December Newsletter

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.

Department Staff

Recreation Director
Karen Zimmerman

Program Coordinator
Pauline Carr

Recreation Specialist
Helene Daniels

Recreation Secretary
Suzanne Brodbeck

Evening Facility Aide
Lou Vaccaro

Kid Connection Finance Aide
Rochelle Fityere - Hours M - F 9am –12pm

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

Otto Kaufman Community Center

The Otto Kaufman Community Center has rooms available for residents and non-profit organizations based in Montgomery Twp. to hold meetings M - F from 8am - 9pm (Sept - June). You may download the reservation requests and our insurance requirements from our website:
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.

Montgomery Township Committee

Mayor
Pat Graham

Deputy Mayor
Ed Trzaska

Committeewoman
Christine Madrid

Committeeman
Rich Smith

Committeeman
Mark Conforti

Township Administrator
Donato Nieman

Recreation Committee

Chair
Amy Schaefer

Vice Chair
George Jarvis

Committeeman
Benton Camper

Committeeman
Richard Pascal

Committeewoman
Anne St. Mauro

Committeeman
Peter Treichler

Committeeman
Peter Willis

Alternates
Stephen Shueh
Mark Barbour

Registration for all classes begins Dec 1!

How to register:

Registering for classes is easy. You may stop by our office and pay with a check or you can register online with a credit card at: https://register.communitypass.net/montgomery

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 on the same day class/ program 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.

Eligibility:

All township residents are welcome to participate in our programs. Non-residents need to add $30 to the class fee.

After-School Class Procedures 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, etc.) and will not be picked up by you, you must notify the ASP program *and the Montgomery Recreation instructor.* A note is required on the first day of session. All children must be picked up outside the front entrance of the school. The front doors are locked so the instructor will open the front door for you. 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 ($25 late fee/10 min). (Please have a back up person to pick up in case of emergency).
If you have registered for a class at the Otto Kaufman Community Center, you must provide transportation; bussing is not provided from school to the center.

Stay Connected with Us!!!

Website: www.leaguelineup.com/montgomeryrecreation

Facebook:https://www.facebook.com/montgomerytownshiprecreationnj

Twitter: https://twitter.com/MontyRec

We welcome your opinion! Whether it's a new class idea or feedback about one of our programs, please email: recreation@twp.montgomery.nj.us. Thank you & enjoy!

Montgomery Kid Connection!

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

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Tree Lighting & Holiday Sing-Along!

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. Pictures with Frosty the Snowman! Remember a camera & flashlight!
Date: Monday, December 5
Time: 7 – 8 pm Location: OKCC Senior Center

Santa's Calling!

Santa will call the children in town to wish them a happy holiday on **Tuesday & Wednesday evening, Dec 13 & 14 from 6:30 – 8:30 pm**. This activity is for kids, ages 2-8 who **believe**. Forms for Santa will be available at the Recreation Dept. and on the Recreation website in early December. (www.leaguelineup.commontgomeryrecreation).
Please return them to our office no later than Dec 12th so we can forward them to the North Pole!
Santa really needs your help! Please consider volunteering a few hours to help Santa! Call 609-466-3023. Thank you!!

Aquatics Page

Pool is located at Montgomery High School. Pool questions including lap swim and private swim lessons, please email our Aquatics Director at montgomeryaquaticsnj@gmail.com

For Marlins Swim Team & group swim lesson questions, please email Coach Penny at montgomerymarlins@gmail.com

YOUTH SWIM INSTRUCTION

Our instruction program follows the American Red Cross *Learn-To-Swim* program. Our goal is to teach our students to swim, and learn aquatics safety in and around the water, in a logical progression. NOTE: Students may need more than one session to complete each course/level of the program.

BEGINNER: **Intro to Water Skills.** Helps swimmers feel comfortable in the water. Students must be at least 4yrs old.
ADVANCED BEGINNER: Fundamental Aquatic Skills and Stroke Development. This is a two level course focusing on building fundamental skills, up to guided practice in deeper water.
INTERMEDIATE: Stroke Improvement and Stroke Refinement. This is a two level course further developing learned skills, up to additional coordination and refinement of strokes.
ADVANCED: Swimming and Skill Proficiency. Refines strokes with ease, power and smoothness over greater distances. Leads into other aquatics activities such as competitive swimming or diving.

Our group swim lessons will begin again in March.
Look for our Spring Newsletter and register on March 1st!!

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.
One on One: $125
Semi-private (2 participants): $185
Email:
montgomeryaquaticsnj@gmail.com to set up lessons and THEN register in person at the Recreation Department.

Lap Swim Memberships

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

Monday - Friday
All Members: 6:00 - 9:00pm
(Senior Swim Monday only, 6:00 - 6:30pm)

Saturday
All Members 11:30 - 3:30pm
Above schedule is for December - February. Times will change in March and are subject to change each month.

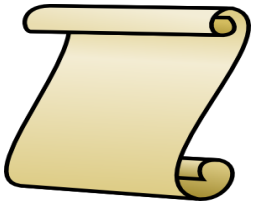
Email montgomeryaquaticsnj@gmail.com to receive the link to the monthly calendars and pool notifications.

Cost: Individual $110; Senior/Student $50; Family $220; 10 Daily Tickets $55

Adult Seminars

"Getting Your House in Order - What is Pre-Planning and Why You Should Do It"

Did you know that at the time someone passes there are over 87 decisions that have to be made in a matter of hours? There are documents to find, people and companies to call — PLANNING takes a huge burden, emotionally and financially, off your loved ones. This seminar will include legal and financial advice from an attorney and Jeffrey Boyarsky, CLU, ChFC, AXA Advisors, LLC.



Date: Weds, Jan 18 **Time:** 7:00 – 8:30pm
Presenter: Katherine Walden, Manager of the Princeton Abbey & Cemetery www.princetonabbey.org
? Call 609-452-1600

Home Buyers Seminar

Thinking of Buying a Home? Looking to purchase your first home, to downsize to a smaller home or to buy a larger home for your growing family? Whether you're a first time buyer or it's just been a while since you've purchased real estate, come learn all about the home buying process in this free, no obligation informal seminar. Ask questions and speak with local experts including a real estate attorney, a mortgage lender, a home inspector and a home insurance agent.
*Attendees will be entered into a drawing to receive a free iPad mini, courtesy of Alfonso Esposito of Prime Lending!
Date: Wednesday, February 1 **Time:** 7:00 - 8:30pm
Presenter: Amy Schaefer, Realtor with Callaway Henderson Sotheby's International Realty
MUST PREREGISTER ONLINE OR CALL RECREATION!

Home Sellers Seminar

Thinking of selling your home? Ready to downsize to something smaller? Ready to retire to another area? Learn all about the current real estate market, the selling process, pricing strategies, and how to best prepare and stage your home to sell for the most money. You'll get to ask questions and speak with local experts including a real estate attorney, a professional home stager, and a home inspector.
Date: Wednesday, Feb 8 **Time:** 7:00 - 8:30pm
Presenter: Amy Schaefer, Realtor with Callaway Henderson Sotheby's International Realty
MUST PREREGISTER ONLINE OR CALL RECREATION!

ALL Seminars are FREE & held at OKCC.
Please RSVP to 609-466-3023 or online at:
https://register.communitypass.net/montgomery

Adult Fitness Classes

Classes are held at OKCC. Call 609-466-3023 for a free demo for any class - All levels & experience welcome!

Booty Barre and Stretch with Deirdre

Session 1: Thurs, Jan 5 - Feb 2 (5 wks.)
Session 2: Thurs, Feb 9 - Mar 9 (5 wks.)
Booty Barre: Join Deirdre as she helps you get strong, healthy, define & tone. Bring water, mat, & 1 or 2lb weights.
Time: 9:45 - 10:45am **Cost:** $60 x 1 session/$110 both
Booty Stretch: Gently lengthen & strengthen your muscles as you stretch into a state of bliss! This is a superb accompaniment to Booty Barre and any other workout.
Time: 10:45 - 11:15am **Cost::** $35 x 1 session/$65 both
Instructor: Deirdre Owen

Get Fit with Liz

Dates: Tues, Jan 10 - Mar 14
Fri, Jan 13- Mar 17
Time: 9:00 - 10:00am
Cost: $120 (1 x wk.); $210 (2 x wk.) (10 weeks)
Instructor: Liz Allen Bring mat & water!
Aerobics, resistance, balance, posture/alignment & flexibility using your own body small weights & more! Effective exercises for back & abdomen; students will get one on one help to attain their own measurable results!

Mat Pilates with Susan

Dates: Mon, Jan 9 - Mar 13 (no 1/16 & 2/20)
Weds, Jan 11 - Mar 1
Time: 9:15 - 10:00am
Cost: $90 (1 x wk.); 170 (2 x wk.)(8 weeks)
Instructor: Susan Sheppard Bring mat & water!
Strength training & total core exercise!

Yoga with Trish

Dates: Tues, Jan 3 - Mar 7
Time: 6:30 - 8:00pm **Cost:** $150 (10 weeks)
Instructor: Trish Verbeyst Bring a mat, blanket & water.
Yoga improves the function of the physical body while calming the mind. Email tverbeyst@gmail.com for info.

New! Yoga/Pilates Strength with Liz

Dates: Mon, Jan 23 - Mar 20 (no 2/20)
Time: 6:00 - 7:00pm **Cost:** $90 (8 weeks)
Instructor: Liz Allen Bring mat & water!
A dynamic & detailed hands-on class that increases strength, circulation, flexibility, balance, and body toning. Reduce stress, improve endurance & lessen back pain and tension. It's particularly beneficial to improve posture, and prevent and rehab injuries.

NEW! Inspirational Boot Camp with Liz

Dates: Mon, Jan 23 - Mar 20 (no 2/20)
Time: 7:00 - 8:00pm
Cost: $120 (8 weeks, includes last week's meal)
Instructor: Liz Allen Bring mat & water!
Using exercise bands, weights & more, this class combines strength, cardio, muscle endurance, flexibility & balance exercises. Tips on healthy eating will be discussed and at the end of the session a healthy meal will be prepared. Class is for beginners to advanced!

New four week session of Ballroom Dance to begin Mar 15 - info in March Newsletter!

FAL– ROONEY LEAGUE!

WWW.FALROONEY.COM

GRADES K - 8TH Each weekly 75 minute session concentrates on two Fal-Rooney activities such as Dodge Ball & Kickball, Basketball & Soccer, M$ney & Hunger Games. The goal is to empower students with self-esteem, a sense of achievement & a strong foundation in team building all while making new friends, getting exercise & having extreme fun!
Session 2: Tues, Jan 17 - Feb 21
Time: 4:00 - 5:15pm **Location:** OKCC Gym
Cost: $139 includes a bag & awards ceremony/ pizza party at last class! Please bring water bottle!

Fal - Rooney School Holiday Fun!

Grades K - 8! Fal–Rooney fun continues when schools are closed! This is the perfect place for kids to get exercise and tons of fun participating in exciting games. Teams compete for the coveted Fal-Rooney cup! Wear sneakers and bring lunch, snacks & water. A portion of proceeds go to Trenton Soup Kitchen & Toys for Tots.
Dates: Fri, Dec 30 **Time:** 9 - 2 pm
Cost: $59 per day **Location:** OKCC
Pre-Game 8 - 9am for only $15 a family per day

Fitness & Friendship for Girls

For girls in grades 3, 4 & 5! *Fitness & Friendship* is a program designed to increase each girl's fitness level and enhance her self-esteem. The emphasis is not on competition, but on having fun, playing athletic games, talking about peer pressure & celebrating the strengths of friendship. Girls should wear sneakers and play clothes, and bring a full bottle of water to each class.
Dates: Weds, Jan 11 - Mar 8 (no class Feb 8)
Time: 4:15 - 5:15pm **Cost:** $155
Location: OKCC Gym
Instructor: Diane Fay leads the highly successful *Girls on the Run* & *Girls on Track* programs for girls in grades 3 - 6 in Montgomery. She taught English for 11 years and has coached sports programs for girls & women for 30 seasons! For questions, email Diane at diane-fay@outlook.com

NEW!!! Pre-School & Kindergarten Programs!!

Minimum of 4 students per class must be met by Dec 30 or the class will be canceled. Hurry and save your spot!!
For specific class information please email TLGmontgomeryhillsboroughNJ@thelittlegym.com **or call 908-420-9440/ 908-431-5188**

Class Dates: Tuesdays, Jan 10 - Feb 14

Class Location: OKCC Program Room

Family Gym Time

Family Gym Time introduces babies and toddlers (5 - 18 months) to gymnastics with the help of a parent, grandparent or caregiver. The Little Gym's trained instructor uses small equipment, instruments, and songs to enhance a child's intellectual curiosity and problem-solving skills beyond locomotor development. There's no better way to keep your child active while learning new skills and build confidence together during the cold weather.

We welcome siblings over 18 months - 3 yrs.
Time: 9:30 - 10:15am
Cost: $105 adult/baby (under 18 months old)
$40 for each additional sibling over 18 months

Pre-School/Pre-K & Kindergarten Tumbling

Tumbling is the greatest way to introduce your child ages 3 – 6 to basic gymnastics skills such as forward rolls, handstands, cartwheels, and other balancing and coordination games with small equipment, instruments, and songs to enhance a child's locomotor skill development and social intelligence. The more kids know about their bodies, the more confident and ready they are for life's adventures! The Little Gym's trained instructor will provide individualized instructions to help each child develop skills at his or her own pace.
Cost: $125 per child
$115 per each additional siblings
Times: 10:15 - 11:00am or 2:00 - 2:45pm

US SPORTS institute

Total Sports Squirts

Total Sports Squirts programs allow children ages 3 to 5 to experience a new sport in each session of the program. Participants try Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey, Flag Football, Parachute Games and more in a safe, structured environment.
Dates: Thursdays, Jan 19 - Mar 9 **Cost:** $159 (8 wks)
Times: 4:00 - 5:00pm **Ages 3 - 4 years**
5:00 - 6:00pm **Ages 4 - 5 years**
Location: OKCC Gym
For more information, please visit the US Sport Institute website: www.USsportsInstitute.com

Speed & Agility Training

This is a two part program geared to make you a better athlete. Part one focuses on how to stop, start, accelerate, change direction laterally, change direction horizontally, and control your body while playing sports. The second portion is designed to improve running form, footwork, stride frequency, stride length efficiency. This is not a conditioning program; the goal of each 45 minute session is EXPLOSIVE POWER for all sports!
Dates: Mon & Weds, Jan 4 - Feb 22 (no 1/16 & 2/20)
Time: 5:15 – 6:00pm
Cost: $160 (13 sessions) **Ages:** 8th grade and up
Location: OKCC Gym **Bring water bottle!**
Instructor: James Griffin, Registered Strength & Conditioning Coach
(RSCC) MS, CSCS, PES, USAW, NASE
coachgriffcscs@gmail.com or call 609-915-7414

Yoga for Middle School Students at OKCC

For 5th – 8th graders! This yoga practice is designed specifically for the needs of middle school students. In this class, we'll focus on learning more about ourselves, stress relief, how to maintain focus, build resiliency, & have fun all while practicing yoga, yoga games, mindfulness techniques, & meditation! Join us in this fun and relaxing class! No experience necessary! Please bring your own yoga mat.
Dates: Weds, Jan 18 – Mar 8
Time: 4:30–5:30pm **Cost:** $130 (8 weeks)
Class Minimum: 4 students
Location: OKCC Program Room
Instructor: Stefanie Lachenauer, Certified Little Flower Yoga Instructor
www.JoyfulJourneysYoga.com
Email steflach@gmail.com for more info!

Soccer Classes!!

Class Location: OKCC Gym
Cost: $150 per class
Limit 12 per class
Instructor: Coach Lewis Benton of Montgomery Travelers Soccer Club
www.montgomerysoccer.org
Specific class information please email:
doc@montgomerysoccer.org

Futsal

Futsal is 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. Futsal was created and is played in Brazil, with other countries such as Argentina, Portugal, Holland and Germany embracing the game and many of their top players such as Messi, Ronaldo & Neymar all attribute Futsal's qualities to their soccer development. Classes will be fun and challenging for all players and abilities.

Dates: Weds, Jan 11 - Mar 1 (3/8 make-up date)
Times: 7:00 - 8:00pm 8 - 11 yrs. old
8:00 - 9:00pm 12 - 14 yrs. old

Soccer Tech Clinics

Soccer technical clinics will develop all players in the 4 key areas of soccer; Passing & Receiving, Dribbling & Attacking, Shooting & Finishing, Defending & Counter attacking. Players will work with a ball each for large parts of each session ensuring that all players get maximum touches for their development. This fun class is perfect for players of all abilities and experience. Participants will receive a t-shirt & soccer ball.

Dates: Tues, Jan 10 - Feb 28 (3/7 make-up date)
Times: 6:30 - 7:30pm 6 - 9 yrs. old
7:30 - 8:30pm 10 - 12 yrs. old

Mini Kickers

Mini Kickers is a soccer program for our future soccer stars. Blending basic soccer skills with soccer versions of playground games and balance and coordination activities, Mini Kickers offers the ideal environment for players to have fun, learn their soccer ABC's, improve their balance & coordination and also meet new friends. Each class will follow a theme of the day to encourage the players to use their imagination whilst playing and growing. Participants will receive a t-shirt & soccer ball.

Dates: Weds, Jan 11 - Mar 1 (3/8 make-up date)
Times: 1:30 - 2:30pm 3 & 4 yrs. old
6:00 - 7:00pm 5 & 6 yrs. old

Young Rembrandts Elementary Drawing Lessons at OHES

For grades K – 2. Young Rembrandts teaches drawing, the fundamental skill of all visual arts. Ring in the New Year with a drawing class! Budding artists will flex their creative muscle as they take on fun, artistic challenges like Jack Russell Terrier & even more Emojis in the month of January. February brings fun & culture into the classroom as students learn about masquerade and dive into the mind of master artist Romero Britto.
In March, get ready for dinosaur-sized excitement as students recreate the ferocious T-Rex Young Rembrandts style! Time to enroll!
Class limit: 30 students (2 instructors/classrooms)
Dates: Tues, Jan 17 - Mar 7 **Time:** 4:00 - 5:00pm
Cost: **$**165 (8 weeks, includes all materials)
Location: OHES Rm # 120 & 133 **Ages: Grades K - 2**
Instructors: Young Rembrandts/Central & West NJ
For more info, check out website:
http://www.youngrembrandts.com/centralwestjersey/default/

After-School Yoga at VES

3rd and 4th graders will learn & practice breathing techniques to encourage calmness and improve focus both on their yoga mats as well as in everyday situations. Each class will include rhythmic breathing, stretching, and basic yoga flow movements and end with a quiet meditation. Joanne Giambertone has a yoga certification through American Aerobic Association International.
Ages: Grades 3 & 4
Dates: Mondays, Jan 9 - Mar 13 (no 1/16 & 2/20)
Time: 4:00 - 5:00pm **Limit:** 12 students
Location: VES Room # 100 **Cost:** **$**130 (8 weeks)
Instructor: Joanne Giambertone, VES teacher
Questions? Email jgiambertone714@gmail.com

Fine Arts Painting & Drawing at VES

Grades 3 & 4! A variety of drawing and painting techniques will be explored while creating images from life and imagination. Students will hone skills, learn new techniques, and develop a sense of perspective.
Limit: 15 students
Dates:
Session 1: Wednesdays, Jan 18, 25, Feb 1 & 8
Session 2: Wednesdays, Mar 1, 8, 15 & 22
Time: 4:00 - 5:00pm **Ages:** Grades 3 & 4
Location: VES Art Room # 115
Cost: $85 (4 wks., includes all materials)
Instructor: Jennifer O'Connor, VES Art Teacher

After-School Taekwondo at OHES

For grades K – 2. This fun introductory course is designed to capture the interest of new and continuing Taekwondo students alike from ages 5 to 8. Gentle, positive instruction guides students through punching, kicking and blocking. Taekwondo techniques help to develop physical strength and improve coordination, balance, concentration & listening skills.
Dates: Thursdays, Jan 19 – Feb 23
Time: 4:00 – 4:45pm **Location:** OHES West Gym
Cost: $100 (6 weeks)
Ages: Grades K - 2
Instructor: Ahn's Taekwondo Master Parks
Website www.ahnstkdnj.com

Intro to Piano and Keyboard and Individual Lessons at OHES

Group Class is for children in **grades K—2** with no formal piano background. Children will learn the basic concepts of piano through keyboard piano games and fun activities.
Children must be able to read and write!
Dates: Wednesdays, January 18 - March 8
Group Class:
Time: 4: – 5:00pm
Cost: $215 (8 wks. includes materials)
Limit: 6 Students **Room:** OHES Rm # 123

Individual Class:
Time: 5:05 – 6:05pm (children must be dropped off at 4:55pm & picked up at 6pm). Each one-on-one lesson is 20 minutes & immediately follows the group sessions.
Class Limit: 3 Students total
1. 5:05-5:25pm, **2.** 5:25-5:45pm, **3.** 5:45-6:05pm
Cost: $265 **Room:** OHES Rm # 123
Children **(grades K—2)** must be able to read and write and have a piano or keyboard to practice on their own. **Personal transportation arrangements are required.**

Instructor: Jess Aggabao is a private piano instructor and teaches at the Jointure in Hillsborough.
Please email jessaggabao@hotmail.com with questions and more info.

After-School Chess

Chess helps to develop skills such as critical thinking in a changing environment and problem solving. Interactive lectures coupled with supervised play provide reinforcement for the new concepts introduced each week.

Beginners through advanced students are welcome!
Students will be divided by skill level.
Instructor: Dean Ippolito, LLC & Associates
Cost: $200 per 8 week session

Grades 1 & 2 at OHES:
Dates: Tuesdays, January 17 - March 7
Time: 3:50 - 4:50pm
Location: OHES Room # 119 & 121

Grades 3 & 4 at VES:
Dates: Thursdays, January 19 - March 9
Time: 3:50 - 4:50pm
Location: VES Room # 109 & 113

Grades 5 – 8 at VES:
Dates: Thursdays, January 19 - March 9
Time: 5:00 - 6:00pm
Location: VES Room # 109 or 113

After-School Acting Classes

Classes are presented by Youth Stages, LLC. Go to www.youthstages.com or call Jean Prall Rosolino at 609-430-9000 for questions.
Instructor: Jean Prall Rosolino
Cost: $160 per 8 week session
Max: 15 students **Classes fill quickly.**

PLAYtime for Grades K - 2:
Children explore visual arts, music, movement, and storytelling as they dramatize stories. They develop expression and self-confidence by playing with language & pantomime.
Dates: Wednesdays, Jan 18 - Mar 8
Time: 4:00 – 5:00pm
Location: OHES Rm # 122

PLAYing Around with Theatre for Grades 3 & 4:
Students become other characters, vocally and physically, discuss plot possibilities and cooperate with one another as they create their own improvisational scenes.
Dates: Tuesdays, Jan 17 – Mar 7
Time: 4:00 – 5:00pm
Location: VES Rm # 200 (Chorus Room)

Bricks4Kidz "Remote Control Inventions"

Remote Control Inventions! Making it move is the name of the game at this exciting class! Kids love to see their creations in motion using LEGO® wireless remote controls. Each day, students will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, campers will understand the basic working principles of many ingenious devices that are part of our everyday lives. Students will also learn how to magnify, diminish and redirect force to move objects at different speeds and in different directions.
Loads of fun & learning for budding builders!
Instructors: Bricks4Kidz - www.bricks4kidz.com/345
Please contact sbhnj@bricks4kidz.com or call 732-789-8244 for more info!
Cost: $130 (6 weeks, includes all materials)
(Max: 20 students with instruction ratio 1/10)

Grades 1 & 2 at OHES:
Dates: Thursdays, Jan 12 - Feb 16
Time: 4:00 – 5:00pm **Location:** OHES Room # 104

Grades 3 & 4 at VES:
Dates: Mondays, Jan 9 - Feb 27
(no Jan 16 & Feb 20)
Time: 4:00 – 5:00pm **Location:** VES Room # 101

Mad Science

"Science of Magic, Earthquakes & More!"

Join us for 8 weeks of Amazing Fun in the Mad Science Lab experimenting with ***Crazy Chemistry and the Science of Magic!!***
All new classes are filled with experiments that will fizz, quake and boggle your minds! Children will investigate Crazy Chemistry, Build Sky-Scrapers to withstand Earthquakes, experiment with Fundamentals of Flight and much more!!
Come and get ***"Crazy!"*** with your friends this winter!
Min: 12 students Max: 20 students **Classes fill quickly.**
Cost: $160 (8 weeks, includes all materials)
Instructors: Mad Science of West NJ, (Pennington, NJ)

Grades 1 & 2 at OHES:
Dates: Mondays, Jan 9 - Mar 13
(no class Jan 16 and Feb 20) **Time:** 4:00 – 5:00pm
Location: OHES Room # 118

Grades 3 & 4 at VES:
Dates: Wednesdays, Jan 18 - Mar 8 **Time:** 4:00 – 5:00pm
Location: VES Room # 111

Note: One parent volunteer is needed for each class.
(One child receives scholarship and free registration).
The parent/caregiver must commit to all eight classes.
Please contact Pauline Carr at 609-466-3023 if you wish to assist at VES or OHES. Thanks!

Prepare for the Jan 21 SAT

Prepare & ace the January 21 SAT. Larry Krieger is the author of two books for the SAT. Under his leadership SAT scores at Montgomery High School rose over 100 points culminating in a state championship for the class of 2005. Michael D'Alessio is the Supervisor of Mathematics at Watchung Hills Regional High School and has won three Teacher of the Year awards. This comprehensive course will teach students the critical reading, writing and mathematical skills they need to achieve exceptionally high scores on the SAT.

Ages: Grade 10 & 11
Dates: Tues & Thurs, Dec 13, 15, 20, 21 (W), 22, Jan 3, 4 (W), 5, 10, 12, 17, 19, 20 (F)
Note: Class held two Weds: Dec 21 & Jan 4
Time: 6:00 – 8:30 pm (Students receive both math and reading/writing each night).
Location: Upper Middle School
Rooms # B-101 & 103
Cost: $650 (includes all study materials)

Master Mechanical Engineering (Master Machines) at LMS

Students will use the Engineering Design Process to design, create, test, and refine a variety of machines and mechanical systems. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing roller coasters, egg-drop vehicles, and an incredibly fast air powered dragster they keep at the end of the course. (Maximum: 20 students; Minimum: 8)
Dates: Tuesdays, Jan 24 – Feb 28
Time: 3:00 – 4:15pm **Location:** LMS Room C - 4
Cost: $160 (6 weeks) **Grades:** 5 & 6
Instructor: Engineering for Kids www.engineeringforkids.com/location/edison

Bricks4Kidz at LMS

Advanced Robotics w/ MINDSTORMS EV3 "Animals & Amusements" We love animals and we love going on fun rides. Combine these in the exciting Bricks 4 Kidz® "Animals & Amusements" EV3 Robotics unit! Get in touch with your wild side as we build a robotic rabbit, spider and K-9 bot. Give your mini-figure a nice ride on a robotic gondola model, or simulate a more thrilling course on the ball coaster model. Which direction will these animals and amusements take when you run their EV3 software program? As we build and learn, we'll be practicing important engineering and technology skills that will bring our models to life!

Dates: Wednesdays, Jan 11 - Feb 15

Time: 3:00 - 4:30pm

Cost: $195 (includes all materials)

Location: Lower Middle School Room # D -14

www.bricks4kidz.com/345 Please call 732-789-8244 or email: sbhnj@bricks4kidz.com
Limit: 20 students; instruction ratio 1/10

Montgomery Senior Page

MONTGOMERY SENIOR CENTER
Otto Kaufman Community Center
356 Skillman Road, Skillman NJ 08558

Somerset County Senior Center Lifelong Enrichment! Wellness, Learning and Recreational Programs/ Events & Community Service Projects - The best bargain in town…where you can enjoy lunch, friends, fun events and wellness programs for a suggested donation of $2.50!
We welcome new members 60+ years. No dues are collected. The Center is open Mon-Fri, 9am – 2pm, for Somerset County run activities & bus transportation. Manager Denise Crowley sets up lunches & activities. To add or cancel a lunch, you must call (609) 466-0846 by 10am, with 24-hour notice.
To register for the Senior Center, please contact Denise Crowley at 609-466-0846.
Transportation to the center is handled by Somerset County Transportation – (908) 231-7115 or 1-800-246-0527. 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 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 and stamina).
Card Game "3-13" – Most Fridays, 10:00 am
Pool Table, Bocce Ball and Horseshoes – Available Daily
Tai Chi with Herb – Wednesdays ~ 11:00 am
Mah Jongg - Most Thursdays 10 - 12 Call to confirm

Ageless Grace - Most Fridays, 10:15am - Fitness program based on the cutting edge science of neuro-plasticity (the ability of the brain & central nervous system to change structurally & functionally. It activates all five functions of the brain (strategic planning, memory & recall, analytical thinking, creativity & imagination and kinesthetic learning). It can be performed sitting or standing. Wear comfortable clothing and sneakers!
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) *Resumes April 2017

Plus much more! Call or email for detailed calendar of events dcrowley@twp.montgomery.nj.us
Events and times are subject to change; please call to confirm.
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. There is usually a short business meeting followed by speaker or entertainment. Refreshments are served. Dues are $10 per year. Several trips are offered during the year to Atlantic City as well as nearby Pennsylvania casinos. Additional trips are offered to Hunterdon Hills Playhouse for their Christmas show. Call President Mary Ann Symonoski at 908-359-6022 or Vice-President Michael Arons at 609-734-4770 for more information.

INFORMATION & RESERVATIONS Atlantic City & Bus Trips – Muriel Kellenger: 908-229-2558
Monday, Dec 5 Hunterdon Hills Christmas Show
Monday, Dec 12 Holiday Lunch at Bedens Brook Country Club

FREE EMS BLOOD PRESSURE READINGS at monthly meetings!
You do not have to be a member to participate in BUS TRIPS (if seats are available). Look in the Montgomery News or contact Muriel Kellenger for updates on trips to Atlantic City and elsewhere.

INDEPENDENT SPORT LEAGUES

Montgomery Baseball League

President – Frank Kimick fvk@aol.com www.montgomerybaseball.com

Teams form in early March, season runs from April through mid-June. 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. MBL also has competitive spring/summer travel programs for ages 8 – 15 yrs old. A professional Baseball and Speed & Agility Clinic(s) are FREE as part of our Spring recreational program.

Montgomery Basketball League

President - Dave Heubach President.montgomerybasketball@gmail.com 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. MBA and its coaches provide player development thru skills training, teamwork concepts & positive encouragement.

Summer Season - MBA offers outdoor Recreational Basketball for entering grades 4-9. This is a five week season starting the last week of June. Games are played outdoors at Montgomery Park in 3 co-ed divisions (4-5, 6-7, 8-9). Registration opens in April.

For those parents interested in getting more involved through coaching or board positions, please send an email to the above address.

Montgomery Flag Football

President – Matt Rosenthal commissioner@montgomeryflag.com www.montgomeryflag.com

Seasons run from mid-September through November. Practice/games are held at the Pop Warner Field at LMS or Van Horne Park depending on season. 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. Flag Football offers young athletes the fun of playing the sport, dynamic exercise and the games timeless inherent values. More than 260,000 boys and girls ages 5 - 17 in all 50 states participate in NFL Flag. The program emphasizes fun, teamwork, fitness, and goal-setting. Check out this fun sport today!

Montgomery Girls Softball League

President – Mike Parise montgomerysoftball@gmail.com www.montgomerysoftball.com

Now entering our 15th season, the 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 the Montgomery Township and Rocky Hill community to play fastpitch softball, regardless of skill or prior experience. Each year the League fields recreational teams for girls in Kindergarten through twelfth grade. Our Travel teams continue to compete at 10U, 12U, and 14U levels. In addition, the recreational league has run numerous clinics and a Fall Ball program that is focused on fundamentals and skill building. Don't miss out visit our website & register your daughter today!

Montgomery Lacrosse

President – Cara Ipeker info@montgomerylacrosse.com www.montgomerylacrosse.com

MYLC offers a fun environment for boys and girls grades K - 8th and is open to all residents. Registration is held November - January. Pre-Season begins in early March - May. MYLC emphasizes teamwork, sportsmanship, respect, discipline and most of all fun! Boys practices are held at Van Horne Fields/MHS Turf, Girls are held at Harlingen Fields/MHS Turf. Check out our website for more info on Fall & Winter Clinics.

Montgomery Wrestling

President - John Moyle 908-801-2038 Team Parent - Jodi Mahoney 917-439-7380 www.leaguelineupcom/montgomerywrestling

This program is for beginner and experienced wrestlers grades K - 8th grade. Practices begin in November - February and are held at the UMS Cafeteria and MHS Auxiliary Gym. Wrestling builds strength, flexibility, endurance and confidence. It's an excellent form of self-defense and a positive outlet for energetic boys and girls. Register now!!!

Montgomery Travelers Soccer Club

President – Helen Lee president@montgomerysoccer.org www.montgomerysoccer.org

Register now to be evaluated for our current Travel Program teams or for our Summer Tournament teams. Registration begins in January for our Spring Youth Development Program (Pre-Travel) and In-House (Rec) Program. All Spring activities take place at Mill Pond Soccer Complex on Mill Pond Road in Belle Mead. We follow US Soccer recommendations for Player Development and all head coaches have advanced soccer coaching licenses.

Montgomery Youth Football/Cheerleading

President – James Moore Jimmap06@yahoo.com www.myfca.org

MYFCA was established in 1999 and is affiliated with National Pop Warner. MYFCA believes in the fun, passion, intensity, joy, confidence and sense of teamwork that youth football and cheerleading brings to the community. We work to make the game competitive and safe, ensuring that nothing stands in the way of our student-athlete's excitement for this sport. Home games are played on Sunday mornings on the MHS Turf. Registration is open NOW through August 1st! Check out our website for more info! Go Wildcats!

Montgomery Special Olympics

Local Training Coordinator – Michelle Woolf michellewoolf@comcast.net

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. We also offer "Tuesday Night is Unified Night in Montgomery", where students & volunteers from local middle and high schools come together to participate in Olympic sports. These sports include swimming, soccer, volleyball, basketball, track and field, fitness to music, tennis, golf and many others. All sports have a skills component for our younger athletes ages 4 and over or for those who are not ready for competitive play or who choose not to compete.

MONTGOMERY RECREATION DEPARTMENT
REGISTRATION FORM

Date: _____

_____ _____ _____
Adult/Parent Name Home Phone Cell/Work #

_____
Street Address City State Zip Code

_____ _____
Email Address Emergency Contact Name Cell/Work #

Participant 1: _____ Male/Female _____ ____ _____
Name (circle one) Grade Age T-Shirt Size (if applicable)

_____ _____ _____ Fee $_____
Program Date(s) Location

_____ _____ _____ Fee $_____
Program Date(s) Location

Participant 2: _____ Male/Female _____ ____ _____
Name (circle one) Grade Age T-Shirt Size (if applicable)

_____ _____ _____ Fee $_____
Program Date(s) Location

_____ _____ _____ Fee$_____
Program Date(s) Location

Checks are payable to: Montgomery Recreation Department
356 Skillman Road
Skillman NJ 08558
609-466-3023

Total Due $_____

Amount Paid $_____Check #_____

Amount Paid $_____Check #_____

Total Cash Paid $_____

I understand that the programs in this brochure are sponsored by the Montgomery Township Recreation Department, and hereby, waive, release, absolve, indemnify, and agree to hold harmless, Montgomery Township, the class organizers, supervisors, and chaperones, for any claim arising out of an injury to myself/son/daughter. I understand I will **NOT** receive a refund or credit for any class/program/trip unless it is cancelled by the Recreation Department.

_____
Signature **Date**

Note: There will be a $25 late fee added to class fee if you register on the same day the class/program begins. Avoid the late fee by registering online, in person or by mail prior to the start date. Please make out separate checks for Aquatics, SAT, LMS Sports & any other classes that require separate payment. All non-residents must pay an additional $30 out of town fee per program. Senior Citizens (55+) may take 10% off Adult Fitness Classes.