

**The Department of Parks and Recreation is pleased to announce three new adult programs.**

The community spoke and we listened!!!

**Zumba, Zumba Gold** (low impact for beginners and seniors) and **Yoga** will be offered once per week. One hour per class.

**Zumba** will be offered every **Monday** night starting September 14<sup>th</sup>. Classes will be at Stony Brook School Gym from 7pm-8pm. **Zumba Gold** will be offered every **Wednesday** night, starting September 16<sup>th</sup>, same location, same time.

Please note: These classes will be conducted in a Board of Education building. Board of Education activities may cancel a class on any given night. In the event of a cancellation, every effort will be made to change the location just for that evening. This is something that Recreation has no control over.

**Zumba and Zumba Gold** will be instructed by a certified instructor Ms. Diana Ehling, a North Plainfield resident.

**Yoga**, is well suited for the newcomer to Yoga and for those who love to continue focusing on the fundamentals of the basic Yoga poses and correct breathing. The class consists of relaxation, gradual stretching, Yoga poses, breath work and guided visualization. Yoga will be instructed by a certified yoga instructor, borough employee, Ms Dana Biggs.

Classes will be held every Thursday evening from 7pm – 8pm starting September 17<sup>th</sup> in the lower level of the Vermeule Community Center.

Our plan is to offer these programs weekly up to Thanksgiving, take a break until after the winter holidays and resume in January.

**Fees:** Recreation will be offering daily passes for either program for \$10. If you like the class and are interested in purchasing a “10” class card, you may purchase the card for \$80 and save 20%. The 10 class card may be used for either Zumba, Zumba Gold and/or Yoga. Each time a class is taken the instructor will punch a hole in your card. When all 10 holes are punched, it’s time to buy a new card.

Want to bring a guest for him or her to try? No problem, the instructor will punch two holes on that particular day.

### **FOR INSURANCE PURPOSES EVERYONE MUST SIGN IN FOR EACH CLASS**

Our instructors will not accept payment for classes. All passes must be prepaid through the recreation department. You may purchase your passes at Borough Hall (263 Somerset St) at the Mayor’s Office Monday through Friday from 8am to 4:30pm. For your convenience, the recreation office located at 93 Greenbrook Road will be open every Tuesday night from 7pm – 8pm or you may feel free to drop off a check in our mailbox (with all of your information) and we will be happy to mail you your pass. Please make your checks payable to: NP Recreation.

## **SENIOR CITIZENS (60 YEARS OLD AND OLDER)**

We are extremely pleased to announce effective September 2015, all North Plainfield residents and all North Plainfield borough employees will be eligible to participate in any recreation sponsored activity for **FREE**.

To be eligible to participate, you must obtain a Photo ID from the recreation department. Requirements include proof of residency or employment and age. To receive your photo ID card, you must make an appointment with the recreation department and come to 93 Greenbrook Road to have your picture taken. Appointments are required as the office is closed during the day.

Once you receive your card, it is yours to be used as free admission to any one of our programs. Most of our programs require a completed registration form. Please fill out a form when requested. No fees will be charged.

**Our new "Free" Senior Citizen's program is a privilege, not a right. Transfer of cards will result in loss of your privilege.**

Currently, the Department of Parks and Recreation offers the following adult programs: Archery, Badminton, Basketball, Volleyball, Softball and now Zumba, Zumba Gold and Yoga. All of our adult programs are co-ed.

Our adult programs are designed for adults 18 years old and older to go out for an hour or so, meet new people, socialize, exercise and most importantly, have fun. Our programs are not designed for "win at all costs" Please bear that in mind when registering.

**Children:** We prefer when possible to leave your children at home. We recognize there may be circumstances beyond your control and you must bring your children to your adult program. If this be the case, please understand they may not participate. They may not wander around the building. They must stay in the room and as quiet as possible.

Please be reminded this is an adult program. Some adults may have left their children home to get "me" time. Please be respectful of other participants.

We wish you a lot of fun and entertainment and exercise!!

Enjoy

North Plainfield Recreation