*Winter*

# LAKEWOOD RECREATION WINTER PROGRAMS 2015

***All programs begin week of January 26th and end April 3, 2015. Indoor Soccer League runs from January 26th to March 13, 2015***

## INDOOR SOCCER LEAGUE

| GROUPS | DAY | TIME |
|---|---|---|
| Ages: U4-6 | MONDAY & FRIDAY | 6:00-7:00 PM |
| Ages: U7-8 | MONDAY & FRIDAY | 7:00-8:00 PM |
| Ages: U9-11 | MONDAY & FRIDAY | 8:00-9:00 PM |
| LMS | MONDAY | 9:00-10:00 PM |
| LMS | WEDNESDAY | 8:00-9:00 PM |
| LHS | WEDNESDAY & FRIDAY | 9:00-10:00 PM |

**REGISTRATION FEE:** $10.00 **LOCATION:** Ella G. Clarke School

## INSTRUCTIONAL WRESTLING

A great opportunity to learn the skills and techniques of competitive wrestling. Learn from the best coaches.

**THURSDAY** **PLACE**: LHS Wrestling Room
Grades: 1-12 6:30-8:30PM **FEE: $10.00**

## FUN NITE

Come and enjoy a fun filled evening of games, gym play, arts and crafts and more.

**TUESDAY** **PLACE**: Ella G. Clarke School **FEE: FREE**
Grades 1-5 6:00-8:00pm

## CHORUS

Come and learn how to sing. NO try-outs.

**TUESDAY** **PLACE**: Ella G. Clarke School **FEE: FREE**
Grades 1-5 6:30-8:00pm

## CAPOEIRA FITNESS TRAINING

Come and learn a new form of "Fitness Training". Adults and school age children welcomed.

**TUESDAY** at Ella G. Clarke School **TIME**: 6:00-7:00 PM **FREE**
**THURSDAY** at LHS 6:30-7:30 PM **FREE**

## OPEN GYM

Basketball, Volleyball, and indoor track

**WEDNESDAY and THURSDAY** **PLACE: LHS** **TIME: 6:30-8:30PM** **FEE: $2 PER NIGHT**

## ADULT PROGRAMS AT THE LAKEWOOD COMMUNITY CENTER

| | | |
|---|---|---|
| MONDAY: | JEWERLY MAKING | 11:30 AM to 1:30 PM |
| TUESDAY: | CROCHET | 11:30 AM to 1:30 PM |
| WEDNESDAY: | DRAWING AND ART | 11:30 AM to 1:30 PM |
| THURSDAY: | RUBBER | 11:30 AM to 1:30 PM |

**Lakewood Annual Easter Egg Hunt: Saturday, March 28, 2015 at 10:00AM at John Patrick Sports Complex.**
**Free to Lakewood Children ages: 1 to 10**

For information call Lakewood Recreation at 732-905-3405 or visit the web site at: www.lakewoodtwpnj.org

# *Winter* LAKEWOOD RECREATION PROGRAMAS DE INVIERNO DEL 2015

***Todos los programas comienzan la semana del 26 de enero y terminan el 3 de abril 2015. La Liga de Fútbol será desde el 26 de enero al 13 de marzo del 2015.***

## LIGA DE FÚTBOL

| GRUPOS | DIA | HORARIO |
|---|---|---|
| Edades: U4-6 | MONDAY & FRIDAY | 6:00-7:00 PM |
| Edades: U7-8 | MONDAY & FRIDAY | 7:00-8:00 PM |
| Edades: U9-11 | MONDAY & FRIDAY | 8:00-9:00 PM |
| LMS | MONDAY | 9:00-10:00 PM |
| LMS | WEDNESDAY | 8:00-9:00 PM |
| LHS | WEDNESDAY & FRIDAY | 9:00-10:00 PM |

## LUCHA LIBRE INSTRUCCIONAL

Una buena oportunidad para aprender las habilidades y técnicas de la lucha libre. Aprenda de los mejores entrenadores.

**JUEVES de 6:30 a 8:30 PM** **GRADOS**: 1-12 **LUGAR**: LHS Wrestling Room
**COSTO: $10.00**

## FUN NITE

Venga a divertirse con juegos, usando el gimnasio, manualidades y mucho mas.

**MARTES de 6:00 a 8:00 PM** **GRADOS**: 1-5 **LUGAR**: Ella G. Clarke School **¡GRATIS!**

## CORO

Venga y aprenda a cantar.

**MARTES de 6:30 a 8:00 PM** **GRADOS**: 1-5 **LUGAR**: Ella G. Clarke School **¡GRATIS!**

## CAPOEIRA FITNESS TRAINING

Venga y aprenda una nueva tecnica de mantenerse en forma. Adultos y estudiantes son bienvenidos.

**MARTES** en la Ella G. Clarke School **HORARIO**: 6:00-7:00 PM **¡GRATIS!**
**JUEVES** en la LHS 6:30-7:30 PM **¡GRATIS!**

## GIMNASIO PARA ADULTOS

Juegue baloncesto, voleibol, use la pista de correr adentro.

**MIERCOLES y JUEVES** **LUGAR: LHS** **HORARIO: 6:30-8:30PM** **COSTO: $2 POR NOCHE**

## PROGRAMAS PARA ADULTOS EN EL CENTRO DE COMUNIDAD DE LAKEWOOD

| | | |
|---|---|---|
| LUNES: | CREANDO PRENDAS | 11:30 AM to 1:30 PM |
| MARTES: | TEJIDOS DE GANCHO | 11:30 AM to 1:30 PM |
| MIERCOLES: | ARTE y DIBUJANDO | 11:30 AM to 1:30 PM |
| JUEVES: | RUBBER STAMPING | 11:30 AM to 1:30 PM |

**Búsqueda Anual de Huevos de Pascua: Sábado, 28 de marzo de 2015 a las 10:00AM en el John Patrick Sports Complex. Gratis para los niños de Lakewood: 1 a 10 años**

Para más información llame a Recreación de Lakewood al 732-905-3405 o visite la página de red (web) del municipio de Lakewood al www.lakewoodtwpnj.org