

# SEA ISLE CITY RECREATION

## MARCH 2019

### 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

#### SITFIT SENIORS

MONDAYS, WEDNESDAYS & FRIDAYS

2:45PM – 3:30PM

NO FEE – RECREATION CENTER

#### CHAIR YOGA (ADULTS)

TUESDAYS & THURSDAYS

1:15PM - 2PM

NO FEE – RECREATION CENTER

### WHAT'S NEW?

#### YOGA FOR KIDS (GRADES K-8)

THURSDAYS (4PM-4:45PM)

PLEASE BRING A YOGA MAT OR BEACH TOWEL

(A FEW MATS ARE AVAILABLE)

#### 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

### ACTIVITIES IN THE GYMNASIUM

#### MEN'S BASKETBALL

WEDNESDAYS - 6:30PM-9PM

#### ADULT VOLLEYBALL

THURSDAYS – 7PM-9PM

#### BOY SCOUTS TROOP 76 MEETINGS

FRIDAYS - 5PM-8PM

#### OVER 40 MEN'S BASKETBALL

SATURDAYS - 7AM-10AM

# **HARRY POTTER'S WIZARD WORLD**

**MARCH 29, 2019**

**6:00PM – 7:30PM**



**SORTING CEREMONY**

**INTERACTIVE GAMES, PAINTING CRAFT & CHARACTER SKIT**

**\$5/participant**

**Ages: 4-12**

**HOUSE CARDS FOR ALL CHILDREN**

**CALL (609) 263-0050 TO REGISTER – limited enrollment**

**Registration waiver and fee due the night of event**

**SAVE THE DATE: EASTER PROGRAM APRIL 10<sup>TH</sup>  
(5PM-6PM) – DEALY FIELD**

**RECREATION CENTER -4501 PARK RD**

**(609) 263-0050**