

Bernards Township Parks and Recreation Adult Winter Programming



Recreation program schedule subject to change.
Bernards Township Department of Parks & Recreation
908-204-3003



www.bernards.org

Yoga

Both morning and evening sessions offered. The word Yoga means "union", and the practice of this ancient system brings the body mind and heart into a more balanced union. Along the way you'll discover many health benefits, including lower blood pressure, better sleep, hormonal balance, fewer headaches, better digestion, stronger muscles and bones and increased energy and focus. Classes span beginner, gentle, intermediate and advanced.

Registration Begins: 01/04/2016, 8:30A

Gentle Yoga

Instructor: Loring Nagle

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Tuesday, January 12 - March 22, 2016; 10:45AM-11:45AM No Program 2/16

This class is ideal for those seeking a gentle approach to yoga, including those with some limitations of flexibility. Relax, breathe and restore. Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Mixed Level A Yoga

Instructor: Loring Nagle

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Tuesday, January 12 - March 22, 2016; 9:30AM-10:30AM No Program 2/16

These classes offer instruction in basic and intermediate yoga poses, breathing techniques and yoga philosophy. Students registering for Mixed Level should have no serious limitations. Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Level III Yoga

Instructor: Loring Nagle

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Friday, January 15 - March 18, 2016; 9:30AM-10:30AM No Program 3/25

Come explore this advanced class, open to students with considerable yoga experience. Headstands, handstands, shoulder stands, back bends and other inversions are practiced. Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Evening Yoga Session I

Instructor: Florie Siemon

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Tuesday, January 12 - March 22, 2016; 6:30PM-7:30PM No Program 2/16

This class is appropriate for beginners and continuing students. You will discover many health benefits including: lower blood pressure, better sleep, hormonal balance, fewer headaches, better digestion, increased energy and focus. Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Evening Yoga Session II

Instructor: Florie Siemon

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Thursday, January 14 - March 17, 2016; 6:30PM-7:30PM

This class is appropriate for beginners and continuing students. You will discover many health benefits including: lower blood pressure, better sleep, hormonal balance, fewer headaches, better digestion, increased energy and focus. Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Mixed Level B Yoga

Instructor: Loring Nagle

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Thursday, January 14 - March 17, 2016; 9:30AM-10:30AM

These classes offer instruction in basic and intermediate yoga poses, breathing techniques and yoga philosophy. Students registering for Mixed Level should have no serious limitations. Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Intro/Beginner Yoga

Instructor: Loring Nagle

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Thursday, January 14 - March 17, 2016; 10:45AM-11:45AM

This class will introduce beginners to the basic poses, breathing techniques and philosophy of yoga, also great refresher for those who may be returning to yoga after a long time. Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

Mixed Level C Yoga

Instructor: Loring Nagle

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Friday, January 15 - March 18, 2016; 10:45AM-11:45AM No Program 3/25

These classes offer instruction in basic and intermediate yoga poses, breathing techniques and yoga philosophy. Students registering for Mixed Level should have no serious limitations. Please bring a yoga mat (and a yoga blanket if you have one).

\$50 per resident, \$75 per non-resident of Bernards Township per session

***NEW* Restorative Yoga**

Instructor: Jo Mahal

Gender: Coed, Age: 18+, Grade: All

Recreation Room, 289 S. Maple Avenue

Wednesday, January 13 - March 16, 2016; 6:30PM-7:30PM

For all levels of yoga participants. Restorative yoga applies practice of 5-6 supported poses using props. This yoga sequence will help you relax, rest, reflect and refresh. It is the centering of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. The props assist in helping you to hold poses longer. This practice is designed to embrace ourselves and our bodies (we have today), so we can unblock the energy that may be stuck with tension. We will be nourishing these energetic and physical parts of our physiology allowing us a greater sense of freedom and ease throughout our bodies. Please bring a mat and bolster.

\$50 per resident, \$75 per non-resident of Bernards Township per session

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested prior to session start date, by 4:00PM.

You must be registered with the Recreation Department prior to attending an activity. If your household is new, inactive, or missing pertinent information you will need to complete a Household Information Form before registering for an activity. Online Registration: Visit www.bernards.org. Call 908-204-3003 to request your User Name and Password. In-Person or Mail-In Registration: Complete the form below and return with check made payable to Bernards Township to Parks & Recreation, 1 Collyer Lane, Basking Ridge, NJ 07920

40+ Fitness

This is a fitness class for adults 40 years and older. The class begins with a warm-up, then continues with various types of body sculpting and low impact aerobics to increase cardiovascular endurance ending with a cool down and stretching to increase flexibility and promote relaxation.

Registration Begins: 01/04/2016, 8:30A

40+ Fitness Session I

Instructor: Jo Mahal

Gender: Coed, Age: 40+, Grade: All

Recreation Room, 289 S. Maple Avenue

Monday, January 11 - March 21, 2016; 9:15AM-10:15AM No Program 2/15

This is a fitness class for adults 40 years and older. The class begins with a warm-up, then continues with various types of body sculpting and low impact aerobics to increase cardiovascular endurance ending with a cool down and stretching to increase flexibility and promote relaxation. Please bring a floor mat and hand weights with you.

\$50 per resident, \$75 per non-resident of Bernards Township per session

40+ Fitness Session II

Instructor: Jo Mahal

Gender: Coed, Age: 40+, Grade: All

Recreation Room, 289 S. Maple Avenue

Wednesday, January 13 - March 16, 2016; 9:15AM-10:15AM

Please bring a floor mat and hand weights with you.

\$50 per resident, \$75 per non-resident of Bernards Township per session

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested prior to session start date, by 4:00PM.

You must be registered with the Recreation Department prior to attending an activity. If your household is new, inactive, or missing pertinent information you will need to complete a Household Information Form before registering for an activity. Online Registration: Visit www.bernards.org. Call 908-204-3003 to request your User Name and Password. In-Person or Mail-In Registration: Complete the form below and return with check made payable to Bernards Township to Parks & Recreation, 1 Collyer Lane, Basking Ridge, NJ 07920

30+ Open Gym Basketball

Pick up games of basketball are organized for adults 30 years and older. Two gyms will be available for play. Get some exercise and enjoy the game!

Registration Begins: 01/04/2016, 8:30A

30+ Open Gym Basketball

Instructor: P&R Staff

Gender: Coed, **Age:** 30+, **Grade:** All

William Annin M.S., 70 Quincy Road

Tuesday, Thursday, January 12 - March 22, 2016; 8:15PM-10:15PM No Program 2/16

OPEN GYM POLICIES 1. Individuals must be registered before attending the program. If you register online after 4:00PM the day of a scheduled program, you must provide a printed online receipt to the gym supervisor. 2. 30+ Open Gym Basketball is for adults ages 30 and older. Adult Volleyball is for adults ages 18 and older. Teen Open Gym is for children currently attending high school. No one under these aforementioned ages is permitted to attend the programs. 3. Program start dates, end dates and no program dates are listed on the registration materials and online receipts. Do not enter the school on dates the program is cancelled. If the program is cancelled for an unforeseen reason you will be notified via e-mail. 4. All participants must sign in at the start of each session. The gym supervisor will have a roster of all participants registered. 5. Do not arrive more than 15 minutes early to a session. All participants should be ready and exiting the building within 15 minutes after the end time. 7. Any issues occurring during the programs should be brought to the attention of the gym supervisor. 8. No food or drink is allowed in the gymnasium.

\$35 per resident, \$50 per non-resident of Bernards Township per session

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested before the programs start date.

You must be registered with the Recreation Department prior to attending an activity. If your household is new, inactive, or missing pertinent information you will need to complete a Household Information Form before registering for an activity. Online Registration: Visit www.bernards.org. Call 908-204-3003 to request your User Name and Password. In-Person or Mail-In Registration: Complete the form below and return with check made payable to Bernards Township to Parks & Recreation, 1 Collyer Lane, Basking Ridge, NJ 07920

Adult Volleyball

Pick-up games of volleyball are organized for adults 18 years and older. Up to four courts will be available for play. Get some exercise and enjoy the game!

Registration Begins: 01/04/2016, 8:30A

Adult Volleyball 18+

Instructor: P&R Staff

Gender: Coed, **Age:** 18+, **Grade:** All

William Annin M.S., 70 Quincy Road

Wednesday, January 13 - March 16, 2016; 8:15PM-10:15PM

OPEN GYM POLICIES 1. Individuals must be registered before attending the program. If you register online after 4:00PM the day of a scheduled program, you must provide a printed online receipt to the gym supervisor. 2. 30+ Open Gym Basketball is for adults ages 30 and older. Adult Volleyball is for adults ages 18 and older. Teen Open Gym is for children currently attending high school. No one under these aforementioned ages is permitted to attend the programs. 3. Program start dates, end dates and no program dates are listed on the registration materials and online receipts. Do not enter the school on dates the program is cancelled. If the program is cancelled for an unforeseen reason you will be notified via e-mail. 4. All participants must sign in at the start of each session. The gym supervisor will have a roster of all participants registered. 5. Do not arrive more than 15 minutes early to a session. All participants should be ready and exiting the building within 15 minutes after the end time. 7. Any issues occurring during the programs should be brought to the attention of the gym supervisor. 8. No food or drink is allowed in the gymnasium.

\$25 per resident, \$40 per non-resident of Bernards Township per session

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested before the programs start date.

You must be registered with the Recreation Department prior to attending an activity. If your household is new, inactive, or missing pertinent information you will need to complete a Household Information Form before registering for an activity. Online Registration: Visit www.bernards.org. Call 908-204-3003 to request your User Name and Password. In-Person or Mail-In Registration: Complete the form below and return with check made payable to Bernards Township to Parks & Recreation, 1 Collyer Lane, Basking Ridge, NJ 07920

Senior Art Class

Art class for active older adults 55+. Skill level ranging from beginner - advanced.

Resident Registration Begins: 01/04/2016, 8:30A

Non - Resident Registration Begins: 01/11/2016, 8:30A

Sr. Art: Studio Art Class

Instructor: Linda Arnold

Gender: Coed, **Age:** 55+, **Grade:** All

Activity Room, 289 S. Maple Avenue

Tuesday, January 26 - March 22, 2016; 9:30AM-11:30AM No Program 2/16

Instructor will have materials for the first class. Students will be given a supply list for the remaining classes. A minimum of 4 participants & a maximum of 17 participants per session.

\$25 per resident, \$35 per non-resident of Bernards Township per session

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested before the session's start date, by 4:00PM.

You must be registered with the Recreation Department prior to attending an activity. If your household is new, inactive, or missing pertinent information you will need to complete a Household Information Form before registering for an activity. Online Registration: Visit www.bernards.org. Call 908-204-3003 to request your User Name and Password. In-Person or Mail-In Registration: Complete the form below and return with check made payable to Bernards Township to Parks & Recreation, 1 Collyer Lane, Basking Ridge, NJ 07920

Bernards Township Parks & Recreation – ADULT PROGRAM REGISTRATION FORM

Return completed registration form with payment to: 1 Collyer Lane, Basking Ridge, NJ 07920

Last name: _____ **First name:** _____ **Male or Female:** _____

Program Title <i>You may register for up to 4 programs on one form for the same individual. Be sure to use the EXACT Activity Description as shown on the reverse side of registration form.</i>	Program Fee <i>Include a separate check, made payable to "Bernards Township" for each program.</i>	2nd Choice <i>You have the option to list a second choice in the event the program you are registering for is full.</i>
<i>Example: Yoga Mixed Level A</i>	\$50	Yoga Mixed Level B

Address: _____

Town: _____ **Zip** _____

Birth date: ____/____/____ **E-Mail:** _____

Home Phone: _____ **Cell Phone:** _____

Please provide information for an emergency contact person who is in close proximity to the program and can be reached during the program hours.

	Name	Phone #
Emergency Contact		

As the participant in this program, I agree that this is a voluntary choice. I acknowledge that there are certain risks inherent in participation in this activity, and I agree to accept all of the consequences and assume the risks involved in participation. I give permission to the Township to provide emergency care as necessary for my well being until such time as a designated emergency contact may be reached. I understand and acknowledge that Bernards Township is not responsible for any loss, damages or injury to any person or property for any reason associated with my participation in this activity. In light of the above, I hereby agree to indemnify and hold harmless and release Bernards Township from any and all liability for any and all injuries I may sustain as a result of participation in this activity. This includes, but is not limited to, responsibility for the payment of any and all doctor, medical or hospital bills resulting from any and all injuries to me. I grant Bernards Township the right to use any and all photographs of myself participating in a Department sponsored activity for future media promotion. I confirm that I have read and understand the Recreation Department's registration policies and procedures.

For office use only: Cash _____ Ck. # _____ Received: _____
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