

MANALAPAN PARKS & RECREATION

SPRING PROGRAM GUIDE

SPORTS & FITNESS
CULTURAL PROGRAMS
SPECIAL EVENTS

REGISTRATION
OPENS FEBRUARY 11TH
on RecDesk

THIS PHOTO WAS TAKEN AT THE
MANALAPAN REC CENTER ECO PATIO



Manalapan Parks & Recreation | (732) 446-8336 | www.mtnj.org

SPRING INTO FUN!



In this guide you will find:



Health & Wellness



Cultural Activities



Sports & Fitness



Special Events



Community Events



Senior Center Information

HOW TO REGISTER:

mtnj.org → **departments/parks and recreation** → **program/registration information**

Manalapan Parks and Recreation

Office: (732) 446-8336; (732) 446-8353

Summer Camp: (732) 446-8355

120 Route 522 Manalapan, NJ 07726



Manalapan Parks and Recreation



@Manalapan_Parks_And_Recreation



@Manalapan_Rec

Manalapan Parks & Recreation | (732) 446-8336 | www.mtnj.org

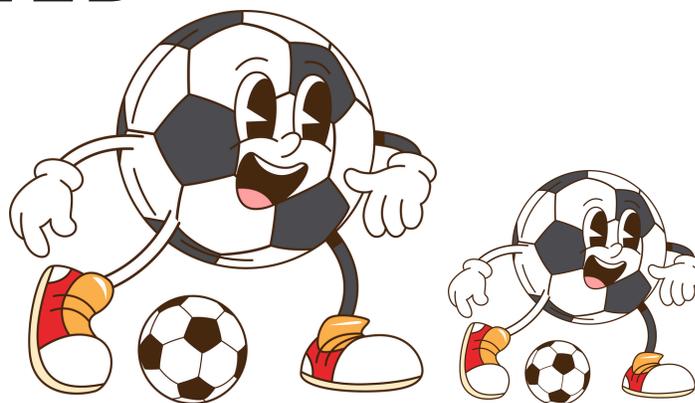
PARENT & CHILD

Multi Sports

Ages 1.5-3.5 with Adult 

Introduce your child to the world of sports in a supportive, non-competitive environment. With help from their parent, young children will learn a variety of movement skills through games and activities from various sports including lacrosse, soccer, T-ball, track and field, and football. With a parent actively participating by their side, your child will enjoy quality bonding time while learning fundamental sports skills through enjoyable games and activities. Our program is carefully tailored to promote both physical and personal growth, encompassing not only motor skills development but also valuable life skills such as patience, teamwork and self-confidence.

8 Classes \$196 per parent/child pair
Manalapan Recreation Center, Field G
Saturdays April 18-June 13 (skip 5/23)
Ages 1.5-2.5 9:15am-9:55am
Ages 2-3.5 10:45am-11:25am



Parent & Me Soccer

Ages 1.5-3.5 with Adult 

Introduce your child to the world of soccer in a supportive, non-competitive environment. With help from their parent, young children will learn essential movement and beginner soccer skills through fun games, simple drills, and playful activities. With a parent actively participating by their side, your child will enjoy quality bonding time while learning fundamental sports skills through enjoyable games and activities. Our program is carefully tailored to promote both physical and personal growth, encompassing not only motor skills development but also valuable life skills such as patience, teamwork and self-confidence.

8 Classes \$196 per parent/child pair
Manalapan Recreation Center, Field G
Saturdays April 18-June 13 (skip 5/23)
Ages 1.5-2.5 8:30am-9:10am
Ages 2-3.5 10am-10:40am



PARENT & CHILD

Itsy Bitsy Chefs

Ages 2-5 with Adult

Come explore cooking and creativity with us through classic stories and hands-on sensory play. Mixing, measuring, pouring, and decorating will add to the fun as we create our own edible masterpieces. Dress for a little mess and join us at the Itsy-Bitsy Chef's table!

**4 Classes/Session \$95 per parent/child pair
\$24 per each additional sibling**

**Manalapan Recreation Center,
Kuschick Pavilion**

Session 1:

**Thursdays March 5-March 26;
9:30am-10:15pm**

Session 2:

**Thursdays April 9-April 30;
9:30am-10:15pm**

Session 3:

**Thursdays May 7-May 28;
9:30am-10:15pm**



Science & Nature Explorers

Ages 2-5 with Adult

Come explore nature and science with us through classic stories and themed sensory play. Music, movement, simple games, and art will add to the fun. Dress for messy outdoor play.

**4 Classes/Session \$95 per parent/child pair
\$24 per each additional sibling**

**Manalapan Recreation Center,
Kuschick Pavilion**

Session 1:

Thursdays March 5-March 26; 11am-12pm

Session 2:

Thursdays April 9-April 30; 11am-12pm

Session 3:

Thursdays May 7-May 28; 11am-12pm

OUTDOOR ONLY SESSION:

Saturdays April 25-May 16; 10am-11am

Grown Up & Me Dance

Ages 2 and under with Adult

Get your little one outside in the fresh air with this interactive, upbeat outdoor parent and child movement class. Your child will dance along with fun music and play with exciting props including colorful scarves, a large rainbow parachute, bubbles and more! Musical props are included and yours to take home with you. Children will stretch, improve balance and explore their creativity. Enjoy a morning of socialization while soaking in the beauty of the park!

8 Classes \$100 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

Saturdays

April 11-June 13; (skip 4/18 & 5/23)

9:30am-10:00am



PAVILION RENTALS

Host your special event with us.

**Pavilions available at the
Manalapan Recreation Center**



- Birthday Parties
- Baby Showers
- Family Reunions
- Barbeques
- Class Parties
- Team Gatherings

Reservation packet available at:

mtnj.org → departments → parks & recreation

***Pavilions & fields are available by permit
use only. Please call the
Parks & Recreation office for more
information.***

(732) 446-8336

KIDS & TEENS

Art in the Park

Grades K-7

Does your child love to draw and color? Well you're in luck! Come join our drawing-based fine art program with a diverse multimedia curriculum.

Discovery and self-expression are fundamental to art programs where creative spirit is nurtured while building friendships and having fun. Dress for the mess!

4 Classes/session, \$60 per child

**Manalapan Recreation Center
Kuschick Pavilion**

Session 1:

Thursdays March 12-April 9 (skip 4/2)

5:00pm-6:00pm

Session 2:

Thursdays April 16-May 7

5:00pm-6:00pm

Session 3:

Thursdays May 14-June 4

5:00pm-6:00pm

Awakenings Theatre

Workshoppe: Improv

Grades 4-8

Welcome to the world of theater where your child can be anything they want to be in a safe, fun environment. This improv class encourages creativity, self-expression, and confidence. Participants will learn the basics of improvisation through games and group activities that focus on communication, quick thinking, and teamwork. This will lead to the creation of their very own improvised scenes.



5 Classes/session, \$165 per student

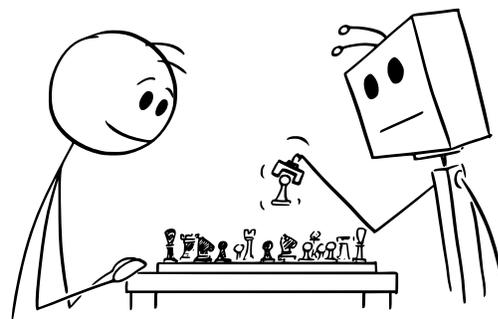
Pinebrook School - All Purpose Gym

Tuesdays May 5-June 2

6:30pm-7:30pm

Chess

Ages 7-14



Unlock the secrets of the chessboard! This beginner's chess class is designed for individuals with little to no prior experience. The class will cover the basics of piece movement, board setup, and the essential rules of the game. Participants will gain a fundamental understanding of chess strategy, focusing on concepts like controlling the center, developing pieces, and ensuring king safety. Through interactive lessons and practice games, the skills to confidently play a full game of chess and even anticipate an opponent's moves will be developed. Join and discover the joy of this timeless strategic game!

5 Classes/session, \$85 per child

**Manalapan Recreation Center
Kuschick Pavilion**

Session 1:

Mondays March 9-April 20 (skip 3/30;

4/6) 5:00pm-6:00pm

6 Classes/session, \$100 per child

Session 2:

Mondays May 11-June 22 (skip 5/25)

5:00pm-6:00pm



KIDS & TEENS

Ballet

Grades 1-4

Experience the magic of the ballet with its gorgeous dance steps and whimsical music. Your princess or prince will have so much fun as they are invited to explore movement creatively while learning proper ballet terminology. The music will include both popular songs and traditional orchestral music from the most famous ballets. Dancers will partake in a series of ballet stretches to increase flexibility, exercises to gain strength and stability, and free dance to encourage creative expression. This class will culminate in an optional recital dance to perform at the end of the program.

8 Classes \$100 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

Wednesdays

April 22-June 13; (5/27)

5:10pm-5:40pm

Spring Break Dance Week

Grades Pre-K-6

Pull back the curtain and step into the spotlight! This high-energy class features classic Broadway-style dance with high kicks, turns, and iconic jazz hands. Dancers will learn a variety of fun show-tune styles while building confidence, technique, and performance skills. Join us for a week-long spring break program packed with exciting choreography, upbeat music, and nonstop fun.



Jazz/HipHop & Jazz/HipHop 2

Grades 1-6

If your child likes to dance and sing along to pop music, this is the class for them! This fun, upbeat class is geared towards high energy dancers. Classes will be filled with turns, leaps, high kicks and other cool moves for your dancers to show off. Weekly choreography will incorporate foundational jazz/hiphop dance steps seen in your favorite music videos or on stage in a show. This class will culminate in an optional recital dance to perform at the end of the program.

8 Classes \$100 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

Wednesdays

April 22-June 13; (5/27)

Grades 1-3 5:45pm-6:10pm

Grades 4-6 6:20pm -7:00pm

Saturdays

April 11-June 13; (skip 4/18 & 5/23)

Grades 1-3 11:15am-11:45am

Grades 4-6 11:50am-12:30pm

5 Classes 3/30-4/3

Pre-K & K - \$75 per child

Grades 1-6 - \$95 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

Pre-K & K 10am-10:45am

Grades 1-3 5:00pm-6:15pm

Grades 4-6 6:15pm-7:30pm



KIDS & TEENS

KIDS &
ADULTS!



Dancing Minis & Dancing On My Own

Ages Pre-K-4

Your child will explore creative movement and beginning ballet and jazz techniques. These fun classes are upbeat, imaginative and full of popular music children love. We will work on building the confidence to become independent dancers and acquiring skills needed for the classroom such as waiting in line, raising our hands, taking turns, following directions and more. Children will enjoy waving the large rainbow parachute and dancing in a whirlwind of bubbles. This class will culminate in an optional recital dance to perform at the end of the session.

8 classes, \$100 per child

**Manalapan Recreation Center
Kuschick Pavilion**

Wednesdays

April 22-June 13; (skip 5/27)

Ages 2-4 4:00pm-4:30pm

Grades Pre K-K 4:35pm-5:05pm

Saturdays

April 11-June 13; (skip 4/18 & 5/23)

Ages 2-4 10:05am-10:35am

Grades Pre K-K 10:40am-11:10am

Manalapan Regional Orchestra

Grades 6-Adults

The Manalapan Regional Orchestra is a community orchestra for students and adults in Manalapan and neighboring towns. The group is a blend of abilities, with a minimum requirement of two years experience on their instrument. New members to the program may require an audition to participate. More advanced players have the opportunity for solos and advanced chamber ensembles. Weekly rehearsals are a combination of full group rehearsals and smaller ensembles, separated by instrument type. Smaller groups are taught by additional teachers, which allows for more individual instruction. Participants have the opportunity to earn community service hours for performances. The MRO performs throughout the community and for Manalapan Township holiday festivities.

The following instruments are currently accepted: violin, viola, cello, string bass, flute, clarinet, oboe, trumpet, trombone and horn.

1/2-year Session

\$175 Manalapan resident

\$188 non-resident

Manalapan High School, RLA Gym

Wednesdays through May 2026; 6:30pm-8pm



KIDS & TEENS

Lego Robotics & Coding: On the Move

Grades 1-3 

This fun and interactive program explores many aspects of STEM using LEGO® Spike Essential Robotics Sets. Focusing on means of transportation, students will work in pairs to build prototypes as they learn the engineering design process. They will then code their designs to perform various tasks and functions. Young engineers will construct ships and helicopters as they learn and refine problem-solving skills while challenging their creativity. Join us for an inspiring journey!

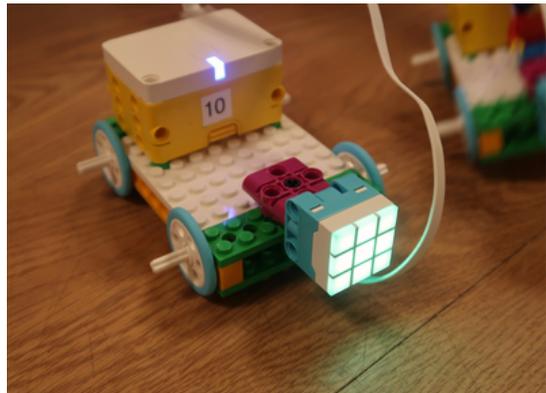
6 Classes \$165 per child
Manalapan Recreation Center,
Kuschick Pavilion
Tuesdays March 17-April 28; (skip 3/31)
4:30pm-5:30pm

Lego Robotics & Coding with Scratch MIT - Mechanical Mashups

Grades 3-5 

This engaging program immerses students in the world of engineering, robotics, and coding using LEGO® Spike Essential Robotics Construction Sets. Working in pairs, students will build a variety of models and bring them to life by programming them with Scratch MIT, a block-based coding platform. Through hands-on activities, students will strengthen their engineering design skills by identifying problems, developing creative solutions, and testing their prototypes. Along the way, they'll deepen their understanding of STEM and build lasting confidence. Don't miss this inspiring journey into innovation!

6 Classes \$165 per child
Manalapan Recreation Center,
Kuschick Pavilion
Tuesdays March 17-April 28; (skip 3/31)
4:30pm-5:30pm



6 Classes \$165 per child
Manalapan Recreation Center,
Kuschick Pavilion
Mondays April 13- May 18;
6:15pm-7:15pm

The Inventors Club: Spring Edition

Grades 2-5 

This program offers a unique blend of creativity, engineering, and hands-on learning. Each week, children will build an exciting and challenging project that combines science, engineering, and design thinking - constructing gadgets and simple machines that stretch their imagination. Young inventors will build their ideas step by step through fun, structured activities that spark curiosity, boost confidence, and develop essential problem-solving skills. Each session culminates in a take-home invention showcasing their creativity. New and unique projects every season! Join us for an inspiring journey!



Algebra 1 & Geometry Tutoring

Grades 6-10

This program will provide students needing additional help and support with homework, test preparation, practice, and review in Algebra 1 and Geometry. The instructor is a full-time certified and licensed high school math teacher with 25 years of teaching experience. She previously taught Algebra 1 and Geometry at New Dorp High School in Staten Island, and has been teaching these subjects at RBC High School for 13 years.

6 Classes \$160 per student

**Manalapan Recreation Center,
Kuschick Pavilion**

Algebra 1 & Geometry Tutoring Grades 6-10
Sundays April 26-June 14; (skip 5/24 & 5/31)
11am-12pm



Resilience Martial Arts

Ages 4-10



Resilience Martial Arts is excited to partner with Manalapan Recreation to offer an after-school martial arts program for children ages 4 to 10. This program will introduce students to basic martial arts techniques while also focusing on important life skills such as confidence, focus, respect, and self-discipline. Classes are structured, active, and fun, helping students stay engaged while building strength and self-confidence in a positive environment.

6 Classes \$99 per child

**Manalapan Recreation Center,
Kuschick Pavilion**

Ages 7-10: Tuesdays March 3-April 14; (skip 3/31)
4:15pm-4:55pm

Ages 4-6: Fridays March 6- April 17; (skip 4/3)
4:15pm-4:45pm



KIDS & TEENS

COED Basketball Squirts

Ages 3-5 

USSI's Basketball Squirts program is a fun-filled learning adventure that introduces children ages 3 to 4 to the world of basketball. It's a great way to learn the sport's fundamental skills in a low pressured, fun environment. Children will develop their skill base and knowledge of the game through a series of games and activities designed to ensure learning and most importantly: fun, fun, fun! All sessions are conducted using age-appropriate equipment and court sizes.



8 Classes \$196 per child

**Manalapan Recreation Center; Old Courts
Thursdays April 23-June 11; 4:30pm-5:15pm**

Squirts Multi Sports

Ages 3-5.5 

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, and more fun!

8 Classes \$196 per child

**Manalapan Recreation Center; Field G
Saturdays April 18-June 13; (skip 5/23)
Ages 3-4.5 9:20am-10:05am
Ages 4-5.5 11:00am-11:45am**

8 Classes \$196 per child

**Manalapan Recreation Center; Field G
Saturdays April 18-June 13; (skip 5/23)
Ages 3-4.5 8:30am-9:15am
Ages 4-5.5 10:10am-10:55am**

Soccer Squirts

Ages 3-5 

USSI's Soccer Squirts program is a fun-filled learning adventure that introduces children ages 3-4 to the exciting world of soccer. This program offers a low-pressure, engaging environment where young players learn fundamental soccer skills through play. Children will develop their skill base and understanding of the game through a variety of games and activities designed to encourage learning and—most importantly—fun, fun, fun! All sessions are conducted using age-appropriate equipment and field sizes to ensure a positive and successful experience for every participant.

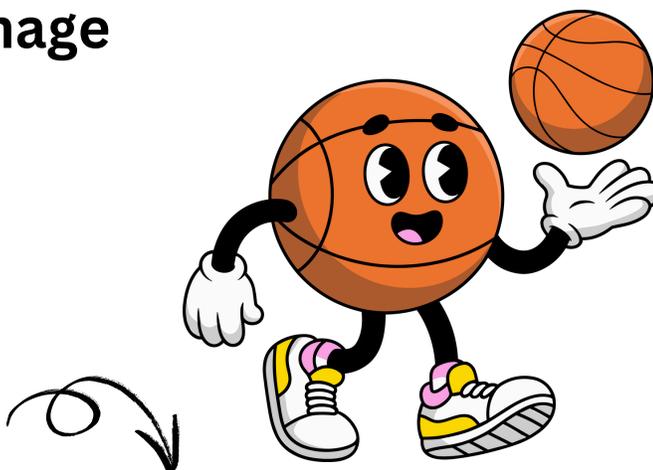


KIDS & TEENS

COED Skills & Scrimmage Basketball

Ages 5-11 

Our Basketball Skills & Scrimmage program is designed to develop fundamental basketball skills in an engaging, game-based setting. Players will work on essential techniques like dribbling, passing, shooting, footwork, and more, through fun drills and activities that encourage both individual improvement and team collaboration. Each class combines skill-building exercises, game-related challenges, and scrimmage play, allowing players to apply their skills in live game situations.



8 Classes \$196 per child

Manalapan Recreation Center; Old Courts

Thursdays April 23-June 11

Ages 5-7 4:30pm-5:20pm

Ages 9-11 6:30pm-7:20pm

Boys Skills & Scrimmage Basketball

Ages 7-9 

Our Basketball Skills & Scrimmage program is designed to develop fundamental basketball skills in an engaging, game-based setting. Players will work on essential techniques like dribbling, passing, shooting, footwork, and more, through fun drills and activities that encourage both individual improvement and team collaboration. Each class combines skill-building exercises, game-related challenges, and scrimmage play, allowing players to apply their skills in live game situations.

8 Classes \$196 per child

Manalapan Recreation Center; Old Courts

Thursdays April 23-June 11; 4:30pm 5:20pm

Thursdays April 23-June 11; 5:30pm 6:20pm

Girls Skills & Scrimmage Basketball

Ages 7-9 

Our Basketball Skills & Scrimmage program is designed to develop fundamental basketball skills in an engaging, game-based setting. Players will work on essential techniques like dribbling, passing, shooting, footwork, and more, through fun drills and activities that encourage both individual improvement and team collaboration. Each class combines skill-building exercises, game-related challenges, and scrimmage play, allowing players to apply their skills in live game situations.

8 Classes \$196 per child

Manalapan Recreation Center; Old Courts

Thursdays April 23-June 11; 5:30pm 6:20pm

Thursdays April 23-June 11; 6:30pm 7:20pm

KIDS & TEENS



Beginner Tennis

Ages 5-11 

Our tennis classes offer a fun and engaging environment for players to develop their skills, whether you're just starting out or looking to enhance your abilities. Led by professional coaches, players will learn the fundamental techniques of tennis, including stroke technique, serving, court awareness, and rallying. The class will also cover tactics and game rules, ensuring players have the tools to play confidently.

8 Classes \$217 per child

**Manalapan Recreation Center; Front Courts
Saturdays April 18-June 13; (skip 5/23)**

Ages 8-11 9:00am-9:50am

Ages 11-14 11:00am-11:50am

Sundays April 19-June 14; (skip 5/24)

Ages 5-8 9:50am-10:40am

Ages 5-8 10:50am-11:40am

Intermediate Tennis

Ages 8-11 

This tennis class is ideal for the intermediate to advanced player looking to enhance their tennis skills and decision-making abilities in game-situations. Our professional, qualified tennis coaches will ensure players are challenged. Before attending this class players should be able to perform a consistent 4-ball rally and demonstrate the basic techniques of forehand, backhand, volley, and serve.

8 Classes \$217 per child

**Manalapan Recreation Center; Front Courts
Saturdays April 18-June 13; (skip 5/23)
10:00am-10:50pm**

Squirts Tennis

Ages 3-5 

USSI's Tennis Squirts program is a fun-filled learning adventure that introduces children ages 3 to 4 to the world of tennis. It's a great way to learn the sport's fundamental skills in a low pressured, fun environment. Following the guidelines set out by the United States Tennis Association (USTA), children will quickly develop their skill base and knowledge of the game through a series of games and activities designed to ensure learning and most importantly: fun, fun, fun! All sessions are conducted using age-appropriate equipment and court sizes.

8 Classes \$217 per child

**Manalapan Recreation Center; Front Courts
Sundays April 19-June 14; (skip 5/24)
9:00am-9:45am**



KIDS & TEENS

Gone Running: Junior Olympics

Grades 3-12

The Junior Olympic program is a moderate to advanced training program that challenges athletes to reach their fullest potential. Athletes will learn dynamic flexibility drills that teach proper running form and increase speed. The focus will also be on racing strategies, plyometrics, nutrition, sportsmanship, leadership and team building. The program culminates with participation at the NJ USATF Jr Olympics being held in June, TBD. The program includes up to three training sessions per week, entry fee for up to three races, and Shore AC competition jersey. (USATF and Shore AC club memberships required. Not included in the fee.)

\$350 per child/3-times per week
2 competitions; 6/6, 6/7, and TBD
Manalapan High School Track
April 7-June 13
Tuesdays & Thursdays 5pm-6pm
Saturdays 10am-11am
Grades 3-12
Price includes 3 sessions per week for 10 weeks.



Gone Running: Recreation Program

Grades K-12

This is an introductory level activity where the emphasis is on fun, fitness, and running form. The training activities will keep participants moving while building their self-confidence and stamina. Bring running shoes and water. The program culminates with a race on the Manalapan High School track on Saturday, June 13th. T-shirt, track competition and Race Day awards included.

9 Classes \$145 per child/1-times per week
18 Classes \$225 per child/2-times per week

1 weekend competition Saturday, June 13
Manalapan High School Track
April 7-June 6
Tuesdays & Thursdays 4:30pm-5:30pm
Saturdays 11am-12pm
***Grades K-12 Tuesday and Thursday**
***Grades 2-12 Tuesday, Thursday, Saturday**

IT'S TIME TO START THINKING ABOUT SUMMER CAMP!

We have updated our website to include information for our 2026 camp season. If you are interested in signing your child up for camp this year, please take a look, as some information has changed.

Click the [HERE](#) to visit our Summer Camp Information Center and view our 2026 Camp Brochure, registration procedures, and additional information.



If you have questions, please reach out to us.
recreation@mtnj.org
(732) 446-8336



NO SCHOOL TODAY? LET'S PLAY! JOIN US AT:

SCHOOL'S OUT CAMP

\$243

MANALAPAN TWP TENNIS CAMP

**AGES: 5-11
ALL ABILITIES**

Serve up the fun at School's Out Tennis Camp! Learn new skills, play games, and enjoy an active day while school's out.

CAMP DATES:

**MARCH 30 -
APRIL 2**

In association with
Manalapan Township Recreation

REGISTER & MORE DETAILS AT:
manalapan.recdesk.com

MANALAPAN
RECREATION CENTER
COURTS



PLAN AHEAD! Spring Schedules Available Soon!!

US SPORTS
institute

REGISTER NOW





BE A BRAVE SOCCER CAMPS



INSTRUCTED BY MHS VARSITY GIRLS SOCCER COACH JOHN ROGERS
MHS VARSITY BOYS SOCCER COACH BRANDON DOWNEY

THESE CAMPS WILL COVER BASIC SOCCER FUNDAMENTALS SUCH AS PASSING, RECEIVING, HEADING, DRIBBLING AND SHOOTING. PLAYERS WILL LEARN THE STRATEGIES AND RULES OF THE SPORT WHILE ENGAGING IN DRILLS AND GAME SITUATIONS. BOTH OFFENSIVE AND DEFENSIVE SKILLS WILL BE ENHANCED BY FOUR-ON-FOUR GAMES AS WELL AS FULL SIDED COMPETITIONS. THESE CAMPS ARE RUN IN COORDINATION WITH MANALAPAN HIGH SCHOOL SOCCER PROGRAMS.

JUNE PROGRAM

GRADES 1-5

\$125 PER PLAYER
\$105 FOR PLAYERS ENROLLED IN
REC CAMP
6/1-6/4 (MAKEUP 6/5)
5PM-7:30PM
TURF FIELD K

JUNE PROGRAM

GRADES 6-8

\$125 PER PLAYER
\$105 FOR PLAYERS ENROLLED IN
REC CAMP
6/8-6/12 (SKIP 6/9)
5PM-7:30PM
TURF FIELD K

INTERESTED IN GETTING A PRE-SEASON CLINIC BEFORE THE FALL SOCCER SEASON KICKS OFF? JOIN COACH ROGERS THIS WEEK TO TRAIN AND PREPARE FOR THE UPCOMING SEASON!

AUGUST PRESEASON PROGRAM

GRADES 1-8

\$100 PER PLAYER
\$80 FOR PLAYERS ENROLLED IN REC CAMP
8/10-8/13 (MAKEUP 8/14)
9AM-11AM
TURF FIELD K



BE A BRAVE GIRLS BASKETBALL CAMP

INSTRUCTED BY MHS VARSITY GIRLS BASKETBALL COACH JOHN ROGERS
ASSISTANCE PROVIDED BY MANALAPAN TRAVEL BASKETBALL COACHES

THIS CAMP WILL COVER BASIC BASKETBALL FUNDAMENTALS INCLUDING DRIBBLING, PASSING, SHOOTING, REBOUNDING AND DEFENSE. PLAYERS WILL HAVE THE OPPORTUNITY TO LEARN AND HONE THEIR BASKETBALL SKILLS AND SCRIMMAGE TO APPLY THEM. THIS CAMP IS AN EXCELLENT OPPORTUNITY FOR MANALAPAN GIRLS TO NOT ONLY PRACTICE THEIR BASKETBALL SKILLS AND MAKE NEW FRIENDS, BUT LEARN ABOUT MANALAPAN'S BASKETBALL PROGRAMS INCLUDING RECREATION, TRAVEL AND HIGH SCHOOL TEAMS.

GRADES 1-8
\$100 PER PLAYER
\$80 FOR PLAYERS
ENROLLED IN REC CAMP
8/10-8/13 (MAKEUP 8/14)
5PM-7PM
MANALAPAN REC CENTER
BASKETBALL COURTS



SPECIAL EVENTS

SAVE THE DATE

SUMMER CAMP REGISTRATION
MARCH 2ND—MARCH 6TH

CAMP



EASTER EGG HUNT
SATURDAY, MARCH 28TH
11AM SHARP, FIELD K

Follow us on social media for the most up-to-date event information:



Manalapan Parks and Recreation



@Manalapan_Parks_And_Recreation



@Manalapan_Rec

ECO PATIO: Butterfly & Rain Garden

Manalapan Environmental Commission

The Eco Patio is an outdoor environmental education area at the Manalapan Rec Center where you can enjoy nature and learn simple ways to help our planet. Stop by to look for butterflies, have a picnic, play on the patio, or take photos!

- A butterfly garden specialized to help save monarch butterflies
- A Rain Garden which helps protect water quality
- An Eco-friendly Patio: Designed to protect our local waterways by preventing storm water runoff
- Many pollinators can be spotted in the gardens
- Nature Murals
- Benches made of recycled plastic
- Educational Signage on a variety of environmental topics



ADULTS

Art in the Park

Adults

Calling all adults, do you love to draw and color? Do you want to be outside in the nice weather? Well, you're in luck! Join our drawing-based exemplary art programs with a diverse multimedia curriculum. Discovery and self-expression are fundamental to art programs where the creative spirit is nurtured while building friendships and having fun!

4 Classes/Session \$60 per person

**Manalapan Recreation Center,
Kuschick Pavilion**

Session 1:

**Thursdays March 12-April 9; 6pm-7pm
(skip 4/2)**

Session 2:

Thursdays April 16-May 7; 6pm-7pm

Session 3:

Thursdays May 14-June 4; 6pm-7pm



3 Classes/Session; \$175 per person

Morning Mahjong for Beginners:

Session 1

**Kuschick Pavilion Indoors
Wednesday Mornings March 4-March 18;
10am-12:30pm**

Session 2

**Kuschick Pavilion Indoors
Wednesday Mornings April 15-April 29;
10am-12:30pm**

Session 3

**Kuschick Pavilion Indoors
Wednesday Mornings May 6-May 20;
10am-12:30pm**



Beginner Mahjong

Adults

Mahjong for Beginners is a welcoming three-part lesson series designed for brand-new players who want to learn the game with confidence, clarity, and a genuine love for Mahjong. Across three progressive classes, participants will learn the fundamentals of American Mahjong including tiles, terminology, the National Mah Jongg League card, game flow, basic strategy, and table etiquette, all in a supportive, low-pressure environment. Each lesson builds on the last, allowing time for questions and guided play. Classes are taught by trained instructors from Keep Mahjong On, with all materials provided. No prior experience is required. Keep Mahjong On has taught over 500 new players across New Jersey, New York, and beyond, and building lasting Mahjong communities is at the heart of what we do.

3 Classes/Session; \$175 per person

Evening Mahjong for Beginners:

Session 1

**Manalapan High School
Tuesday Evenings March 3 - March 24;
6:30pm-9:00pm (skip 3/17)**

Session 2

**Manalapan High School
Tuesday Mornings April 7 - April 21;
6:00pm-8:30pm**

Session 3

**Manalapan High School
Wednesday Evenings May 6 - May 20;
6:00pm-8:30pm**

ADULTS

Pickleball: Beginner

Adults

Want to learn to play the most popular sport around? This is your chance! With a focus on the basics of this fun and exciting sport, this class is perfect for anyone with little or no experience playing. Players will learn the rules of the game, some basic strokes, serving, volleying, and even the “dink” which is a very important part of the game. Upon completion of the class, students will be all set to go out and play at the beginner/advanced beginner level. The instructors are PPR Certified Professional coaches and have years of playing and teaching experience, and they will make sure you have fun while learning this great game.

4 Classes \$160 per person

**Manalapan Recreation Center,
Pickleball Courts**

Session 1

Tuesdays April 7-April 28; 4:30pm-6pm

Saturdays April 11-May 2; 8:00am-9:30am

Session 2

Tuesdays May 12-June 2; 4:30pm-6pm

**Saturdays May 16-June 13; 8:00am-9:30am
(skip 5/23)**



Pickleball: Advanced Beginner

Adults

Ready to advance your game beyond the beginner level? This is the time and place to do it. In the advanced beginner class, players will learn how to hit with power, control and spin. Serving, volleying and dinking will be worked on, and we will introduce the key “3rd shot drop” as we get you ready to play at the next level. We will also get into strategic play, covering court positioning and how to “speed-up” and “slow down” a point. The instructors are PPR Certified Professional coaches and have years of playing and teaching experience, and they will make sure you have fun while learning this great game.

4 Classes \$160 per person

**Manalapan Recreation Center,
Pickleball Courts**

Session 1

Tuesdays April 7-April 28; 6:00pm-7:30pm

Saturdays April 11-May 2; 9:30am-11am

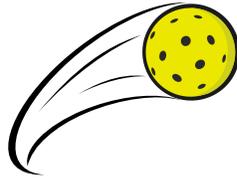
Session 2

Tuesdays May 12-June 2; 6pm-7:30pm

**Saturday May 16-June 13: 9:30am-11am
(skip 5/23)**

**Find more pickleball classes
on the next page!**

ADULTS



Play with a Pickleball Pro

Adults - For experienced players

Do you have the basics down but want to play more strategically? Do you find yourself stuck in rallies where everyone is just hitting the ball back really hard? Do you want to improve your game while receiving input and feedback from a Professional Coach? This 1 hour class will have 3 players at the same skill level on the court with a Professional Coach, playing regular pickleball games. No drills, just playing pickleball. The Coach will stop play to provide instruction, pointers, tips and strategies, all to improve your game while playing. This is a great way to get better and advance your game. Sign up with friends and play together or for the appropriate skill level.

1 Class/Session \$35 per person

Manalapan Recreation Center,
Pickleball Courts

Advanced Beginner

Session 1:

Mondays April 6, 13, 20, & 27

5pm-6pm

6pm-7pm

7pm-8pm

Session 2:

Mondays May 11, 18, (skip 5/25) & June 1

5pm-6pm

6pm-7pm

7pm-8pm

Intermediate

Session 2:

Mondays May 11, 18, (skip 5/25) & June 1

5pm-6pm

6pm-7pm

7pm-8pm



6 Classes/Session \$60 per person

Taylor Mills School

Session 1:

**Thursdays February 26-April 16; 7pm-8pm
(skip 4/2 & 4/9)**

Session 2:

Thursdays April 30-June 4; 7pm-8pm

Glitter Hoops

Adults

No prior experience needed. Learn the basics of hoop dance! Class will start with stretching, then an arm workout, followed by a leg workout, all done while waist hooping to work the core. You will learn a few hoop moves each week so that by the end of the course we will put them all into flow to form a hoop dance. You will need to bring water and a smile. A hula hoop is provided for class use. Start with a new spin on fitness! Classes tone and strengthen your entire body while providing you with increased energy, flexibility, and confidence.

ADULTS

Pilates Fusion

Adults 16+

A combination of Pilates and Total Body Conditioning, these workouts are designed with the perfect balance of low impact sculpting exercises along with light weights to help you feel stronger, toned, and more energized. All fitness levels are welcome. Please bring a yoga mat, water, and a set of dumbbells (2-3 LBS).

5 Classes for \$60 per person (One day a week)

10 Classes for \$100 per person (Twice a week)

Pine Brook School - All-Purpose Room

Session 1

Tuesdays March 17-April 21 (skip 3/31)

6:15pm-7:00pm

Thursdays March 19-April 23(skip 4/2)

6:15pm-7:00pm

Session 2

Tuesdays May 5-June 2

6:15pm-7:00pm

Thursdays May 7-June 4

6:15pm-7:00pm

Zumba Fitness

Adults 16+

Each class is a dance fitness party that includes movements to world rhythms. It's a total workout that combines all elements of fitness - cardio, muscle conditioning, balance and flexibility. Burn calories and boost your energy! For all fitness levels, no dance experience necessary.

5 Classes \$60 per person

Taylor Mills School

Wednesdays April 29-May 27

7:30pm-8:30pm



NEW AND IMPROVED!
2 TIMES PER WEEK
NEW LOCATION
PINE BROOK- ALL
PURPOSE ROOM



Yoga

Adults 16+

This class is perfect for those new to yoga and for those with a regular yoga practice. It incorporates yoga postures, gentle movement, breath work, and guided meditation, all aimed at helping you to feel more comfortable in your own body and to feel more relaxed. Come discover yoga at your own pace, in a relaxed and supportive environment. You will reduce stress, as you gain confidence, flexibility, strength, and focus.

5 Classes for \$60 per person (One day a week)

10 Classes for \$100 per person (Twice a week)

Pinebrook School - All-Purpose Room

Session 1

Mondays March 16-April 27 (skip 3/30 & 4/6)

6:15pm-7:05pm

7:15pm-8:05pm

Wednesdays March 18-April 22 (skip 4/1)

6:15pm-7:05pm

7:15pm-8:05pm

Session 2

Mondays May 11-June 15 (skip 5/25)

6:15pm-7:05pm

7:15pm-8:05pm

Wednesdays May 13-June 10

6:15pm-7:05pm

7:15pm-8:05pm



THERAPEUTIC REC

S.O.A.R. Basketball



Ages 5-Adults, with special needs
 Learn to play or sharpen your skills in basketball with us! S.O.A.R. Basketball is a comprehensive, inclusive, and fun program. This class is designed for individuals with special needs.

5 Classes - \$10 per participant
Manalapan High School
Main Gym
Mondays April 20-May 18
7:00pm-8:00pm

S.O.A.R. Morning Social



Grades K-7, with special needs
 The S.O.A.R Morning Social is a fun and inclusive monthly program designed to foster connection, creativity, and confidence in a supportive environment. Participants come together once a month to explore exciting, themed experiences. Each session is thoughtfully crafted to spark joy, curiosity, and connection for every participant.

4 Classes - Free!
Milford Brook School
Saturdays Feb 21, March 21, April 18 & May 16
10:00am-12:00pm

LOOKING FOR SATURDAY NIGHT OUT?

Saturday Night Out is a monthly program that runs on a school year schedule for young adults with special needs. Some activities include bowling, dances, magic shows, karaoke nights and more! Registration for Saturday Night Out is held in August. Please contact us should you have questions regarding this program.



SENIOR CENTER

Our mission is to maintain a welcoming facility and resource center for educational, recreational, and wellness programs as well as provide access to support services for seniors and their caregivers.

Our goal is to meet the needs of the senior population to ensure quality of life, promote physical, emotional, and economic well-being and encourage participation in aspects of community life. Our programs encourage socialization and present opportunities to make new friends.

Some Programs Include:

- Chair Yoga
- Strength Training
- Bingo
- Gentle Cardio
- Book Club
- Special Events
- Tai-Chi
- Healthy Bones
- Bus Trips

For more information visit:

mtnj.org → departments → senior center

Programs held at:

Manalapan Township Community Center

114 Route 33 West

Manalapan, NJ 07726

(just past Peking Pavilion Restaurant)

Interested in joining or know a senior that might be? Give us a call!

(732) 446-8401

*Must be 60+ and a Manalapan Resident