

# 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 12th. Must be present for entire presentation to receive certification. No late arrivals.

Age	Date	Time	Location	Fee	Code
18+	Tuesday, 3/19	6:30—9:30 pm	Municipal Complex	Resident - \$40 Non Res. - \$45	40204-01

## 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, 3/14-5/16	7:30-9 pm	Senior Center	\$100.00	40202-01

## 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 your own racquet. In case of rain outs, some mid-week make up classes may be scheduled.

Age	Date	Time	Location	Fee	Code
16+	Sundays, 5/5-6/16 (closed 5/26)	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. Please bring a small pillow to class. Reinforcement CD is strongly recommended and is available for purchase for \$18. [www.hypnosisnj.com](http://www.hypnosisnj.com)

Age	Date	Time	Location	Fee	Code
All	Thursday, 2/28	6:30 - 7:30 pm	Municipal Building	\$45	30206-01
All	Tuesday, 5/7	6:30 - 7:30 pm	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. Please bring a small pillow to class. Reinforcement CD is strongly recommended and available for purchase for \$18.

[www.hypnosisnj.com](http://www.hypnosisnj.com)

Age	Date	Time	Location	Fee	Code
All	Thursday, 2/28	7:30 - 8:30 pm	Municipal Building	\$45	30207-01
All	Tuesday, 5/7	7:30-8:30 pm	Municipal Building	\$45	40207-01

## The Tuning Effect

Life's obstacles and challenges push our minds and bodies out of tune. Bring yourself back with The Tuning Method, a new proved relaxation technique that makes you more calm, centered, and balanced. It is a wonderful stress reduction tool. Reinforcement CDs are recommended and available for purchase for \$18. [www.hypnosisnj.com](http://www.hypnosisnj.com)



Age	Date	Time	Location	Fee	Code
All	Thursday, 2/28	8:30 - 9:15 pm	Municipal Building	\$45	30205-01
All	Tuesday, 5/7	8:30 - 9:15 pm	Municipal Building	\$45	40212-01

## Country Line Dancing with The Silver Spurs

Come join The Silver Spurs, Harry & Gail, to learn classic and new line dances to the latest country music. No dance experience! Two left feet? No Problem!!!! You will be able to get on the dance floor at the completion of this class. We'll also give you tips on how to look great dancing and tips about "survival" on the dance floor. Please wear leather soled shoes, NO sneakers! Bring a bottle of water and be ready to make new friends.



Age	Date	Time	Location	Fee	Code
18 +	Fridays, 4/5—5/17	7:30—9pm	Linwood	\$80	40211-01

[www.silverspurs.com](http://www.silverspurs.com)

## 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.



## 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.

North Brunswick Parks, Recreation, and Community Services  
(732) 247-0922 ext. 475  
(732) 247-0979 (fax)  
[www.northbrunswicknj.gov](http://www.northbrunswicknj.gov)



**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: (\_\_\_\_\_) \_\_\_\_\_ Father's Email: \_\_\_\_\_

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

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_ Mother's Email: \_\_\_\_\_

**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: \_\_\_\_\_

**DPRCS ID Cards for ALL school-aged children are Required at all DPRCS Activities. A wallet sized photo is required. ID Cards should be purchased during office hours for a fee of \$10.00 Cards are valid for one year from purchase 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	
						DPRCS ID Card (photo required)		\$10.00

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.