



### **Manasquan Recreation Offers 2023 Fall Programs and Activities**

Manasquan Recreation is gearing up for Fall of 2023 with a variety of programs and activities! Some of the programs listed below can be found on our Community Pass platform. Please visit the borough website at [www.manasquan-nj.gov](http://www.manasquan-nj.gov) and click on the Community Pass link. You will need to create an account to access program offerings. Questions? Email us at [eertle@manasquan-nj.gov](mailto:eertle@manasquan-nj.gov) or call #732-223-0544 extension 260.

**Manasquan Inlet Tug-** Come out and support our Manasquan Tug of War teams at the 5th annual Manasquan Inlet Tug of War on Sunday, October 8th from 11am-4pm (rain date is October 14th). Proceeds go to the Manasquan Recreation Department and the Point Pleasant Beach Recreation Department. Participating teams on both sides of the Inlet will also be making a donation to the Make-A-Wish Foundation. For more information on becoming a vendor, entering a team or being an event sponsor please visit [www.mitugofwar.com](http://www.mitugofwar.com). This is a must- see event!!

**Shore United Fall Soccer Program-** Registration for our Fall Soccer Program for Grades Pre-K through 5th has been extended for Friday September 1<sup>st</sup>. Register on Community Pass!

**Shore United Fall Soccer Clinics for Grades 6-8-** Manasquan Recreation's Shore United Fall Soccer Coordinator Joe Mitchell will be offering co-ed fall soccer training for students in grades 6-8 at Mallard Park. Training will be held on Wednesdays and run from September 6<sup>th</sup> through October 11<sup>th</sup> from 5:30 to 6:30. Registration is available on Community Pass

**Manasquan Flag Football-** Manasquan Recreation will be kicking off its flag football season at the Manasquan High School Turf Field on Sunday, October 1st and will run through Sunday, November 19th! The program is open to all boys and girls GRADES K-8. All games will be played at 10 am or 11 am. If turnout is higher than expected then an additional time slot will be added. A Coaches draft will be held on Monday, September 25th at 7:00 pm at the Manasquan Community Senior Center located at 63 Atlantic Avenue, Manasquan. Volunteer coaches are welcome and must attend the draft. The cost of the program includes a long sleeve t-shirt. Coaches and player registration is available on Community Pass. No new registrations will be processed after October 2nd.

**Intro To Surf Fishing Classes with the Manasquan Fishing Club-** This course is intended for those with some basic fishing experience and includes 4 classroom sessions and one beach outing. It will prepare you to enjoy the sport of surf fishing! You will leave with the confidence and knowledge to fish safely,

legally, and successfully! The fall is one of the best times to fish from shore as the migration of stripers, blues, and other speedsters is underway. This class is open to everyone age 12 and older. Those under the age of 16 will need to be accompanied by an adult for all course sessions.

There will be a beach-based outing at the end of the course to put your new skills to the test with some help and guidance! Classes will be held from 6:30p-8:00p at the Manasquan Community Senior, 63 Atlantic Avenue on September 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>. The final lesson is scheduled for Saturday, October 7<sup>th</sup> from 8am-10am on Manasquan Beach! Register on Community Pass.

**Boat Certification Courses-** Manasquan Recreation has teamed up with Coast Boating School to offer a boat certification course! This basic safe boating/personal watercraft class is the approved class for the mandatory certification for all individuals over the age of 13 to operate any type of powerboat or personal watercraft. All material is included. NASBLA approved for insurance discount. State approved vendor. Participants that are 12 years old can take the class, they will not receive certification until their 13th birthday. For further info please contact: [coastboatingschool@gmail.com](mailto:coastboatingschool@gmail.com) or call 732-279-0562. Fee is \$80 for Manasquan residents. \$100 for non-residents. Residents receive priority registration. Classes will be offered on September 10<sup>th</sup>, October 1<sup>st</sup>, November 5<sup>th</sup> and December 3<sup>rd</sup> from 9am- 5pm at the Manasquan Community Senior Center, 63 Atlantic Avenue.

**Slow Flow Yoga with Colleen McCrone-** Fall Yoga classes with Colleen begin on September 5<sup>th</sup> on Tuesdays from 7am - 8am in Classroom #2 at St Denis School, Manasquan (entrance is at eastern end of school). The cost is \$10 per class. All abilities welcome. Bring an open mind & smile, a towel and water (if you have blocks, bring them too!). Contact info: [colleendmc80@gmail.com](mailto:colleendmc80@gmail.com) or text 908-489-1801 or you can follow Colleen on Instagram @colleen\_mccroneyoga.

**Tom Manni Beach Yoga** Beach Yoga will be offered by certified yoga instructor and Manasquan resident Thomas Manni Monday, Wednesday, Friday and Saturday mornings from 7:30a.m.- 8:30 a.m. at Sea Watch Beach. The program runs from May 29<sup>th</sup> to September 4<sup>th</sup>. Please bring sunglasses, a beach towel and \$10 for each session. Contact Tom direct at [tom@tommanni.com](mailto:tom@tommanni.com). **CLASSES EXTENDED TO SEPTEMBER 30<sup>th</sup>!!**

**Roskos Beach Yoga** Come join Kathleen Roskos on Thursday evenings at Sea Watch Beach from 6:30-7:30 for invigorating yoga sessions! Kathleen is a 700-hour registered yoga instructor with Yoga Alliance. All abilities are welcome to participate. Please bring a towel, water and \$10 for each session. Classes begin on June 1<sup>st</sup> and will run through to September 7<sup>th</sup>. Questions? Kathleen welcomes you to email her at [katyoga67@gmail.com](mailto:katyoga67@gmail.com) or you may visit her website at [katyoga67.com](http://katyoga67.com). **CLASSES EXTENDED TO SEPTEMBER 28<sup>th</sup>!!**

**Ukelele In the Park** Manasquan Recreation will be teaming up once again with our friends at the Manasquan Music and Dance Academy (MMDA) to offer Ukulele lessons in Curtis Park! The Ukulele program is open to ages 6 and up (adults included). The Ukulele program will be held on Wednesdays and will run for six weeks beginning on September 20<sup>th</sup> from 3:30-4:30 p.m. Please visit [info@mmdacademy.com](mailto:info@mmdacademy.com) or call #732-223-2121 for additional program information. Registration is available on Community Pass. Ukelele instrument purchase is available for \$35.

**Beginner Canasta Classes** Learn the basics for the game of Canasta! Canasta is a game of strategy, calculation, and a certain degree of chance. Includes a Canasta Flipbook guide and cards are available for duration of lessons. Classes will be held on four consecutive Wednesdays beginning on October 4<sup>th</sup> from 10am-12pm. Ready to learn? Join us! Registration is available on Community Pass. Questions? Email Christine Blackford at [mahjonggclass@yahoo.com](mailto:mahjonggclass@yahoo.com). Classes will be held at the Manasquan Community Senior Center at 63 Atlantic Avenue.

**Mah Jong For Beginners-** Mah Jong anyone? Instructor Diana White's will be offering American Mah Jong classes this fall at the Manasquan Community Senior Center, 63 Atlantic Avenue! The class offers an introduction, instruction and game play. This 4-session class will be held on Thursdays from 12pm to 2pm and is set to begin on September 14<sup>th</sup>. The program cost includes the price of a Mah Jong card. Space is limited so sign up fast. Registration is available on Community Pass.

**"Gone Running" Youth Cross Country Program-** US Track and Field Coaches Bob Andrews and Brian Prendergast and the "Gone Running Training Staff will be offering a Cross Country training camp this fall at Manasquan High School! The program is open to boys and girls entering Grades 3-8 on Mondays and Wednesdays from 5pm-6pm. The program will run from September 11<sup>th</sup> through November 1<sup>st</sup>. Students will learn dynamic flexibility, warm-up, proper running form, endurance and speed training, Plyometrics, core and circuit training, helpful nutritional tips, psychology of running, racing strategies. Fee Includes 8 weeks of training, t-shirt, race day fee and award medal for a competition on Saturday, October 21 at 11:00 a.m. at the Manalapan Recreation Center. Students are asked to bring running shoes, a towel and water to each session. Register on Community Pass.

**Skateboard Lessons with ABF Skateshop-** Manasquan Recreation Skateboarding Lessons are back for the Fall of 2023! Lessons will be on Saturday mornings and is offered to beginner and intermediate skaters from ages 5-14. Beginners will learn the basics of skateboarding with pushing, riding, turning, skate park etiquette and the excitement of going up and down ramps. Intermediates will expand and develop their tricks and skill level with ollies, dropping off ledges, conquering ramps and much more. Details: • 1-hour sessions on Saturday mornings for seven weeks beginning on from September 9<sup>th</sup> and ending on October 21, 2023. Location is the Manasquan Skate Park at Stockton Park, 1 Second Ave., Manasquan, NJ. A helmet and skateboard are required. Knee pads, elbow pads, and wrist guards are recommended. • Cost \$125 for seven (1) hour Saturday morning sessions. Available time slots are: 9am-10am Beginners Ages 5-8 / 10am-11am Intermediates Ages 5-9 / 11am -12noon Beginners/Intermediates Ages 9-14. Register for classes on Community Pass

**Adult Co-Ed Softball League at Mallard Park** Manasquan Recreation will be sponsoring a co-ed adult softball league this fall that is being offered by Manasquan Resident Jason Ross and ABL Softball. Games will be played on Sunday's mornings from 9:30 a.m. to 12:30 p.m. beginning on September 17<sup>th</sup> and ending on November 19<sup>th</sup> at Mallard Park. Please visit the ABL website at [www.join.ABL.com](http://www.join.ABL.com) for more information. Questions? Email Jason Ross at [info@joinabl.com](mailto:info@joinabl.com).

**"Balanced Body" Crossfit Training Classes-** Are you an early riser? If so, we have a program for you! Manasquan Recreation welcomes you to participate in our "A Balanced Body" program offered by Manasquan resident Carolyn Barrale. Carolyn has a whole host of physical fitness certifications and is looking forward to sharing her knowledge, expertise and enthusiasm with her students. Fall classes are being offered on Wednesdays at 6 a.m. and again at 7a.m. beginning on October 4<sup>th</sup> and will run through December 20<sup>th</sup>. Please email Carolyn at [carolynzilberman@yahoo.com](mailto:carolynzilberman@yahoo.com) for additional program information. Registration for the twelve-week package is available on Community Pass. Drop ins are welcome for \$15 per class

**Kids and Adult Martial Art/Self Defense Classes-** Martial arts classes are being offered at our St Denis location year- round! All classes are instructed by excellent Aikido Shodan (black belt instructors) certified from Japan Hombu Headquarters. Adult classes are offered Tuesday, Thursday and Friday evenings and on Saturday mornings. Aiki-Kids Classes are offered Tuesday and Thursday evenings and on Saturday mornings. REGISTER ON COMMUNITY PASS.

**Autism Movement Project-** Manasquan Recreation is proud to offer a fitness and sports program for developmentally disabled children and adults. The AMP Fitness Team is comprised of a school psychologist, board certified behavior analyst, a registered behavior technician and a personal trainer. Please visit [www.ampfitnj.com](http://www.ampfitnj.com) to learn more about the program. Questions can be emailed to [info@ampfitnj.com](mailto:info@ampfitnj.com).

**Adult Pickleball-** Pickleball anyone! Manasquan Beach/Recreation is proud to offer adult pickleball at St. Denis Gym AND on our four courts at Stockton Park. Advanced, Super Seniors, Ladies Only and Recreation level play is available. Evening play at St Denis will be available,too! Anyone interested should contact Manasquan Recreation's pickleball coordinator Larry Dight at [lbdight@gmail.com](mailto:lbdight@gmail.com) or call #732-223- 0544 Extension 260. Feel free to download the Team Reach app onto your phone to coordinate pick-up games at Stockton Park. The Team Reach code is "Manasquan." Additional program information to include the pickleball schedule is available on the borough website [www.manasquan-nj.gov](http://www.manasquan-nj.gov). Click on the "Recreation" link then click the "Year-Round" link.

**Pilates Classes-** Manasquan Recreation continues to offer Pilates classes at our St Denis location! Have you tried it yet? You'll look, feel, and perform better as you improve your strength, balance, and flexibility. It's great crosstraining for any sport, too. Come and cultivate your core! Classes can accommodate beginner and intermediate level students. Please bring a mat and wear something comfortable. Classes are held on Tuesday and Thursday mornings from 8:30 to 9:30 in Room #1 at St Denis School (eastern end of building). Sessions begin on October 3rd and end on December 21st. Questions about Pilates? Call Theresa Karron at 914-960-9214. Registration for the Pilates package is available on Community Pass. Drop ins are welcome for \$15 per class.

**Manasquan Seniors Group-** Are you over the age of 55 and a Manasquan resident who's looking to stay active and informed? Consider joining the Manasquan Seniors Group! Please email [manasquanseniors@yahoo.com](mailto:manasquanseniors@yahoo.com).

**Friends and Family CPR Classes-** Manasquan Recreation is teaming up once again with the Manasquan First Aid Squad to offer "Friends and Family" CPR classes! Our first aid volunteers will also cover basic first aid to include handling a choking victim along with infant child and adult CPR. **DATES TO BE ANNOUNCED SOON!**

**Warrior Rec Wrestling Clinics-** We are excited to have Manasquan High School's head wrestling coach Justin Barowski's will be returning later this fall as our program coordinator! Coach Barowski's goal is to provide a safe environment and teach valuable life lessons that come along with the sport of wrestling. The Warrior Wrestling mission is to improve the mental and physical well- being of all our wrestlers through a competitive, fun atmosphere. Registration will open to all sending district students in **Grades K-8. DATES TO BE ANNOUNCED SOON!**

**Please visit the Manasquan Recreation website at [manasquan-nj.gov](http://manasquan-nj.gov) for additional program information, useful resources and links, special event information, Manasquan High School fieldhouse schedule and much more!**

**Enjoy your Local Summer!**

**Manasquan Recreation Department**

