



Mt. Olive Rec

973-691-0900
x7264 or
x 7261

Fall 2010! Programs for Adults



A TASTE
of the
HIGHLANDS

Benefiting Mount Olive Area
Recreation

Showcasing local restaurants!

Purchase tickets in advance and Save!

Taste of the Highlands: \$20 per person in advance, (\$25 at the door)

Kids' Night Out!: \$10 per person in advance, (\$12 at the door)

Advance tickets can be purchased at PNC Banks in Mt. Olive Township:

PNC Bank – Flanders: 239 Rt. 206 PNC Bank – Mt. Olive: US Hwy 46 & Naughtright Rd

*PNC Bank – Budd Lake: 100 US HWY 46 OR Mt. Olive Recreation Department or
on-line at www.mountolivetownship.com/recreation.html*

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

Monday, October 11th, 2010

5:30 to 8:30pm

Mount Olive Senior/Community Center

AND ... while you are dining...

Kids' Night Out!

Sponsored by Huntington Learning Center!

Located across the parking lot at the Municipal
Building Cafeteria and Council Chambers!

Shawnee Sunday Family Time Ski/Snowboard Club

New Program for 2011!!! Sundays 1-9pm , No Bus

Meet Group Leader at Shawnee!

January 9, 23, 30, Feb. 6, 13, 27 *Block Out Dates Jan. 16 & Feb. 20*

5 trips + 1 for a total of 6 (if paperwork is in before Thanksgiving)

Deadline Nov. 5 (Nov. 6 - Dec. 3 ***\$20 late fee applies)

No refunds after Dec. 3

Lift Only \$200 Lift/Rental \$250 Lift/Lesson \$240 Lift/Lesson/Rental \$285



Oct. 23rd

THE GREAT JACK O' LANTERN BLAZE at Van Cortlandt Manor
in Croton-on-Hudson, NY

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Nov. 13th

RADIO CITY'S CHRISTMAS SPECTACULAR®

•

Dec. 4th

CIRQUE DU SOLEIL'S WINTUK followed by Holiday Shopping
and NYC Light Tour

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Feb. 16th

WICKED

Trips





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 K begins the week of Oct. 4 Session L begins the week of Nov. 8

Session M begins the week of Dec 6

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, Tue. 8pm, Thurs. 8pm, Sat .11am

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



Dance 2LF!

(Dance for folks with 2 Left Feet)

Location: Mt. View School Gym

Mon. 6:45pm-7:30pm Cost:\$70

Various dance styles popular at parties, clubs and weddings

Learn at your own pace and interests – classes tailored to you!

From Salsa to Hip Hop to basic step touch Dress comfortably!

Mondays* 8 classes October 18 – Dec 6

Ballet Pound Shedder

6 Saturdays beginning Oct. 2 2-3pm

Cost:\$65 Location: Mt Olive Senior Center

Class for cuddly adult people who wants to lose some pounds and firm up their body.

Based on Eastern European ballet training and weight loss exercise for ballet dancers.

It works for them, it might work for you too! Bring water to drink and a yoga/exercise mat.

Ballet shoes or socks

No experience needed



Body-Mind Renewing

Workout

6 Sundays beginning Oct 3 10:30am - 11:30am

Cost:\$65 Location: Mt Olive Senior Center

One hour class of stretching, strengthening, sweating, huffing and puffing is based on classic ballet training, yet slightly modified for human beings! Side effects may include looking and feeling many years younger. Build long lean muscles, gain graceful movements, energize your body & mind, greatly improve your posture and enhance your mood! Ballet shoes or socks

Taught by: Monika Aimova, former ballerina from Czech Republic, Ballet teacher for the last 20 years and certified in Pilates.

Zumba Monthly Classes!

Offered on Tues. 7-8pm, Fri. 7-8pm and Sat. 8:30-9:30am

3 days a week \$48 each month 2 days a week \$45 each month

Minimum 5 participants to run class.

October Classes: 10/5 – 10/30

November Classes: 11/2 -11/27

December Classes: TBA

Try Zumba! \$7 walk in fee per class (pay at door).

Latin based music with easy to follow fitness movements. Class includes 45min zumba cardio fitness variation, 20 min standing abs with legs and arm sculpt (Please bring your own weights).

Held at Drakes Brook Park 155 Flanders-Netcong Road Flanders



Crochet for Beginners

Tuesdays 7-9pm at the Senior Center Craft Room
5 classes starting October 5th. Cost: \$84
Come and Enter the Exciting World of Crochet.

Learn to crochet and you will be able to create unique, one-of-a-kind gifts to yourself, family and friends. You will have fun, you will be excited and oh! So relaxing! Students will learn basic crochet techniques including the slip knot, chain stitch, single crochet, double crochet, half-double crochet and triple crochet. Students should bring: Worsted Weight Yarn in a light, bright color, H (5mm) and I (5.5mm) hooks Yarn Needle

About the Instructor: *Nnenna Pastor, a resident of Mount Olive, is a certified Crochet Instructor for Beginners and has crocheted for over 15 years. She enjoys teaching everyone to crochet to enhance one's style and living.*

Introduction to Winemaking Provided by Vintner's Circle

(Must be 21 years of age, proof required) Class size limited! \$104 Class is limited to 14 people.

Make three different types of wine during our group wine making class. This introduction to wine making enables each participant to have a hands-on approach to wine making. Take home six great bottles of wine you've made - three for immediate enjoyment and three for bottle aging. The wine making class is divided into four sessions, each focusing on a different phase of the wine making processes and wine enjoyment.

This class meets on Thursday at 7:00-8:00 pm, on the following dates:

Oct. 7th, 7:00 pm, Introduction and Primary Fermentation

Oct. 14th, 7:00 pm, Wine information and Secondary Fermentation

Oct. 28th, 7:00 pm, Stabilizing and Preserving Wine

Dec. 2nd, 7:00 pm, Bottling and Labeling Wine

Note: A NJ Winemaking License is required to participate in this class and can be purchased at the first session.

Class is held at Vintner's Circle Hackettstown, 57 Route 46, Hackettstown, NJ 07840



Chef It Up for Adults cooking classes

7-9pm @ Mt. Olive Middle School

Home Economics Classroom (access from the Gym Lobby)

Fridays: 10/8, 10/15, 10/22

All three classes for \$138; individual classes \$50 each

10/8 "A TASTE OF ITALY" The menu includes Fresh Homemade Mozzarella, Roasted Peppers with Garlic & Oil and Stromboli stuffed with sausage and broccoli rabe.

10/15 "DELICIOUS APPETIZERS" The menu will be Artichoke & White Bean Dip, Caramelized Onion Tartlets, Asparagus Wrapped in Prosciutto and Chocolate Mousse Tarts

10/22 "HAPPY HARVEST" The menu is Pumpkin Raviolis with a Sage & Butter Sauce, Sausage and Pumpkin Risotto and Chopped Salade with Pomegranate Dressing.

Men's 39+ Basketball

\$60

Begins in September and runs thru 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 for more information



Fusion Body Ball

Come and perform a variety of strength training, cardio, and core intense workout using a stability ball. Anyone can do it from beginners to advance. When using a stability ball you work multiple muscles at one time. The class is fun and challenging and will improve your overall body strength. For ages 15 and up. Class ends with a 15 Pilates cool down. Held at Drakes Brook Park

8 weeks starting September 13. No Class Oct. 11th

Three days a week is \$76, Two days a week \$67, One day a week \$41

Mon - 7 - 8:00 pm, Wed - 6:45 - 7:45 pm Thurs - 6:45 - 7:45 pm



Generation Y Basketball Club

Cost: \$60 for season Age Group: 18+

Oct. 13, 2010 - June 1, 2011

Weds @ Middle School Aux Gym 7-10pm

Contact: Essad Malik: Email:

enmalik@gmail.com,

cc tariqawan@msn.com

Exercise Class

WHERE: Mt. Olive Senior Center

WHEN: Schedule Below*Subject to change without notice

COST: Unlimited Classes per month - \$45

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



Mt. Olive Badminton Club

Cost: \$40 for the season

For players 18 & over.

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

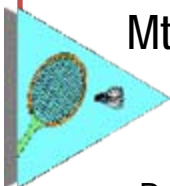
The 2010/2011 season runs Thurs.

Sep.16 - June 2.

Free coaching available for beginners. Learn while you play.

For more information email:

Tariq Awan tariqawan@msn.com



Monday 6:00 – 7:00 PM "Step & Sculpt"- a step class for all levels alternating toning segments using low level weights.
Tuesday 7:00- 8:00 PM -"Boot Camp" - it is all in this class. Intensity, strength training and even a little kickboxing focused on the "core". Weights, dyna-bands and the step are used.
Wednesday 7:00 – 8:00 PM "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 – 8:00 PM "Buts & Guts" –25 minutes of concentrated lower body standing toning exercises followed by 25 minutes of Pilates focused on abdominal strength.
Saturday 9:00 – 10:00 AM "Total Tone" - a strength training class designed to firm both upper & lower body. Includes low impact aerobics with dyna-bands.
Sunday 8:30 – 9:30 AM "15/15/15" – 15 minutes of Step, 15 minutes of aerobics, 15 minutes of toning and abs at the end