

RECREATION DEPT.

NEWSLETTER, ISSUE 16

JANUARY-AUGUST, 2025

WINTER CLASSES

Location: Washington Township, Community Center, 35 E.. Springtown Rd.

Yoga/Fitness Winter Schedule :

Mondays from January 20– March 10, 2025

- Strength & Balance: 12:30pm – 1:15pm

Tuesdays from January 14– March 18, 2025

- Osteoporosis Yoga: 8:30am - 9:30am

Wednesdays from January 15– March 19, 2025

- Beginner Mat Yoga: 9am -10am
- Gentile Mat Yoga: 10:15am -11:15am
- Fitness/Exercise: 4:15pm - 5:15pm

Wednesdays from January 22– March 19, 2025

- Evening Mat Yoga: 5:30pm – 6:30pm

Thursdays from January 16– March 20, 2025

- Early Morning Mat Yoga: 8am -9am
- Beginner Chair Yoga: 10am - 11am

Musical Theatre Enrichment

Mondays from January 13– March 10, 2025

- Session #1 Ages 5-8; 4:30pm –5:30pm
- Session #2 Ages 9-11; 5:35pm - 6:35pm

Free intro to Line Dancing

Thursday January 23, 2025

- Ages 15-Adult 4:45pm –5:45pm

RHYTHM OF LINE-DANCING

“Get ready to kick up your heels and join the fun again with our line dancing class with Sandi; Willow Creek Events! It is perfect for beginners and seasoned dancers alike. Learn easy-to-follow steps, grove to great music, and enjoy a fantastic early evening of fun and fitness. No partner needed-just bring your energy and enthusiasm! Come dance with us!



Two Sessions:

Date: Thursday's; March 6 or March 20, 2025

Time: 4:45 pm—5:45 pm

Cost: \$10 a class

Location: Washington Twp. Community Center

Deadline Date: March 3, 2025

****Limited enrollment for all Recreation & Senior Programs. Must pre-register no walk-ins are accepted****

ST. PATRICK'S DAY LUNCHEON

Wash. Townships annual Senior Saint Patrick's Day Luncheon is back in full swing .The delicious American-Irish Traditional Luncheon will be catered by The Valley Restaurant. Our featured entertainer, Patricia Turse, will warmly play the Harp bringing her warm personality to make it a memorable event!

Date: Monday, March 17, 2025

Time: 11am

Cost: \$13 (Resident) & \$15 (Nonresidents) per person

Location: Washington Twp. Community Center

Deadline Date: March 10, 2025



****All Programs have a no refund policy. Please read the last page in regards to late fee policy. ****

SPRING TENNIS CLINIC

This six-week Tennis program is geared towards our Pre-K to Elementary aged players. Coach K is a professional tennis instructor who is certified through USPTR (US Professional tennis Registry). All you need is your own racquet and we will see you on the courts!

Dates: Sunday's March 30-May 18, 2025 (6wks)

Session #1 Beginners ages 4-6

Times: 8:45am - 9:25 am

Cost: \$130



Session # 2 Elementary ages 7-10

Times: 9:30am - 10:20am

Cost: \$160

Sessions #3 High School Hopefuls ages 11-14

Times: 10:30 am - 11:30 am

Cost: \$190

Location: Rock Spring Park Tennis Courts

Deadline Date: March 25 , 2025

HEARING LIFE SCREENING



Hearing loss can develop gradually and early detection & treatment is important. Even if you do not have hearing loss, a screening can be used as a baseline should you develop hearing loss later. Please take

advantage of the for a brief presentation, as we welcome Tracy Walker and the "Complimentary Hearing Screening."

Date: Thursday, April 3, 2025

Time: 10:00 am

Cost: Free

Location: Washington Township Community Center

Deadline Date: March 27, 2025

"SPRING" FRAUD SEMINAR

Do not be part of the statistical trend, but be part of the fraud awareness party. Join Ryan Thomas at the Fraud Seminar as he discusses awareness and educates about fraud. How to prevent, recognize, and avoid deceptive practices.

Date: Thursday, April 10, 2025

Time: 11am

Cost: Free

Location: Washington Township Community Center

Deadline Date: April 3, 2025



LINE DANCING BY SANDI

Keep the momentum going, learn new dance moves, and have an amazing time working out!" Our line dancing class with Sandi from Willow Creek Events is perfect for both beginners and experienced dancers. Follow easy-to-learn steps, groove to fantastic music, and enjoy an hour of fun and fitness. No partner is required, just bring you energy and spirit!

Date: Thursdays, April 3 or April 17, 2025

Time: 4:45 pm - 5:45 pm

Cost: \$10 a class

Location: Washington Township Community Center

Deadline Date: March 31, 2025



CHEMICAL WIZARDRY

“Chemical Wizardry,” a Super Science for Kids program designed to ignite a passion for science in children ages 6 thru 12 years. This will introduce young scientists to the fascinating principles of chemistry & physics through engaging & hands-on experiments.



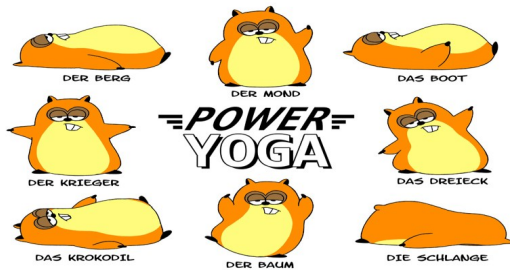
Date: Monday's, April 14—May 19, 2025 (6 weeks)

Time: 4:30 pm - 5:30 pm

Cost: \$110 per person (6wks)

Location: Washington Township Community Center

Deadline Date: April 7, 2025



YOGA FOR OSTEOPOROSIS

"Living with Osteopenia or Osteoporosis? Discover how yoga can boost bone strength and increase bone mineral density!" This program aims to build body awareness, increase strength, improve coordination, balance alignment, and cultivate better postural habits.

Date: Tuesdays, April 15– June 24, 2025 (10wks.)

Time: 8:30am - 9:30am

Cost: \$ 110

Location: Washington Township Community Center

Deadline Date: April 14, 2025



SPRING YOGA CLASSES

Breathe, Stretch, and Reconnect this SPRING with Washington Township Recreation Yoga Classes!

Time: Please view below

Cost: \$120 (11wks)

Location: Washington Township Community Center

Wednesday's April 16– June 25 2025

- Beginner Mat Yoga: 9am -10 am
- Gentle Mat Yoga: 10:15 am -11:15 am

Thursday's April 17–June 26, 2025

- Early Morning Mat Yoga: 8am -9am



Cost: \$100 (9wks)

Thursday's April 17– June 19, 2025

- Chair Yoga: 10am - 11am

Deadline Date: April 14, 2025

EVENING YOGA

Date: Wednesday's, April 23– June 11, 2025

Time: 5:30 pm– 6:30 pm

Cost: \$90 (8wks)

Location: Washington Township Community Center

Deadline Date: April 21, 2025

FITNESS/EXERCISE CLASS

Ready to get moving? Push yourself because the first time is the hardest... but your journey is the goal! Come discover the benefits of staying fit and active. Your journey begins here! We are close to home and work. Come and create change from within!

Date: Wednesday's, April 16-June 25, 2025

Time: 4:15pm - 5:15pm

Cost: \$120 per person (11wks)

Location: Washington Township Community Center

Deadline Date: April 14, 2025



STRENGTH & BALANCE EXERCISE CLASS

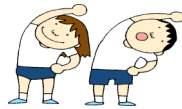
“Live Stronger for Longer.” Come join our two exciting exercise classes designed to enhance your strength, balance, and flexibility: “Stand Strong” and “Sit Strong” Strength and balance class. Our “Stand Strong” class you must be able to stand unassisted. A doctor’s note maybe required

Date: Monday’s, April 21-June 9, 2025 “Stand Strong”

Time: 12:30 pm to 1:15pm

Cost: \$50 (7wks)

Location: Washington Township Community Center.



Date: Wednesday’s, April 23-June 4, 2025 “Sit Strong,”

Time: 11:30 am to 12:15 pm

Cost: \$50 (7wks)

Location: Washington Township Community Center

Deadline Date: April 16, 2025



ADULT SPRING PICKLEBALL

Washington Twp. Recreation and TJD Sports Academy are teaming up once again to offer adult pickleball lessons and “Play with a Pro” sessions this spring.

Cost for each sessions: \$165

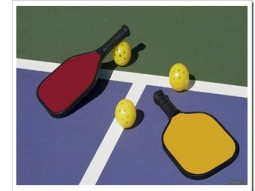
Dates: Thursday’s, April 24, May 1st, 8th, 15th, 22nd, (rain date May 29th)

Session #1

Times: 9:00 am to 10:15 am

Session # 2 (play with a pro)

Times: 10:30 am to 11:45am



Dates: Saturday’s: April 26th, May 3rd, 10th, 17th, 31st (rain date June 7th)

Session #1

Times: 9:30 am to 10:45am

Session #2

Times: 11:00 am to 12:15 pm

Location: Rock Spring Park Tennis Courts

Deadline Date: April 21, 2025

TAI CHI DEMO WORKSHOP

Washington Twp. Recreation would like to introduce Dr. Gang Huang, founder of “Seeking Tai Chi for an introductory Tai Chi class tailored for beginners. Participating in this session you will learn the fundamentals that enhance strength , balance, coordination, and inner peace.

Date: Thursday, May 1, 2025

Time: 11:00 am to 12 noon

Cost: \$10 pp

Location: Washington Township Community Center

Deadline Date: April 28, 2025



****All Programs have a no refund policy****

CHARCUTERIE WORKSHOP

Calling all adults to join "Jenny Boeckel" as she exhibits the techniques for a perfect celebration! Customize your very own Fruit "Charcuterie Board," with Jenny's guidance to take home and enjoy with your family and friends or celebrate Mom on the weekend!



Date: Friday, May 9, 2025

Time: 5:30 pm

Cost: \$40 per person

Location: Washington Township Community Center

Deadline Date: May 2, 2025

ALZHEIMER'S & DEMENTIA WORKSHOP

"An estimated 6.7 million older adults have Alzheimer's disease in the United States. That number is expected to double by 2060." Alzheimer's disease is the most common type of dementia. The sooner you can diagnose dementia, the sooner you can begin to treat it to slow its progression. Come join us and learn more about the disease!

Date: Thursday, May 8, 2025

Time: 11:30 am

Cost: FREE

Location: Washington Township Community Center

Deadline Date: April 28, 2025



MEMORIAL DAY CEREMONY

Washington Township Recreation and Washington Township Veterans Association will host their Annual Memorial Day Ceremony to salute our brave servicemen and servicewomen, who have given so much for our country! Please join us as we salute our brave veterans and our fallen heroes .

Date: Saturday, May 24, 2025

Time: 12 noon

Location: Rock Spring Park Veterans Memorial Site



ESTATE PLANNING & WILLS WORKSHOP

Washington Twp. Recreation invites you to an informative session that addresses the key issues facing older adults today, focusing specifically on Estate Planning, Wills, and Living Wills. The NJ State Association, a voluntary bar association for the state of NJ, encourages you to take advantage of this wealth of knowledge.

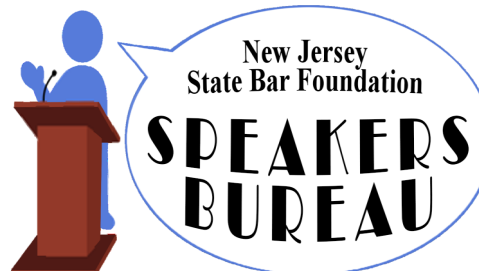
Date: Thursday, May 29, 2025

Time: 5:30 pm

Cost: FREE

Location: Washington Township Community Center

Deadline Date: May 22, 2025



2025 Anticipated Summer Clinic Schedule

A detailed summer camp newsletter will post by March 19, 2025

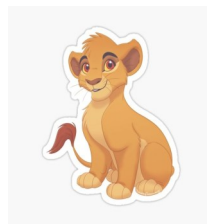


Summer Clinics



Clinics

Tennis Clinic Ages 4-9	6/22-7/27
Complete Player Baseball Clinic	6/23-6/26
Wolfpack Baseball Skills & Development	7/14-7/17
Kickz Soccer Clinic Wk 1	7/14-7/18
Kickz Soccer Clinic Wk 2	7/28-8/1
Tennis Clinic Ages 10-14	8/4-8/7
Kickz Soccer Clinic Wk 3	8/11-8/15



Summer Drive-In Movie Under the Stars

Date: Thursday June 19, 2025 - Rain date: June 20, 2025

Movie: "Despicable Me 4"

Date: Thursday July 24, 2025 - Rain date July 25, 2025

Movie: "Moana 2"

Time: Dusk

Location: Rock Spring Park (lower field)



****All Programs have a no refund policy****

CREATING WITH CLAY

“Pottery;” a fun relaxing way to express yourself!” Please join us in this workshop offering a unique pottery experience through the guidance of the instructor as she teaches, encourages, and supports the participants. As a result the incorporated therapy of light arm and hand exercise leads to creating a beautiful piece of pottery! Space is limited so sign up soon!

Date: July 21, 2025

Time: 1pm

Cost: \$12

Location: Washington Township Community Center

Deadline Date: July 14, 2025



COMMUNITY NIGHT OUT

Join us for Washington Township Community night out. Free night of fun for the whole family.

Date: July 15, 2025

Rain date: July 16, 2025

Time: 6pm-9pm

Cost: Free

Location: Rock Spring Park



****All Programs have a no refund policy****

Recreation Dept. has a NEW Website

Visit us: recreation.wtmorris.org

Fall Newsletter will be posted August 1, 2025

Fall Tennis

Musical Theatre

Fraud Seminar

Yoga

Fitness

Pickleball

Exercise

much more.....



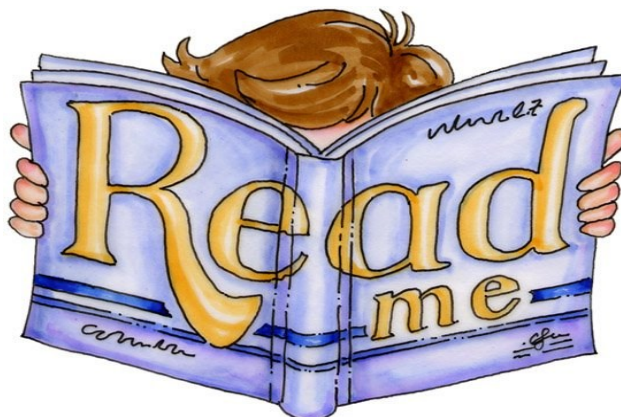
RECREATION & SENIOR PROGRAMS

If you would like to be added to recreation parent email list for first come updates and program registration information please send your email request to recreation@wtmorris.net

If you would like to be added to the senior activities email list for first come updates on programs, trips, and registration information please send your emails to seniors@wtmorris.net.

Facebook Page: facebook.com/WashingtonMCNJRec

FOLLOW US



FOLLOW US

****All Programs have a no refund policy****

Program Registration Procedures

- In Person • Mail • On-line or
- Payment drop box at 50 Rock Road, L.V. •

IN-PERSON REGISTRATION

We accept Checks, Cash or Credit Cards

MAIL OR PAYMENT DROP BOX REGISTRATION

We accept Checks Only! Payable to WT Rec

ON-LINE PAYMENT

We accept Credit Cards and E-Checks

A Convenience Fee of 2.65% will be charged for

Credit Cards Usage and \$1.00 fee for E-Checks

We accept MasterCard, Visa, Discover & American Express!

Online Payment Link:

<https://magic.collectorsolutions.com/magic-ui/Login/washington-township>

(Note: Not all programs are available for on-line registration!)

CANCELLATIONS/REFUNDS/LATE FEE

Please be advised that refunds are not issued for any of our programs, except in cases of medical necessity or program cancellations. To qualify for a refund, a doctor's note along with a formal written request must be provided before the start of the program

Participants are responsible for attending each activity they have signed up for. Only one reminder will be sent, and no exceptions will be made.

A late fee of \$25 will be imposed for all programs paid after the designated deadline date. Please note that registration is considered closed once the program has started.

WAITING LIST

Waiting lists are a source of contact and do not guarantee you will receive a call back. You will be contacted only if a space becomes available. If notified of an opening, you will have 4 hours to accept the space (with payment) or the opening will be offered to the next person.

WASHINGTON TOWNSHIP PARKS & RECREATION

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Email: recreation@wtmorris.net Website: recreation.wtmorris.org

**** Dates and prices are subject to change****