



## **Manasquan Recreation Offers 2024 Spring Programs and Activities**

*Manasquan Recreation is gearing up for the 2024 Spring season with a variety of programs and activities! Some of the programs listed below can be found on our Community Pass platform- contact information for other program offerings will be provided below. 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. Check out our new website at [www.manasquan-nj.gov](http://www.manasquan-nj.gov) by clicking on the "Recreation" tab!*

### **2024 Warrior for A Day**

Manasquan Recreation is excited to announce that Friday, May 3rd and Saturday, May 4th is our 2<sup>nd</sup> Annual Warrior for A Day! Come join us for some friendly competition pitting East Side residents versus West Side residents. Children's events will take place on the evening of May 4<sup>th</sup> at the Manasquan High School Fieldhouse. Adult events will take place on Saturday May 5<sup>th</sup> at Mallard Park. There is no rain date of the children's events. The adult event rain date is set for May 12<sup>th</sup>.

The West Side prevailed in 2023- let's see if the East Siders can knock them off the throne! There will be a trophy ceremony after the last event. Everyone is welcome to attend the Manasquan PBA Food Truck event that will be held at Mallard Park, too. More information to follow on both events. A great day of family fun!

*Manasquan Recreation will be dedicating this event and future Warrior for A Day events to our former Mayor John Winterstella who passed away in November, 2023. Mayor Winterstella was a big supporter of the East v West softball game that was first played in 2008 and he was there again for our inaugural Warrior for A Day last May.*

### **2024 Summer Recreation Camp**

**Applications for Summer Recreation Counselors will be available in mid- March on the borough website. On the homepage, place cursor over "Government" then click on "Employment."**

The 2024 Summer Recreation program is available to children entering kindergarten through entering 5th grade. Due to ongoing construction at the elementary school this year's camp will once again be held at Stockton Park on 2<sup>nd</sup> Avenue (where the Little League fields are) beginning on Monday, July 1st and ending on Friday, August 9th. The camp runs from 9am-12pm Monday-Friday (no camp on July 4th or

5<sup>th</sup>). Discounted rates available for multiple children from the same household. Manasquan Recreation will also be offering a weekly option as well as an option for our Junior Guard participants to sign up for Summer Rec on days when there is no Junior Guard! Please email our summer recreation director at [squansummerrec@gmail.com](mailto:squansummerrec@gmail.com). Due to the location change we will not be able to offer of pre-k program this summer. Registration is available on Community Pass.

### **Manasquan Junior Guards**

The very popular Junior Guard program registration is now open on Community Pass! The program is available to boys and girls ages 9 to 13 three weekdays per week beginning on June 24<sup>th</sup> and ending on July 26<sup>th</sup>. A Little Guards program is also available for children ages 6-8. Competitive and Non-Competitive groupings are offered.

Questions? Please email Junior Guard coordinator Brent Shible at [manasquanjuniorguards@gmail.com](mailto:manasquanjuniorguards@gmail.com)

### **Intro to Saltwater Fishing Clinics-**

Manasquan Recreation will be partnering with our angling professionals from the Manasquan Fishing Club to offer an introductory course in saltwater fishing! This course will cover all the basics you need to start enjoying salt-water fishing! The course is intended for those with little or no fishing experience. You will leave with the confidence and knowledge to fish safely, legally, and successfully! The class is ideal for adults and families with children ages 12 and older looking to pick up saltwater fishing. There will be a shore-based outing at the end of the course to put your new skills to the test with some help! Children aged 16 and under will need to be accompanied by an adult for all four sessions. Classes will be held at the Manasquan Community Senior Center at 63 Atlantic Avenue on Thursday May 2nd, 9th and 16<sup>th</sup> from 6:30pm-8pm. The final "hands on" session will be held on Saturday June 1<sup>st</sup> from 8am-10am at the Manasquan Inlet. Registration is available on Community Pass.

### **Easter Egg Hunt**

Please join the Manasquan Recreation Department on Thursday, March 28<sup>th</sup> on the turf field at Manasquan High School (North Main Street) for the Annual Easter Egg Hunt. The event will kick off at 6:00 p.m. Registration is not required- just show up and start hunting! The rain date is Friday, March 29<sup>th</sup>, same time- same place. Manasquan children, including children of grandparents who live in the borough Ages 0-8, are welcome to participate and will be broken up into appropriate age groups. There will also be a special appearance by the Easter Bunny! Questions? Please call us at #732-223-0544 X260 or email us at [santonucci@manasquan-nj.gov](mailto:santonucci@manasquan-nj.gov) or [eertle@manasquan-nj.gov](mailto:eertle@manasquan-nj.gov).

### **SAT Prep Classes**

Are you taking the SAT exam on May 4<sup>th</sup>? Looking to improve your SAT score? Look no further than MHS teachers Monica Fenlon and Gina Martucci's SAT Prep class! This 6- week program will begin on Tuesday evening March 19<sup>th</sup> and will be held at the Manasquan Community Senior Center. Session will be held from 6p-8p. Questions? Please reach out to Mrs. Fenlon at [mfenlon@manasquan.k12.nj.us](mailto:mfenlon@manasquan.k12.nj.us) or Mrs. Martucci at [gmartucci@manasquan.k12.nj.us](mailto:gmartucci@manasquan.k12.nj.us). Additional program information can be found on the Manasquan Recreation website.

### **Skateboard Lessons with Coach Dave**

David Farrell Skateboarding will be offering lessons this spring at our skatepark at Stockton Park! This 7-week program will be available to boys and girls ages 5-14. Lessons for beginners and intermediate for each age group are available. Lessons will be held on Saturdays beginning on April 13<sup>th</sup> and ending on May 25<sup>th</sup>. Beginners aged 5-14 will skate from 9am-10am. Intermediates age 5-14 will skate from 10am-11am. Rainouts will be added on to the end of the session. Registration is available on Community Pass. Please visit [www.davidfarrellskateboarding.com](http://www.davidfarrellskateboarding.com) for additional details.

### **Boat Safety Certification Classes**

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. The fee is \$80 for Manasquan residents. \$100 for non-residents. Residents receive priority registration. Classes will be offered on March 3<sup>rd</sup>, April 28<sup>th</sup>, May 5<sup>th</sup> and June 23<sup>rd</sup> (All Sundays). All classes run from 9am- 5pm at the Manasquan Community Senior Center, 63 Atlantic Avenue.

### **Special Teams Camp (STS)-**

Manasquan Recreation has teamed up with Special Teams Solutions founders and former Rutgers placekicker Lee Mc Donald and former Rutgers Punter Charlie Titus to offer two mini camps this spring! Placekickers, Punters and Long Snappers ages 12 and up are invited to attend. Participants will be grouped by age and/or skill level. The clinics will be held at the Manasquan High School Fieldhouse and will be offered on Sunday March 24<sup>th</sup>, April 7<sup>th</sup>, April 21<sup>st</sup>, and April 28<sup>th</sup> from 4pm-6pm. Registration is available on Community Pass.

STS will also be hosting a "Snapper Showcase" at the Manasquan High School Fieldhouse on Sunday, May 19<sup>th</sup> from 3pm-6pm. Ages 10 and up are welcome to participate! Registration is available on Community Pass.

### **Friends and Family CPR Classes**

On behalf of the Manasquan First Aid Squad, Manasquan Recreation would like to announce their intention 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. Please check the First Aid squad's website at [www.manasquanems.org](http://www.manasquanems.org) then click on "Events-CPR Classes." Squad volunteers will also be offering Basic Life Support (BLS) Certified CPR Classes, too. The programs are free of charge!

### **Catania Hoop Clinics-**

Coach Nick Catania will be hosting two one day clinics at St Denis Gym (90 Union Avenue) on Friday, March 29<sup>th</sup> from 11am-2pm and Monday, April 1<sup>st</sup> from 12pm- 3pm. The clinics are available to boys and girls Grades K-8. For additional information regarding registration, fees and waivers please visit [www.nickcataniahoopskills.com](http://www.nickcataniahoopskills.com) or email Coach Catania at [nickcataniahoopskills@gmail.com](mailto:nickcataniahoopskills@gmail.com). Summer camp information is available on the website, too!

### **"Gone Running" Youth Track Program**

Manasquan Rec is teaming up with USTA Track and Field Coaches Bob Andrews and Brian Prendergast (Manasquan High School's Head Track and Field coach, too) to offer a running program for Manasquan Sending District students in Grades 3 through 8. Participants will learn proper running form, how to run for enjoyment, warm up techniques and plyometrics. The clinics will also include a track meet at Manalapan High School! The program will be offered on Mondays and Wednesdays from 5pm to 6pm at Manasquan High School from April 22<sup>nd</sup> through June 6<sup>th</sup>. One session or two session pricing is available. All participants will receive a T-shirt. Registration is available on Community Pass.

### **Ruff House Wrestling Club-**

Grapplers in Grade K-8 are invited to join the "Ruff House Wrestling Club" at the Manasquan High School Fieldhouse Wrestling Room with top notch instruction provided by Coaches Mike Dahrouge and Nick Skokos. Clinics will be held Tuesday and Thursdays beginning on March 26<sup>th</sup> and ending on June 27<sup>th</sup>. Grades K-1 wrestlers will take the mat from 6pm-7pm and Grade 2-8 will take the mat from 7pm-8pm Please visit [www.ruffhousewrestling.com](http://www.ruffhousewrestling.com) for program and registration information.

### **Adult Co-ed Spring Softball League-**

Manasquan Recreation will be sponsoring a co-ed adult softball league (age 21 and over) this spring that is being offered by Manasquan Resident Jason Ross and ABL Softball. Games will be played on Sundays from 9a-1p beginning on April 7<sup>th</sup> and ending on June 30<sup>th</sup>. Games will be played at Mallard Park. Registration deadline is March 30<sup>th</sup>. Please visit the ABL website at [www.joinABL.com](http://www.joinABL.com) for more information or email Jason at [info@joinABL.com](mailto:info@joinABL.com)

### **Mah Jong-**

Mah Jong anyone? Instructor Diana White's American Mah Jong winter lessons sold out and she has agreed to offer another session this spring at the Manasquan Community Seniors Center, 63 Atlantic Avenue! The class offers an introduction, instruction and game play. This 4-session class will be held on Tuesdays from 11 am to 1pm and is set to begin on March 26<sup>th</sup> and end on April 16<sup>th</sup>. Diana is also adding an evening class! This 4 -session class will be held on Thursdays from 6:30pm to 8:30pm and is set to begin on March 28<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.

### **Manasquan Recreation Scholarship**

The Manasquan Recreation Department is proud to announce that it will be offering two \$500 scholarships to a Manasquan resident (one male and one female) entering a college or trade school in September 2024! The selection committee will be focusing on the applicants' academic achievement and volunteer service.

Complete the application and return with a copy of your most recent high school transcript to:  
**Manasquan Recreation Department, Attn: Scholarship Committee, 201 East Main Street, Manasquan, NJ 08736.** All applications must be received no later than **Monday, May 6, 2024** to be considered. Applications can be mailed or dropped off (Clerk's office on the 2<sup>nd</sup> floor) to the above- listed address.

### **Yoga with Colleen McCrone**

Yoga Instructor Colleen McCrone will be offering yoga classes on Tuesdays 730am-830am at the Manasquan Senior Community Center, 63 Atlantic Avenue. Sessions begin on March 5<sup>th</sup> and end on May 14<sup>th</sup>. Colleen is a 200-hour registered yoga teacher with Yoga Alliance. Colleen found yoga over 25 years ago when needed balance with running and triathlons. Colleen's classes are for all abilities and believes that yoga can be practiced by anyone and anywhere all while embracing what each season has to offer. Bring your smile, mat, towel, water, and \$15/class (if you have blocks, bring them too!). A 10 session package is also available for \$120- registration for the package is available on the Community Pass platform, Connect with Colleen on Instagram @colleen\_mccroneyoga or email her at [colleendmc80@gmail.com](mailto:colleendmc80@gmail.com) for schedule, updates and program information.

### **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 Fridays beginning on May 3<sup>rd</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, 63 Atlantic Avenue.

### **Youth Soccer Clinics**

Coach Brian Rostron will be offering 7 weeks' worth of training clinics this spring at Mallard Park!

Pre-K co-ed sessions begin on Tuesday April 9<sup>th</sup> and will run through May 21<sup>st</sup> from 5:00-6:00

Grade 2-5 BOYS sessions begin on Tuesday April 9<sup>th</sup> and will run through May 21<sup>st</sup> from 6:00- 7:00

Grade K-1 co-ed sessions begin on Thursday April 11<sup>th</sup> and will run through May 23<sup>rd</sup> from 5:00-6:00

Grade 2-5 GIRLS sessions begin on Thursday April 27<sup>th</sup> and will run through May 23<sup>rd</sup> from 6:00-7:00

All players must bring their own water, ball, shin guards and proper footwear. Coach Rostron has 20 years' coaching experience at the Travel Club, High School and College levels.

Registration for this program is available on Community Pass

### **Learn To Skate Lessons at Jersey Shore Arena**

Manasquan Recreation has teamed up with our friends at Jersey Shore Arena in Wall Township for "Learn to Skate" lessons for adults and children. Plenty of options to choose from. Information regarding this program can be found on the Manasquan Recreation website at [manasquan-nj.gov](http://manasquan-nj.gov) (click on "Recreation" then click on "Spring"). A percentage of the proceeds from this program will be donated to Manasquan Recreation!

### **“Balanced Body” Strength 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 at the brand-new Fieldhouse at Manasquan High School. Carolyn has a whole host of physical fitness certifications and is looking forward to sharing her knowledge, expertise and enthusiasm with her students. Classes are offered on Wednesdays at 6 a.m. and 7 a.m. beginning on April 10<sup>th</sup> and will run for 12 consecutive weeks before ending on June 26<sup>th</sup>. This class is capped at 14 participants so register early! Drop ins are welcome. Free trial class is available, too! Please email Carolyn at [carolynzilberman@yahoo.com](mailto:carolynzilberman@yahoo.com) for additional program information. Registration is available on Community Pass.

### **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. Additional program information and registration is available 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).

### **Outdoor Adult Pickleball-**

The inline rink at Stockton Park is also home to four pickleball courts and is available for play year- round (weather permitting). Players are required to set up and breakdown equipment after use. Manasquan Recreation will be adding evening hours at the park beginning this spring (more information to follow). Feel free to download the TeamReach app onto your phone to coordinate pick -up games at Stockton Park. The group name is “Manasquan.” There is no fee to play at the Stockton Park location. Currently we are not accepting non-resident year-round registration for our indoor program as the program is at full capacity. The pickleball schedule can be found on the borough website at [manasquan-nj.gov](http://manasquan-nj.gov). On the homepage, click on “Recreation” then “Year-Round.” Questions? Please reach out to our pickleball coordinator Larry Dight at [lbdight@gmail.com](mailto:lbdight@gmail.com).

### **Pickleball Clinics For Beginners-**

Manasquan Recreation will be offering pickleball lessons for beginners this spring! Our first session sold out in minutes, so our instructors have agreed to add additional sessions. Stay tuned for dates and times. Due to limited space, clinics are available to Manasquan residents only. Non- residents will be invited to participate in future clinics.

### 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 cross training 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. Two classes are offered on Tuesday and Thursday mornings from 8:30-9:30. Evening classes will be offered this spring on Monday and Wednesday evenings from 5pm-6pm at St Denis School (eastern end of building). Morning classes begin on Thursday April 4<sup>th</sup> and finishes up on June 27<sup>th</sup>. Evening classes begin on April 8<sup>th</sup> and finishes up on June 26<sup>th</sup>. Questions about Pilates? Call Theresa Karron at 914-960-9214 or follow her on Instagram and Facebook @cultivateyourcore. Drop-ins are welcome for a \$15 fee. Full program packages are available for purchase, too. Register for the entire AM or PM program on Community Pass.

### Zumba Classes

Manasquan Recreation is happy to announce our partnership with certified ZUMBA instructor Kathleen Mains! Kathleen will be offering a one- hour class every Wednesday from 6pm-7pm at the Manasquan Community Senior Center, 63 Atlantic Avenue. Classes are \$10 per session. Students are asked to bring their own 1- or 2-pound hand weights. For additional information please email Kathleen at [kmains99@aol.com](mailto:kmains99@aol.com). Classes will run through April 2024.

### 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 150- member strong Manasquan Seniors Group! Please email [manasquanseniors@yahoo.com](mailto:manasquanseniors@yahoo.com).

**Additional Senior information can be found on the borough website at [www.manasquan-nj.gov](http://www.manasquan-nj.gov). Click on the "Recreation" tab then click on "Manasquan Seniors."**

- **Have any program ideas? Send them along to Erik Ertle at [eertle@manasquan-nj.gov](mailto:eertle@manasquan-nj.gov)**
- **Interested in volunteering? Complete the Volunteer Form on the Rec website at [www.manasquan-nj.gov](http://www.manasquan-nj.gov)**

