

SEA ISLE CITY RECREATION

November 2018

COMMIT TO BE FIT

TOTAL BODY FITNESS (ADULTS)

MONDAYS, WEDNESDAYS & FRIDAYS

COMMUNITY LODGE 9AM-10:15AM

\$5/CLASS OR \$40 FOR TEN CLASSES

YOGA (ALL AGES)

WEDNESDAYS 7PM-8:15PM

FRIDAYS 7:30AM-8:30AM

\$10 CLASS – COMMUNITY LODGE

*NO CLASS NOV 7 & 9

SITFIT SENIORS

MONDAYS, WEDNESDAYS & FRIDAYS

2:45PM – 3:30PM

NO FEE – RECREATION CENTER

*NO CLASS NOV 12 & 23

CHAIR YOGA (ADULTS)

TUESDAYS & THURSDAYS

1PM

NO FEE – RECREATION CENTER

*NO CLASS NOV 6 & 22

WHAT'S NEW?

FUNFIT KIDS (AGES 2-5)

TUESDAYS (11:15AM-12PM)

A STRUCTURED, FUN-FILLED 45 MINUTES OF PLAY, MUSIC, MOVEMENT, AND GAMES!

*NO CLASS NOVEMBER 6

YOGA FOR KIDS (GRADES K-8)

THURSDAYS (4PM-4:45PM)

PLEASE BRING A YOGA MAT OR BEACH TOWEL

*NO CLASS ON NOV 22

OPEN GYM

MON-FRI 9AM-5PM

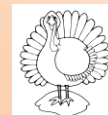
FEATURING GYMNASIUM/BASKETBALL COURT

INDOOR PICKLEBALL AVAILABLE, VOLLEYBALL NETS AVAILABLE,

BADMINTON, JUMP ROPES, DODGEBALL

ALPHABET WORKOUT, WALKERCISE WORKOUT & CONDITIONING EXERCISES

***Children 12 and under must be accompanied by an adult**



Nerf War & Laser Tag

November 30, 2018

5:30pm-7:30pm

Ages: 6 and up

(In cooperation with H & M Party Rentals)

Everything is provided - \$5/participant

(You can bring a favorite Nerf Gun if you would like however no outside Nerf darts will be allowed)

Parent/Guardian must be present to complete Waiver Release prior to the event

Call 263-0050 to register – limited to first 50 participants

ACTIVITIES IN THE GYMNASIUM

MEN'S BASKETBALL

WEDNESDAYS - 6:30PM-9PM

BOY SCOUTS TROOP 76 MEETINGS

FRIDAYS - 5PM-8PM

ADULT VOLLEYBALL

THURSDAYS – 7PM-9PM

OVER 40 MEN'S BASKETBALL

SATURDAYS - 7AM-10AM

RECREATION CENTER -4501 PARK RD

CLOSED ON NOVEMBER 6,12,22,23

IN OBSERVANCE OF CITY HOLIDAYS