

## WINTER ACTIVITIES.....

**Craft Class:** Session 1: 9, 16,23,30 Nov. 13,20

Session 2: Jan. 8, 15, 22, 29 Feb.5, 12

Ages 6-11 years 6:30 p.m.—8:00 p.m.

\$25.00 registration fee

NEW LOCATION -Glassboro Senior Citizens Center 152 South Delsea Drive S. DELSEA DRIVE PARK

## SCRAPBOOKING-

If you are interested in scrapbooking, please send us an email at [lpenn@glassboro.org](mailto:lpenn@glassboro.org) or call the Park and Recreation office at 856-881-1515.



## New this fall!!!

### Mat Pilates: the ultimate body toner!

Lose inches off your waist, stomach and hips; strengthen all your muscles, even ones you never knew about, relieve wrist, neck and shoulder pain and melt away stress. Learn how to strengthen and align the muscles that support your back so it stays healthy and strong! These non-jarring exercises stretch your muscles to prevent the nagging knots and spasms. We customize the movements to fit each student's body. Perfect for men/women, ages 12 & up and all fitness levels. No prior training needed. Wear comfortable exercise attire. Bring a thick exercise mat, large towel and your Pilates ball and band (for new students, a special ball and band will be provided)

**Cardio Pump:** *Wanted: Anyone who wants to burn calories and energize their life..* Move your body to upbeat music as you sweat off excess fat and feel great. Lower your blood pressure, strengthen your hear as you get leaner and melt away stress. Perfect for men/women, ages 12 +, all fitness levels, no prior training needed. Wear comfortable exercise attire and sneakers.

**Fall 2008**—Thursdays, Oct. 15– Dec. 18

Class Dates: Oct., 16,23,30, Nov. 6,13,20, Dec. 4,11,18

Cardio Pump 6:00—7:00 pm \$117.00—9 week session

Mat Pilates: 7:00—8:00 p.m. \$117.00—9 week session

**Winter 2009:** Thursdays,, Jan 22– March 26

Class Dates: Jan 22,29, Feb. 5,12,19,26 Mar. 5,12,26

No class 3/19

Cardio Pump 6:00—7:00 pm \$117.00—9 week session

Mat Pilates: 7:00—8:00 p.m. \$117.00—9 week session

Classes held at the Glassboro Senior Center, 152 S. Delsea Drive. Glassboro. For more information on classes please call 856-751-0095 or go to [www.vivapilates.net](http://www.vivapilates.net)

## BASKETBALL: GRADES 4-8

(3rd grade permitted only w/ 1 year bitty exp.) REGISTRATION DEADLINE: 10/31 .REGISTRATIONS AFTER OCTOBER 31st WILL BE PLACED ON A WAITING LIST.

REGISTRATION FEE \$65.00

## BITTY BASKETBALL GRADES 1-3

REGISTER BY DECEMBER 5 TH

REGISTRATION FEE: \$35.00

## SPRING SOCCER

SEASON BEGINS IN EARLY MARCH Ages 7– 16 ( Sorry, 5 & 6 year olds are not eligible)League age is determined by child's age by 7/31/08 Child must have been eligible for travel in Fall 08" to play Spring Soccer 2009  
Registration Fee \$35.00 per participant

Deadline : December 31, 2008

Check it out!! [www.glassborosoccer.com](http://www.glassborosoccer.com)

## TEEBALL: Ages 5—7 (Coed)

Games played on weeknights beginning in May, Boys : Born between 5/ 1/ 2002 and 4/ 20/ 2004

Girls: Born between 1/1/2002 and 12/31/2003

\*These dates comply with the Official Little League Regulations.

Birth Certificate Required at registration

Fee \$40.00 (includes shirt and hat)

Deadline: March 6, 2009

## SHOTOKAN KARATE ACADEMY

**-Register at Shotokan Karate— 863-8088 8 Girard Rd. Glassboro. Mention Park and Recreation for your special rate of \$45.00 per session**

**Introduction to Karate-Learn the basic of Japanese Shotokan Karate (863-8088). This program will teach individuals the fundamental techniques of this traditional martial art. Students will learn discipline, self-control and respect as well as basic self defense.**

**Ages 6 and Older** 4 week program Tues/ Thurs 6-7p.m.

**Adults**— 4-week program Tues/Thurs 7:15-8:45 p.m.

## Track and Field-

Learn the basics of track and field and compete in various types of meets and competitions!

Ages 8—15

Register January 2—March 6, 2009

Late registration: Tuesday, March 11— 6:30p.m.

Meeting of all participants and Parents

Tuesday, March 11, 2009, 6:00 p.m.

Thomas E. Bowe School Gym

Registration Fee:

\$ 45.00 per participant (includes new uniform)

## WRESTLING— Ages 5-14 –

REGISTER BY NOVEMBER 14.

REGISTRATION FEE \$40.00



## ATTENTION ALL COACHES:

**Protect yourself from civil liability..** The Youth Sports Research Council in cooperation with the New Jersey Recreation and Park Association. Presents: THE RUTGERS S.A.F.E.T.Y. CLINIC-In order to be eligible for the civil immunity protection provided by the Little League Law 92A:62A-6) volunteer coaches are required to attend a "safety orientation and training skills program". The Rutgers Safety Clinic is based upon the "Minimum Standards for Volunteer Coaches Safety Orientation and Training Skills Programs" (NJAC 5:52) and has been tested in Court as having met the standards. **Volunteer coaches who attend this program receive: 1. Way to Go Coach (pp200) custom edition text The Coaches Reference Manual (3rd Edition) 3. The S.A.F.E.T.Y. Certification Card 4.The S.A.F.E.T.Y. Clinic Patch 5. Permanent registration with YSRC**

REGISTRATION REQUIRED Fee: \$30.00

6:00 - 9:30 P.M .TUESDAY, February 24, 2009

GLASSBORO PARK AND RECREATION OFFICES

## Thank you!!!

*The Glassboro Park and Recreation Commission cannot say enough to the many volunteers who give their most valuable asset...time!!! Many thanks to those of you who put so much time and effort into Park and Recreation Programs!!!*  
**Coaches Needed! Please volunteer your time!**

## BUS TRIPS— (Adults Only)

Please call the Park and Recreation office to register.

**Senior Citizens may sign up 3 weeks prior to trip. Glassboro residents are free. Out of towners \$2.00.**

**Ages 18-59 may sign up 1 week prior to trip. \$2.00 p.p.**

**All trips leave from the Glassboro Senior Citizen Center.**

**October 27 Concord Mall 9:00– 4:00**

**December 08 Cherry Hill Mall 9:30- 3:30**

**January 07 Hamilton Mall 9:30- 3:00**

**February 04 Cumberland Mall 10:00-3:30**

**March 10 King of Prussia Mall 9:00- 4:00**

**April 15 Moorestown Mall 9:00 –3:30**

**May 14 Columbus Market 9:00– 3:30**

## Glassboro Shuttle Bus for Senior Citizens and Handicapped persons:

The shuttle bus does a specific route Monday through Friday from 8:30 a.m.- 3:30 p.m.



Registration is required. Please bring proof of age/disability to the Glassboro Park and Recreation Department for bus schedule and Pass. The Park and Recreation Office is located in the South Delsea Drive Park. For more information call 881-1515.

Please call the Park and Recreation Office 24 hours in advance if you have an electric scooter.

## DISCOUNT TICKETS

The Park and Recreation Commission will offer discount tickets to the following ski areas: Blue Mountain, Camelback, JackFrost/Big Boulder, Shawnee Mountain and Montage Mountain. Ski tickets are usually available in Mid- December We will continue to offer discount tickets to the Philadelphia Zoo and the Adventure Aquarium.

## Family Events....

Glassboro Park and Recreation Commissions

### Fall Celebration— Open Skate

Free Admission and Skate Rental

(Glassboro Residents Only)

Monday— October 27, 2008

6:30 P.M.—8:30 P.M.

FRANKLINVILLE SKATING CENTER

2608 NORTH DELSEA DRIVE

FRANKLINVILLE, NJ

### SPRING EGG HUNT/CELEBRATION

Saturday, April 4, 2009

South Delsea Drive Park— 152 S. Delsea Drive

On the FOOTBALL FIELD— 11:00 a.m.

In the event of rain or extreme cold weather we will move indoors from 11:00 a.m until 12:30 a.m.

All youngsters will be divided into age groups. Please bring your own basket or bag...Candy and Prizes will be given out...mark your calendars now!

### FAMILY SWIM -

In conjunction with Rowan University, the Commission is pleased to offer Indoor Swimming to all Glassboro Residents beginning in February 2009. Specific dates and times TBA.

Registration required \$5.00 per family

Plus and additional \$1.00 per person per use

## COMMUNITY NEWS

### POLICE DEPARTMENT

The Glassboro Police Dept. will be hosting its Annual Crime Prevention Fair/Dare Day on October 25, 2008. The event will be held at the East New Street Park from 11:00 a.m. to 3:00 p.m. Attractions include Police, Fire and Ambulance equipment, bike registration, K-9 Demonstrations as well as food, prizes helicopters, face painting and McGruff The Crime Dog. In the event of rain the Fair will be held in the Bullock School Gym. Please come out and enjoy the event.

### Glassboro Senior Citizens Center

S. Delsea Drive Park, 152 S. Delsea Drive

Phone 881-8504

Monday-Friday 9:00 a.m.—3:00 p.m.

Program Coordinators:

Marybeth Thomas and Veronica Brown

The Senior Center is open to all who are 60+.

Activities at the Center include Crafts, Physical Fitness, Aerobics, , Chorus, Pinochle, Cribbage, Canasta, Bridge Bingo , Line Dancing and Movies

Calendars are available at the Senior Center

And at the Park and Recreation Office...

#### PICK ONE UP TODAY!

**Lunch Program:** The Center is one of the six Nutrition Sites in the County. Low cost meals (\$1.25) are available Monday through Friday at 11:30 a.m. The program is sponsored by the cooperation of the Gloucester County Board of Chosen Freeholders and Title III of the Older Americans Act. Those interested in reserving lunch should contact Anna Marie Lynch, Nutrition Manager at 881-6610 between the hours of 9:00 and 1:00

### Special Events .....

**HARVEST PENNY AUCTION— Wednesday,**

**November 19, 2008, 1:00 p.m.**

**Look for details at the Center!**

**FLU SHOTS AT THE CENTER— Tentative Date:**

**November 13th. Look for more information at the Center!**

**CHRISTMAS TEA—DECEMBER 22, 1:30 p.m.**

**Glassboro Senior Center**

**SENIOR CHRISTMAS OPEN HOUSE—**

**December 10—1:00—3:00 p.m.—Sign up at the Senior Citizen Center Office.**

Special Services at the Center:

Senior Gold & P.A.A.D Application forms for Pharmaceutical Assistance to the Aged and Disabled.

S.H.I.P. (State Health Insurance Program)

Counseling available.

Call the center for an appointment.

Glassboro Park and Recreation  
1 South Main Street  
Glassboro, NJ 08028

# GLASSBORO PARK AND RECREATION WINTER/SPRING BROCHURE 2008-2009

Mayor Leo McCabe

President of Council: Mr. Anthony Fiola

Borough Council

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Mr. George Cossabone

Mr. Joseph D'Alessandro

Mr. Edward Malandro

Ms. Ingres Simpson

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Mr. Walter Robinson, Commissioner Emeritus, Deceased

Mr. Sam DiMichele, Commissioner Emeritus, Deceased

Mr. Hector Cabezas, Council Representative

Mrs. Lorraine Penn, Director

Ms. Lorraine Spaeth, Administrative Assistant

Mrs. Gloria Salter, Clerk

PARK AND RECREATION OFFICE

152 S. DELSEA DRIVE

GLASSBORO, NJ 08028 Phone: 881-1515

Email: lpenn@glassboro.org

Office Hours: 8:30 a.m.—4:30 p.m.

Registrations for all activities are taken Monday through Friday 8:30 a.m.—4:00 p.m.

POSTAL PATRON, LOCAL

