

# MONTGOMERY RECREATION NEWSLETTER

Winter 2018



Adult Programs • Youth Programs • Special Events

**REGISTRATION BEGINS DECEMBER 1<sup>ST</sup> at 8 am!**

Otto Kaufman Community Center  
356 Skillman Road Skillman NJ 08558

# NEWSLETTER



Otto Kaufman Community Center

## Recreation Department Staff

**Recreation Director**  
Karen Zimmerman

**Recreation Secretary**  
Suzanne Brodbeck

**Program Coordinator**  
Pauline Carr

**Evening Facility Aide**  
Lou Vaccaro

**Recreation Specialist**  
Helene Daniels

**Kid Connection Finance**  
Rochelle Fityere

## Township Committee

**Mayor**  
Ed Trzaska

**Committeewoman**  
Christine Madrid

**Deputy Mayor**  
Rich Smith

**Committeeman**  
Mark Conforti

**Committeewoman**  
Pat Graham

**Township Administrator**  
Donato Nieman

## Recreation Committee

**Chair**  
Stephen Shueh

**Committeewoman**  
Amy Schaefer

**Vice Chair**  
Peter Willis

**Committeewoman**  
Anne St. Mauro

**Committeeman**  
Mark Barbour

**Committeeman**  
Peter Treichler

**Committeeman**  
Richard Pascal

**Alternates**  
Benton Camper  
Frank Kimick

## Mission Statement

To respond to the needs of the community we serve and enrich the lives of the residents through well-balanced recreational offerings and lifelong learning. We strive to offer quality recreational and educational programs for personal and professional development.

### The Otto Kaufman Community Center

Rooms are available for residents and non-profit organizations based in Montgomery Twp. to hold meetings M - F from 8am - 9pm. You may download the reservation requests and our insurance requirements from our website:

[www.leaguelineup.com/montgomeryrecreation](http://www.leaguelineup.com/montgomeryrecreation)

If you would like to reserve the building for a birthday party, event, or schedule time in the gym, please contact the Recreation office to check for availability and pricing.

### Phone Numbers

609-466-3023	Phone
609-466-6761	Fax
609-466-0846	Senior Center
609-466-1054	Food Pantry
908-359-2111	Kid Connection
800-731-8412	Sports Hotline



Registering for classes is easy. You may stop by our office  
or you can register online with a credit card at:  
<https://register.communitypass.net/Montgomery>  
**Exact Cash, Check or Credit Card accepted at OKCC (CC has a 2.99% transaction fee)**

#### **Late Fees:**

To avoid a late fee, you must register for a class prior to the start date. A \$25 late fee is charged if you register the **same day the class begins**. Classes may be cancelled due to low participation, so please register at least a week before the class begins!

#### **Refund Policy:**

Fees are **non-refundable**. If the class/program is cancelled due to lack of participants, you will receive a full refund. Otherwise there are **NO REFUNDS**.

#### **After-School Class Reminders for Parents:**

Please write your child's teacher a note, including the name of the class, dates and room location. To ensure a smooth dismissal at OHES & VES, you must include a note each week in your child's backpack. If your child attends an extended program (YMCA, KC, GGS, etc.) and will not be picked up by you, you must notify the ASP program and the Montgomery Recreation instructor. All children must be picked up outside the front entrance of the school. The front doors will be locked - please wait for the instructor! Please be considerate and arrive 5 minutes prior to the end of class to pick up your child. Late pick-up charges will be assessed and applied as needed.

If you register for a class at the Otto Kaufman Community Center, you must provide transportation - it is **NOT** provided from school to the center. Thank you!

#### **Montgomery Kid Connection!**

Pre-school, Kindergarten Enrichment, Before and After school classes are available for all ages!  
Please call 908-359-2111 for information!



## STAY CONNECTED WITH US!!

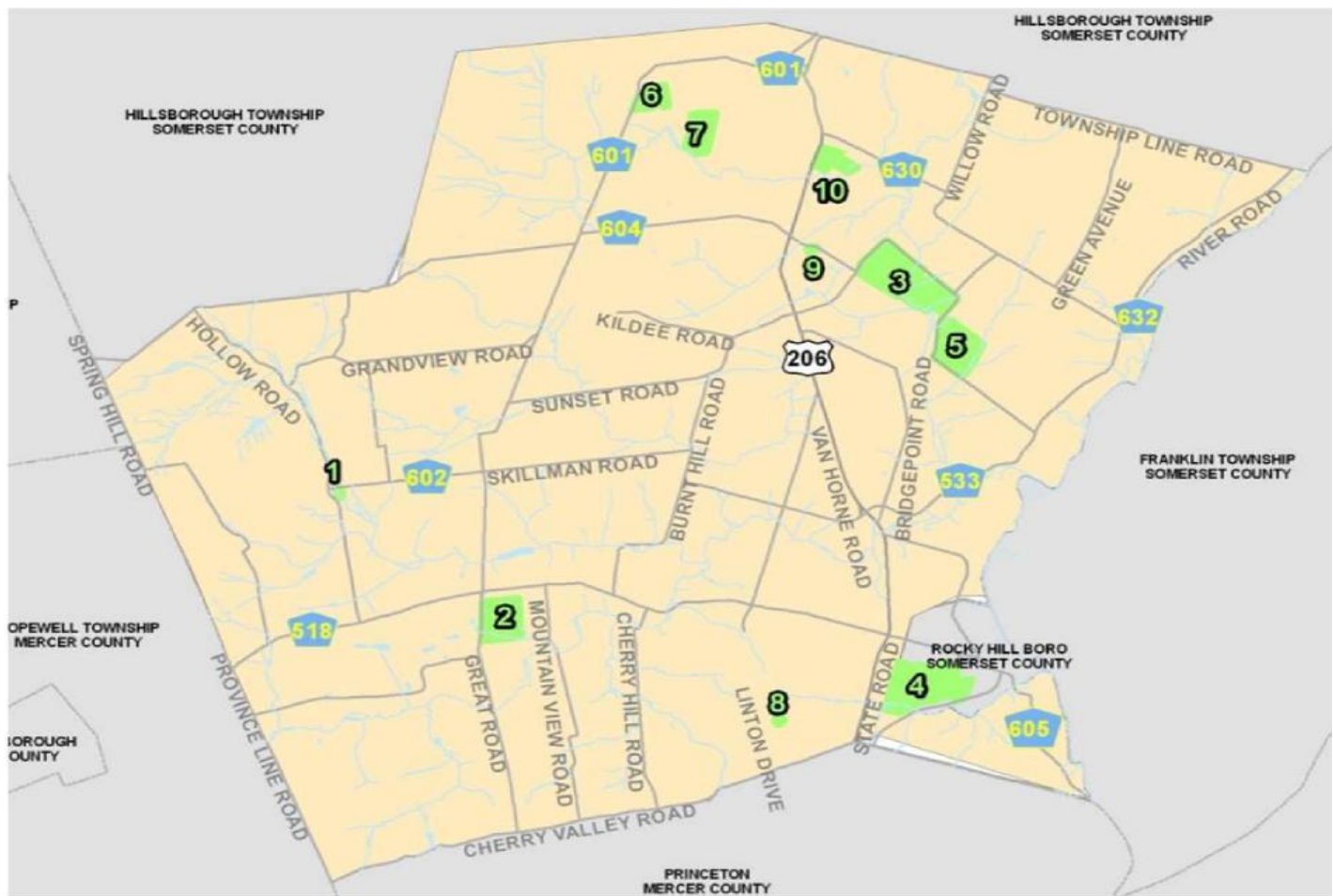
Website: [www.leaguelineup.com/montgomeryrecreation](http://www.leaguelineup.com/montgomeryrecreation)

Facebook: <https://www.facebook.com/montgomerytownshiprecreationn1>

Instagram: <https://www.instagram.com/montyrec>

Twitter: <https://twitter.com/MontyRec>

# PARKS DIRECTORY



## 1. Bessie Grover

20 Camp Meeting Avenue, Skillman  
Playground, port-o-potty, fishing opportunities

## 2. Hobler Park

1645 Great Road, Skillman  
Playground, pathways, gazebo, port-o-potty, birdwatching

## 3. Montgomery Veterans Park / Arboretum

235 Harlingen Road, Belle Mead  
Playground, pathways, restroom, picnic/pavilion area (2), grills, lighted basketball courts (2), lacrosse fields, softball fields, sand volleyball, 9/11 Veterans Memorial

## 4. Van Horne Park

1225 State Road (Route 206), Princeton  
Playground, picnic/pavilion area, restroom, paved pathways, Basketball courts (2), softball fields (2), multipurpose fields (2) lacrosse wall, bocce court

## 5. Mill Pond Park

29 Mill Pond Road, Belle Mead  
Playground, restroom, soccer fields (7), pathways

## 6. Lubas Field

285 Belle Mead-Blawenburg Road (Route 601), Belle Mead  
Playground, port-o-potty, lighted multipurpose field

## 7. Broadway

140 Broadway, Belle Mead  
port-o-potty, Cricket field

## 8. Woods Edge Park

66 Harvard Circle, Princeton  
Playground, swing set, picnic area, restroom, basketball courts (2), tennis courts (2), sand area, pickleball court, shade structure

## 9. Harlingen Gazebo

37 Harlingen Road, Belle Mead  
Gazebo

## 10. Dog Park

2261 Van Horne Road (Route 206), Belle Mead

*If you see something that needs attending to in any of our parks please call the Parks Department at 908-874-3144*

# COMMUNITY EVENTS

## Holiday Sing-Along!

Monday, Dec 4, 7 – 8pm  
OKCC

Please join us for a festive celebration of the December holidays featuring a sing-along, tree lighting & refreshments. Our festivities will once again feature the music of Pastor Tony GodLefski. He'll provide music on the piano and accordion, and lead everyone in joyous singing. He'll be assisted by Steve Heckel, a choir member at the Montgomery United Methodist Church, where Pastor Tony is Senior Minister. Remember a camera & flashlight!

## College Admissions 101

Tuesday, February 27, 7pm  
Cost: FREE

No matter where you want to go to college there are always things you can do to improve your chances of admission. Grades, test scores, activities, essays and interviews--we'll cover all the elements at this seminar. We'll also share Collegewise strategies to make you a stronger applicant and you avoid the most common mistakes. Perfect for sophomores, juniors and parents.

**Presenter:** Collegewise Director of college counseling, Vince Valenzuela, former assistant director of admission at Villanova University. Website: [www.collegewise.com](http://www.collegewise.com)

## WINTER FAMILY FUN DANCE!

Join us for a fun-filled evening with dinner & dancing!

Date: Saturday, Feb 24 Time: 6 – 9pm Cost: \$30 per person Location: Otto Kaufman Community Center

### SAVE THE DATE!!!

# PRESCHOOL PROGRAMS

## Dance Classes with Miss Michelle at OKCC

### CLASS DESCRIPTIONS:

**Princess Ballet** Dancers will learn the basics of ballet surrounded by the familiar music and props wands, tutus of their favorite characters.

**Mommy & Me** A joyful way for young ones and moms/caregivers to explore movement through music and stimulate imagination.

**Broadway Dance Kids** An upbeat class that teaches Broadway- style jazz choreography and show stopping stage presence with a focus on learning song and dance numbers from a variety of musical productions, past and present. Classwork consists of a warm-up, theater games, and choreography. Each week we will focus on a new musical.

Princess Ballet students should wear leotard & tights. Long hair should be tied back and off face & neck. 10% discount at Village Shoes (Rt 206, Skillman) for dance shoes— mention Montgomery Rec classes.

**Dates: Thursdays, January 11-February 15**

**Princess Ballet** (3 - 5 years) 4:30 – 5:15pm

**Mommy & Me** (18 mos. – 2.5 years) 5:15 – 6:00pm

**Broadway Dance Kids** (1-4 grade) 6:00 – 6:45pm

**Cost:** \$84 (6 week session)

**Location:** OKCC Program Room

**Instructor:** Michelle Pender (OHES teacher)



**Soccer Squirts:** A fun and exciting introduction to the basics of soccer, including dribbling, passing, and shooting. Each session will focus on developing a particular skill or technique. FUN in a secure, nurturing environment!

Soccer Squirts, 3:30-4:30pm, ages 3-5

Soccer Squirts, 4:30 – 5:30pm, ages 3-5

Senior Squirts, 5:30 – 6:30pm, ages 5 – 7

Dates: Friday's Jan 19-March 9

Cost: \$145 (8 week session)

Location: OKCC Gym



# YOUTH K-4 PROGRAMS

## Fal-Rooney

### Fal-Rooney League

Each weekly 75 minute session concentrates on two Fal-Rooney activities. The goal is to empower students with self-esteem, a sense of achievement and a strong foundation in team building all while making new friends, getting exercise & having extreme fun!

**Tuesdays, 4:00 - 5:15pm (Grades K - 8th)**

Dates: Jan 23 – Feb 27 (6 week season)

Cost: \$149.00

Location: OKCC Gym

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

### Fal - Rooney School Holiday Fun!

Fal-Rooney fun continues when schools are closed! Teams compete for the coveted Fal-Rooney cup! Wear sneakers and bring lunch, snacks & lunch.

**Friday, Dec 29 9 – 2pm**

Cost: \$69 per day

Pre-Game: 8 - 9am \$15 per family

Location: OKCC



## After-School Chess

Chess helps to develop skills such as critical thinking and problem solving. Interactive lectures coupled with supervised play provide reinforcement for the new concepts introduced each week. All levels are welcome!

**Tuesdays, 3:50 - 4:50pm (Grades 1 & 2 OHES)**

Dates: Tuesdays, January 16- March 12 (no class 2/19)

Location: OHES Room #s TBA

**Thursdays, 3:50 - 4:50pm (Grades 3 & 4 VES)**

**Dates:** Thursdays, January 18- March 8

**Location:** VES Room #s TBA

**Cost:** \$215 per (8 week session)

## House of ROCK!

The House of Rock classes will include all levels of guitar, bass, and ukulele. Please bring your instrument to class or contact instructor if an instrument is needed. All levels are welcome!

**Mondays, 4:30 – 5:30pm (Grades 3 – 6th)**

Session 1: Jan 22 – March 5 (no class 2/19)

Cost: \$135 (6 week session)

Location: OKCC Large Meeting Room

Instructor: Chris Gardella has over 25 year's experience as an accomplished musician. ([subminimal@gmail.com](mailto:subminimal@gmail.com))

## Broadway Dance Class

For grades 1-4, Please see description in Preschool Programs

## After School Acting

### PLAYtime

Children explore visual arts, music, movement, and storytelling as they dramatize stories. They develop expression and self-confidence by playing with language and pantomime.

**Tuesdays, 4:00 – 5:00pm (Grades K - 2)**

Dates: January 9 - March 6 (no class 1/23)

Location: OHES Room # TBA

### PLAYing Around with Theatre

Students become other characters, vocally and physically, discuss plot possibilities and cooperate with one another as they create their own improvisational scenes.

**Wednesdays, 4:00 – 5:00pm (Grades 3 & 4)**

Dates: January 10- March 7 (no class 1/24)

Location: VES Rm # 200 (Chorus Room)

Cost: \$165 per (8 week session)

Instructor: Jean Prall Rosolino (<http://youthstages.com>)

## Young Rembrandts

### Elementary Drawing Lessons

Your artists will draw ALL NEW lessons this winter. A colorful pop art dog and a powerful unicorn are just a couple of the drawings they will learn and LOVE. They'll build on skills acquired each week but also have a ton of fun while drawing and personalizing cool things like a soccer player, pineapple, and a robot.

**Tuesdays, 4:00 - 5:00pm (Grades K – 2)**

Dates: Jan 16 – March 6

Cost: \$165

(8 week session, includes materials)

Location: OHES Room # TBA

Class limit: 15 students

Instructors: Young Rembrandts

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



## Fitness and Friendship

The program is designed to educate and prepare girls for a life-time of self-respect and healthy living. The emphasis is not on running but on having fun and talking about peer pressure and celebrating the strengths of friendship.

**Wednesdays 4:15-5:15 pm**

Dates: Jan. 10 - Mar. 7 (no Jan. 31)

Cost: \$155 (8 week session, includes t-shirt)

Location: OKCC Gym

Instructor: Diane Fay

([diane-fay@outlook.com](mailto:diane-fay@outlook.com))



# YOUTH K-4 PROGRAMS

## NEW! Mad Science Winter Break Camp!

Students will exercise their ability to work together in order to construct a geodesic dome big enough everyone to fit inside! Work with pulleys, wedges, screws, and levers to activate robots around an obstacle course, play soccer, and test line-tracking robots.

**Dates: Wednesday Dec 27 & Thursday Dec 28**

Time: 9:00 – 4:00pm Grades: K – 5<sup>th</sup> grade

Cost: \$175 per child

Location: OKCC Large Meeting Room

## NEW! Flag Football for Girls!

If your daughter loves football give her the opportunity to learn football skills such as running, throwing, catching and defensive flag pulling. Perfect for girls who will be able to take their new skills and participate in the spring season of Flag Football!

**Dates: Thursdays, 2/1, 2/8 & 2/15**

Time: 6:00 – 7:00pm Grades: 3 – 6<sup>th</sup> grade

Cost: \$20 per child includes t-shirt (minimum of 5)

Instructor: Matt Rosenthal [commissioner@montgomeryflag.com](mailto:commissioner@montgomeryflag.com)

## After-School Yoga

Students will learn & practice techniques to encourage calmness and improve focus in all aspects of their lives.

**Mondays, 4:00 - 5:00pm (Grades 3 - 4th)**

Dates: Jan 8- March 12 (No 1/15 & 2/19)

Cost: \$135 (8 week session), class limit 12 students

Location: VES Room # 100

Instructor: Joanne Giambertone (VES teacher)

[jgiambertone714@gmail.com](mailto:jgiambertone714@gmail.com)

## After-School Taekwondo

This fun introductory course is designed to capture the interest of new and continuing Taekwondo students. Help develop physical strength and improve coordination, balance, concentration and listening skills.

**Thursdays, 4:00 – 4:45pm (Grades K – 2)**

Dates: Jan 18- February 22

Cost: \$100 (6 week session)

Location: OHES West Gym

Instructor:

Ahn's Taekwondo

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



## Fine Arts Painting & Drawing

A variety of drawing and painting techniques will be explored while creating images from life and imagination.

**4:00 - 5:00pm (Grades 3 & 4)**

Dates: **Session 1:** Wed, Jan 17, 24, 31 Feb 7

**Session 2:** Tues, Feb. 20, 27 March 6, 13

Cost: \$85 (4 week sessions, materials included), limit 15 students

Location: VES Art Room # 115

Instructor: Jennifer O'Connor, VES Art Teacher

[joconnor@mtsd.us](mailto:joconnor@mtsd.us)

## Intro to Piano and Keyboard

Group Classes are open to all levels. Children learn the basic concepts through games and activities. Children must be able to read and write and have a piano or keyboard to practice at home.

**Wednesdays, 4:00 – 5:00pm (Grades K - 2)**

Cost: \$215 limit 6 students

**Individual Piano and Keyboard Lessons:**

5:05 – 6:05pm (Private lessons follow the group lesson)

1. 5:05-5:25pm, 2. 5:25-5:45pm, 3. 5:45-6:05pm

Cost: \$265 (8 week session. and materials)

Dates: Jan 10 - Feb 28

Location: OHES Room TBA

Instructor: Jess Aggabao ([jessaggabao@hotmail.com](mailto:jessaggabao@hotmail.com))

## Bricks 4 Kidz "Air, Land & Sea"

Students will build engineering themed models using LEGO Bricks. They'll have a blast using custom-built cars to move the people of the city all around town – brick by brick!

**Thursdays at OHES, 4:00 – 5:00pm (Grades 1 & 2)**

Dates: Jan 11-Feb 15

Cost: \$120 (includes all materials), Max 20 students

Location: OHES Room TBA

**Monday at VES, 4:00 – 5:00pm (Grades 3 & 4)**

Dates: Jan 11- Feb 15

Cost: \$120 (6 week session and materials)

Max 20 students

Location: VES Room TBA

Instructor: Bricks4Kidz

([sbhj@bricks4kidz.com](mailto:sbhj@bricks4kidz.com))



## Mad Science "SYSTEM 3!!"

Children will play engineer, chemist and stunt pilot! They will investigate physics fundamentals and bring their scientific minds to basic magic tricks. Your Mad Scientists will be shocked by what they learn about electricity, blown away by their experiments with air pressure, and swept away by the excitement of working with waves!

**Mondays, 4:00 – 5:00pm (Grades 1 & 2 at OHES)**

Dates: Jan 22 – March 19 (no class 2/19)

Cost: \$165 (8 week session; and materials), min 12, max 20

Location: OHES Room TBA

**Wednesdays, 4:00 – 5:00pm (Grades 3 & 4 at VES)**

Dates: Jan 17 – March 7

Location: VES Room TBA

Instructors: Mad Science ([www.wnj.madscience.org](http://www.wnj.madscience.org))

**Note: One parent volunteer is needed for each Mad Science class! (One child receives scholarship and free registration!) Please contact Pauline Carr at 609-466-3023**

# MIDDLE/HS PROGRAMS

## Fal-Rooney

Please see **K-4 Fal-Rooney League** for course description.

## House of Rock!

For grades 5 & 6 see K-4<sup>th</sup> page for course description.

## Speed and Agility Training

This program is geared to make you a better athlete. You will improve running form, footwork, stride length & efficiency. Not a conditioning program; the goal is EXPLOSIVE POWER!

**Mondays & Wednesdays, 5:30 – 6:15pm (Grades 8 & up)**

Dates: January 8-February 26

Cost: \$160 (16 classes)

Location: OKCC Gym

Instructor: James Griffin, (RSCC) MS, CSCS, PES, USAW, NASE ([coachgriffscs@gmail.com](mailto:coachgriffscs@gmail.com))

## Master Civil Engineering

Students use the Engineering Design Process to design, create, test, and refine a balsawood bridge designed to withstand the greatest force. They examine several different types of bridge designs and discover how the forces of tension, compression, bending, torsion, and shear are distributed throughout their structures.

**Tuesdays, 3:00 - 4:15 (Grades 5 & 6)**

Dates: Jan 16 – Feb 20

Cost: \$160 (6 week session), Max 20 students; Min 10

Location: LMS TBD

Instructor: Engineering for Kids

[hunterdon@engineeringforkids.net](mailto:hunterdon@engineeringforkids.net)

## Futsal Soccer

A fast paced indoor soccer game played on a hard surface with a smaller ball where soccer skills and individual creativity is encouraged and rewarded. Classes will be fun and challenging for all players and abilities.

**Wednesday, Jan 31 – Mar 7**

Cost: \$135 (6 week session)

Times: 7 – 8pm (8 – 11 yrs old), 8 – 9pm (12 – 14 yrs old) Location: OKCC Gym

## Soccer Tech Clinics

Develop all players in 4 key areas; Passing & Receiving, Dribbling & Attacking, Shooting & Finishing, Defending & Counter attacking. Each player will work with a ball for a large part of each session ensuring that all players get maximum touches for their development. Perfect for players of all abilities and experience.

**Tuesdays, Jan 30 – Mar 6** Cost: \$135 (6 week session)

6 – 7pm (6 – 9 yrs old), 7 – 8pm (10 – 12 yrs old)

Location: OKCC Gym

Instructor: Tom Nota [tom@soccercenters.com](mailto:tom@soccercenters.com)

## Yoga at OKCC

Designed specifically for the needs of middle school students focusing on learning more about themselves, stress relief, how to maintain focus, build resiliency and have fun while practicing. Bring yoga mat and water!

**Wednesday, 4:30 – 5:30pm (Grades 5 - 8)**

Dates: Wednesdays, January 17- March 7

Cost: \$135 (8 week session), class minimum 4

students Location: OKCC Program Room

Instructor: Stefanie Lachenauer, UMS teacher Certified

Yoga Instructor ([steflach@gmail.com](mailto:steflach@gmail.com))

## Prepare & Ace the March 10 SAT

This comprehensive course will teach students the critical reading, writing and mathematical skills they need to achieve exceptionally high scores on the SAT

**Tues & Thurs, 6:00 – 8:30 pm (Grade 10, 11 & 12)**

Dates: Jan 30 – March 8 (includes Mar 9; No Mar 1)

Cost: \$650 (includes all study materials) (13 classes)

Location: UMS Rooms # B-101 & 103 Instructors:

Larry Krieger and Michael D'Alessio

([lskrieger1@yahoo.com](mailto:lskrieger1@yahoo.com))

## Bricks 4 Kidz "Advance Robotics-EV3"

Students incorporate the newest generation of motors, sensors and software by programming their commands directly into the intelligent brick. Test their capabilities by moving an object with a robotic claw, building a robot that draws or creating a mouse trap. Our endless list of builds is sure to provide the fundamental components of robotics at its best!

**Wednesday's LMS, 3:00 – 4:30pm (Grades 5 & 6)**

Dates: Jan 10-Feb 8 (6 week session)

Cost: \$120 (includes all materials), Max 20 students

Location: LMS Room TBA





# ADULT PROGRAMS

Class	Dates	Time	Instructor(s)	Location	Costs
<b>MONDAY</b>					
Mat Pilates	1/8 – 3/12	9:15 - 10:00 am	Susan	OKCC GYM	\$145 (1x wk) \$270 (2 x wk)
Yoga/Pilates Strength	1/22 – 3/19	6:00 - 7:00 pm	Liz	Senior Center	\$100
*Inspirational Boot Camp	1/22- 3/19	7:15 - 8:15 pm	Liz	OKCC GYM	\$130
<b>TUESDAY</b>					
*Yoga	1/9 – 3/13	6:30 - 8:00 pm	Trish	Senior Center	\$185
*Get Fit w/ Liz	1/9 – 3/13	9:30 - 10:30 am	Liz	OKCC GYM	\$130
<b>WEDNESDAY</b>					
Mat Pilates	1/10 – 2/28	9:15 - 10:00 am	Susan	OKCC GYM	\$145 (1x wk) \$270 (2 x wk)
<b>Thursday</b>					
*Get Fit w/ Liz	1/11 – 3/15	9:30 - 10:30 am	Liz	OKCC GYM	\$130

Mat Pilates: Mondays no 1/15 & 2/19

Boot Camp/Yoga Pilates: no 2/19

(Get fit w/ Liz 10 weeks) (Mat Pilates 8 weeks) (Inspirational Boot Camp/ Yoga & Pilates 8 weeks)

\***Boot Camp** combines strength, cardio, flexibility, and balance exercises. Healthy eating tips will be discussed and a healthy meal will be prepared at the last class.

\***Get Fit** Effective exercises for back and abdomen, with emphasis on proper stretching to prevent muscle aches.

\***Yoga with Trish** includes meditation, breathing practices, assanas and deep relaxation

**ALL CLASSES PLEASE BRING MAT AND WATER**



## INSTRUCTOR'S CONTACT

Susan Sheppard: [s\\_sheppard@comcast.net](mailto:s_sheppard@comcast.net)

Trish Verbeyst: [tverbeyst@gmail.com](mailto:tverbeyst@gmail.com)

Liz Allen: [Elizabethfit1@aol.com](mailto:Elizabethfit1@aol.com)

**For a free Demo please call 609-466-3023**

# AQUATICS PROGRAMS



## Lap Swim Membership

Members have use of pool to swim laps during normal operating hours. Membership must be done in person at the Recreation office, where pool rules will be given.

Cost: Individual \$110;

Senior/Student \$55; Family \$220; 10 Daily Tickets \$55

## Lap Swim Pool Hours

Senior Citizen Lap Swim; Monday & Wednesday 6:00 – 6:30pm & Friday 5:30 – 6pm

All Members; Saturdays 11:00 – 3:00pm, Tuesday, Thursday, & Friday 6:00 – 9:00pm,

Mondays & Wednesdays 6:30 – 9:00pm

\*Days and times are subject to change.

Email [montgomeryaquaticsnj@gmail.com](mailto:montgomeryaquaticsnj@gmail.com) to receive pool calendar & notifications.

## Private & Semi Private Swim Lessons

Individualized instruction for ages 4 and up. Ideal for adults wanting to learn or improve on swim skills. Lessons sold in 2 hour time blocks. Email [montgomeryaquaticsnj@gmail.com](mailto:montgomeryaquaticsnj@gmail.com) to set up lessons and then register in person at the Recreation Department.

One on One: \$125

Semi-private 2 participants: \$185

## Group Swim Lessons:

Will resume in the Spring

## POOL LOCATION MONTGOMERY HIGH SCHOOL

Pool questions including lap swim and private swim lessons, please email Aquatics Director [montgomeryaquaticsnj@gmail.com](mailto:montgomeryaquaticsnj@gmail.com).

For Marlins Swim Team and group swim lesson questions, please email Coach Penny [montgomerymarlins@gmail.com](mailto:montgomerymarlins@gmail.com)

# MONTGOMERY SENIOR PAGE

## **Somerset County Senior Center Lifelong Enrichment! Wellness, Learning and Recreational Programs, Events & Community Service Projects**

Enjoy lunch, friends, fun events & wellness programs for a suggested donation of \$2.50. We welcome new members 60+ years. Center is open Mon-Fri, 9am-3pm, for Somerset County run activities & bus transportation. Manager Denise Crowley sets up lunches & activities. To add or cancel a lunch, you must call by 10am, with 24-hour notice.

To register for the Senior Center, contact Denise Crowley at 609-466-0846. For Food Pantry call 609-466-1054.

Transportation to the center is handled by Somerset County Transportation – 908-231-7115 or 800-246-0527.

NOTE: 24 hour notice for pick-ups and cancellations is required.

## **Senior Center Calendar**

### **Montgomery EMS Blood Pressure Screening**

– Third Monday of the Month, 9:45 am

### **Exercise with Linda -**

Every Monday ~10:15 am

### **Yoga with Elizabeth –**

Tuesday - 11 am

### **Exercise for Arthritis w/Elizabeth –**

Tuesdays, 10:30am & Thursdays, 11am

### **Move Today with Elizabeth -**

Every other Wednesday, 10:15am

(Move Today is non-aerobic exercise designed to improve flexibility, balance, strength & stamina).

### **Creative Therapy with Shirin Stave-Matias -**

Creative Therapy draws upon various disciplines to create a unique combination that results in a variety of experiences for participants every other Wednesday 10:15

### **Tai Chi with Herb –**

Tai Chi is based on shifting the body weight through a series of light, controlled movements that flow rhythmically into one long gesture.

Wednesdays ~ 11:00 am

### **Mah Jong –**

Most Thursday's 10 - 12pm - Please call to confirm.

### **Ageless Grace -**

Most Fridays, 10:15am Fitness program based on the cutting edge science of neuroplasticity—the ability of the brain to change structurally and functionally. It can be performed sitting or standing. Wear comfortable clothing and sneakers!

### **Ukulele lessons with Chris All levels Welcomed -**

The Ukulele is small, four stringed instrument. Join us as Chris teaches the group how to play this easy, fun and exciting instrument. You have the option to bring your own if you have one.

Please call for more information.

609-466-0846

### **Cosmic Coloring -**

Mon - Fri, 9 - 10am Coloring has a de-stressing effect.

### **Healthy Bones –**

Weds at 10:30 am (Doctor's note required for participation)

Plus much more! Call or email for detailed calendar of events [dcrowley@twp.montgomery.nj.us](mailto:dcrowley@twp.montgomery.nj.us)

Events and times are subject to change; please call to confirm.

\*6 week Beginner Computer Class – Begins October 3rd 1pm. Limited seating please call to register.

WE LOOK FORWARD TO SEEING YOU!

## **SENIOR CITIZENS, INC**

For all Montgomery & Rocky Hill Senior Citizens 55 years of age or older! We meet at the Otto Kaufman Senior Center, 356 Skillman Rd in Skillman on the second Thursday of the month at 12:45pm. Dues are \$10 per year. Call President Mary Ann Symonoski at 609-423-2072 or Vice President Mike Aarons at 609-734-4770 for more info.



# INDEPENDENT LEAGUES

## **Montgomery Baseball League**

*President – Guatam Kobla* [gtkobla@gmail.com](mailto:gtkobla@gmail.com) [www.montgomerybaseball.com](http://www.montgomerybaseball.com)

Open to all residents of Montgomery, Rocky Hill & Princeton, ages 4 – 18 yrs. old. Held at Montgomery McKnight Complex. We offer 3 recreational seasons; Spring Rec, Summer Sandlot & Fall Ball.

## **Montgomery Basketball League**

*President – Laura Kyler* [President.montgomerybasketball@gmail.com](mailto:President.montgomerybasketball@gmail.com) [www.montgomerybasketball.com](http://www.montgomerybasketball.com)

Winter Season - MBA offers Recreational Basketball for grades K-12 and Travel Basketball for grades 4-8. Rec Basketball runs from the beginning of December thru the end of February. Travel Basketball runs from November thru mid-March. Registration opens the first week of September.

## **Montgomery Flag Football**

*President – Matt Rosenthal* [commissioner@montgomeryflag.com](mailto:commissioner@montgomeryflag.com) [www.montgomeryflag.com](http://www.montgomeryflag.com)

Fall season September-November practice/games are held at Van Horne Park. For boys & girls grades K - 10th in Montgomery, Rocky Hill & surrounding towns. Montgomery NFL Flag Football is a popular non-contact five-on-five game of recreation football filled with fun and action.

## **Montgomery Girls Softball League**

*President – Mike Parise* [montgomerysoftball@gmail.com](mailto:montgomerysoftball@gmail.com) [www.montgomerysoftball.com](http://www.montgomerysoftball.com)

Montgomery Girls Softball League was founded with the mission to help develop the character and self-esteem of girls and young women through athletic competition. The League is fully volunteer-run and is committed to providing the opportunity for girls in Montgomery.

## **Montgomery Lacrosse**

*President – Cara Ipeker* [info@montgomerylacrosse.com](mailto:info@montgomerylacrosse.com) [www.montgomerylacrosse.com](http://www.montgomerylacrosse.com)

Registration is held November - January. Pre-Season begins in early March - May. MYLC emphasizes teamwork, sportsmanship, respect, discipline and most of all fun! Boy's practices are held at Van Horne Fields/MHS Turf, Girls are held at Harlingen Fields/MHS Turf.

## **Montgomery Wrestling**

*President - John Moyle* 908-801-2038 [www.leaguelineup.com/montgomerywrestling](http://www.leaguelineup.com/montgomerywrestling)

Team Parent - Jodi Mahoney 917-439-7380

This program is for beginner and experienced wrestlers grades K - 6th grade. Practices begin in November - February and are held at the UMS Cafeteria and MHS Auxiliary Gym. Wrestling builds strength, flexibility, endurance and confidence.

## **Montgomery Travelers Soccer Club**

*President – Helen Lee* [president@montgomerysoccer.org](mailto:president@montgomerysoccer.org) [www.montgomerysoccer.org](http://www.montgomerysoccer.org)

Registration for Spring Youth Development Program (Pre-Travel) and In-House (Rec) Programs is now open. We follow US Soccer recommendations for Player Development and all head coaches have advanced soccer licenses.

## **Montgomery Youth Football/Cheerleading**

*President – Joe Furey* [montynj.wildcats@gmail.com](mailto:montynj.wildcats@gmail.com) [www.myfca.org](http://www.myfca.org)

MYFCA believes in the fun, passion, intensity, joy, confidence and sense of teamwork that youth football and cheerleading brings to the community. Home games are played on Sunday mornings on the MHS Turf. Registration is open NOW!

## **Montgomery Special Olympics**

*Website:* [www.somontgomery.wordpress.com](http://www.somontgomery.wordpress.com) *Email:* [montysonj1@gmail.com](mailto:montysonj1@gmail.com)

Montgomery Special Olympics provides sports, training and competition for children and adults with intellectual disabilities. Programs are run from September to June and use Montgomery School sport facilities. These sports include swimming, soccer, volleyball, basketball, track and field, fitness to music, tennis, golf and many others.

Montgomery Recreation Department  
356 Skillman Road  
Skillman, NJ 08558