



**Township of North Brunswick**  
**Department of Parks, Recreation,**  
**& Community Services**



www.northbrunswicknj.gov

PRE-SCHOOL  
PROGRAMS



YOUTH PROGRAMS



ADULT PROGRAMS



EXPLORE  
**DPRCS**  
 SPRING / SUMMER  
 PROGRAMS



PROJECT  
LEAL

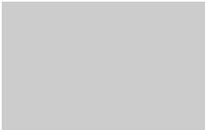


EVENTS &  
TRIPS

SENIOR  
PROGRAMS



  
 AQUATICS



North Brunswick  
 Dept. of Parks, Recreation & Community Services  
 710 Hermann Road  
 North Brunswick, NJ 08902  
 Phone: 732-247-0922 x 475

**SPRING / SUMMER PROGRAMS 2012**

# Registration Information

1. Please be sure to read each section carefully. The registration process, fees, and payment differ for some programs. If the program has no code or fee, pre-registration is not necessary. Attend the activity as listed. If you are interested in a program which has a code and fee, you must fill out the appropriate registration form and mail it as directed.

2. Please be sure to follow these dates and the instructions that appear on each registration form. If you miss mail-in registration, follow the guidelines listed below. **Mail in registration begins immediately unless other wise noted.**

3. Please be patient. Our staff will process each registration and mail you the results. Many activities have limited enrollment. In some cases, you may be placed on a waiting list or have your check returned. We make every attempt to maximize participation in all of our programs. Please register early. Activities without sufficient enrollment may be cancelled. Last minute registration affects other participants. **In-person registration will begin on Tuesday, March 6.** After that date, residents may register in person or by mail.

**Non-Resident Policy:** Programs are open to North Brunswick residents on a first priority basis, with consideration for non-residents given after the residential registration deadline. Non-residents shall pay an additional participation fee. We reserve the right to exclude or limit the participation of non-residents in programs and activities.

**DPRCS ID Cards:** A **wallet-sized photo is required** along with a \$10 fee. Cards can be purchased during office hours. Cards are valid for one year from purchase date.

**Refund Policy:** Refunds are given only if the program is cancelled by the department. The Department reserves the right to add or cancel programs and to alter schedules. *In accordance with state law, no credits may be given.*

**Program Cancellations:** Program cancellations due to bad weather are announced on radio station WCTC 1450 AM and messages are left on department voice-mail. For closings, call the "weather hotline" at 247-0922 x 900 after 4 p.m. for evening programs and after 7 a.m. for weekend & weekday morning programs. **\*Please note:** If North Brunswick schools are closed due to inclement weather, all programs in any of the public schools that day are cancelled. **\*Parental Note:** Supervision is not provided outside many of the buildings and facilities where programs are held. Please escort your children to the activity and pick them up promptly at the time indicated. Any persons found participating in a program in which he or she has not been properly registered will be ejected from the activity. Falsification of information is grounds for removal from the program without reimbursement of the fee.

**Americans with Disabilities:** The Township of North Brunswick is committed to providing recreational opportunities for special populations who are developmentally or physically disabled. It is our policy, whenever possible, to mainstream individuals as part of our regular programming.

## DPRCS OFFICE STAFF

**Lou Ann Benson**, Director  
**Greg Kikelhan**, Deputy Director  
**Giovanna Branciforte**, Recreation Program Specialist  
**Elizabeth Yarus**, Recreation Program Specialist  
**Laura Rosenberg**, Principal Clerk Typist  
**Annette Watts**, Principal Clerk Typist  
**Amanda Applegate**, Recreation Supervisor  
**Jessica Smit**, Health Officer

## PARKS DIVISION STAFF

### Assistant Supervisors of Recreation Maintenance

Bradford Pastrick      Frank DeLuca

### Senior Recreation Maintenance Worker

Robert Bongiovi

### Recreation Maintenance Workers

Ono Prinzivalli      Andrew Remm

Mike McCormick      Frank Russo

Frank Locke

### Laborer

Barry Scasserra

### Principal Clerk Typist

Carmella Varga

## SENIOR CENTER STAFF

### Supervisor Senior Citizen Activities

Jessica Zink

### Principal Clerk

Carmella Varga

### Recreation Aide / Part-Time Driver

Carol Ann LaBarbera

## North Brunswick Department of Parks, Recreation & Community Services

710 Hermann Road

North Brunswick, NJ 08902

Phone: 732-247-0922 x 475

Fax: 732-247-0979

E-mail: [Lbenson@northbrunswickonline.com](mailto:Lbenson@northbrunswickonline.com)

[gkikelhan@northbrunswickonline.com](mailto:gkikelhan@northbrunswickonline.com)

## Special Thanks to The Mayor & Township Council Members:

Mayor, Francis "Mac" Womack  
Council President, Shanti Narra  
Councilman, Ralph Andrews  
Councilman, Bob Corbin  
Councilman, Bob Davis  
Councilwoman Cathy Nicola  
Councilman, Carlo Socio

# COMMITTEES

*DPRCS Township Committees are made up of volunteer residents who are dedicated to improving the sense of community in North Brunswick. All committee meetings are open to the general public and committees are always looking for residents to get involved.*

**BOARD OF HEALTH** - Assists in addressing public health issues within town and also explores and provides information to the public on personal health issues.

**CELEBRATE NORTH BRUNSWICK COMMITTEE** - This Committee will focus on events and recognition of volunteers that make North Brunswick a stand out community. Refer to TV 15, web-site and local Sentinel Newspaper that will list upcoming events throughout the year. If you know of any individual / group that has made a positive difference for the Township of North Brunswick please e-mail: [LBenson@northbrunswickonline.com](mailto:LBenson@northbrunswickonline.com).

**HERITAGE DAY COMMITTEE** - Provides planning for one of the town's biggest events of the year, Heritage Day, held annually during the fall.

**MEDIA ADVISORY** - This committee works with DPRCS, NBTHS Media Program students and TV-15 Staff to offer ideas for programming and studio upgrades. TV-15 invites all area organizations to share postings for our bulletin board as well as recorded videos to air on the station.

# AWARDS & CONTESTS

**ANN MARIE CHANDLEE HERITAGE AWARD** - The Heritage Award is bestowed each year to a township resident who has been dedicated to improving the quality of life in North Brunswick as a volunteer with a non-profit group or civic organization for an extended period of time. Submissions must be made in writing and must include a detailed description of why the nominee is deserving of the honor. Specific information regarding the nominee's involvement in the community must be included. Nominations may be submitted to the Heritage Day Committee, 710 Hermann Road, North Brunswick, NJ 08902.

**MEMORIAL DAY CEREMONY VETERAN OF THE YEAR AWARD** - The DPRCS is accepting nominations for the Veteran of the Year. Nominees should be a North Brunswick veteran who has shown dedication to the United States Military and The Township of North Brunswick. Nominations should be in the form of a letter and sent to: Lou Ann Benson, 710 Hermann Road by April 25th.

**OUTSTANDING GRANDPARENT AWARD** - DPRCS continues its mission to recognize the people who make a difference in the lives of others. Nominations for the 2011 award are being accepted in the form of a one-page, typed explanation of why the nominated person deserves the title of "Outstanding Grandparent." Entries must include the name, address, and phone number of both the nominee and the nominator. Entries must be submitted to the DPRCS office by November 9th.

**SCHOLAR /ATHLETE /ARTIST AWARD** - DPRCS continues to work with our local schools to present monthly awards to scholar / athlete / artist students who have participated in Sports or the Arts while still maintaining high academic achievements. Open to North Brunswick residents in grades 3-12. Students attending private school are still eligible. Please submit nominations to Lou Ann Benson at [LBenson@northbrunswickonline.com](mailto:LBenson@northbrunswickonline.com).



## ADOPT A TREE PROGRAM

Residents interested should contact Lou Ann Benson at 732-247-0922 x 475 or by email at [LBenson@northbrunswickonline.com](mailto:LBenson@northbrunswickonline.com).

**MUNICIPAL ALLIANCE COMMITTEE** - The Municipal Alliance Committee received \$32,682.00 in county funding for the 2011 year. Funds will be utilized to provide substance abuse education and prevention programs to the community and all schools throughout the district. Some programs that are sponsored include Project Graduation, Forest Friends, Senior Citizens Conference, Footprints, Project Response Program and National Night Out. Requests for funding should be submitted during the month of January to [LBenson@northbrunswickonline.com](mailto:LBenson@northbrunswickonline.com) for committee review.

**OPEN SPACE COMMITTEE** - The committee's mission is to preserve and improve the quality of life in North Brunswick by reviewing and pursuing land. Watch for details on Channel 15 and on the website for how the Open Space committee's "Links to Health" Project is connecting walkways and bike paths for a healthier community. The Committee meets the last Thursday of the month. The sections of the Links to Health Project that have been completed are the Colonial Gardens, Berdines Corner & Hidden Lake. For more information please e-mail: [LBenson@northbrunswickonline.com](mailto:LBenson@northbrunswickonline.com).

**RECREATION ADVISORY COMMITTEE** - This group makes suggestions to the Mayor, Township Council, and DPRCS on philosophy and policy matters related to Recreation and Parks in town. The Committee meets the second Tuesday of each month.

**SEPTEMBER 11TH COMMITTEE** - The September 11th Committee is committed to creating appropriate remembrances to the events of September 11, 2001.

**YOUTH COUNCIL** - The Youth Council was created to allow the youth of our town to have the opportunity for their voices to be heard. The group volunteers at many events held throughout the year and meets the last Wednesday of each month from September - May.

**THE GOOD NEIGHBOR AWARD** - This award is for members of the community who make a difference in the lives of their neighbors. Nominations are being accepted in the form of a one-page, typed explanation of why the nominated person deserves the award. Entries must include the name, address, and phone number of the nominee and the nominator. Nominations can be submitted to Lou Ann Benson at [LBenson@northbrunswickonline.com](mailto:LBenson@northbrunswickonline.com) by November 9th.

**YOUNG ADULT PEER ADVOCATE AWARD** - This award is presented annually to a youth who distinguishes himself / herself by demonstrating examples of strong character, leadership skills, and a positive attitude which influences the youth of North Brunswick. Nominations can be submitted to Lou Ann Benson at [LBenson@northbrunswickonline.com](mailto:LBenson@northbrunswickonline.com) by November 9th.

**YOUTH ADVOCATE AWARD** - DPRCS will be accepting nominations for the annual Youth Advocate Award to honor an individual that has dedicated their time and effort for the benefit of the youth of our town. Nominees must be a North Brunswick resident and have established a record of rendering outstanding service to our community. Nominations can be submitted to Lou Ann Benson at [LBenson@northbrunswickonline.com](mailto:LBenson@northbrunswickonline.com) by November 9th.

**GALLERY OF ART** - Come in and view the work of local artists, as we feature a new artist each month in the DPRCS Gallery of Art. We are looking for new artists for the upcoming year. All ages and mediums are welcome. Call Greg Kikelhan at 732-247-0922 x. 475 for information.

# TRIPS & EVENTS



## Breakfast with the Easter Bunny & Egg Hunt

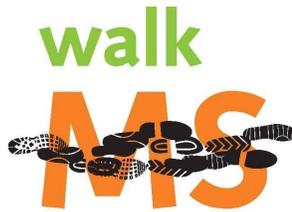
Bring the whole family and enjoy a Pancake Breakfast with the Easter Bunny sponsored by the North Brunswick Heritage Day Committee and DPRCS. There is Limited Space so please register early.

**Egg Hunt for those 11 & under only.**

Age	Date	Time	Location	Fee	Code
All	Sat. 3/31	Begins at 9 am.	Linwood	\$7 - adults \$5 - kids under 11	20402-01

## MS WALK

North Brunswick's 9th Annual MS Walk, one of eight held each spring throughout the Mid-Jersey Chapter area. It is a chance for people to come out and walk or volunteer in honor of a friend, family member, co-worker or neighbor living with MS. Information on volunteering or registration forms are available through DPRCS or on the web at [www.nationalmssociety.org](http://www.nationalmssociety.org) or by calling the MS Society at (800)-344-4867.



Age	Date	Time	Location
All	Sunday, 4/15	9 a.m. - 1 p.m.	Babbage Park



## MEMORIAL DAY 5 K Run / WALK

Come celebrate the 33rd Anniversary of our hometown run with its scenic route through the Community Park. Come to run or walk with a friend. **Pre-registered participants will receive a T-shirt and are eligible for prizes and awards.** This race is part of the 6th Annual Brunswick Cup, a series of four races in the Brunswick Area. For a registration form or information on the Brunswick Cup visit [thebrunswickcup.com](http://thebrunswickcup.com). Register by May 1st and received \$5.00 off your registration. Race packets available for pick up on 5/23 from noon - 4 pm. and 5/24 from 8:30 am - 6:30 pm at the DPRCS office.

Age	Date	Time	Location	Fee
All	Monday, 5/28	Registration: 7:30 a.m. Run: 8:30 a.m. Walk: 8:45 a.m.	NB Community Park	\$20 * \$15 before May 1st



## Memorial Day Ceremony

The Township will be commemorating our nation's veterans with a special ceremony that will offer a time for our residents to reflect and remember the true meaning behind Memorial Day.

"Veteran of the Year" nominations are now being accepted. Please send a resume or paragraph on the veteran being nominated to:

Lou Ann Benson, Director of DPRCS

710 Hermann Road, North Brunswick, NJ 08902 or email it to

Age	Date	Time	Location	Fee
All	Monday, 5/28	10:30 am	Community Park	Free!!

## Farrington Lake Clean Up

Help to clean up accumulated trash around Farrington Lake. Sponsored by Middlesex County Federation of Sportsmen, The Lawrence Brook Watershed Partnership, Townships of North Brunswick, East Brunswick, South Brunswick, Milltown, New Brunswick, the North Brunswick Environmental Commission, DPRCS & The Youth Council. Call 732-247-0922 x. 475 for more information. Volunteers Needed.



Age	Date	Time	Location
All	TBA	TBA	Farrington Lake Conservation area

## Community Camp Out with Giant Screen Movie

Join the community for hayrides, crafts, activities, games, magician show and a giant screen movie all while camping under the stars. Light refreshments will be served. Participants are encouraged to bring their own food, tents, sneakers, and any supplies that they will need. Families may invite friends and family from neighboring towns.



Age	Date	Time	Location	Fee	Code
All	Friday, 6/15 * Raindate: 6/22	6:30 pm - 8 am	Community Park	\$5 per person	20403-01



## 36th Annual Fishing Derby

A Father's Day tradition and a true flashback to the days of Tom Sawyer and Huck Finn. Participants must bring own fishing pole and bait. Prizes awarded for a variety of categories. Admission is Free.

Age	Date	Time	Location	Fee
All	Sunday, 6/17	11 am - 1 pm	Boyd Ponds	Free

## YOUTH SPORTS FESTIVAL

Show your support for North Brunswick youth sports organizations. Located at the DKM Property adjacent to DeVry University.



**Thursday, June 14th - Sunday, June 24th**

Weeknights 6pm-11pm Friday's 6pm-12midnight  
Saturday's 3pm-midnight Sunday's 3pm-11pm

Fireworks both Saturday Nights 10pm (Rain date Sunday 9pm)

# NORTH BRUNSWICK PARKS, RECREATION & COMMUNITY SERVICES

710 Hermann Road, North Brunswick  
732-247-0922 x 475



## PRE-SCHOOL PROGRAM

*All Pre-School activities take place at the Sabella Park Annex on Cozzens Lane.  
All children must be the age required before first class begins.  
Parents are invited to observe at anytime, but please do not bring siblings to class.  
A snack and drink should be brought to each class.*

**Partners at Play (2 year olds)** - One hour play group that provides instructor guided time for songs, art, expression and free play. Two year olds and parents share new experiences. Parent must be present at class.

**Terrific Threes (3 year olds)** - It is just kids and staff as we move from parallel play to socializing with others. Children must be fully toilet trained.

**AM / PM Adventures (4 & 5 Year olds)** - Pre-schoolers socialize and explore with their peers. Outdoor play, arts, crafts, trips, and meeting new friends are all part of the adventure. Children must be fully toilet trained.

Class	Day	Time	Dates	Code	Fee
Partners at Play	Tuesdays	9:00 - 10:00 a.m.	4/17-6/19	40501-01	\$100 - Resident \$110 - Non Res.
	Thursdays	9:00 - 10:00 a.m.	4/19-6/21	40501-02	\$100 - Resident \$110 - Non Res.
Terrific Threes	Wed. & Fridays	11:30 a.m. - 1:00 p.m.	4/18-6/22	40502-01	\$170- Resident \$180- Non Res.
	Thursdays	10:30 a.m. - 12:00 p.m.	4/19-6/21	40502-02	\$100 - Resident \$110 - Non Res.
AM / PM Adventures	Tuesdays	10:30 a.m. - 12:30 p.m.	4/17-6/19	40503-01	\$100 - Resident \$110 - Non Res.
	Wed. & Fridays	9:00 - 11:00 a.m.	4/18-6/22	40503-02	\$170 - Resident \$180 - Non Res.



# AQUATICS

All DPRCS aquatic activities take place at the indoor pool at NBTHS. The pool has shower and locker facilities. Lockers are available for use only during program times. Please bring your own locks, refrain from bringing valuables to the pool, and take all belongings with you at the end of the activity. The pool is available for both open and instructional swim as detailed on these pages.

Find us on Facebook <https://www.facebook.com/DPRCS.Aquatics>

## Open & Lap Swim

Open & Lap Swim at the NBTHS pool is available to North Brunswick residents only at a cost of \$3 per person per visit. Participants must present a DPRCS ID card, family swim pass or driver's license to access the pool. A \$90 annual family membership may be purchased through the DPRCS office. Please note: Since we share the pool with NBTHS and other organizations there may be times when the pool is unavailable.

**Check pool announcement board & monthly calendar for swim meet notices and additional closures.**

### Spring Open Swim

Wednesday Evenings, 8:30-10:00pm, 3/28-5/30 (closed 4/11)  
Saturdays, 1:00-3:00pm, 3/24-5/19 (closed 4/7)

### Spring Lap Swim

Monday Evenings, 9:00-10:00pm, 3/26-5/21 (closed 4/9)  
Thursday Evenings, 9:00-10:00pm, 3/22-5/24 (closed 4/5 & 4/12)



## BIRTHDAY PARTIES AT THE POOL

This special offering is available to North Brunswick Residents only. The party time includes one hour with a classroom to serve light refreshments and one hour of private pool time at the NBTHS pool with Red Cross certified lifeguards. You supply food and decorations. Call DPRCS to reserve your day and make a big splash with your child's next birthday party. Parties are offered on Saturdays September through May, email for availability: [eyarus@northbrunswickonline.com](mailto:eyarus@northbrunswickonline.com). Fee: \$205.00

## Swim Lessons for Adults

These lessons are designed for all levels of swimming ability from the beginner to the experienced swimmer looking for stroke improvement.

Fridays, 6:30-7:30pm,  
3/23-6/1 (closed 4/6, 4/13, & 5/25)  
Fee: Resident - \$80.00 / Non-Resident - \$95.00  
Code: 40309-01

**Registration will begin on Tuesday, March 6th for Residents and March 15th for Non Residents.**

**If you have any questions, please call (732) 247-0922 ext. 475**

## Swimmer's Clinic

Designated pool time for serious swimmers to practice starts, strokes, turns, and to build endurance. Must have experience in all four competitive strokes. This is not a class for beginner swimmers looking to improve their skills.

Age	Date	Time	Fee	Code
8-18	Tuesdays, 3/27-5/22 (closed 4/10)	8-9 p.m.	\$80 - Resident \$95- Non resident	40311-01



## RAPIDS SWIM TEAM

The Rapids team offers a recreational competitive team competing against neighboring towns. Practices will be held on Friday nights beginning in May and Monday – Friday 7:30a.m. - 9:00a.m. in July. Swim meets are held Wednesday evenings and Saturday mornings from the end of June until the beginning of August. All swimmers must pass the deep water test and have knowledge of the competitive strokes. Please attend the parents meeting to receive schedules and have any questions answered. Ultimate Swim Shop will be available to purchase swim suits and needed equipment.

**Mandatory \$100 refundable work bond due at registration, a separate check payable to:**

**North Brunswick Rapids Swim Team.**

Age:	6-18yrs.	
Fees:	Residents:	\$120.00
	Non-Residents:	\$140.00
Code:	10315-01	

### NEW Parent's Meeting

Wednesday, May 9th @ NBTHS—Room 571 at 7 pm  
First Practice will be Friday, May 11th, 7:30-9pm

## ONE ON ONE SWIM LESSONS

Please note: One on One lessons are available on a very limited basis when scheduling allows. To have your name added to our interest list please email:

[Swimlessons@northbrunswickonline.com](mailto:Swimlessons@northbrunswickonline.com).

**We will contact you when and if one on one lessons will be offered.**



# SWIM LESSONS

## 2012 Spring Session

Lessons are available for children of all ages and for adults. Participants may register for only **ONE** class per season. The children's instructional program is progressive. A skill test **MUST** be completed at the end of each level in order to be certified and move on to the next level.

**Registration will begin on March 6th. Non-Resident Registration begins March 15th.**  
**If you have any questions, please call (732) 247-0922 ext. 475**

6 months to 5 years

### 6 months to 5 year olds

The below classes do NOT require a swim test, but a Parent (or adult) MUST accompany CHILD in the water!

**\$70.00 - Resident      \$85.00 - Non-Resident**

#### Sing-Along Swimming (6 months to 3 years old)

Saturdays, 8:30am-9:00am, 3/24-5/19 (closed 4/7)	40301-01
Mondays & Wednesdays, 6:00-6:30pm, 3/26-4/25 (closed 4/9 & 4/11)	40301-02

#### Parent & Child Swimming (4-5 years old)

Saturdays, 9:00am-9:30am, 3/24-5/19 (closed 4/7)	40302-01
Mondays & Wednesdays, 6:00-6:30pm, 4/30-5/23	40302-02



### For All Group Lessons –

Children who are new to this program and five years or older require a swim test. A swim test is also required for children absent from the program for more than six months. If your child was enrolled in a swim class in the past six months, refer to the Aquatic Skill Card you received for correct placement and **mail the card with your registration.** Anyone unsure of appropriate level should also be tested.

\*\*Please Note: Some classes may be filled prior to swim test dates.

Registration will not be accepted without a copy of a DPRCS Aquatics Skill Card showing the level the participant has tested into.

**Testing does not guarantee placement in a class.**

Testing will be held on the following dates:

Saturday, March 3: 11:30-12:15pm  
 Thursday, May 3: 7-7:30pm  
 Saturday, May 19: 12:15-1pm

Call 732-247-0922 ext. 475 to schedule an appointment.



### 5 years and older

#### Group Lessons for Beginner Swimmers:

**\$70.00 - Resident      \$85.00 - Non-Resident**

##### Guppies

Saturdays, 9:30am-10:00am, 3/24-5/19 (closed 4/7)	40303-01
Mondays & Wednesdays, 6:30-7:00pm, 3/26-4/25 (closed 4/9 & 4/11)	40303-02
Tuesdays, & Thursdays, 6:00-6:30pm, 3/27-5/1 (closed 4/5, 4/10, & 4/12)	40303-03
Fridays, 6:00-6:30pm, 3/23-6/1 (closed 4/6, 4/13, & 5/25)	40303-04
Mondays & Wednesdays, 6:30-7:00pm, 4/30-5/23	40303-05
Tuesdays & Thursdays, 6:00-6:30pm, 5/8-5/31	40303-06

##### Minnows

Saturdays, 10:00am-10:30am, 3/24-5/19 (closed 4/7)	40304-01
Mondays & Wednesdays, 7:00-7:30pm, 3/26-4/25 (closed 4/9 & 4/11)	40304-02
Tuesdays & Thursdays, 6:30-7:00pm, 3/27-5/1 (closed 4/5, 4/10, & 4/12)	40304-03
Mondays & Wednesdays, 7:00-7:30pm, 4/30-5/23	40304-04
Tuesdays & Thursdays, 6:30-7:00pm, 5/8-5/31	40304-05

#### Group Lessons for Intermediate Swimmers:

**\$75.00 - Resident      \$90.00 - Non-Resident**

##### Stingrays

Saturdays, 10:30am-11:15am, 3/24-5/19 (closed 4/7)	40305-01
Mondays & Wednesdays, 7:30-8:15pm, 3/26-4/25 (closed 4/9 & 4/11)	40305-02
Tuesdays & Thursdays, 7:00-7:45pm, 3/27-5/1 (closed 4/5, 4/10, & 4/12)	40305-03
Tuesdays & Thursdays, 7:00-7:45pm, 5/8-5/31	40305-04

##### Marlins

Saturdays, 11:15am-12:00pm, 3/24-5/19 (closed 4/7)	40306-01
Mondays, 8:15-9:00pm, 3/26-5/21 (closed 4/9)	40306-02
Mondays & Wednesdays, 7:30-8:15pm, 4/30-5/23	40306-03

#### Group Lessons for Advanced Swimmers:

**\$80.00 - Resident      \$95.00 - Non-Resident**

##### Dolphins & Barracuda

Thursdays, 7:45-8:45pm, 3/22-5/24 (closed 4/5 & 4/12)	40307-01
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 Department of Parks, Rec. & Community Services  
 710 Hermann Road  
 North Brunswick, NJ 08902  
 732-247-0922 x 475

Our Township Website has ALL of our programs!  
[www.northbrunswicknj.gov](http://www.northbrunswicknj.gov)

Find us on Facebook  
[www.facebook.com/DPRCS.aquatics](http://www.facebook.com/DPRCS.aquatics)

## Open & Lap Swim

The NBTHS pool is available to North Brunswick residents for open swim according to the table below at a cost of \$3 per person per visit. Participants must present a DPRCS ID card, family swim pass or driver's license to access the pool. A \$90 annual family membership may be purchased through the DPRCS office. Please note: Since we share the pool with NBTHS and other organizations there may be times when the pool is unavailable.

### Summer Open Swim

**Mondays through Friday, 3:00-5:30pm, 7/2-8/10 (closed 7/4)**  
**Wednesdays, 7:30-9:30pm, 7/11-8/8**  
**Saturdays, 12:00-5:00pm, 7/7-8/11 (closed 7/28)**

### Summer Lap Swim

**Mondays, 9:00-10:00pm, 7/2-8/6**  
**Thursdays, 9:00-10:00pm, 7/5-8/9**

Check pool announcement board  
 for swim meet notices  
 and additional closures.



# AQUATICS

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## RAPIDS SWIM TEAM

The Rapids team offers a recreational competitive team competing against neighboring towns. Practices will be held on Friday nights beginning in May and Monday – Friday 7:30a.m. - 9:00a.m. in July. Swim meets are held Wednesday evenings and Saturday mornings from the end of June until the beginning of August. All swimmers must pass the deep water test and have knowledge of the competitive strokes. Please attend the parents meeting to receive schedules and have any questions answered. Ultimate Swim Shop will be available to purchase swim suits and needed equipment.

**Mandatory \$100 refundable work bond due at registration, a separate check payable to: North Brunswick Rapids Swim Team.**

Age:	6-18yrs.	
Fees:	Residents:	\$120.00
	Non-Residents:	\$140.00
Code:	10315-01	

### NEW Parent's Meeting

**Wednesday, May 9th @ NBTHS—Room 571 at 7 pm**  
**First Practice will be Friday, May 11th: 7:30-9:00pm.**  
 The complete schedule will be available at the first practice.

## ONE ON ONE SWIM LESSONS

Please note: One on One lessons are available on a very limited basis when scheduling allows. To have your name added to our interest list please email:

[Swimlessons@northbrunswickonline.com](mailto:Swimlessons@northbrunswickonline.com)

We will contact you when and if one on one lessons will be offered.



## Swim Lessons for Adults

These lessons are designed for all levels of swimming ability from the beginner swimmer to the experienced swimmer looking for stroke improvement.

Fridays, 7:15-8:15pm,  
 7/6-8/10

\$80.00 — Resident / \$95.00 — Non-Resident  
 Code: 10309-01

**Registration Dates: Mail-In Resident begins May 31st. In-Person Resident begins June 6th. Non-Resident begins June 18th.**  
 If you have any questions, please call (732) 247-0922 ext. 475

# SWIM LESSONS

# Summer 2012

Lessons are available for children of all ages and for adults. Participants may register for only **ONE** class per session. The children's instructional program is progressive. A skill test **MUST** be completed at the end of each level in order to be certified and move on to the next level.

Registration Dates: Mail-In Resident begins May 31st. In-Person Resident begins June 6th. Non-Resident begins June 18th.  
If you have any questions, please call (732) 247-0922 ext. 475

6 months to 5 years

## 6 months to 5 year olds

The below classes do NOT require a swim test, but a **Parent (or adult) MUST accompany CHILD in the water!**

\$70.00 – Resident

\$85.00 – Non-Resident

### Sing-Along Swimming (6 months to 3 years old)

Mondays & Wednesdays, 6:00-6:30pm, 7/2-7/23 (closed 7/4)

Code

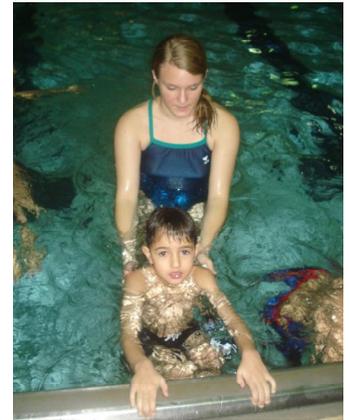
10301-01

### Parent & Child Swimming (4–5 years old)

Tuesdays & Thursdays, 6:00-6:30pm, 7/3-7/19

Code

10302-01



## 5 years and older

### For All Group Lessons –

Children who are new to this program and five years or older require a swim test. A swim test is also required for children absent from the program for more than six months. If your child was enrolled in a swim class in the past six months, refer to the Aquatic Skill Card you received for correct placement and **mail the card with your registration**. Anyone unsure of appropriate level should also be tested.

\*\*Please Note: Some classes may be filled prior to swim test dates.

Registration will not be accepted without a copy of a DPRCS Aquatics Skill Card showing the level the participant has tested into.

### Testing does not guarantee placement in a class.

Testing will be held on the following dates:

Sat. May 19th: 12:15-1pm

Wed. Aug. 8th: 6:30-7:15pm  
(in preparation for Fall)

Call 732-247-0922 ext. 475  
to schedule an appointment.



### Group Lessons for Beginner Swimmers:

\$70.00 – Resident

\$85.00 – Non-Resident

#### Guppies

Mondays & Wednesdays, 6:30-7:00pm, 7/2-7/23 (closed 7/4)

Tuesdays & Thursdays, 6:30-7:00pm, 7/3-7/19

Thursdays, 7:30-8:00pm, 7/5-8/9

Tuesdays & Thursdays, 6:00-6:30pm, 7/24-8/9

Tuesdays & Thursdays, 6:30-7:00pm, 7/24-8/9

Code

10303-01

10303-02

10303-03

10303-04

10303-05

#### Minnows

Mondays & Wednesdays, 7:00-7:30pm, 7/2-7/23 (closed 7/4)

Tuesdays & Thursdays, 7:00-7:30pm, 7/3-7/19

Fridays, 6:00-6:30pm, 7/6-8/10

Tuesdays & Thursdays, 7:00-7:30pm, 7/24-8/9

10304-01

10304-02

10304-03

10304-04

### Group Lessons for Intermediate Swimmers:

\$75.00 – Resident

\$90.00 – Non-Resident

#### Stingrays

Mondays, 7:30-8:15pm, 7/2-8/6

Tuesdays, 7:30-8:15pm, 7/3-8/7

Fridays, 6:30-7:15pm, 7/6-8/10

Code

10305-01

10305-02

10305-03

#### Marlins

Mondays, 8:15-9:00pm, 7/2-8/6

Tuesdays, 8:15-9:00pm, 7/3-8/7

Code

10306-01

10306-02

### Group Lessons for Advanced Swimmers:

\$80.00 – Resident

\$95.00 – Non-Resident

#### Dolphins & Barracuda

Thursdays, 8:00-9:00pm, 7/5-8/9

Code

10307-01

Registration Dates: Mail-In Resident begins May 31st. In-Person Resident begins June 6th. Non-Resident begins June 18th.  
If you have any questions, please call (732) 247-0922 ext. 475

# YOUTH PROGRAMS



## MARTIAL ARTS

Discover the teachings of Karate, Judo & Jujitsu as well as self defense. Instructor is black belt ranked and a member of the US Judo Association and International Federation of Ju-Jutsuans.

Age	Date	Time	Location	Fee	Code
4-13	<u>Spring</u> Tuesdays & Thursdays 4/26-6/5	6:00-6:45 pm	NBTHS Gym	\$150	40113-01
4-13	<u>Summer</u> Tuesdays & Thursdays 6/12-8/16	6:00-6:45 pm	NBTHS Gym	\$150	40113-02



Basketball Shooting Clinic  
Open to Boys and Girls  
*Tuesday, June 5th*  
Linwood Main Gym  
Ages 7-14  
6:30 pm – 8:00 pm  
Fee: \$30.00  
Code: 40114-01



Barry Wolfson, known as the Foul Shot Doc, will present a one day basketball clinic. Wolfson has worked with Orlando Magic guard, Jameer Nelson, former NCAA Player of the Year and Los Angeles Lakers forward, Trevor Ariza to improve their shooting. Wolfson was formerly Head Coach at Upsala College, Quinnipiac University and Raritan Valley Community College. He recently served as a consultant for the Kean University Women's team that went to NCAA Elite Eight. His website is [www.foulshotdoc.com](http://www.foulshotdoc.com) and he can be reached at [barry@foulshotdoc.com](mailto:barry@foulshotdoc.com) or 877-959-9400 with any questions.

This clinic will focus on all aspects of Basketball, including dribbling, passing, shooting rebounding and defense. The clinic is designed for everyone from the beginner to players looking to refine and improve their skill.



## Chess for Kids

Children, ages 6 and up, beginners and advancing beginners; learn the basics or improve your game! Have fun while developing problem solving and decision - making skills.

You'll be taught by the best! **Alexander Braylovskiy, U.S. - certified chess coach**, is a championship player who has been a professional chess instructor for more than 20 years. His students have accumulated a number of prestigious titles locally and nationally.

Age	Date	Time	Location	Fee	Code
6+	Fridays, 4/20-5/25	5:30-6:30 p.m.	Municipal Building	\$75 - residents \$85 - non residents	40108-01
6+	Fridays, 6/1-7/6	5:30-6:30 p.m.	Municipal Building	\$75 - residents \$85 - non residents	40108-02

## PETITE SOCCER

A program designed as an introduction to the game of soccer. The coach provides fun drills to teach your child to listen to instruction, follow directions, be part of a team, learn good sportsmanship, while learning basic soccer concepts.



Age	Date	Time	Location	Fee	Code
3	Wednesdays, 4/26-6/6	noon - 12:45 p.m.	Babbage Park	\$85 - Resident	40103-01
4-5		1:00 p.m. - 1:45 p.m.		\$95 - non resident	40103-02

## KINDER KARATE

This introduction to Martial Arts is a way for your child to learn about respect, being a good listener, being kind to others, and to learn the basic fundamentals of self defense. This class prepares your child for future karate programs by introducing the class structure, the need for concentration, discipline, respect and the importance of warm ups.



Age	Date	Time	Location	Fee	Code
3	Tuesdays, 4/24-6/5	noon - 12:45 p.m.	Babbage Park	\$85 - Resident	40102-01
4-5		1:00 p.m. - 1:45 p.m.		\$90 - non resident	40102-02

## SPRING TENNIS

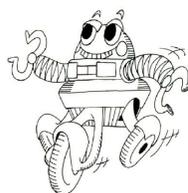
Learn racquet handling, ball control, rules, etiquette and more.



Bring your own racquet & unopened canister of tennis balls.

Date	Grade & Time	Location	Fee	Code
Sundays, 5/6-6/17 (no 5/27)	(K-2) 9-10 a.m. (3-5) 10-11 a.m. (6-8) 11-12 p.m.	Veterans Park Tennis Courts	Residents \$80 Non-residents \$90	(K-2) 40105-01 (3-5) 40105-02 (6-8) 40105-03

## Beginning and advanced robotic design



Students will be divided into groups depending on age and experience. They will then be given several engineering and mathematical requirements for building robots using Robotix, a space-Age, motorized, Modular Building set. Students will work together in teams to design and build complex robots. This is a new workshop that enhances the STEM components within the ConstructU workshops.

Age	Date	Time	Location	Fee	Code
5-12	Fridays, 5/4-5/18	4:30-5:30 pm	Municipal Complex	\$50	40106-01

## Electricity to Electromagnets



Participants will learn about electricity, magnetic fields, electromagnets and motors by building a circuit using modules that simulate wires, batteries, switches and lamps. The class will start with the students using kits then students will create an electromagnet and end creating a basic motor. The class will be divided into two groups, beginners and experienced with each group doing projects for their own level. This is a new workshop that enhances the STEM components within the ConstructU workshops.

Age	Date	Time	Location	Fee	Code
5-12	Fridays, 6/1-6/15	4:30-5:30 pm	Municipal Complex	\$50	40106-02

## SUMMER BASKETBALL DEVELOPMENT LEAGUE

This summer we are conducting a basketball development league to help players turn potential into skills in a fun and engaging way. We will be working on specific skills including ball control, dribbling, shooting, defensive reaction & moving without the ball. Program is open to boys and girls.



### FOR AGES 7-10

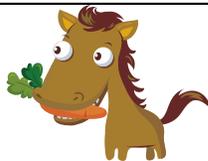
The FUNDamental League is designed to give young players an active start learning basketball movements and fundamentals while having a good time. These workouts consists of games that emphasize basketball skills that are unique, creative and lots of fun.

### FOR AGES 11-14

The Champion League format is designed to influence players to learn how to execute under pressure and make a connection between skill training and playing games. We will focus on developing confidence, understanding and decision making without the overwhelming pressure of most teams. We help players develop fundamental skills into habits at game speed as well as the problem solving and leadership that makes players positively stand out.

We believe that winning is important but that it's more important to play like a champion whether you win or lose. We are committed to training habits of a champion that lead to passionate, exciting experiences.

Ages	Date	Time	Location	Fee	Code
7-10	Mon & Wed. 6/18-7/23	6:15-7:15 pm	NBTHS	\$60	30607-01
11-14	Mon & Wed. 6/18-7/23	7:30 - 9pm	NBTHS	\$80	30607-02
7-10	Mon & Wed. 7/30-8/29	6:15-7:15 pm	NBTHS	\$60	30607-03
11-14	Mon & Wed. 7/30-8/29	7:30 - 9pm	NBTHS	\$80	30607-04



## Petite Equestrian Program

Participants will learn safety on and around the ponies, grooming techniques, basic riding skills, and other primary horsemanship skills. While this is not a Horseback Riding lesson per say, the program includes an exciting riding component whereas each child will get to ride about 20 minutes and learn how to properly mount, dismount, hold the reins and control the horse/pony at the walk and a few steps of trot. Sessions aim to help develop confidence and motor-coordination skills while providing a supportive, fun, non-threatening environment for the participants as well as social interaction among them. This is a participatory program for parents who so desire so one may be asked to occasionally lend a hand.

Ages	Date	Time	Location	Fee	Code
3-6	7/30-8/3	4-5 pm	Babbage Park	\$190	10108-01

## Pony Grooming & Riding

This program provides an inexpensive hands-on introduction to the world of equines in a fun-filled, non-threatening atmosphere. PonyShare uses camp-trained ponies and cobs, smaller and easier to handle than their larger equine counterparts. After reviewing safety rules, material previously covered and learning a new subject matter, participants are assigned their size-related pony or cob and each small group works under the tutelage of a qualified and motivated Counselor. Some of the horsemanship matters covered may include: *Safety on and around horses, Basic Anatomy, Equine Senses & Body Language, Grooming, The Tack and Harness, Driving the Miniature Horse, English and Western styles, Barn Management and Careers in the Industry.* Participants also get to ride or drive their charges for about 20 minutes during each Session.



Ages	Date	Time	Location	Fee	Code
7-13	7/30-8/3	5-6:30 pm	Babbage Park	\$225	10108-02

## artsTECHsolutions Creative Theatre Summer Program

Students will learn the disciplines of being on the stage including movement, vocalization, listening and more.

Through the use of creative exercises the students build their own original production. The class is designed so students of all experience levels can work together.

Students will discover theatre through creative game play during the first day and at the end of the first day will decide on a show to perform. Days two through four are spent rehearsing and on day five the participants will have a dress rehearsal and performance later that evening for family and friends.

Please bring a packed lunch.

Ages	Date	Time	Location	Fee	Code
6-8	8/6-8/10	9 am - 3 pm	Linwood Cafetorium	\$175	10112-01
9-12	8/13-8/17	9 am - 3 pm		\$175	10112-02

## Made to Move



A whole new super FUN way for your child to move without "exercising" or playing a sport. Your child have so much FUN learning to move in 3D: forward to back, side to side, rotating .

Every child is successful because there is no wrong way to move, it's only wrong not to move. Your child will be encouraged, uplifted and positioned for success. They will learn how to respect their individuality and appreciate their own unique abilities to move unrestricted, fluid and in a child-like way. Our aim is to Empower the Body, Engage the Mind and Encourage the Spirit of one child at a time. Made to Move 3D relies on authentic methods of moving and fueling the amazing lives of children. Program is in partnership with Fitness Solutions, 1014 Livingston Avenue, North Brunswick. Will be held at their facility.

Grade	Date	Time	Location	Fee	Code
K-5th	Sat. 5/5-6/23	12:30 pm -1 pm	1014 Livingston Ave	\$55	20115-01

Possible Program Coming This Summer!!

Email [gkikelhan@northbrunswickonline.com](mailto:gkikelhan@northbrunswickonline.com) for more information



Lose The Training Wheels™ is a nonprofit tax-exempt charitable organization that is much more than just a bike-riding program. For many people with disabilities, it's a seemingly impossible task that they can typically master in less than a week's time through our program. Within days of learning to ride, many children begin exhibiting independent behaviors at home. This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives.

We are currently looking for skilled instructors for youth & adult programs including but not limited to chess, dance, arts, crafts, & fitness. Be Creative... New ideas are always welcome.

Call Greg Kikelhan at 732-247-0922 x 475 to discuss these opportunities.

# PROJECT LEAL

**What:** Project LEAL is a before and after school recreational childcare program providing a safe, supervised extension of the school day.

**Why:** Recognizing the trends in our society for two parent employment and single parent families, Project LEAL provides a supervised and worthwhile alternative to being home alone.

**Where:** The program is offered at all four Elementary Schools and Linwood Middle School in the cafeteria.

**When:** The program is held during the school year from the first day of school in September until the last day of school in June. AM LEAL is from 7:00 am until the start of school day and is hosted at each Elementary School. PM LEAL is from the end of school day until 6:00 pm.

**Who:** Children in grades Kindergarten - 8th grade are eligible to participate in the Project LEAL program. Registration is limited.

**AM LEAL** is Available at all four Elementary Schools. Parents must escort children into the building and sign in no earlier than 7:00 am. Children have breakfast and are supervised through the beginning of the school day.

**PM LEAL** is from the close of school until 6:00 pm. Children walk to cafeteria, are given a snack and participate in various activities. Parents must come into the building to sign out their child/children no later than 6:00 pm

**Holiday LEAL** is held during certain holidays when school is closed. The program takes place at Linwood from 7:00 am - 6:00 pm. Children must be escorted into the building and signed in no earlier than 7:00 am. The children participate in a variety of activities on site and will attend local trips. If enrollment is low the program will be cancelled.

**Assistance** is available through Catholic Charities. For more Information call Catholic Charities at (732) 324-4357 ext 115 or DPRCS at 247-0922 ext 475.

**Children with Disabilities (ADA):** All DPRCS activities are accessible to the disabled. If your child has special needs, please to notify us via phone or in person prior to registering so we can better accommodate your family.

**Registration-** Registration packets may be picked up at the DPRCS office and will be available online at [www.northbrunswicknj.gov](http://www.northbrunswicknj.gov) beginning May 1st for the 2012-13 school year. Parents may begin to register their children by **MAIL ONLY** beginning June 1st. Packets postmarked before that date or incomplete packets will be returned. Space is limited.

If you wish for your child to begin the first week of school, registration must be received by August 24th. We will not begin accepting **IN PERSON** registration until September 14th. After that date you may register in person or by mail. Participants will be able to begin one week after registration is received.

**Staff** - Applications are being accepted for 2012 – 2013 school year and will be accepted through August 1st. Applicants must be 16 years of age by September 1, 2012.

## Summer Camp - Child Care No Camp - Wednesday, July 4th.

**Activities include: cooking, crafts, sports, trips, swimming, canoeing and more (rain or shine).**

	Grades	Dates	Hours	Trips	Lunch Provided	Weekly
<b>Day Camp</b>	K-6	July 2 <sup>nd</sup> - August 10 <sup>th</sup>	8:30 am - 3:30 pm	1/wk	Yes	\$155
<b>Voyagers</b>	7-9	July 2 <sup>nd</sup> - August 10 <sup>th</sup>	8:30 am - 3:30 pm	1/day	Yes	\$185
<b>Half Day</b>	K-6	July 2 <sup>nd</sup> - July 27 <sup>th</sup>	12:00 pm - 3:30 pm	1/wk	Yes	\$125
<b>Summer Explorers</b>	K-6	June 25 <sup>th</sup> - June 29 <sup>th</sup> August 13 <sup>th</sup> - August 24 <sup>th</sup>	7:00 am - 6:00 pm	1/day	Yes	\$200

**Forms will ONLY be accepted by mail postmarked no earlier than February 20th.**  
[www.northbrunswicknj.gov](http://www.northbrunswicknj.gov)

## Drop-In Camp No Camp: Wednesday, July 4th

**Kids participate in cooking, crafts, sports, swimming and more (weather permitting).**

K-5 AM	July 2 <sup>nd</sup> - August 10 <sup>th</sup>	8:45am - 11:45am	Veterans Park	No Lunch	\$125/child/season Code: 50121-01
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**Forms will ONLY be accepted by mail postmarked no earlier than Thursday, March 1st.**

**Summer Staff:** Applications are available online. Summer jobs are limited and returning staff will be given hiring preference. Must be 16 years old by July 1st. March 31<sup>st</sup> deadline, no exceptions.

**Counselor in Service:** This community service program offers teens the opportunity to gain valuable work experience as a volunteer member of the summer staff. Must be 15 years old by July 1st. March 31<sup>st</sup> deadline - no exceptions.

# TEEN & ADULT PROGRAMS

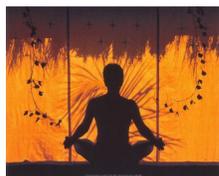


## Rutgers S.A.F.E.T.Y. Class

The clinic is a three-hour program that meets the "Minimum Standards for Volunteer Coaches Safety Orientation and Training Skills Programs" and provides partial civil immunity protection to volunteer coaches under the "Little League Law". Those interested must call DPRCS to reserve a place in the session. Last day to register for class will be the March 11th. Must be present for entire presentation to receive certification. No late arrivals.

Age	Date	Time	Location	Fee	Code
18+	Tuesday, 3/27	6:30 pm-9:30pm	Municipal Complex	Resident - \$40 Non Res. - \$45	40204-02

## Yoga



Daria Hartman leads this class with stretching, strengthening, and toning postures. You will also be taught how to release stress and tension learning how to breath deeply and quiet your mind. Equipment will be provided, but you may use your own. Make sure to wear comfortable clothing and bring bottled water. Intermediate and Advanced level students welcome.

### Spring Schedule :

Age	Date	Time	Location	Fee	Code
18+	Thursdays, 3/15-5/17	7:30-9 p.m.	Senior Center	\$100.00	40202-01

### Summer Schedule :

Age	Date	Time	Location	Fee	Code
18+	Thursdays, 5/24-7/26	7:30-9 p.m.	Senior Center	\$100.00	10202-01

### Summer II Schedule :

Age	Date	Time	Location	Fee	Code
18+	Thursdays, 8/2-10/4	7:30-9 p.m.	Senior Center	\$100.00	10202-02

### Fall Schedule :

Age	Date	Time	Location	Fee	Code
18+	Thursdays, 10/11-12/20 No class 11/22	7:30-9 p.m.	Senior Center	\$100.00	20202-01



## CLUB RAINBOW -

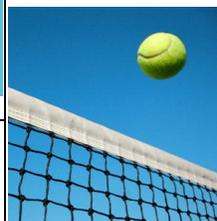
This is a Monday night social & recreational program for developmentally challenged adults. They will enjoy arts & crafts, cooking, bowling & various outings. Call DPRCS for schedule. Transportation available by calling 732-247-0922 x. 830. Annual pass is available for \$75.00.

## The Tuning Effect



Life's obstacles and challenges push our minds and bodies out of tune. Bring yourself back with The Tuning Effect self-technique. Designed to bring you back to your emotional center, The Tuning Effect allows you to return to your natural balanced state in which challenges and obstacles can be met and overcome. When you are out of tune, you may cope by smoking, drinking, or overeating, which only further complicates your life and sense of emotional and physical wellbeing. But in tune, you feel better ... so you can live better. More info at [www.hypnosisnj.com](http://www.hypnosisnj.com).

Age	Date	Time	Location	Fee	Code
All	Thursday, 5/10	8:30 - 9:30 p.m.	Municipal Building	\$45	20208-01



## ADULT TENNIS LESSONS

This course will teach techniques for handling a tennis racquet, beginner play, ball control, swing & rules and etiquette of the game. Challenge yourself to learn the game you have always wanted to play. Please bring an unopened can of tennis balls to first class. Must bring own racquet. In case of rain outs, some mid-week make up classes may be scheduled.

Age	Date	Time	Location	Fee	Code
16+	Sundays, 5/6-6/17 (no 5/29)	12-1 pm	Veterans Park Tennis Courts	Residents \$80 Non-residents \$90	40203-01

## Quit Smoking Through Hypnosis



Through hypnosis, smoking cessation is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing discomfort. Hypnosis is recognized by the American Medical Association for it's therapeutic effects. To ensure physical comfort, please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and are available for purchase. Tapes are \$13 and CDs \$18. More info at [www.hypnosisnj.com](http://www.hypnosisnj.com).

Age	Date	Time	Location	Fee	Code
All	Thursday, 5/10	6:30 - 7:30 p.m.	Municipal Building	\$45	40206-01



## Weight Loss Through Hypnosis

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Hypnosis is recognized by the American Medical Association for it's therapeutic effects. Please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and available for purchase. Tapes are \$13 and CDs \$18. More info at [www.hypnosisnj.com](http://www.hypnosisnj.com).

Age	Date	Time	Location	Fee	Code
All	Thursday, 5/10	7:30 - 8:30 p.m.	Municipal Building	\$45	40207-01



## ZUMBA FITNESS

Dance, move and have lots of fun at Fitness Solutions private studio while participating in a Zumba class. Zumba is an exhilarating, easy to follow, Latin inspired, calorie burning dance fitness party that's moving millions of people towards joy and

health. NO EXPERIENCE REQUIRED, ALL LEVELS WELCOME. Program is in partnership with Fitness Solutions, 1014 Livingston Avenue, North Brunswick and will be held at their facility. Participants may register to attend one time per week ( your choice of day) or register for unlimited classes for the 8 week session. Classes are currently offered Mon, Tues. & Wed from 7:30-8:15 pm and Saturdays from 10:00 am - 11:00 am.

Age	Date	Time	Location	Fee	Code
16+	5/1 -6/30	See above	1014 Liv. Ave	1 class per week - \$75.00 Unlimited - \$145.00	40205-01 40205-02



## Young Adult Drama Group

This talented group is in it's 41st year. Rehearsals will begin in June and show will be in August. Call 732-247-0922 x 475 with questions or to have your name added to the mailing list for audition information.

# SENIOR PROGRAMS

The North Brunswick Senior Center is located at 15 Linwood Place and is open 8:30 am-4 pm, Monday through Friday for our township's **55 and over** residents. There are no membership fees to join, just call ahead and arrange a time to come in and fill out a data sheet and pick up a Senior Sage, the newsletter and calendar with all the Senior Center Activities. Once you register, you are welcome to join in any Senior Center Activities! You can call the center office (732-247-0922 ext. 820) with any questions.

The Senior Center has a variety of programs to reach out to our active adult community members. Come along on one of our trips. We have something for everyone!

Our regular programs include: exercise programs, **Zumba, Chair Yoga, Tango**, Healthy Bones, bridge, crocheting, line dancing, wood carvers, Lunch and Learn, Dinner in the Afternoon (lunch at a local restaurant), speakers, Mayor's Breakfast, BINGO, movie and popcorn, and card playing. We offer a **low-cost lunch daily**.

Join us for our special lunch celebrations! The center also has various health screenings scheduled throughout the year, including monthly blood pressure screenings and podiatry screenings every other month. We also have a barber on site every Friday. Call for an appointment.

I hope to see you soon!



## Senior Prom

A great night of dancing, live entertainment, prizes, and delicious dinner!

Date	Time	Location	Fee
Friday, June 8th	5:00 pm - 8:00 pm	Senior Center	\$5



## Peddler's Village

Something for everyone with 70 specialty shops and six restaurants.



Age	Date	Time	Departs	Fee
55+	Friday, June 15th	9:30 a.m. - 3 p.m.	Senior Center	\$5



## Point Pleasant Boardwalk / Beach & Aquarium

Enjoy a summer day walking the boardwalk and the beach on our annual trip to the Jersey Shore. Includes Aquarium tickets.

Age	Date	Time	Departs	Fee
55+	Friday, August 17th	9 am - 3:00 pm	Senior Center	\$10



Support the Friends of the Senior Center and stop in to see what our vendors have to offer at our indoor Flea Market.

Date	Time	Location
Saturday, May 5th	8:00 am - 2 pm	Senior Center



## Somerset Patriots Baseball Game

Let us take you out to the ball game. Watch the Patriots take on the Sugarland Skeeters! Lunch on your own at the ball park.

Age	Date	Time	Departs	Fee
55+	Tuesday, July 24th	10:00 am	Senior Center	\$15

## 9/11 Memorial Trip -

Join us for a guided tour to NYC, including Secret Gardens of NY in Central Park. Lunch on your own at South Street Seaport. After lunch we will visit the 9/11 Memorial.



Age	Date	Time	Location	Fee
55+	Tuesday, May 8th	8:30 am - 5:30 pm	Senior Center	\$40

## Join our exciting new exercise programs:

**ZUMBA** on Monday mornings from 9 am-9:30 am  
**Chair Yoga** on Monday mornings 9:30 am-10 am  
 \$1/person for each class, the rest is sponsored by the Township!

**TheraTango**- Tango for Fall Prevention  
**Wednesdays 10:35 am-11:20 am**

You will be taught the basic Tango skills which have been shown to improve balance.

## 12th Annual

## Senior Conference & Health Fair

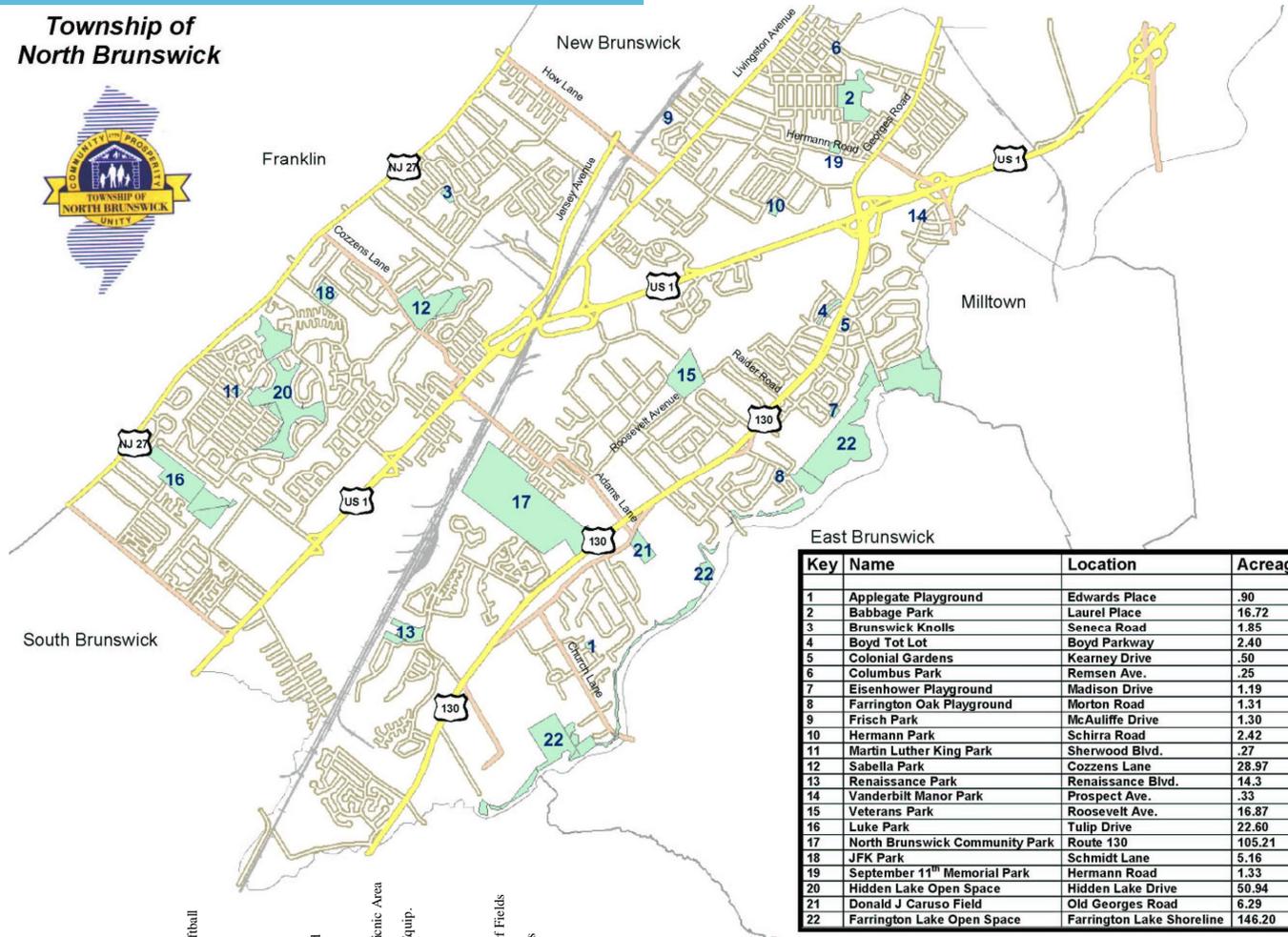
*A day just for seniors with health screenings, educational workshops, vendors and giveaways! Light Breakfast and Lunch included.*

Age	Date	Time	Location	Fee
55+	Tuesday, May 22nd	9 am - 3pm	Senior Center	\$5

**SENIOR FITNESS CLUB** - For those 55 and older this energetic group meets for a regular regimen of low - impact exercise. Seniors must have a DPRCS Fitness Pass to participate. Passes are available at the DPRCS office for \$15 per year. A Senior Fitness pass holder is eligible to participate in our Senior Swimming at the NBTHS Pool which is held three days a week and our Senior Walking Program. Senior Walking takes place on Tuesdays from 9 am-10 am. Walkers meet at the Senior Center and depart for area parks or Brunswick Square Mall during the winter. Check the Senior Sage or call DPRCS for dates and times of Senior Swim.

# PARKS

Township of North Brunswick



Key	Name	Location	Acreage
1	Applegate Playground	Edwards Place	.90
2	Babbage Park	Laurel Place	16.72
3	Brunswick Knolls	Seneca Road	1.85
4	Boyd Tot Lot	Boyd Parkway	2.40
5	Colonial Gardens	Kearney Drive	.50
6	Columbus Park	Remsen Ave.	.25
7	Eisenhower Playground	Madison Drive	1.19
8	Farrington Oak Playground	Morton Road	1.31
9	Frisch Park	McAuliffe Drive	1.30
10	Hermann Park	Schirra Road	2.42
11	Martin Luther King Park	Sherwood Blvd.	.27
12	Sabella Park	Cozzens Lane	28.97
13	Renaissance Park	Renaissance Blvd.	14.3
14	Vanderbilt Manor Park	Prospect Ave.	.33
15	Veterans Park	Roosevelt Ave.	16.87
16	Luke Park	Tulip Drive	22.60
17	North Brunswick Community Park	Route 130	105.21
18	JFK Park	Schmidt Lane	5.16
19	September 11 <sup>th</sup> Memorial Park	Hermann Road	1.33
20	Hidden Lake Open Space	Hidden Lake Drive	50.94
21	Donald J Caruso Field	Old Georges Road	6.29
22	Farrington Lake Open Space	Farrington Lake Shoreline	146.20

	Dog Park	Baseball / Softball	Basketball	Fishing	Flagpole	Football Field	Lights	Pavilion or Picnic Area	Playground Equip.	Restrooms	Soccer Fields	Synthetic Turf Fields	Tennis Courts	Trails
Applegate Park			•						•					
Babbage Park		•	•		•		•	•	•	•				•
Boyd Pond / Tot Lot				•					•					
Brunswick Knolls			•						•					•
Colonial Gardens			•						•					
Caruso Field		•			•		•							
Eisenhower Park			•						•					
Farrington Oaks			•						•					
Frisch Park		•	•						•					
Hermann Park			•						•					•
JFK Park										•				
Luke Park			•						•					
Martin Luther King Jr. Park			•						•					
Renaissance Park		•		•		•	•	•	•	•	•	•	•	•
Sabella Park			•	•	•	•	•	•	•	•	•	•	•	•
Vanderbilt Park									•					
Veterans Park		•	•	•		•	•	•	•	•	•	•	•	•
North Brunswick Community Park	•	•		•		•	•	•	•	•	•			•

## DPRCS FEES FOR PARK AND FIELD USAGE

All use of the parks and fields must be scheduled through DPRCS by filling out a facility use form. Picnic groves are very popular and we encourage you to reserve early. Picnic groves are maintained at Babbage, Veterans, & Sabella Park. Golfing is prohibited by township ordinance 234-12. Contact Carmella Varga at 732-247-0922 ext. 775 for more information.

**All Individuals, organizations and any other groups will be classified in one of the following categories:**

- 1A. Priority scheduling given to North Brunswick Sport Youth Organization (Non Profit)**
  - No fee, will need to obtain permit card from DPRCS office for field or picnic grove
  - Non-Resident Youth Organization, No fee, will need to obtain permit card from DPRCS office for field or picnic grove
- 1B. Individual Resident or other North Brunswick Organization including both profit and non profit (example Boy/Girl Scouts)**
  - \$10.00 permit fee per field or picnic grove (three hour limit)
  - Other non-North Brunswick Organization resident in the state of New Jersey \$20.00 permit fee per field or picnic grove (three hour limit)
- 1C. North Brunswick Youth Sports Organization Special Events**
  - \$100.00 per field / maximum \$1,000.00, and \$2,500.00 refundable damage / clean up fee (cash)
  - Non-Resident Youth Organization Special Event \$200.00 per field / maximum \$2,000.00, and \$5,000.00 refundable damage / clean up fee (cash)
- 1D. Special Events, other North Brunswick Groups or Organizations**
  - \$225.00 permit fee per field / maximum \$1,000.00 refundable damage / clean up fee per field (cash)
  - Non-Resident Special Events, other North Brunswick Groups or Organizations \$450.00 permit fee per field / maximum \$2,000.00 refundable damage / clean up fee per field (cash)
- 1E. Non-resident out of state groups or organizations**
  - \$400.00 permit fee per field / \$5,000.00 refundable damage / clean up fee per field or picnic grove (cash)

For the purposes of determining whether a group or organization is a resident or non-resident, the group or organization shall submit a statement under oath signed certifying that at least 90% of the members of the group or organization utilizing the field or facilities reside in the state of New Jersey or the Township of North Brunswick, as applicable.

**REGISTRATION FORM** - You must enclose a stamped, business size, self addressed envelope with your registration. Failure to do so may result in delay of processing and may put you at risk for losing your spot in an activity. Checks should be made payable to: The Township of North Brunswick. Mail registration forms to: DPRCS Registration, 710 Hermann Road, North Brunswick, NJ 08902.

Registration is on a first come, first serve basis. **ACTIVITY FEES ARE NON-REFUNDABLE**

Family's Last Name \_\_\_\_\_ Address: \_\_\_\_\_

Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Fill in following if registering a minor**

Father's Name: \_\_\_\_\_ Work Phone :(\_\_\_\_\_) \_\_\_\_\_ ext. \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Work Phone :(\_\_\_\_\_) \_\_\_\_\_ ext. \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

**Emergency Contact:** First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_\_) \_\_\_\_\_ ext. \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

**CODE OF CONDUCT-** The Department of Parks, Recreation & Community Services advocates and supports youth and adult programs in North Brunswick. The DPRCS staff prides itself in offering educational opportunities through leisure experiences. Participation in DPRCS programs is subject to the observance of DPRCS rules and procedures. The activities outline below are strictly prohibited. Any participant or staff member who violates this Code is subject to discipline, up to and including removal from the program.

- Abusive language towards a staff member, volunteer or another participant
- Possession or use of alcoholic beverages or illegal drugs on North Brunswick Township property or reporting to the program while under the influence of drugs or alcohol
- Bringing onto North Brunswick Township property dangerous or unauthorized materials such as firearms ,weapons or other similar items
- Discourtesy or rudeness to a fellow participant, staff member or volunteer
- Verbal, physical or visual harassment of another participant, staff member or volunteer
- Conduct endangering the life, safety, health, or well-being of others
- Failure to follow any Department of Parks, Recreation & Community Services policy or procedure
- Bullying or taking unfair advantage of any participant
- Failing to cooperate with adult supervisor / leader / mentor
- Failure to leave area in the condition in which you found it, including restrooms, gym, hallways and any other area used.

**I have read and understand the Code of Conduct:** \_\_\_\_\_

**MEDICAL RELEASE:** I recognize that participation in contact sports and other activities may occasionally lead to injury. The most common injuries are abrasions, bruises, sprains, and strains. Less common injuries, but perhaps more serious, may occur. I hereby authorize emergency medical care for my child(ren) or myself. If, in the judgment of the staff, treatment is required for injury or illness, I hereby authorize the administering of anesthetics & recourse to other procedures deemed necessary by attending physician. I recognize that I am financially responsible for any expenses for medical care or transportation incurred.

Doctor's Name: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**HOLD HARMLESS AGREEMENT:** I agree to abide by the conditions herein and agree to hold harmless, waive, and release any and all claims for damages against the Department of Parks, Recreation & Community Services, Township of North Brunswick, North Brunswick Board of Education, its agents and employees, and other such Individuals who may be involved in the planning and implementation of this / these programs.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*\*\*If you are registering for a swim lesson, a swim test card must accompany registration form\*\*\***

Participant's Name		Date of Birth	Sex	School (if child)	Grade	Program Code		Amount
Last	First					1st Choice	2nd Choice	

Payment Method: \_\_\_ Cash (don't mail) \_\_\_ Check # \_\_\_\_\_ \_\_\_ Credit Card Mastercard \_\_\_ Visa \_\_\_\_\_ **TOTAL** \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature: \_\_\_\_\_

Photos are taken during programs, special events and Township functions. Please note, the Township may print your photo in the Township brochure, on TV 15, or any other Township mailing. If you have any objections please contact Lou Ann Benson 732-247-0922 ext. 475.

# FOR PRE-SCHOOL REGISTRATION

**Please complete and bring to first class. Do NOT mail with registration form.  
Completed forms are valid for one year.**

## UNIVERSAL CHILD HEALTH RECORD

Endorsed by: American Academy of Pediatrics, New Jersey Chapter  
New Jersey Academy of Family Physicians  
New Jersey Department of Health and Senior Services

SECTION I - TO BE COMPLETED BY PARENT(S)					
Child's Name (Last) _____ (First) _____		Gender <input type="checkbox"/> Male <input type="checkbox"/> Female		Date of Birth _____ / _____ / _____	
Does Child Have Health Insurance? <input type="checkbox"/> Yes <input type="checkbox"/> No		If Yes, Name of Child's Health Insurance Carrier _____			
Parent/Guardian Name _____		Home Telephone Number _____		Work Telephone/Cell Phone Number _____	
Parent/Guardian Name _____		Home Telephone Number _____		Work Telephone/Cell Phone Number _____	
<i>I give my consent for my child's Health Care Provider and Child Care Provider/School Nurse to discuss the information on this form.</i>					
Signature/Date _____				This form may be released to WIC. <input type="checkbox"/> Yes <input type="checkbox"/> No	
SECTION II - TO BE COMPLETED BY HEALTH CARE PROVIDER					
Date of Physical Examination: _____		Results of physical examination normal? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Abnormalities Noted: _____		Weight (must be taken within 30 days for WIC)		_____	
		Height (must be taken within 30 days for WIC)		_____	
		Head Circumference (if <2 Years)		_____	
		Blood Pressure (if ≥3 Years)		_____	
<b>IMMUNIZATIONS</b>		<input type="checkbox"/> Immunization Record Attached <input type="checkbox"/> Date Next Immunization Due: _____			
MEDICAL CONDITIONS					
Chronic Medical Conditions/Related Surgeries • List medical conditions/ongoing surgical concerns:		<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached		Comments _____	
Medications/Treatments • List medications/treatments:		<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached		Comments _____	
Limitations to Physical Activity • List limitations/special considerations:		<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached		Comments _____	
Special Equipment Needs • List items necessary for daily activities		<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached		Comments _____	
Allergies/Sensitivities • List allergies:		<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached		Comments _____	
Special Diet/Vitamin & Mineral Supplements • List dietary specifications:		<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached		Comments _____	
Behavioral Issues/Mental Health Diagnosis • List behavioral/mental health issues/concerns:		<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached		Comments _____	
Emergency Plans • List emergency plan that might be needed and the sign/symptoms to watch for:		<input type="checkbox"/> None <input type="checkbox"/> Special Care Plan Attached		Comments _____	
PREVENTIVE HEALTH SCREENINGS					
Type Screening	Date Performed	Record Value	Type Screening	Date Performed	Note if Abnormal
Hgb/Hct			Hearing		
Lead: <input type="checkbox"/> Capillary <input type="checkbox"/> Venous			Vision		
TB (mm of Induration)			Dental		
Other:			Developmental		
Other:			Scoliosis		
<input type="checkbox"/> I have examined the above student and reviewed his/her health history. It is my opinion that he/she is medically cleared to participate fully in all child care/school activities, including physical education and competitive contact sports, unless noted above.					
Name of Health Care Provider (Print) _____			Health Care Provider Stamp: _____		
Signature/Date _____					