



"This is not an Evesham Township School District event"

Recreation 856-983-0222 ext. 6105

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#### **Tennis**

**Ages: 5-10:** The USTA Tennis program is an exciting new play format for learning children's tennis. Participants will utilize specialized equipment, shorter court dimensions, modified scoring, all tailored to age size.

**Ages: 11-15:** Tennis program designed for beginners and intermediates. Beginners will focus on forehand, backhand and serve. Intermediates will learn how to improve their game by skill building and learning techniques.

Ages: 18 & up

6 Weeks, Wednesdays, April 21-May 26

Court

Ages: 5-10yrs, 6-7 p.m. Instructor: BCTA

**Location: Memorial Tennis** 

Staff

Ages: 11-15yrs, 7-8 p.m. Fee: \$60

Ages: 18 & up, 8-9 p.m.



#### **Tai Chi for Adults**

This class is designed to improve flexibility, mobility, balance and blood flow as well as forming a mind to body connection through breathing techniques. Tai Chi is an ancient fighting form but in this class we will focus on the health and healing benefits of Tai Chi. Everyone signing up receives a free tee shirt.

9 Weeks Location: Blue Barn - Exercise Room

April 8- June 3 Fee: \$75 Thursday- 9:00-10:00 am Ages 18 and up

Instructor: Sensei A. Breaux

#### **Meditation**

Join Stephanie for a Guided Meditation Class.

Class will begin with easy chair stretching and flow into 30 minutes of meditation. This class is for all ages and levels. Meditation has been proven to reduce stress.

This is a perfect addition to follow Tai Chi Class into Meditation. Come join us as we relax unwind and just be.

9 Weeks April 8- June 3 Thursday 10:15-11:00 am Instructor: Stephanie Faris Location: Blue Barn - Exercise Room Fee: \$75 Ages 18 and up

**Location: Blue Barn** 

Ages 12 and up

Fee: \$100

## <u>Viva-Hatha Style Yoga:</u> The Ultimate Anti-aging, Stress Buster and Neck/Back Relieving Exercise

This all levels Hatha style Yoga class promotes overall health and wellness for the body, mind and spirit. Whether you are new to Yoga or you have a basic understanding of the postures this class is for you. You will stretch, tone and strengthen every body part in a slow yet effective way. Improve your posture, relieve back and neck pain as you look and feel younger. Learn deep breathing that eases stress and expels toxins and yoga postures that build strength and endurance and calm/center your mind. Perfect for men/women, ages 12 and up and all fitness levels. Wear exercise attire and bring a mat. \$20 supply fee for special yoga band and set of two Yoga blocks- payable to the instructor at the first class.

Targets: Balance, flexibility, stress releaser, abs, back and posture. For more info call Viva Community Fitness at 856-304-4494 or visit <a href="https://www.vivacommunityfitness.com">www.vivacommunityfitness.com</a>

Masks and 6 feet apart are required.

9 Weeks Thursdays 6:30- 7:30 pm April 15- June 10

#### **Viva Meditation:** The Ultimate Stress Reliever

This 30 minute guided and seated meditation can be done on the mat or the chair. For all ages and no experience is needed. You will learn how focusing on your breath and body awareness releases stress, anger and resentment while increasing calmness, clarity, concentration and inner peace. Wear comfortable attire, bring a mat and a blanket.

Masks and 6 feet apart are required.

For more info call Viva Community Fitness at 856-304-4494 or visit <a href="https://www.vivacommunityfitness.com">www.vivacommunityfitness.com</a>

9 Weeks Thursdays 7:30- 8:00 pm April 15- June 10 Location: Blue Barn

Ages 13 and up

Fee: \$50

### <u>Viva Body Movement:</u> The fun way to work out and turn belly fat into sleek muscle

Burn calories while doing fun, energizing and easy to do dance moves that will tone, stretch, shape and increase the range of motion in your shoulders, ribcage, front, side and back obliques, hips, butt and thighs. Decrease muscle stiffness and soreness while improving your stamina, endurance, posture, and put a bounce in your step. Come join the party!! No movement or fitness experience needed. For all fitness levels, ages 13 and up. Wear exercise attire and indoor sneakers or dance sneakers.

For more info call Viva Community Fitness at 856-304-4494 or visit <a href="https://www.vivacommunityfitness.com">www.vivacommunityfitness.com</a>

Masks and 6 feet apart are required.

9 Weeks Thursdays 8:15- 9:15 pm April 15- June 10 Location: Blue Barn

Ages 13 and up

Fee: \$100

#### **Evesham Community Garden**

An opportunity for every resident to garden! The township will again offer 25'x25' plots behind the Recreation Center at Memorial Sports Complex for you to plant your own garden. Limited number of smaller plots are available. (12.5' x12.5') You can grow herbs, flowers, fruits and vegetables. Dig, sprout, plant, mulch and weed your garden to produce ingredients for healthy and delicious meals. Weather permitting, each plot will be tilled and will be available until October. Use the registration form to sign up and receive information on your plot number. JOIN IN AND WATCH YOUR GARDEN GROW!

April-October Ages: 18 & Up

**Location: Behind Rec Center (Blue Barn)** 

Fee: \$25



#### **EcoKids Nature School at Camp Creek Run – Spring Series**

Spring has sprung at Camp Creek Run! Join Project HEAL (Human, Environmental & Animal Links) at Camp Creek Run to take part in EcoKids, our outdoor nature school program for children ages 3-6 and their caregivers. These classes use stories, crafts, and nature study/exploration to encourage an environmental sensibility and sense of wonder for the nature world.

Spring classes occur outdoors, with walks on trails, rain or shine. Topics include birding, insects, fungi, flowers, pollination, gardening, and more. Pre-registration is required. No drop-ins please.

To register: Call <u>856-596-4250</u> or email <u>campcreekrun@yahoo.com</u>

7 weeks

Tuesdays @ 10:00am from April 20th - June 1st

OR Thursdays @ 1:00pm from April 22nd - June 3rd

Ages 3-6 (please call to inquire about older homeschoolers)

Location: Camp Creek Run, 199 Taunton Lake Rd., Marlton

Instructor: Keara R. Giannotti

Fee: \$\$60 for season (must pre-register)

#### **Creative Writing**

Practical Creative Writing is an eight-week online course designed for those who want to explore not only the craft of fiction writing but also the business side as well. Taught by a full-time author who has published nine novels, two anthologies, and dozens of short stories and articles, this class focuses on short fiction. Students will learn the "Five Rules of Writing," "The Tentposts of Fiction," the concept of "Worldbuilding," and many other techniques through short in-class exercises as well as "homework" writing assignments. In the final weeks, students will be introduced to the realities of modern publishing and will submit their work to three genuine markets for short fiction. One student in the class if GUARANTEED publication in an established and paying market. This is a unique opportunity to nurture your hidden author. But come prepared to WRITE!

8 Weeks April 12- May 31 Monday- 7:00-8:30 pm

**Instructor: Ty Drago** 

**Location: Blue Barn** 

Fee: \$100

Ages 15 and up

#### **Lil Sous Chefs Cooking School**

In this class, your Lil Sous Chefs will learn knife skills and will cook an Egg Stir Fry for dinner. After dinner, they will get to make their own Hot Chocolate Bombs to take home. Children will be placed 6 feet apart. Masks are required and temperatures will be taken before class.

Please call Nina with any questions @ 609.469.COOK - www.LilSousChefs.com

Tuesday April 14, 2021 Location: Blue Barn

6:00- 7:30 Fee: \$36 Instructor: Nina Lattimer Ages 8-15

## TRIPLE-A SUMMER CAMP



#### 2021 TRIPLE - A SUMMER CAMP

Summer will be here before we know it! The 2021 summer camp season will run from June 28, 2021 to August 27, 2021. Don't miss out on our weekly themes, special guests, quality field trips, daily events and weekly prizes and awards! Price is \$270/week for campers entering first grade and up. Space is limited! Camp information will be available on line (www.evesham-nj.org). Register by mail: 115 S. Elmwood Road, Marlton, NJ 08053, reserve your spot, you must include the registration fee of \$30 along with two weeks payment for a total of \$570 (camp weeks may be adjusted as we approach the summer season). The Counselor in Training (CIT) program will be available to participants 9<sup>th</sup> grade and up. Rate is \$170/week. A minimum of 4 weeks of camp is required to become a CIT. Please include the registration fee of \$30. New applicants interested in the CIT program must attend scheduled interviews when dates are determined. If you were previously a CIT, you do not need to attend interviews.



### **MARLTON RECREATION COUNCIL (MRC)**



# **SUMMER**Sports Registrations



Online Registration ONLY
For more information, visit: www.marltonreccouncil.org
Or call (856) 983-3000



# Host your next event at the GIBSON HOUSE COMMUNITY CENTER 535 E. Main Street

Rentals are available weekdays and weekends. For more information, contact the Department of Public Affairs and Senior Services (856) 985-9792

### SPRING 2021 REGISTRATION FORM PLEASE PRINT

PROGRAM			
PARTICIPANTS NAME_			M/F
ADDRESS			
CITY	STATE	ZIP	
EMAIL ADDRESS			
HOME PHONE	CELL		
DATE OF BIRTH	AGE	_ GRADE ENTERING	S
PARENT'S OR PARTICIF	PANTS NAME		
PARENT'S OR PARTICIF	PANTS SIGNATURE		
FEE CASH	I CHECK #		
CREDIT CARD (CIRCLE	ONE) VISA or MASTER CAR	D or DISCOVER	
CREDIT CARD #		EXP.:	_ SEC. CODE: _

PLEASE MAKE CHECKS PAYABLE TO: **TOWNSHIP OF EVESHAM MAIL TO**: 115 S. ELMWOOD RD, MARLTON, NJ 08053 **C/O Stephanie Morze** 

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ONLINE: www.evesham-nj.org and click link to online registration

#### Department of Recreation

Spring programs begin and continue for the weeks indicated in the course description. The fee is for the length of the course, not individual sessions. All make-up classes are arranged through the instructor only. Attendance is restricted to the program for which you register. There are no refunds after the start of a program. Fees will NOT be pro-rated for those registering after a class has started. A \$25 administrative fee will be charged for any cancellations. Non-residents, please add a \$25 annual family fee to the program cost, which will be applied to any programs you attend in 2021. To print additional registration forms, or to REGISTER ONLINE, please visit our Website at: www.evesham-nj.org and follow to the Recreation homepage.

