

SEA ISLE CITY RECREATION

December 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

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

*NO CLASS DEC 25

WHAT'S NEW?

YOGA FOR KIDS (GRADES K-8)

THURSDAYS (4PM-4:45PM)

PLEASE BRING A YOGA MAT OR BEACH TOWEL

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**

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

SANTA'S CALLING

DECEMBER 12

STARTING AT 6:30PM

SANTA WILL CALL YOUR CHILD FROM THE NORTH POLE

DOWNLOAD FORM www.seaislecitynj.us

HOUSE LIGHTING CONTEST

DECEMBER 13

STARTING AT 5:30PM

CALL 263-0050 TO REGISTER BY NOON ON 12/12

BRUNCH WITH SANTA

DECEMBER 16

11:30AM AT VFW

CHILDREN AGES 10 YEARS AND YOUNGER

MUST PRE-REGISTER BY CALLING 263-0050 BY 12/10

NEW YEAR'S EVE CELEBRATION

DECEMBER 31

5:30PM-7:30PM

RESERVATIONS ARE REQUIRED – 263-0050 (LIMITED SPACE AVAILABLE)

BRING YOUR OWN NON-ALCOHOLIC BEVERAGE

FIREWORKS – 8PM AT JFK BEACH

RECREATION CENTER -4501 PARK RD

CLOSED ON DECEMBER 25

IN OBSERVANCE OF CITY HOLIDAY