



Visit us on Facebook. Follow us on Twitter
All details are on our website! Register on-line!
<http://www.mountolivetownship.com/recreation.html>

To subscribe to our Bi-Weekly E-Newsletter, email recdept@mtolivetwp.org
 Online registration with Mastercard or Discover only. If you would like to pay by check/cash
 please contact the Recreation Dept. 973-691-0900 x 7264 or 7261

Information for Mt. Olive Seniors can be accessed through our website too!

Zumba Fitness

Merengue, Hip Hop, Salsa, Flamenco and Cumbia choreography is broken down into an easy to follow routine. This 90 min class starts with 10 min of arm sculpting, 5 min warm up, 55 min Zumba cardio fitness, 15 min intense abs then ends with a 5 min cool stretch cool down. In a very down to earth and friendly atmosphere, this fun yet always challenging class will help achieve your fitness goals.

Held at Drakes Brook Park 155 Flanders-Netcong Road Flanders
 Tuesdays & Fridays 7-8pm, Sundays 8:30am-9:30am

Spring 2011

Pay Monthly, pick the option that works for you
 1 day a week (your choice of day) \$30, 4 classes
 2 days a week (your choice of days) \$58, 8 classes
 3 days a week \$ 63, 12 classes
 Ages 15 & up



Island Dance Fitness

Mon. 6:45pm - 7:30pm
 Cost:\$55

6 weeks * April 25-June 6 (no class May 30)

Ages 16 yrs - Adult

Hula and Tahitian Dance are graceful Hawaiian traditions that combine hip movements, footwork, and hand motions to speed up your metabolism and target tone your entire body.

Location: Mt Olive Municipal Building Council Chambers

Men's Softball 2011 season

- Teams or single players interested in playing in Mt. Olive Men's Softball leagues this season
- Call Mike Crane 973-219-1552
- e-mail crnmaxwell@aol.com
- A.S.A. slow pitch, 7 innings, 18 years and older



Women's Softball

- Teams and players needed for established Summer Softball League. Must be at least 21 years old.
- Experience preferred. Season begins in June, Morris County Area.
- For More Information Contact: Suzanne 973-252-0924 or e-mail at jeska1@optonline.net

SHAPE UP WITH BALLET!

New pricing \$55 for 6 classes

Choose both days \$100 for 12 classes

Saturdays: 1:30-2:30pm April 30, May 7, 14, 21, June 4, 11 (no class May 28)

Location: Mt. Olive Senior Center

Mondays: 9:30am-10:30am April 25, May 2, 9, 16, 23, June 6 (no class May 30)

Location: Drakes Brook Park

If you would like to greatly improve your posture, lose those few extra pounds, gain graceful movements and energize your body and mind, this class is for you! Class based on Ballet and Pilates, no experience necessary.

Bring your own mat and water.

Taught by Monika, former ballerina from Czech republic, and ballet teacher for last twenty years.

Job Opportunity at Budd Lake Beach!

Assistant Beach Director – Assists Beach Director in overseeing the daily operation of Budd Lake Municipal Beach, planning the beach program for the season, and helps with staff trainings, coordinates staff scheduling, and beach operations. Call Jill for more information: 973-691-0900 x 7261



Six different classes to mix up your fitness routine!

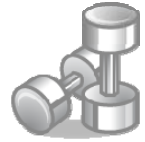
Exercise Classes with Laura

Monthly Cost \$45 unlimited classes

Special ***April/May/June ** Unlimited classes! Cost :\$120

Per Class fee is \$10

Any questions call Laura at (973) 347- 6886, (973) 903-0453



Monday 6:00 – 7:30pm “Step & Sculpt”- a step class for all levels. The first 30 minutes is beginner step, the second 30 minutes is lower and upper body weight training with 10 minutes focused on the abs, the last 30 minutes is a more advanced step class.

Tuesday 7:00- 8:00pm “Cardio Blast” - it is all in this interval training class. Cardio segments of 3.5 minutes are followed by 1.5 minutes of weight training. Weights, dyna-bands and physio ball are used.

Wednesday 7:00 – 8:00pm “Pilates” - a core conditioning class that includes targeted exercises for butt, gut & thighs. Also lots of great stretches for the entire body.

Thursday 7:00 – 8:00pm “Buts & Guts ” – 25 minutes of concentrated lower body standing toning exercises followed by 25 minutes of Pilates focused on abdominal strength.

Saturday 9:00 – 10:00am “Total Tone” - a strength training class designed to firm both upper & lower body. Includes low impact aerobics with dyna-bands.

Sunday 8:45 – 9:45am “15/15/15” – 15 minutes of Step, 15 minutes of aerobics, 15 minutes of toning and abs at the end

Victor's Mixed Martial Arts Introductory Special! 2 weeks (4 classes) for just \$19

Taught at VMMA Academy 1 Old Wolfe Rd, Budd Lake, NJ 07828

Classes will improve students' confidence, discipline, self defense, concentration and physical condition.

1 Introductory offer per participant

Session begins the week of March 7 [Online registration](#) Winter 2011

Session begins April 4

Session begins May 2

Session begins June 6

[Online registration](#) Spring 2011

Choose 2 of the 3 days of the week that the classes are offered

Mixed Martial Arts For Adults Mon. 7:30pm, Wed. 7:30pm, Tues. 8pm, Thurs. 8pm, Sat.11am

Ladies Only Kick Boxing Ages 15+ Tues. 7pm, Thurs. 7pm, Sat. 9am



Chef It Up 2 Go!

7-9pm @ Mt. Olive Middle School

Home Economics Classroom (access from the Gym Lobby)

Mar. 11 \$43 Apr. 15 \$32

3/11 “Luck O’ the Irish” *This class is for Adults only.* We will make Irish Soda Bread and a few different stews

4/15 “Spring Fling” *This class is for Teens and Adults.* We will focus on edible centerpieces (from fruits, to chocolates they will be gorgeous and delicious) you will take home a scrumptious edible arrangement.

Trips 2011 (Children must be accompanied by an Adult)

APRIL 8, 2011 CULINARY INSTITUTE OF AMERICA, Cost: \$94

Leave Rockaway Mall Lot #36 departure 7:25am *Return Rockaway Mall Lot #36: 5:00PM

Spring Break Trip!!!! Bronx Zoo Trip! \$40 Wed. April 20 (no rain date) Includes the "Total Experience" ticket. Bring a lunch or purchase on site. Bus Leaves Wal-Mart parking lot 9am, returns by 7pm. Children must be accompanied by an adult

Yankee Games \$42 per ticket May 10th Yankees vs. Royals and Sept. 20th Yankees vs. Rays

Beefsteak Dinner To benefit Mt Olive Fraternal Order of Police

April 29 @ Budd Lake Firehouse. 6-10pm, Dinner served at 7pm. Catered by: The Brownstone

Tickets \$40 in advance \$50 at the door.

For info/tickets contact Joe Abrusci or Kevin Hyland 973-691-0900 ext 7537 or 7569



School Events** For more details****http://www.mountlivetownship.com/rec_schools.html

Middle School : MOPTA TRICKY TRAY, Saturday, March 5th, 2011. Free Tickets available

Sandshore School : SHSP's Annual Tricky Tray ,Saturday April 9th.

Silent Auction! Hosted by the Recreation Advisory Committee!

Friday, May 13th 6pm at Sandshore School Cafeteria

We need your help! Volunteers, Prizes, and participants needed! Families can contribute by:

Send a check in any amount made payable to Mt. Olive Recreation, in order to purchase the larger ticket items that may not be donated such as a TV, video games, stereo, etc. or donate a basket or an item for the event. A donation can be any size, such as such as a gift certificate to your favorite restaurant, movie tickets, theatre tickets, toys, beauty aids or a boat ride.

Please contact Mary Gallagher at 973-448-7046 or Jill Daggon at the Recreation Department at 973-691-0900 x 7261.

Learn to Skate @ Skorplex Ice and Turf 4 week program on Saturdays March 5- April 2 (register online winter 2011)

We promote skating for wellness for the whole family. Classes are offered for Tots through Adults ages 4 - Adult

10:45am -11:15am with little or no experience 11:15am -11:45am (some or intermediate experience)

Cost: \$101 *without skate rentals*, \$111 *with skate rentals* Location: 300 Stiger Street, Hackettstown, NJ 07840

KIDS NIGHT OUT..."THEME NIGHTS"! COST: \$15.00 per child, siblings \$10! **SPACE WILL BE LIMITED, REGISTER EARLY**

March: Saturday, 19th MARDI GRAS!!! Masks, stories, activities = AWESOME!

Sometimes Kids just need a break! They want to go out and have some FUN! What do we have planned? Fun filled THEME NIGHTS! A different theme each month. Activities to include age appropriate games and crafts, sports, dance and MUCH MORE!

WHERE: Mt. Olive Senior Center **TIMES:** Drop off 6:30pm, pickup by 9:30pm **AGES:** 3 yrs (potty trained please) - 10 yrs

Mt. Olive Badminton Club

Cost: \$40 Through June 2

For players 18 & over.

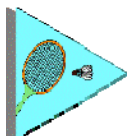
Badminton sports activities for all level of players from beginners to professional players.

Free coaching available for beginners.

Learn while you play.

For more information email:

Tariq Awan tariqawan@msn.com



Generation Y Basketball Club

Cost: \$60 for season

Age Group: 18+

January 5 - June 1, 2011***Weds Middle

School Aux Gym 7-10pm

Contact: Essad Malik: Email:

enmalik@gmail.com, cc tariqawan@msn.com

Men's 39+ Basketball \$60

Through June 7:00pm

Pick-up games are scheduled on

Mondays @ Middle School

Fridays @ Chester M Stephens

Non Residents additional \$10



The Program is sponsored by the Mt. Olive Recreation Dept and is limited to adults 39 years and older.

Contact Dan Bause dbause@verizon.net