

MONTGOMERY RECREATION DEPARTMENT

September 2010 ISSUE

Otto Kaufman Community Center • 356 Skillman Road, Skillman, NJ 08558

Monday – Friday, 8:00 am – 4:30 pm

Tel (609) 466-3023 • Fax (609) 466-6761

ON-LINE REGISTRATION FOR RECREATION PROGRAMS IS AVAILABLE!

Montgomery Township Recreation now offers [On-line Registration](#) through Community Pass. Follow links found on the Recreation pages of the township website and select “Montgomery” from the drop down box of town names. The first time you use Community Pass, it will require you to set up a user name and password (please store this info safely). You will set up a simple profile for each member of your family. Once you are registered in the system, the system will automatically list which programs are currently available to any member of your family by their age and sex. When registering on-line, you must use a credit card to make payment for registration costs. Please be advised that the current convenience rate for credit card payments is 2.99% of your total transaction.

Radio City Christmas Spectacular

Experience unforgettable thrills, including the world famous Rockettes & their show-stopping “Parade of the Wooden Soldiers”, the majestic “Living Nativity” and the awe-inspiring ride around Manhattan aboard Santa’s 3-D sleigh! Chartered bus departs from Upper Middle School parking lot, Burnt Hill Rd., Skillman.

Date: Friday, Nov 5, 2010 **Time:** 9:30 am – 6:00 pm

Showtime: 2pm (lunch on your own)

Location: Rockefeller Ctr. - 6th Ave & 50th St

Cost: \$70 each (2nd level mezz seats, includes a voucher for soda & popcorn & chartered bus transportation)

Halloween Happenings!

Save the Date! Friday, Oct 29th – Halloween Trick-or-Treating at the Montgomery Municipal Bldg -- Kids (age 7 & under) are invited to wear their costumes & visit each department. Don’t forget the seniors and Recreation Dept at OKCC!

Saturday, Oct. 30th - Halloween Bash held in conjunction with Montgomery High School’s Fall Festival at MHS. Festivities include a costume parade, games, refreshments & more!

Coaches Safety Clinic

This clinic is mandatory for anyone who plans on coaching for a sport league in Montgomery.

Date: Weds, Sept 15 **Time:** 7 - 10 pm (sign-in begins at 6:45)

Cost: FREE to Montgomery Township Coaches

Location: Princeton Twp Municipal Building (Main Meeting Room), 400 Witherspoon St, Princeton

Pre-registration is required -Call 609-921-9480 to register!

Couch to 5K Running Program for Adults

Be fit! Learn to jog or train gently to improve your speed and endurance. We’ll stretch, walk, jog & enjoy the company of others. We begin with very short intervals of walking and jogging (about 1-2 minutes of each for 20 minutes). As we build endurance, we aim to complete a 5K race. Diane has trained adults and 8-10 year-old girls who have accomplished this goal AND YOU WILL TOO!

Dates: Mon & Thurs, Sept 20 – Nov 18 (No class 10/11 & 11/4)

Time: 1 – 2 pm **Cost:** \$115

Save the date: Sun, Nov 21 for 11am 5K race

Location: VES -- Meet on the field near the playground

Instructor: Diane Fay – Coached Girls on the Run & other female programs for over 25 seasons. Diane has completed two marathons and various 5K races.

Intro to Mah Jongg

Learn to play Mah Jongg (American version) Beginners & those who have played before are welcome. Practice your skills and meet new friends.

Dates: Wednesday, Oct 6, 13 & 20 **Time:** 7 – 8:30pm

Cost: \$75 (includes 2010 Mah Jongg card) or \$65 if you have your own card

Location: OKCC Senior Ctr **Instructor:** Lori Konkowski
Class minimum is 8. Please contact instructor at lkonkowski@comcast.net with questions.

Ballroom Dance

Why be a wallflower while everyone else is having a great time on the dance floor? Learn all the traditional and Latin ballroom dances as well as the hottest dance craze, the Swing!

Dates: Weds, Sept 15 - Oct 13

Times: *Beginners* ~ 7:30 – 8:30pm

Advanced ~ 8:30 – 9:30pm

Location: Otto Kaufman Community Center Gym

Instructor: Candace Woodward-Clough Professional Dance Instructor

Cost: \$120 per couple (5 wks)

Dog Obedience Classes

Need a little help in the discipline department? If yes, then this is the class for you! Teach your dog how to sit, stay, heal & come. Dogs must be at least 4 months old and the trainer at least 15 years old.

Dates: Mon & Weds, Sept 13 – 29 (6 classes)

Time: 6:30 - 7:30 pm **Cost:** \$72.00

Location: Harlingen Gazebo **Instructor:** Linda Teeple
Bring a chain collar & nylon leash. Do NOT bring your dog to the first class. In case of rain, first class will be held in the Montgomery Municipal Building (lower level police entrance).

Turkey Trot for Ages 3 & up!

Sunday, November 21 at 1:00 pm

Upper Middle School Track

The Turkey Trot is a series of running events for different age groups. Ribbons are awarded to all participants and 1st place winners take home a THANKSGIVING TURKEY! No pre-registration is required. Events/prizes are divided into age groups for girls, boys, women & men. Events begin at 1 pm sharp! Youngest runners race first!

AQUATICS PROGRAM

Our Aquatics Director is Cory Delgado. If you have specific questions regarding any swim instruction class, you may email Cory at: corydelgado@yahoo.com.

YOUTH INSTRUCTION

Our instruction program follows the guidelines of the American Red Cross *Learn-To-Swim* program. The goal is to teach people to swim, be safe in & around water, & learn safety skills, all in a logical progression. NOTE: Students may need more than 1 session to complete each course/level of the program.

BEGINNER: No prerequisites for this course - **Students must be at least 4 years of age.**

The objective of the beginner course is to help students feel comfortable in the water. Elementary aquatic skills are taught which students build on as they progress through the higher levels. Students work towards receiving a Red Cross Level 1 Certification at the completion of this course. Some students who have experience in the water may begin the program at a higher level.

ADVANCED BEGINNER: Students entering this course must have a Level 1 certificate or be able to enter and exit the pool unassisted, move short distances in the water and float on front and back with some support. Course combines the objectives of the Red Cross Levels 2 and 3. Students gain success with fundamental skills such as floating and coordinating arm and leg movements as they begin to develop strokes. At the completion of course, students receive a Red Cross Level 3 certification.

INTERMEDIATE: Students entering this course must have a level 3 certificate or be able to swim front crawl for 15 yards with face in the water and rhythmic breathing pattern, tread or float in the water for 30 seconds, and swim back crawl for 15 yards. Course combines the objectives of the Red Cross Levels 4 and 5. Stroke improvement and refinement are the focus. Upon completion students will receive a Red Cross Level 5 certificate.

ADVANCED: Students entering this course must have a level 5 certificate or must be able to swim front & back crawl 50 yards, butterfly, breaststroke & sidestroke at least 25 yards. The focus is to refine strokes so students swim them with more ease, efficiency, power and greater distances. At the completion of this course students receive a Red Cross Level 6 certificate.

SWIM CLASS SCHEDULE

Session 1: Tues & Thurs, Sept 14 – Oct 7 (8 thirty min classes)

Session 1: Saturdays, Sept 18 – Nov 6 (8 thirty min classes)

Session 2: Saturdays, Dec 4- Feb 5 (no class 12/25 or 1/1)
(8 thirty minute classes)

Times ~ Tues/Thurs:

Beginner 6:00-6:30pm

Advanced Beginner 6:40-7:10pm

Intermediate 7:20-7:50pm

Advanced 8:00-8:30pm

Times ~ Saturdays:

Beginner 10:00-10:30am

Advanced Beginner 10:40-11:10am

Intermediate 11:20-11:50am

Advanced 12:00-12:30pm

Please sign your child up for the level class that best suits their swimming ability based on the above descriptions.

NOTE: Register ASAP – space is limited

Cost: \$135 per session ~ Register in person at the recreation office beginning Sept 1st.

Please write AGE and LEVEL (Beginner, Adv Beginner, etc.) on the registration form!

Springboard Diving Lessons

Requirements: *Must be able to swim 25 yards (1 pool length) unassisted. Must be able to dive into the pool head first off the diving board. Must be 7 years or older at start date.*

Students unable to meet requirements will be removed from the program – No refunds! If a student is placed in the wrong level, an evaluation will be made after the first lesson and a switch made.

Level 1: Focus is on an introduction to diving: covers hurdles, back presser, different positions, proper alignment, and forward jumps and entries. Basic dive safety considerations and pool rules are covered.

Level 2: Focus is on more advanced board work techniques, proper arm swing and balance, more advanced forward dives, back entries, back jumps and basic backward skills are introduced.

Dates: Saturdays, Sept 18 – Nov 6 (8 wks)

Cost: \$250

Level 1: 9:50 – 10:40 am

Level 2: 9:00 – 9:50 am

MONTGOMERY MARLINS SWIM TEAM

The 2010-11 Marlins will be led by Head Coach Lauren Levin. Our team is designed to give its members an opportunity to improve their strokes and experience competition in a recreational team setting. All residents, grades K-8 and able to swim one length of the pool are eligible. **SPACE IS LIMITED**, so please refer to the registration information below for dates to reserve your spot!

Dates: The team will be divided into two groups. The **Green** group will practice on Monday and Wednesday evenings. The **Gold** group will practice on Tuesday and Thursday evenings. Practices begin Nov 8, 2010 & the season ends February 18, 2011. **Swim Meet schedule TBA.**

- Saturday October 10; swimsuit fitting @ MHS pool. **Green** group 9am – 10am. **Gold** group 10am – 11am (same style as 08-09).
- Mon, Nov 1 parent meeting @ MHS Commons, 6pm. Mandatory for NEW parents!

Practice Times:

6:00 – 6:50pm ~ Grades K-2

7:00 – 7:50pm ~ Grades 3-5

8:00 – 8:50pm ~ Grades 6-8

Cost: \$270

**Times are subject to change based on roster demands.

REGISTRATION – Returning swimmers and siblings of, can register in person or mail beginning Sept 1. Registration must be received by September 23 to guarantee spot on roster and preferred practice group.

New swimmers must register in person on September 25. Registration is held at the Recreation office from 9-11am. **NO NEW SWIMMER REGISTRATIONS** (other than siblings of existing team) **WILL BE ACCEPTED BEFORE SEPTEMBER 25.** New swimmers are not guaranteed preferred practice group.

POOL MEMBERSHIPS

Dates of use: Sept 7, 2010 – Aug 7, 2011

Members are entitled to use pool during operating hours for LAP SWIMMING ONLY.

We strongly recommend you do not bring children under age 13 to the pool for lap swimming unless they are strong, experienced swimmers. Thank you for your cooperation.

HOURS: Mon – Fri, 6pm – 9pm (5:30pm for seniors) and Sat, 9am – 2pm

Family	\$210	Individual	\$105	Senior/Student	\$ 45	10 Daily tickets	\$ 50
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Pool Membership forms are available at the Recreation Office. Pool rules are given to all members.

Adult Exercise Classes

All classes are held at OKCC. Call 609-466-3023 to schedule a free demo for any exercise class! All levels of experience are welcome! We do not prorate. Make-ups are permitted (during session, in any another exercise class w/instructor permission as space allows).

Class Descriptions:

Body Sculpt

Intense Cardio Body Firm: A workout designed to build total body muscle tone & burn calories while moving through intervals of strength training and aerobic exercise! Hand weights, body bar and bands used for the strength segments and step may be used for some of the cardio segments and sports drills. Intense focus on core/abdominal toning, including pilates mat and other moves to challenge the mid-section.

Bring water, mat & hand weights.

Mat Pilates: Stimulate your body & mind! Pilates focuses on the body's core stability, enhancing control, coordination, endurance, balance, & flexibility. By toning and strengthening the abdomen, you improve posture & help prevent injury by strengthening muscles that support the spine. Pilates is the ultimate toning and abs workout! 45 minute classes are for beginners & advanced; **bring mat & water!**

Yoga: Improves the function of the physical body while calming the mind. Increased flexibility, improved circulation and a positive outlook can all be attained through regular yoga practice. This Integral Yoga class includes meditation, breathing practices, asanas & deep relaxation. No yoga experience needed. **Bring mat & blanket.**

You may email trish@verbeyst.com for more info.

Kickboxing: Blends aerobic, strength & flexibility training with the martial arts. Classes start out with warm-up stretching, and move into basic punching & kicking, followed by combination drills for aerobic conditioning. **Wear regular workout clothes & bring water. Beginners & advanced welcome!**

PiYo: Is a combination of Yoga Asana & Pilates mat work that stretches & strengthens the body. The asana sequence starts with simple relaxation moves and progresses toward a high intensity "Sun Salute". Pilates mat work is the core stabilizer that makes the other aspects of the class manageable. All levels - **Bring mat & water!**

Zumba®: is a fusion of Latin & International music that utilizes the principles of fitness interval & resistance training for maximum caloric output, fat burning & total body toning. A great, FUN workout! **Bring water!**

Instructors:

Susan Sheppard, (Mat Pilates) NETA, AAAI/ISMA

Margo Myer, (Body Sculpt, Mat Pilates & ZUMBA) ACE personal trainer; AAAI/ISMA

Trish Verbeyst, (Yoga) RYT, IYTA

Bob Beck, (Kickboxing, PiYo & Cardio Body Firm) Strength & Conditioning Instructor & Certified Life Coach

ADULT BADMINTON for Montgomery Residents

Recreation sponsors two adult badminton sessions (Mon or Weds sessions) starting Sept 13th from 6:30 – 9pm at LMS Gym. The cost is \$15 per session for five weeks. Spaces are limited & preregistration is required (w/Boon). Please contact Boon Phanawat at 609-424-6943 or boon@comcast.net. The next session will be held on Mondays beginning Nov 1 in OKCC gym. Contact Boon for info.

ADULT VOLLEYBALL for Montgomery Residents

Recreation sponsors "open gym" volleyball on Tues evenings from Sept 14 - Oct 26 at LMS Gym (7:30 – 9pm). Please contact Ben Shen at 609-275-2253 or email ben@gpva.org.

Margo's Exercise

Intense Cardio Body Firm

(Program Rm or Gym)

Cost: \$120/12 wks

Tues 9:00 – 9:45am

Dates: Sept 21 - Dec 7

Weds 6:15 – 7:00pm

Dates: Sept 22 – Dec 15 (No class 11/24)

Zumba

(Program Rm/Gym)

Cost: \$120/12 wks

Tues 9:50 – 10:35am

Dates: Sept 21 – Dec 7

Weds 7:05 – 7:50pm

Dates: Sept 22 – Dec 15 (No class 11/24)

Mat Pilates with Susan

Cost: \$100/10 wks (\$190, 2x wk)

Time: 9 – 9:45am

Dates (10 wks) (Gym)

Mon: Sept 20 – Nov 29 (No class 10/11)

Thurs: Sept 23 – Dec 16

(No class 11/4, 11/11 & 11/25)

Yoga with Trish

Cost: \$75/6 wks

\$145 for both sessions (12 wks)

Tues: 6:30 – 8pm (Sr Ctr)

Session 1: Sept 14 – Oct 19 (6 wks)

Session 2: Oct 26 – Nov 30 (6 wks)

Bob's Fitness

Cost: \$60 per class (6 wks, sign up for 2 or more & take \$5 off each Bob class)

Tuesday (Program Room)

6:30 – 7:30pm Pilates

7:30 – 8:15pm Kickboxing

Sess 1: Sept 14 – Oct 19

Sess 2: Oct 26 – Nov 30

Thursday (Program Room)

6:30 – 7:15pm Cardio Body Firm

7:30 – 8:15pm Kickboxing

Sess 1: Sept 16 – Oct 21

Sess 2: Oct 28 – Dec 16

(No class 11/11 & 11/25)

Friday (Program Room)

12:45 – 1:30pm PiYo

Sess 1: Sept 17 - Oct 22

Sess 2: Oct 29 - Dec 10 (No class 11/26)

Fall Dance Classes*

Maura Ryan recently attended the Dance Conservatory at SUNY Purchase College & completed a BFA in Dance Performance. She has taught for the Belle Mead Ballet School and presently teaches at the Princeton Dance and Theatre Studios.

CLASS DESCRIPTIONS:

Tutu Ballet A great introduction to dance. This class incorporates simple dance movements, coordination & motor skills in a fun, creative environment using music & games. 3 year olds must be potty trained!

Ballet Classical ballet is taught. Barre, center & floor work will be covered.

Tap An introduction to tap dance including soft shoe, trenches, Indian jumps, etc.

TUESDAYS

9:15 – 10:00am	Tutu Ballet (3 – 4 yrs)
10:00 – 10:45am	Ballet (5 – 6 yrs)
10:45 – 11:30am	Ballet/Tap (3 - 4 yrs)
11:30 – 12:15pm	Tap (5 – 6 yrs)

THURSDAYS

2:00 – 2:45pm	Tutu Ballet (3 – 4 yrs)
2:45 – 3:30pm	Ballet (5 – 6 yrs)
3:30 – 4:15pm	Ballet/Tap (3 – 4 yrs)
4:15 – 5:00pm	Tap (5 – 6 yrs)

Dates: Tuesdays, Sept 21 – Nov 23

Thursdays Sept 23 – Dec 16 (No class 11/4, 11/11 & 11/25)

Cost: \$100 (per 10 week class)

\$15 discount for additional classes or siblings.

Location: OKCC Dance Studio

****FREE DANCE DEMOS ON THURSDAY, SEPT 9TH! (1/2 HR INTRODUCTION TO CLASSES)**

Time: 3:00pm	Tutu Ballet (3 - 4 Yrs)
3:30pm	Ballet (5-6 Yrs)
4:00pm	Tap (3 – 6 Yrs)

Please RSVP for Sept 9th FREE DEMO by calling Mont Rec at 609-466-3023. We just need your child's name & phone number! (All dance classes held in OKCC Dance studio/program room)

NEW! YOGARATE for 3, 4 & 5 yr olds*

This unique Shua Life Skills program brings the high energy, body strength building, respect-filled karate session coupled with yoga & meditation. After students release built-up energy, they finish class with various deep breathing yoga poses & a calming meditation. They work on developing a fit mind AND bodies, helping them become more focused & less stressed. They learn karate techniques & songs, and stretch & strengthen their bodies learning simple Yoga moves.

Dates: Tues, Sept 21 – Nov 9

Location: OKCC Gym

Times: 12:30 – 1:15pm 3 year olds
1:30 – 2:15pm 4 & 5 year olds

Cost: \$120 (8 wks) **Class limit is 15 children.**

Instructors: Shua Life Skills instructor (Ron Shuali, Founder) – www.yogarates.net

***FREE DEMO CLASS! Tues, Sept 14 – 3yrs at 12:30pm; 4 & 5 yrs at 1:15pm – Please call to reserve spot for free demo – 609-466-3023!**

VIDEO ANIMATION

GRADES 5TH & 6TH Dive into the world of video animation by creating characters that dance, sing and interact. Add sound effects & music clips to create a dynamic video animation clip using *Scratch*, the innovative programming language created for kids by MIT Media Lab Clips are then posted on-line and incorporated into video games!

Class limit: 12.

Dates: Thurs, Sept 23 – Dec 2 (No class 11/4, 11/11 & 11/25)

Time: 3:35 – 4:35pm

Location: LMS, Room D-14

Cost: \$130 (8 wks incl all materials)

Instructor: Laura Leonard, Co-Director **Computertots Computer Explorers**

Outdoor Fall *Petite* Soccer

A fun introduction for 3, 4 and 5 year-olds to the world of soccer through an activity-based program! Emphasis is on a “*Games Based*” approach to coaching soccer within a fun learning environment. Each child will participate in a small group setting with professional U.K. Elite Soccer coaches. Parents are welcome to stay and join in on the fun. Kids should wear sneakers or soccer cleats. Bring a water bottle! **SIGN UP FOR SPECIFIC DAY/TIME SLOT ON REGISTRATION FORM!**

Dates: Wednesdays, Sept 22 – Oct 27

Times: 10:30-11:30am **OR** 1:00-2:00pm

Dates: Thursdays, Sept 23 – Oct 28

Times: 10:30-11:30am **OR** 1:00-2:00pm

Cost: \$135 (6 wks – incl t-shirt)

Ages: 3-5 years old

Location: Montgomery Park (soccer field by concession stand)

Instructors: U.K. Elite Soccer, Inc., (Andrew Broadbent, Director)

Kangaroo Kickers (for 4 & 5 yr olds)

Kang's Martial Arts introduces this new program designed to give your child a simple introduction to the wonderful world of Tae Kwon Do. Improve your child's listening & social skills, coordination and confidence in a fun, safe & exciting new class! All classes taught by Master Kang.

Dates: Thurs, Sept 16 – Nov 18 (No class 11/4 & 11/11)

Cost: \$130 (8wks, includes uniform)

Time: 1:30 – 2:00pm

Location: OKCC Program Rm (Class limit: 8 – 10 students)

Instructor: (David) Kang's Martial Arts

New! Yoga for Kids

Improve flexibility, learn to focus and have fun. Yoga is a great way to beat stress. Learn skills that you can apply to school and to life. *Bring water and a mat, towel or blanket.* Wear something loose and comfortable. No prior experience necessary. **FREE DEMO CLASS SEPT 14TH! You may email trish@verbeyst.com for more information.**

Dates: Tues, Sept 21 – Oct 12

Time: 5:15 – 6:15pm

Location: OKCC Senior Center

Cost: \$40 (4wks)

Ages: 6 – 10 yrs

Instructor: Trish Verbeyst – This is intro course & will continue the class if there's interest!

Fencing for all Ages

Learn a sport that spans centuries and is one of the oldest martial arts. Fencing conditions the body and develops balance and coordination. Learn proper form, technique and etiquette while having fun! All beginning fencing equipment is available (to purchase or to borrow for class). 8pm class is geared for high school students ---footwork and conditioning, drills and tactics and saber fencing with a partner. **Gain confidence, finesse & prepare for the winter season.**

Dates: Thursdays, Sept 16 – Nov 18 (No class 11/4 & 11/11)
5:00 – 6:00 pm: 8 -11 yr olds (Beginners)
6:00 – 7:00 pm: 12/13 yr olds (or Intermediates)
7:00 – 8:00 pm: High School Students

Cost: \$240 (8 wks) w/borrowed equipment;
\$210 if you have (or buy from instructor) set

Location: OKCC Gym

Instructor: Marcos & Ivanka Lucchetti, Lucchetti Fencing, LLC

SPEED & AGILITY TRAINING – 4TH GRADE & UP

The program for grades 4 – 7 is designed to teach footwork, body position & body control to young athletes. Each class is designed with the needs & concerns of younger athletes. The focus of the course is to develop proper running techniques while maintaining an athletic body position. Special attention is given to improving overall body control through the development of balance, lateral movement, deceleration skills & limb position. The overall goal is to establish a strong base for future athletic development.

The training for 8th grade & up is a two part program geared to make you a better athlete. Part one focuses on how to stop, start, accelerate, change direction laterally/horizontally and control your body while playing sports. Part two is designed to improve running form, foot work, stride frequency, stride length and efficiency. **This is not a conditioning program!** The goal of each **40-minute workout** is EXPLOSIVE POWER for all sports!

Dates: Tues & Fri, Oct 5, 8, 12, 15, 19, 22, 26, 29
Nov 2, 9, 12 & 16 (2 sessions/wk)

Times: *Grades 4 – 7* 5:20 – 6:00pm
Grades 8 & up 4:40 – 5:20pm

Location: MHS Cougar Gym

Cost: \$110 for 12 Sessions (2 classes per week)

Instructor: James Griffin, MHS/NJ-certified teacher, CSCS, USAW – coachgriffcscs@gmail.com or call 609-915-7414

THE FAL-ROONEY CUP

GRADES 1ST-7TH Events include Dodge Ball, Capture the Flag, Relay Races and more. Previous years included highlights like *The Fal-Rooney Idol* Dance Competition, Falcamania, Trautwein Trivia & much more! Fun & excitement with concentration on team work & sportsmanship --- teams compete to earn the most points and win the Fal-Rooney cup! Bring lunch, snacks & water. *Limit for camp is 48 – sign up ASAP!*

Directors: Johnny Rooney, Suzanne Trautwein, Mike Falco & Erich Trautwein

Location: OKCC Gym

Cost: \$99 per 2 day camp

Dates: Thurs/Fri, Nov 4 & 5

Tues/Weds, Dec 28 & 29

Time: 9am-1pm

After School Karate

w/ Nelson & Eileen Whitney at OHES

Instructors: Nelson & Eileen Whitney, 8th Degree Black Belt Kyoshi Masters

Held at OHES West Gym for grades K - 2 & up

BEGINNER KARATE/NINJA TRAINING

This course helps develop coordination & discipline through the learning of karate skills. Blocking, evasion, stretching, upper body exercises & kicks, rolls, stealth, ninja stances, obstacle course and more! **Note:** This course is for beginners & those who need a refresher & is followed by Intermediate Karate.

Dates: Thurs, Sept 23 – Oct 21

Time: 3:40-4:40pm

Cost: \$50 (5 wks)

INTERMEDIATE KARATE:

Prerequisite: Completion of beginner course.

NEW! Beginner Karate 2 (continued beginner Karate/Ninja training plus Intermediate Yellow Belt training)

Beginner Karate continues with new interesting techniques added for the first time student. For those who completed Beginner Karate in Sept/Oct class, we will work toward attaining a Yellow Belt. Students are given paperwork outlining the requirements & follow the instructors in 15 upper body exercises & 11 basic kicks. Group testing/ceremony on Dec 9; parents are invited.

Date: Thurs, Oct 28 – Dec 9 (No class 11/4 & 11/25)

Time: 3:40-4:55pm

Cost: \$50 (4 weeks, 5 hrs)

ISSHINRYU ADVANCED KARATE

This class is for students who have attained rank: yellow, blue, green, purple belts. Each rank works towards their next goal & perfecting past requirements. Additional forms & self-defense is taught with each advancing rank. Students must practice at home. Additional forms & self defense is taught with advancing ranks. Proper dress code must be followed by students

Date: Fri, Sept 24 – Dec 10 (No class 11/5, 11/12 & 11/26)

Time: 3:45-4:45pm

Cost: \$90 (9 wks)

NEW! SUPER SPORTS for 3, 4 & 5 yr olds*

Super Sports is an exciting & educational program of sports, life skills & fitness designed specifically for the young child. Classes help develop large motor skills & coordination. Each week they are exposed to various age appropriate versions of many popular sports like soccer, football, basketball, golf, tennis & more. It gives your child an introduction and appreciation for future development.

Dates: Fridays, Sept 24 – Nov 19 (No class 11/5)

Location: OKCC Gym

Cost: \$120 (8 wks)

Times: 12:30 – 1:15pm 3 yr olds

1:30 – 2:15pm 4 & 5yr olds

Class limit is 15 children.

Instructors: Shua Life Skills instructor, (Ron Shuali, Founder) – www.shualife.com

**FREE DEMO CLASS! Fri, Sept 17 – 3yrs at 12:30pm; 4 & 5 yrs at 1:15pm – Please call to reserve spot for free demo – 609-466-3023!*

Girls Volleyball Program (Grades 7 – 12)

Attention girls who want to learn volleyball skills and prepare for the introduction of the varsity sport. This program is for all levels of play and experience. Fundamental skills will be taught and drills used in team play will be emphasized. Games will be played leading up to a round robin tournament. **Please note on registration form your t-shirt size! Questions?** Contact Ken at Montgomery_Volleyball@comcast.net.

Dates: Tues & Thurs, Sept 21 – Oct 28 **Time:** 6 – 7:30 pm
Cost: \$85 (includes t-shirt) **Location:** LMS Gym
Instructor: Ken Ford with additional coaches
Ages: 7th - 12th Grade Limited to 30 students --- Sign-up ASAP!

“Girls on the Run”

Girls on the Run is a 9 week running program for girls in **Grades 3 & 4**. The program is designed to educate and prepare girls for a life-time of self-respect and healthy living. Girls will have fun training for a 5K race while making friends and learning about themselves. The emphasis is not on running but on having fun. The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three. **Limited participants - register ASAP! Classes are RAIN OR SHINE! Girls must wear running shoes and bring a full bottle of water.**

Dates: Mon & Thurs, Sept 20 – Nov 18 (No class 10/11 & 11/4)
OR Tues and Fri, Sept 21 – Nov 19 (No class 11/5)

Time: 2:45 – 4:00 pm

Location: VES field next to playground - In case of heavy rain, class will use classroom TBA.

Cost: \$100 (includes t-shirt) *Camp is partially sponsored by the Montgomery/Rocky Hill Municipal Alliance on Substance Abuse Prevention and Youth Services Commission.*

Instructor: Diane Fay, CPR & First Aid cert, has coached sport programs for over 25 seasons & taught language arts for 11 years.

Save the date: Sun, Nov 21 for Girls on Run 5K race

“Girls on Track” at LMS

For girls in 5th & 6th grade! *Girls on Track* continues the same program and principles as *Girls on the Run*. The curriculum is geared for lower middle-school girls. Discussions are more specific and targeted; additional topics such as personal and internet safety are explored. While having fun, girls will train for a 5K race. This program provides middle school girls with further encouragement to eat right, respect their bodies and stay positive! **Limited participants - register ASAP!**

Dates: Tues & Thurs, Sept 21 – Nov 18 (No class 11/4)

Save the date: Sun, Nov 21 for Girls on the Run 5K race

Time: 3:45 – 5:00 pm

Location: LMS – We will meet in classroom D-13 & walk/jog out to the Pop Warner field behind the tennis courts. Parents p/up back at school at 5pm.

Cost: \$100 (includes t-shirt) *Camp is partially sponsored by the Montgomery/Rocky Hill Municipal Alliance on Substance Abuse Prevention and Youth Services Commission*

Instructor: Kath Pace, Montgomery resident and mother of 2, CPR/1st Aide certified. She has completed 4 marathons and many shorter races.

Prepare for the November 2010 SAT

This is your opportunity to prepare for and then ace the November 6, 2010 SAT. Students receive 33 hours of instruction from two outstanding educators. Mr. Larry Krieger is the author of two books for the SAT. Under his leadership SAT scores at Montgomery High School rose over 100 points culminating in a state championship for the class of 2005. Mr. Michael D’Alessio is the Supervisor of Mathematics at Watchung Hills Regional High School. He has won three Teacher of the Year awards in the last eight years. This comprehensive course will teach students the critical reading, writing and mathematical skills they need to make exceptionally high scores on the SAT.

AGES: Grades 11 & 12 (Grade 10 only if space allows)

Dates: Tuesdays and Thursdays (see exceptions)

Sept 28, Oct 5, 6 (W), 7, 12, 14, 19, 21, 26, 28, &
 Nov 1, 2 & 3 (M, T & W) (13 classes, No class 9/30)

Time: 6:00 – 8:30 pm

(Students receive both math and reading/writing each night).

Location: Upper Middle School Rm # B-101 & 102

Cost: \$645 (includes 3 books & all study materials)

Instructors: Larry Krieger & Michael D’Alessio

Register ASAP!

MATH GAMES for 3rd & 4th Grade

Hey parents and kids! Imagine a typical math lesson in the classroom. However, take away the boring worksheets! We will devote 1/2 of our sessions playing various math games such as Number Top-It, Beat the Calculator, 24, and much more. The other portion of our sessions will consist of solving brainteasers and problem-solving. If you enjoy math games, challenging yourself, and having fun then this class is for you!

Dates: Weds, Sept 22 – Nov 17 (No class 11/10)

Time: 2:45 – 3:45pm

Ages: Grades 3 and 4

Cost: \$130

Location: VES Rm # 110

Instructor: Dawn James, 3rd grade VES teacher

Fun with Poetry!

In *Fun with Poetry*, your child will be taught how to express themselves through poetry and artwork. Students will learn how to incorporate rhythm, rhyme, and figurative language into their pieces. Each piece of poetry will be accompanied by artwork. At the end of the session, the children will celebrate literacy and the arts by sharing their very own poetry collection with one another along with a light snack/treat.

Dates: Thurs, Sept 23 – Dec 2 (No class 11/4, 11/11 & 11/25)

Time: 2:45 - 3:45pm

Ages: Grades 3 & 4

Cost: \$140

Location: VES Rm # 110

Instructor: Dawn James, 3rd grade VES teacher

Fine Arts Painting & Drawing with Mrs. O’Connor

For 3rd & 4th graders at VES! Explore a variety of drawing and painting techniques while creating images from life and their imagination. Pastels, watercolors, acrylics and more!

Dates: Tues, Nov 16, 23, 30 & Dec 7

Location: VES Art Room # 115

Time: 2:45 – 3:45 pm

Cost: \$72 (includes all materials)

Instructor: Jennifer O’Connor, VES Art teacher

INTRO TO PIANO AND KEYBOARD AND INDIVIDUAL LESSONS*FOR GRADES K- 2nd**Location for all lessons is OHES Room 123.*

Introductory class for children with no formal piano background. Children will learn the basic concepts of piano through keyboard piano games and fun activities. This class makes learning and piano-playing fun! **Children must be able to read and write!**

CLASS LIMIT: 6 STUDENTS**Dates:** Weds, Sep 22 – Dec 1 (No class 11/3, 11/10 & 11/24)**Time:** 3:45 – 4:45pm**Cost:** \$170 (8 Wks – Includes all materials)**INDIVIDUAL:** Each one-on-one lesson is 20 minutes & immediately follows the group sessions.**Children must be able to read and write and have a piano or keyboard to practice on their own. Personal transportation arrangements are required.****CLASS LIMIT:** 3 STUDENTS TOTAL**1.** 5-5:20pm **2.** 5:20-5:40pm **3.** 5:40-6pm**Dates:** Weds, Sep 22 – Dec 1 (No class 11/3, 11/10 & 11/24)**Time:** 5 -6 pm

(children can be dropped off at 4:50pm & picked up at 6pm)

Cost: \$250 (8 wks, includes all materials)**Instructor:** Jess Aggabao, private piano instructor and for the Jointure in Hillsboro – you may email jessaggabao@hotmail.com for more info.**Arts & Crafts with Mrs. O'Connor**

For 3rd & 4th graders at VES! Children express their creativity through tempera painting, pastel drawing, mixed media, clay sculptures and decorative crafts. Create seasonal gifts to keep or share!

Dates: Weds, Oct 6, 13, 20 & 27 **Time:** 2:45 – 3:45 pm**Location:** VES Art Room # 115**Cost:** \$75 (incl. all materials)**Instructor:** Jennifer O'Connor, VES Art teacher**After-School Acting Classes***Classes are presented by Youth Stages, LLC.*Please see www.youthstages.com or call Jean/Youth Stages at 609-430-9000 for specific questions.All classes are \$130 per 8-week session. **Class limit:** 15**PLAYtime for Gr. K - 2:**

Children explore visual arts, music, movement, & storytelling as they dramatize stories. They develop expression & self-confidence by playing with language & pantomime.

Dates: Weds, Sept 22 – Nov 17 (No class 11/10)**Time:** 3:45 – 4:45pm **Location:** OHES Rm # TBA**PLAYing Around with Theatre for Gr. 3 & 4:**

Students become other characters, vocally & physically, discuss plot possibilities and cooperate with one another as they create their own improvisational scenes.

Dates: Fri, Sept 24 – Dec 3 (No class 11/5, 11/12 & 11/26)**Time:** 2:45 – 3:45pm **Location:** VES Rm # 200 (Chorus Room)**Children Should be SCENE... and Heard! for Gr. 5 & 6:**

Children will combine theatre games & acting exercises with scene work, as students create original performance pieces.

Dates: Tues, Sept 28 – Nov 16 **Time:** 3:35 – 4:35pm**Location:** Lower Middle School Room # TBA**After-School Chess**

Chess helps to develop skills such as critical thinking in a changing environment and problem solving. Dean Ippolito, LLC is a premier chess instruction company whose world-class instructors provide stimulating, entertaining lectures that motivate students to master the game of chess. Interactive lectures coupled with supervised play provide reinforcement for the new concepts introduced each week.

*Beginners through advanced students are welcome!**Please state on registration form beginner, intermediate or advanced. Students will be divided by skill level.***Instructor:** Dean Ippolito, LLC & Associates**Cost:** \$140 (8wks)**Grades 1 & 2 at OHES:****Dates:** Tues, Sept 28 – Nov 23 (No class 11/9)**Time:** 3:35-4:35pm **Location:** OHES Room # TBA**Grades 3 & 4 at VES:****Dates:** Thurs, Sept 30 – Dec 9 (No class 11/4, 11/11 & 11/25)**Time:** 2:35-3:35pm **Location:** VES Room # TBA**NEW! Let's Do Engineering with
Computer Explorers**

For Grades K – 2! We'll learn about engineering & robotics with the LEGO™ WeDo Robotics System. Students will build & program their creations. The computer powers them up & tells them what to do. This unique system teaches children about simple machines, engineering, programming & so much more. Young imaginations soar! Our classes are designed for "learning through doing" with hands-on team activities & a student journal they will create & take home. We provide parents with a hand-out each week.

Dates: Weds, Sept 22 – Nov 17 (No class 11/10)**Time:** 3:45-4:45pm **Location:** OHES Room TBA**Cost:** \$130 (8 Wks -- incl all materials)**Instructor:** Laura Leonard – Co-Director of Computer Explorers (For more details, go to their website – www.computerexplorers.com/62). For specific questions, email instructor – computerexplorers62@comcast.net.**NEW! Let's Do Engineering with
Computer Explorers for 3rd & 4th Grade**

For Grades 3 & 4: For our more experienced builders, student teams will build a monkey who plays the drums, a lion that roars or a bird that flaps its wings to create a big wind. If your child loved our Engineering Fun classes or our robotic classes, they will love this! We'll be using the LEGO™ WeDo Robotics System. Students will build and program their creations. The computer powers them up and tells them what to do. This unique system teaches children about simple machines, engineering, programming & so much more. Our classes are designed for "learning through doing" with hands-on team activities & a student journal they create & take home. We provide parents with a hand-out each week.

Dates: Mon, Sept 27 – Nov 29 (No class 10/11 & 11/8)**Time:** 2:45 – 3:45pm **Location:** VES Rm # TBA**Cost:** \$130 (8 Wks --incl all materials)**Instructor:** Laura Leonard – Co-Director of Computer Explorers (For more info, go to their website – www.computerexplorers.com/62. You can email instructor – computerexplorers62@comcast.net.

SENIOR CITIZEN, INC

SENIOR CITIZENS, INC.

If you are a Montgomery Township or Rocky Hill resident,
55 years of age or older, you are eligible to join!
Call President, Mary Ann Symonoski at 908-359-6022.

INFORMATION & RESERVATIONS

Atlantic City & Bus Trips - Muriel Kellenger - 908-874-3626

SENIOR CITIZENS, INC. CALENDAR

Thurs, Sept 9	<i>Meeting & Jan Gallagher & his music – 1pm at Senior Center</i>
Tues, Sept 21	<i>Atlantic City Trip</i>
Thurs, Oct 14	<i>Meeting – 1pm at Senior Ctr</i>
Tues, Oct 19	<i>Trip to October Fest – Platzl Brauhaus</i>
Tues, Oct 26	<i>Atlantic City Trip</i>
Thurs, Nov 11	<i>Meeting 1pm at Senior Ctr</i>

FREE EMS BLOOD PRESSURE READINGS at monthly meetings!

IF SEATS ARE AVAILABLE, YOU DO NOT HAVE TO BE A MEMBER OF
THE MONTGOMERY SENIOR CITIZENS GROUP TO PARTICIPATE IN THE ABOVE ACTIVITIES.
(EXCEPTIONS INCLUDE PICNICS, HOLIDAY LUNCHEONS AND MONTHLY MEETINGS).

MONTGOMERY SENIOR CENTER

We are located at the Otto Kaufman Community Center-356 Skillman Rd, Skillman, NJ 08558.

We welcome new members 60+ years. No dues are collected; attend as many times a week as you wish.

The Center is open Mon-Fri, 9am-1pm, for Somerset County-run activities & bus transportation.

However, the building remains open for use until 4:30pm.

Hot lunch is served for a suggested donation of \$1.50. Manager Denise Crowley, sets up lunches & activities.

To add or cancel a lunch, you must call (609) 466-0846 by 10:30am, with 24-hour notice!

To register for the Senior Center, please contact Denise Crowley at 609-466-0846.

Transportation to the center is now handled by Somerset County Transportation - (908) 231-7115 or 1-800-246-0527.

24-hour notice for pick-ups & cancellations is required.

FALL CALENDAR

Blood Pressure Screening - Last Thursday of the month 9:45am

Exercise - Every Monday, 10:15

ESL Chinese - Every Monday, 10:30

Yoga - Every Tuesday, 10:30

Healthy Bones - Every Wednesday, 10:15

Walking Club - Every Wednesday, 10:30

Bridge - Every Thursday 10:30

Computer Class - Every Thursday Call for Availability

Line Dance - Every Friday call for Schedule

Pool Table - Available Daily

Birthday celebration last Friday of the Month

Plus much more!

Call or email for detailed calendar of events

dcrowley@twp.montgomery.nj.us

We look forward to seeing you ☺

Recreation Staff: M-F, 8:00 am – 4:30 pm

Karen Zimmerman, Director
 Pauline Carr, Senior Program Coordinator
 Helene Lis, Secretary
 Lou Vaccaro, PM Desk
 Laure Scasserra, Kid Connection Director
 Ellen Elgort, Kid Connection After-school Supervisor
Kid Connection: 908-359-2111
Senior Center (Denise Crowley) 609-466-0846
Food Pantry (Denise Crowley) 609-466-1054
Sports Hotline:(for Field Cancellations) 800-731-8412

Recreation Committee Members

Peter Treichler, Chair
 George Jarvis
 Joe O'Rourke
 Dave Colonna
 Anne St. Mauro, Alternate I
 Cliff Wilson, Vice Chair
 Benton Camper, Jr.
 Kurt Perhach
 John Vasilik, Advisor
 Bala Naik, Alternate II

LIAISONS:

Twp. Committee: Kacey Dyer
Montgomery Schools: Cory Delgado, MHS, VP

Independent Sport League Organizations

Montgomery Recreation does NOT run these programs. They are independent.

Montgomery Youth Baseball & Little League:
 Joe Gerdes 908-281-5276 www.montgomerybaseball.com
Montgomery Girls Softball:
 Daniel O'Connor 908-281-6394 www.montgomerysoftball.com
Montgomery Jaguars Girls Travel Softball:
 Anthony Uva 908-581-2203 www.teamz.com/MontgomeryJaguars
Montgomery Youth Soccer:
 Pat Brady 908-874-8157 www.sportsconnex.com/mtys
Soccer Club Youth Development Program:
 Bruce Guest 908-904-9428 www.bluesombrero.com/montgomerysoccer
Soccer Club Traveling:
 John Lyssikatos 908-359-2955 www.montgomerysoccer.org
Montgomery Wrestling:
 John Moyle 908-281-6431 www.montgomerywrestling.com
Men's Montgomery United Soccer:
 Eric Atanda 609-683-0670 eatanda@hamamatsu.com (email)

Montgomery Youth Basketball:
 Tom Tarca 908-359-8618 www.montgomerybasketball.com
 John Hageman 609-466-3936
Montgomery Boys/Girls Lacrosse:
Boys: Cliff Higgins 609-577-2881 www.MontgomeryLacrosse.com
Girls: Dan Tetnowski 908-635-8587
Montgomery Youth Football & Cheerleading:
 John Clarke 732-485-4530 www.myfca.org
Montgomery Flag Football:
 John Durso 908-406-0555 www.leaguelineup.com/montgomeryflagfootball
Princeton Special Sports:
 Deborah Norcross 609-279-0191 dmartinncross@aol.com (email)
Challenger Little League:
 Lisa Kontos 609-273-7644 www.littleleague.org/divisions/challenger/asp
Montgomery Special Olympics:
 Michelle Woolf 609-466-8180 www.leaguelineup.com/montgomeryspecialolympics

REGISTRATION FORM

Once a registration is taken, no refunds, rainchecks, or credit will be given unless a program is canceled due to lack of participation. Class participants will not receive a confirmation. If you do not hear from our department, your registration is complete and you should plan to attend the class as scheduled. Trip participants will receive an itinerary approximately a week prior to the trip date. Register for all programs well in advance of start date so that programs are not canceled due to low participation. For more information please call 609-466-3023. Senior Citizens (55+) may take 10% off Adult School Classes (not trips). SEPARATE checks are required if you are registering for a class and a trip. Non-residents need to add an additional \$30.00 to the class fee. Please note! NO reservations for classes or trips are accepted over the phone. Registrations are only processed with payment - first come, first served. You may call to inquire about the status of a class or trip, but NO reservations will be made over the phone! THANK YOU & Enjoy!

Last Name	First Name	Grade	Age
Address	(Street)	(City)	(Zip)
Phone/Home	Work	Email	
Course/Trip	Date/Time of Class	Cost	
Course/Trip	Date/Time of Class	Cost	
Check#(s) _____ / _____	Date _____	Cash _____	
Total Enclosed _____			

NOTE: Please complete the entire registration form. It is very important for proper registration. Please make checks payable to Montgomery Recreation Department. Send form(s) with check to: Montgomery Recreation, Otto Kaufman Community Center, 356 Skillman Rd, Skillman, NJ 08558. If you have questions, call 609-466-3023. Classes may be canceled 1 week prior to start date based on registrations; please register early!
 I understand that the programs in this brochure are sponsored by the Montgomery Township Recreation Department, and hereby waive, release, absolve, indemnify, and agree to hold harmless, Montgomery Township, the class organizers, supervisors, and chaperones, for any claim arising out of an injury to myself/son/daughter. **I understand I will not receive a refund for any class/program unless the class/program is cancelled by the Recreation Department.**

Adult Name:(Print) _____ Adult Signature _____ Date _____