

Physical Fitness

Jefferson Township Parks

Lakeside Recreation Complex (15 Swan Lane, Lake Hopatcong) - Turf field (football, soccer, lacrosse), soccer fields, baseball/softball fields, playground

Camp Jefferson Park (81 Weldon Road, Lake Hopatcong) - Grass field and playground

Chamberlain Rd Rec Complex (48 Chamberlain Road, Oak Ridge) - Football/soccer field, baseball/softball field, basketball court, tennis court, beach volleyball, playground

Mahlon Dickerson Reservation - Walking/Hiking/Biking

[Mahlon Dickerson Reservation - Morris County Park Commission](#)

Jefferson Township Recreation Department

Sports - <https://www.jeffersontownship.net/256/Sports>

Karate - <https://www.jeffersontownship.net/220/Karate-Classes>

Aerobics - <https://www.jeffersontownship.net/214/Exercise-Classes>

Bowling - <https://www.jeffersontownship.net/213/Bowling>

Comprehensive Exercise Programs

Kid-Fit Program for Children

Goryeb Children's Hospital's Kid-Fit for children, ages 5 through 11, works with the child's family to identify healthy changes that can be promoted at home.

Atlantic Health System Children's Health

55 Madison Avenue - Second floor

Morristown, NJ 07960

973-971-8824

<https://www.atlantichealth.org/conditions-treatments/childrens-health/kid-fit-health-management/kid-fit-program-children.html>

Kid-Fit Program for Teens

Goryeb Children's Hospital's Kid-Fit for Teens, ages 12 through 18, works with the teen's family to identify healthy changes that can be promoted at home.

Atlantic Health System Children's Health

55 Madison Avenue - Second floor

Morristown, NJ 07960

973-971-8824

<https://www.atlantichealth.org/conditions-treatments/childrens-health/kid-fit-health-management/kid-fit-program-teens.html>