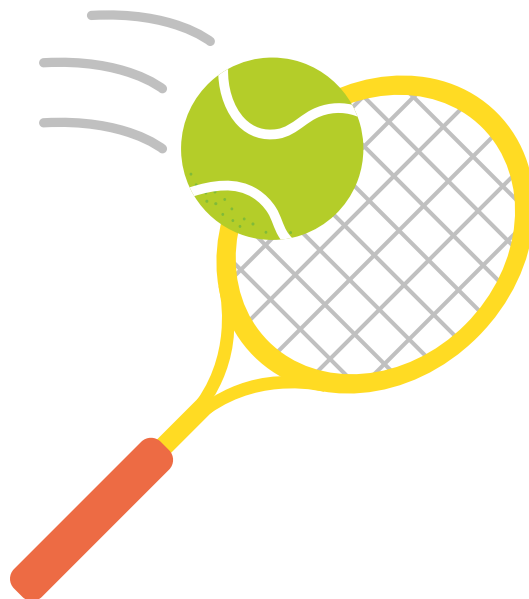
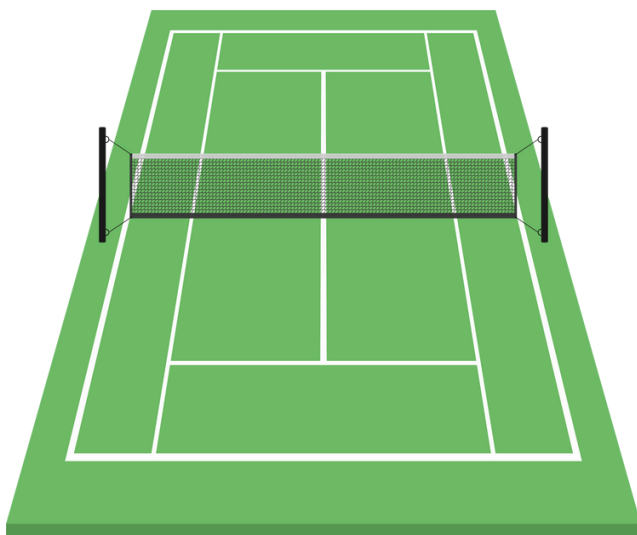
**Manalapan Recreation Center; Front Courts**

**Sundays July 13-August 17**


**Ages 5-8 8:00am-8:50am**

**Ages 5-8 9:50am-10:35am**

**Ages 8-11 10:40am-11:30am**



## Intermediate/Advanced Tennis

Ages 8-11 

This tennis class is ideal for the intermediate to advanced player looking to enhance their tennis skills and decision-making abilities in game-situations. Our professional, qualified tennis coaches will ensure players are challenged. Before attending this class players should be able to perform a consistent 4-ball rally and demonstrate the basic techniques of forehand, backhand, volley, and serve.

**6 Classes \$170 per child**


**Manalapan Recreation Center; Front Courts**

**Sundays July 13-August 17**

**11:40am-12:30pm**

# KIDS & TEENS - SPORTS

## Squirt Multi Sports

Ages 3-5.5 

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, and more fun!

**6 Classes \$150 per child**

**Manalapan Recreation Center, Field G**  
**Wednesdays July 9-August 13**


**Ages 3-4.5 4pm-4:45pm**

**Ages 4-5.5 4:50pm-5:35pm**

**Ages 3-4.5 5:40pm-6:25pm**



## Squirts Tennis

Ages 3-5 

Our Tennis Classes offer a fun and engaging environment for players to develop their skills, whether you're just starting out or looking to enhance your abilities. Led by professional coaches, players will learn the fundamental techniques of tennis, including stroke technique, serving, court awareness, and rallying. The class will also cover tactics and game rules, ensuring players have the tools to play confidently. Each session combines skill-building drills, fun challenges, and match play, giving players the chance to practice their new skills in a supportive, team-oriented setting.

**6 Classes \$170 per child**

**Manalapan Recreation Center; Front Courts**  
**Sundays July 13-August 17**  
**9:00am-9:45am**





# SUMMER REC BASKETBALL

**REGISTRATION OPENS: MAY 14 AT 9AM AND  
CLOSES ON JUNE 13 AT 4PM**

**THE SEASON WILL RUN JULY 7–AUGUST 13**

ALL PRACTICES AND GAMES ARE HELD OUTDOORS AT THE  
MANALAPAN RECREATION CENTER. PRACTICES AND GAMES  
ARE SCHEDULED BETWEEN MONDAY, TUESDAY, AND  
WEDNESDAY EVENINGS EACH WEEK. PROGRAM MAY EXTEND  
DUE TO WEATHER CANCELLATIONS.



## BOYS DIVISIONS:

**3<sup>RD</sup> AND 4<sup>TH</sup> GRADE**

**5<sup>TH</sup> AND 6<sup>TH</sup> GRADE**

**7<sup>TH</sup> AND 8<sup>TH</sup> GRADE**

## GIRLS DIVISIONS:

**JUNIOR LEAGUE: 3<sup>RD</sup> 4<sup>TH</sup> AND 5<sup>TH</sup>**

**SENIOR LEAGUE: 6<sup>TH</sup> 7<sup>TH</sup> AND 8<sup>TH</sup>**



**SCAN TO REGISTER!**



**MANALAPAN.RECDESK.COM**

# KIDS & TEENS - SPORTS

## Boys Skills & Scrimmage Basketball

Ages 7-9



Our Basketball Skills & Scrimmage program is designed to develop fundamental basketball skills in an engaging, game-based setting. Players will work on essential techniques like dribbling, passing, shooting, footwork, and more, through fun drills and activities that encourage both individual improvement and team collaboration. Each class combines skill-building exercises, game-related challenges, and scrimmage play, allowing players to apply their skills in live game situations.

**6 Classes \$150 per child**

**Manalapan Recreation Center; Old Courts**  
**Thursdays July 10-August 14**

**Ages 7-9 4:30pm-5:20pm**

**Ages 7-9 5:30pm-6:20pm**

## Girls Skills & Scrimmage Basketball

Ages 7-9



Our Basketball Skills & Scrimmage program is designed to develop fundamental basketball skills in an engaging, game-based setting. Players will work on essential techniques like dribbling, passing, shooting, footwork, and more, through fun drills and activities that encourage both individual improvement and team collaboration. Each class combines skill-building exercises, game-related challenges, and scrimmage play, allowing players to apply their skills in live game situations.

**6 Classes \$150 per child**

**Manalapan Recreation Center; West End Courts**  
**Thursdays July 10-August 14**

**Ages 7-9 5:30pm-6:20pm**

**Ages 7-9 6:30pm-7:20pm**

## COED Skills & Scrimmage Basketball

Ages 5-11



Our Basketball Skills & Scrimmage program is designed to develop fundamental basketball skills in an engaging, game-based setting. Players will work on essential techniques like dribbling, passing, shooting, footwork, and more, through fun drills and activities that encourage both individual improvement and team collaboration. Each class combines skill-building exercises, game-related challenges, and scrimmage play, allowing players to apply their skills in live game situations.



**6 Classes \$150 per child**

**Manalapan Recreation Center; Old Courts**  
**Thursdays July 10-August 14**

**Ages 5-7 4:30pm-5:20pm**

**Ages 9-11 6:30pm-7:20pm**



# KIDS & TEENS - SPORTS

## Gone Running: Summer Running Camp

*Grades 2-12*

Beat the heat with this summer running program set on the shaded, crushed gravel running trails of Manalapan's own 5k running course. This camp is designed to offer three separate training platforms to meet the needs of each specific age group: high school, middle school and elementary school. Join us to jump-start your summer training as we hit the trails and run for fun! High school and middle school runners' activities will focus on endurance, strength, and plyometric training as well as nutrition, racing strategies and personal motivation. The elementary program for grades 2-5 offers exciting games, races and training activities that will keep the participants moving and motivated while building their self-confidence and stamina. All athletes will participate in a race guided by their coaches. Gone Running T-shirt included.

**4 Day Camp \$130 per child**

**Week 1: June 30-July 3; 5pm-7pm**

**Week 2: July 7-July 10; 5pm-7pm**

**Both weeks \$210**

**Manalapan Recreation Center,  
Kuschick Pavilion Lot**



## Gone Running: Summer Training Camp

*Grades 2-12*

Join our competitive training program for high school, middle school and elementary age runners who want to prepare for the upcoming Cross Country season in September. High school and middle school participants will prepare for the school team/Jr Olympics fall season competitions. The elementary school group (grades 2-5) will focus on developing speed and endurance for enjoyment, Jr. Olympic training or to prepare for team sports competition this fall.

**14 Classes \$175 per child**

**Manalapan High School Track**

**July 15-August 28**

**Tuesdays & Thursdays 5:00pm-6:15pm**



# SPECIAL EVENTS

SAVE THE DATE

## CONCERTS



June 14: Misfits



July 18: TBD



August 8: Disco Unlimited



## MOVIES IN THE PARK

June 12



July 10



August 7

## COMMUNITY EVENTS

June 1: Native Plant Sale & Nature Fest, Dreyer Pavilion

June 21: Manalapan Day, Manalapan Rec Center

*Follow us on social media for the most up-to-date event information:*



Manalapan Parks and Recreation



@Manalapan\_Parks\_And\_Recreation



@Manalapan\_Rec

Manalapan Environmental Commission

## Native Plant Sale & Nature Fest

Sunday June 1

9:00 am - 2:00 pm



## Manalapan Rec Center

120 Route 522

At the Eco Patio & Dreyer Pavillion

Free Family Fun  
Activities & Eco Exhibits

Buy milkweed, help  
save monarch butterflies

Friendly advice from a Rutgers  
University Native Plant Expert and  
other Gardening Gurus

Native plants are  
low maintenance, beautiful, &  
benefit the environment



# ADULTS

## Art in the Park

### Adults

Calling all adults, do you love to draw and color? Do you want to be outside in the nice weather? Well, you're in luck! Join our drawing-based exemplary art programs with a diverse multimedia curriculum. Discovery and self-expression are fundamental to art programs where the creative spirit is nurtured while building friendships and having fun!

**4 Classes/Session \$60 per person**

**Manalapan Recreation Center,  
Kuschick Pavilion**

#### Session 1:

**Thursdays June 5-July 3; 6pm-7pm  
(skip 6/19)**

#### Session 2:

**Thursdays July 10-July 31; 6pm-7pm**

#### Session 3:

**Thursdays August 7-Sept 11; 6pm-7pm  
(skip 8/14 & 8/21)**

## Glitter Hoops

### Adults

No prior experience needed. Learn the basics of Hoop Dance! Class will start with stretching, then an arm workout, followed by a leg workout, all done while waist hooping to work the core. You will learn a few Hoop moves each week so that by the end of the course we will put them all into flow to form a hoop dance. You will need to bring water and a smile. Hula Hoop is provided for class use. Start with a new spin on fitness! Classes tone and strengthen your entire body while providing you with increased energy, flexibility, and confidence. Low impact cardio workouts. Wear comfortable clothing.



## Mahjong for Beginners

### Adults

Mahjong, a game that originated in China many centuries ago, is a game of both skill and luck. When Mahjong came to the West in the 1920s, it took many communities by storm, and now Mahjong is played with four players seated around a table. Tiles are shuffled, dice are cast, and rituals involving the dealing and exchanging of tiles begins. The first person to match a hand of 14 tiles calls "Mahjong" to end the game. This course is for first time Mahjong players!

**4 Classes \$185 per person**

**Manalapan Recreation Center,  
Kuschick Pavilion**

**Mondays July 21-August 11 ; 5:30pm-7:30pm**



**6 Classes/Session \$60 per person**

**Kuschick Pavilion**

#### Session 1:

**Thursdays June 12-July 17; 7pm-8pm**

#### Session 2:

**Thursdays July 31-September 4; 7pm-8pm**



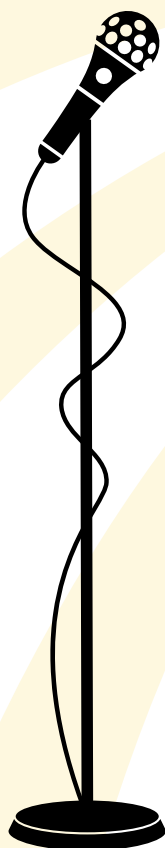
Manalapan Parks and Recreation Presents

# A Wicked Fairytale

Summer Performance



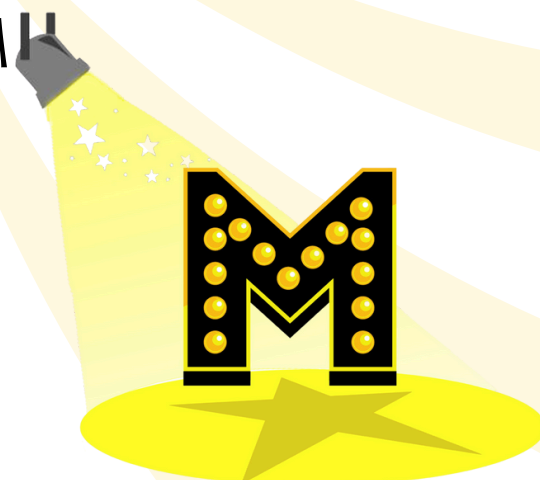
JOIN MISFITS THEATRE COMPANY AS THEY PRESENT A COMBINATION  
OF POPULAR FAIRYTALES! BE PREPARED TO SING ALONG AND ENJOY  
A WICKED TALE AS OLD AS TIME!



- ★ WHERE: FIELD M, MANALAPAN REC CENTER, OUTDOOR STAGE
- ★ WHEN: SATURDAY, JUNE 14TH
- ★ TWO PERFORMANCES, 11AM AND 1PM
- ★ RUNNING TIME: 45 MINUTES

BRING YOUR OWN CHAIRS AND SNACKS!

★ THIS IS A FREE EVENT! ★



**Misfits  
THEATRE CO**



# ADULTS

## Adult Musical Theatre Dance

NEW!

### Adults

Channel your inner Broadway star in this fun and fabulous dance class designed just for adults! Learn easy, upbeat combos inspired by musicals old and new, with zero pressure and lots of laughs. Whether you're a total beginner or just miss dancing, this musical theater class is your weekly dose of joy this summer!

**6 Classes \$85 per person**

Manalapan Recreation Center,  
Kuschick Pavilion

Tuesdays July 8-August 12; 7:30pm-8:15pm



## Yoga Basics

NEW!

### Adults

Welcome to Yoga Basics! This class invites new yogis and those already practicing. Each session will incorporate various yoga postures, gentle movement, breath work and guided meditation to help you connect with your body and find some relaxation. Come discover yoga at your own pace in a calm and supportive environment. Our goal is to reduce stress as you gain confidence, flexibility, strength and focus.

**6 Classes/ Session \$65 per person**

Manalapan Recreation Center,  
Kuschick Pavilion

### Session 1:

Wednesdays June 4-July 9; 7pm-8pm

### Session 2:

Wednesdays July 23-September 9; 7pm-8pm

## Pilates Fusion

NEW!

### Adults

A combination of Pilates and Total Body Conditioning, these workouts are designed with the perfect balance of low impact sculpting exercises along with light weights to help you feel stronger, toned, and more energized. All fitness levels are welcome. Please bring a yoga mat, water, and a set of dumbbells (2-3 LBS).

**5 Classes \$110 per person**

Manalapan Recreation Center,  
Dreyer Pavilion

Mondays June 9-July 7

6:30pm-7:05pm

**6 Classes \$130 per person**

Mondays July 14-August 18

6:30pm-7:05pm



MANALAPAN REGIONAL ORCHESTRA

# SPRING *Concert*

MAY 21, 2025

7:00 PM

MANALAPAN HIGH SCHOOL, RLA GYM

**FREE TO THE PUBLIC**



## **HIGHLIGHTS INCLUDE:**

Hungarian Dance No.5 by Brahms  
The Sound of Music  
Selections from Fiddler on the Roof  
Themes from Sorcerer's Apprentice



# THERAPEUTIC RECREATION

## S.O.A.R. Dance

### *Adults with Special Needs*

Let's dance! Join us outdoors at the Kushick Pavilion this August as we dance our way through the end of the summer! Our dance instructor, Miss Sarah, will lead participants through a 30 minute dance and movement classes over the course of 4 consecutive Saturday afternoons to work on gross and fine motor skills and socialization. We will move and groove to popular songs and learn some new dances along the way. \*This program is intended for adults with special needs.

**4 Classes \$30 per person**

**Manalapan Recreation Center,  
Kushick Pavilion**

**Mondays July 7-July 28; 4:00pm-4:30pm**



## LOOKING FOR SATURDAY NIGHT OUT?

SNO will return in September of 2025 and will be advertised in our Fall Program Guide, set to be released on Wednesday, August 13.

Feel free to contact us in the meantime with questions.

Saturday Night Out is a monthly program that runs on a school year schedule for young adults with special needs. Some activities include bowling, dances, magic shows, karaoke nights and more!

**Please contact Katie O'Brien with questions and volunteer opportunities:  
(732) 446-8352; kobrien@mtnj.org**



# SENIOR CENTER

*Our mission is to maintain a welcoming facility and resource center for educational, recreational, and wellness programs as well as provide access to support services for seniors and their caregivers.*

*Our goal is to meet the needs of the senior population to ensure quality of life, promote physical, emotional, and economic well-being and encourage participation in aspects of community life. Our programs encourage socialization and present opportunities to make new friends.*

## *Some Programs Include:*

**Chair Yoga**

**Gentle Cardio**

**Tai-Chi**

**Strength Training**

**Book Club**

**Healthy Bones**

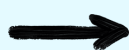
**Bingo**

**Special Events**

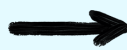
**Bus Trips**

## **For more information visit:**

mtnj.org



departments



senior center

Programs held at:

***Manalapan Township Community Center***

114 Route 33 West

Manalapan, NJ 07726

(just past Peking Pavilion Restaurant)

*Interested in joining or know a senior that  
might be? Give us a call!*

**(732) 446-8401**

\*Must be 60+ and a Manalapan Resident

Manalapan Parks & Recreation | (732) 446-8336 | [www.mtnj.org](http://www.mtnj.org)

