



Manasquan Recreation Offers 2023-2024 Winter Programs and Activities

Manasquan Recreation is gearing up for the 2023-2024 Winter 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 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 or call #732-223-0544 extension 260.

Christmas On Main Beach-

Once again, Santa Claus will be stopping in Manasquan on Sunday, December 10th (weather date is Sunday December 17th) to take photos at the Christmas Tree on Main Beach! Santa only has a few hours to spare and will be at Main Beach from 10am-12pm and again from 1pm-3pm. We just received word from the North Pole that Mrs. Claus will be at Main Beach, too!!

Manasquan Recreation invites residents and visitors alike to stop by and see Santa and place an ornament on the tree! There is no fee associated with this event.

Many thanks to the Horton Family- owners of Santa's Forest at the Sea Girt Mall in Wall Township- for donating this year's tree!

Holiday Home Decorating Contest-

The Manasquan Recreation Department and Manasquan Tourism Commission will be hosting its 4th Annual Holiday Home Decorating Contest! Prizes will be awarded for first, second, third and fourth place- Manasquan Recreation Committee members will select the 2nd 3rd and 4th place winners and Manasquan residents will vote for the 1st place-grand prize winner! The 2nd place winner will receive \$100 in Squan Bucks, 3rd place will receive \$50 in Squan Bucks and 4th place will receive \$25 in Squan Bucks. The 1st place/ grand prize winner selected by the residents will receive \$100 Squan Bucks and one 2024 Manasquan Beach Badge! Residents may register for the contest on our **COMMUNITY PASS** platform by visiting the Borough website at www.manasquan-nj.gov. A Community Pass account is required.

Only those homes that are registered through Community Pass will be eligible to be judged and receive prizes. Judging will take place between Monday, November 27th and Monday, December 18th. Winners will be notified by the email address used to register the home on Community Pass. Prizes will be dropped at each home and pictures of all winning homes will be taken and posted in The Coast Star and on the Manasquan Recreation website at www.manasquan-nj.gov then click on Recreation." No professionally decorated homes please!

Biddy Basketball-

Manasquan Recreation will be accepting registration for our 2022-2023 Winter Basketball Program. The program will kick off on Saturday, January 8th, 2022. (More details including a schedule will follow). The program is being offered to boys and girls Grade K-8. **There will be games scheduled for the older grades for Thursday, January 6th.

K-2nd Grade hoopsters will participate in our Biddy Basketball Clinic. **Kindergartners, 1st and 2nd Graders will not be contacted by a coach, just show up January 6th and have fun!** Grade 3-8 players will be contacted by their coach after the draft. A season schedule will be posted online at www.manasquan-nj.gov then click on "Recreation" "Scholarships" are available. Questions? Please email us at santonucci@manasquan-nj.gov or call 732-223-0544 Ext. 260.

REGISTRATION WILL REMAIN OPEN UNTIL FURTHER NOTICE. A draft for Grades 3-8 teams will be held on a date To Be Determined. More information will follow. Email Erik Ertle at eertle@manasquan-nj.gov for more information. **REGISTER ON COMMUNITY PASS**

Warrior Rec Wrestling Program-

We are excited to have Manasquan High School's head wrestling coach Justin Barowski's return 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 is open to all sending district students in **Grades K-8. Registration will be offered through December 4th.** The program will run on Mondays and Thursdays from November 13th through January 25th in the NEW Manasquan High School Fieldhouse Wrestling Room. Program times are 6pm- 7pm for grade K-2 and 7pm-8pm for Grade 3-8. This program is for practice only. No matches will be offered.

All participants will receive a Warrior Rec wrestling t- shirt! Wrestling shoes and head gear are required. Email Erik Ertle at eertle@manasquan-nj.gov for more information. **REGISTER ON COMMUNITY PASS**

Warrior Wrestling Developmental Program-

Coach Barowski and his staff will be offering an additional program for wrestlers in grades K-8 interested in participating in weekly matches. The developmental program will begin on January 8th and ends on February 28th and will include one practice session and one match per week. Registration and additional information can be found on Community Pass.

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 or call 732-279-0562. Fee is \$80 for Manasquan residents. \$100 for non-residents. Residents receive priority registration. Classes will be offered on December 3rd, January 14th, February 11th and March 3rd (All Sundays). All classes run from 9am- 5pm at the Manasquan Community Senior Center, 63 Atlantic Avenue.

Winter Co-ed Flag Football

Manasquan Recreation will be teaming up once again with Manasquan High School Head Football Coach Jay Price and his staff to offer a co-ed K-8 winter football league in the Manasquan Fieldhouse! The 8-week schedule will begin on January 8th and run through February 26th. All games will be played on Mondays. For more information and to register please visit our Community Pass platform.

High School Girls Flag Football Clinic

Clinics will be held on Sundays from 2:00 pm to 3:30 pm at the Manasquan High School Field House and will include positional individual periods, team offense and defense schemes, and flag pulling drills every week. The clinic will run for 8 weeks beginning Sunday January 7, 2024 and ending Sunday February 25th 2024. Cost For 8 Sessions: \$275.00

Camp Clinicians will include Coaches from the local Shore Conference High School Girls Flag Football teams. The program is open to all 8th graders through 12th graders from any school looking to start a program to all existing schools in the Shore Conference Girls Football League.

Please register with Community Pass. You can create an account at the Borough of Manasquan Website.

Gone Running Training 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 winter inside the Manasquan High School Fieldhouse! The program is open to boys and girls entering Grades 3-8 and will be held on Tuesdays from 5pm-6pm. The program will run from January 9th through February 6th. 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. Register on Community Pass (**registration for this program will be available after the Thanksgiving holiday**).

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.

Adult Men’s Basketball League at St Denis

Manasquan Recreation is partnering with ABL Sports and will offer a Adult Mens Basketball League at St Denis Gym this winter! The 8-week season starts on December 17th plus playoffs. All games will be played on Sunday evenings. Register your team at ABL.com. Questions? Email ABL at info@joinABL.com.

Slow Flow Yoga with Colleen McCrone-

Winter Yoga classes with Colleen begin on January 2nd on Tuesdays from 7:30 am – 8:30 am in Classroom #2 at St Denis School, Manasquan (entrance is at eastern end of school). The cost is \$15 per class or you can purchase the 8 week package on **Community Pass** for \$95! All abilities welcome. Bring an open mind & smile, a towel and water (if you have blocks, bring them too!). Contact info: colleendmc80@gmail or text 908-489-1801 or you can follow Colleen on Instagram @colleen_mccroneyoga.

Special Teams Camp-

Manasquan Recreation has teamed up with Special Teams Solutions founders and former Rutgers placekicker Lee Mc Donald and his staff to offer two mini camps this winter! Placekickers, Punters and Long Snappers ages 10 and up are invited to attend. The clinics will be held at the Manasquan High School Fieldhouse. The first 5 session mini camp will be offered on Sundays beginning January 7th from 4pm-6pm. The second mini- camp, also 5 sessions, will be offered on Sundays beginning February 18th from 4pm-6pm. Registration is available on Community Pass.

Atlantic Avenue Passing Academy Programs-

Our Friends at Atlantic Avenue are offering a whole host of programs this winter- too many to explain here! Please visit our Community Pass registration platform for information on the Passing Academy, Girls Flag Football Academy, FUNdamental Football Camp and Youth Football Academy

Indoor Soccer Training

With the exception of a few Pre-k slots, all of Coach Brian Rostrons December and January soccer clinics scheduled from November 8 through December 16th are SOLD OUT. Coach Mitchell will be offering additional sessions throughout 2024. Stay tuned!

Whee Get Fit & Play Mommy and Me Classes

This “Fitness For Moms” class is being offered at the Manasquan Community Senior Center at 63 Atlantic Avenue at convenient times during morning and early evening hours, Saturday mornings too! Moms are welcome to bring their children to class!

Questions? Please email Jen Levi at wheegetfitandplay@gmail.com or follow on Instagram @wheegetfit

“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 Manasquan High School Fieldhouse. 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 weekly on Wednesdays at 6 a.m. beginning on January 10th and will run for 10 consecutive weeks before ending on March 27th. This class is capped at 14 participants so register early! Please email Carolyn at carolynzilberman@yahoo.com for additional program information. **REGISTER 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. **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 to learn more about the program. Questions can be emailed to info@ampfitnj.com.

Adult Pickleball-

DUE TO HIGH DEMAND AND UNTIL FURTHER NOTICE WE ARE ONLY ACCEPTING MANASQUAN RESIDENTS

Pickleball anyone! Manasquan Recreation is proud to offer adult pickleball at St. Denis Gym AND on our four courts at Stockton Park. Advanced and recreation level play is available at the St Denis location. Feel free to download the TeamReach app onto your phone to coordinate pick up games at Stockton Park. The group name is "Manasquan" and there is no fee to play at the Stockton Park location. Anyone The year- round registration fee for Manasquan residents is \$75 and \$100 for non-residents. NON RESIDENT YEAR-ROUND SIGN UPS IS SOLD OUT. Manasquan Recreation also offers a walk- up fee of \$10 per day. Program schedule is available on the Recreation webpage. Please visit manasquan-nj.gov and click on the "Recreation" tab then click on the "Year Round" tab. Any additional questions or assistance can be directed to Erik Ertle at eertle@manasquan-nj.gov or by calling #732-223-0544 X260.

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. A package of 23 classes will be offered from January 4th through March 21st on Tuesday and Thursday mornings from 8:30 am- 9:30 am in Classroom #1 at St Denis School (eastern end of building). Registration for the package can be found on Community Pass. Walk ups are welcome for \$15 per class. Questions about Pilates? Call Theresa Karron at 914-960-9214. **REGISTER ON COMMUNITY PASS**

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! Winter offerings include: Book Club (one day per month), Movie Day (one day per month), Stretch and Strength (every Tuesday and Thursday morning) and Game Days (every Friday afternoon). Please email manasquanseniors@yahoo.com.

Please visit our website at manasquan-nj.gov. Click on the "Recreation" tab then click the "Manasquan Seniors" tab for up to date information!