

Sports Programs

Registration opens Tuesday, August 14, 2018



Class	Instructor	Day	Time	Fee
Badminton*	n/a	Fri	7 – 10 pm	No fee See NOTE
Basketball for Men	n/a	Wed	8:30– 10pm	No fee See NOTE
Pickleball	n/a	Wed	See description	No fee See NOTE
Senior Soccer	n/a	Wed	9 – 10 am	No fee See NOTE
Table Tennis	Howard Lee	Fri	8 – 9:30 <u>pm</u>	\$135
		Sat	8 – 9:30 <u>am</u>	\$135
Tennis	n/a	Tues	See description	No fee See NOTE
Ladies Foundation Tennis *	USSI	Mon	9:30–10:30 am	\$129
		Sat	8 – 9 am	\$149
Women's Open Gym Volleyball *	n/a	Mon	7:00– 8:30 pm	No fee See NOTE

Class Descriptions

BADMINTON: Build badminton skill through match play. All skill levels are welcome. Equipment supplied. Fridays: Sept. 14, 21, 28; Oct. 5, 12, 19; Nov. 2. *Location: Municipal Center Gym.*

BASKETBALL for MEN: Informal pick-up games. *Location: Municipal Center Gym.*

LADIES FOUNDATION TENNIS: Designed to introduce beginners and those with some experience to the fundamentals of tennis. Each session will focus on a specific skill including stroke technique, serving, court awareness, and rallying. (Please bring your own racquet). Mondays: Sept 17, 24; Oct 1, 15, 22, 29. Saturdays: Sept 15, 22, 29; Oct 6, 13, 20, 27. *Location: Municipal Tennis Courts.*

PICKLEBALL: Informal pickup games with equipment provided. Season starts outdoors 9/12 at *Municipal Tennis Courts* 8:30-10:00am and moves indoors to the *Municipal Gym* if raining and during cold months 11:00am-12:30pm. All levels welcome! *Location: Municipal Tennis Courts/Municipal Gym.*

SENIOR SOCCER: Enjoy a more leisurely & measured paced scrimmage which helps promote cardio-vascular fitness while producing less stress on the body. A great way for seniors to socialize while getting exercise! Attire: Non-metal soccer shoes, a white and a blue (or dark shirt). *Location: Reduced sized artificial turf field at Oakwood Park. Please park @ 1 Roessner Place.*

TABLE TENNIS: Learn rules, strokes, footwork and speed. Paddles supplied. Class size limited to 6-7 participants. You may also register for a tournament – Saturday, Oct. 13, 8am-Noon; \$10 residents, \$30 non-residents. *Location: DeCorso Center, 15 E. Fourth St.*

TENNIS: Informal pickup games. Season starts outdoors at *Municipal Tennis Courts* 9-10:30am and moves indoors with low compression balls to the *Municipal Gym* during cold months 11:00am-12:30pm. Bring your own racquet. All levels welcome! *Location: Municipal Tennis Courts/Municipal Gym.*

WOMEN'S OPEN GYM VOLLEYBALL: (Women Ages 18+): Fun, informal scrimmages. Registration required. Mondays: Sept 17, 24; Oct 1, 15, 22, 29. Make ups: Nov 12, 19. *Location: New Providence HS/MS Gym.*

* Class dates are listed under class description at right and on registration receipt
NOTE: For programs with no fee, **ALL participants must register**; non-residents are subject to a **\$20 fee**.

Register through www.newprov.org/recreation. Follow link to CommunityPass and choose "2018 Adult Fall". Non-residents may register for an additional \$20 fee.

2018 FALL SESSION DATES

Mondays: Sept 17, 24; Oct 1, 15, 22, 29; Nov 5, 12, 19, 26; Dec 3, 10, 17.

Tuesdays: Sept 11, 25; Oct 2, 9, 16, 23, 30; Nov 13, 20, 27; Dec 4, 11, 18.

Wednesdays: Sept 12, 26; Oct 3, 10, 17, 24, 31; Nov 7, 14, 21 (AM only), 28; Dec 5, 12, 19.

Fridays: Table Tennis – Sept 14, 28; Oct 5, 12, 26; Nov 2, 16, 30; Dec. 7.
 Badminton – Sept 14, 21, 28; Oct. 5, 12, 19; Nov. 2.

Saturdays: Table Tennis - Sept 15, 22, 29; Oct 13, 20, 27; Nov 3, 17; Dec 1, 8, 15.
 TOURNAMENT – Oct. 13; 8:00am – Noon. \$10 Residents; \$30 Non-residents



Please also see our 2018 Adult Fall "Fitness & Art Classes" flyer for information on Yoga, Zumba®, Studio Art, as well as daytime & evening fitness classes for all levels!