

The HP Department of Recreation presents: 2017 Winter Adult Programming



Indoor Adult Soccer (Co-ed)—Once per week for 10 weeks (Sundays 9:00am-11:00am) - High School Gym

Winter Starts Sunday January 8th Fee: \$30 HP Resident; \$50 Non-Resident



Tai Chi—Once per week - 10 week session (Beginner Mon 6pm—7:pm; Interm./Advanced Mon 7pm—8pm) @the Senior/Youth Center:

Originally developed as a form of self-defense, tai chi uses gentle movements, connecting mind and body, that can help reduce stress, increase flexibility, improve muscle strength and definition, increase energy, stamina, and agility, and increase feelings of well-being.

Winter Starts in January Fee: \$75 HP Resident; \$90 Non-Resident



Basketball (Men ages 30+) - Once per week for 10 weeks (Wednesdays 8:00pm—10:00pm) - Highland Park High School

Winter Starts January 4th Fee: \$20 HP Resident



Israeli Dance—Once per week for 10 weeks (Mondays 8:00pm—10:00pm) at the Senior/Youth Center: Israeli Dance is a traditional dance, arising from Jewish religious and cultural celebrations that developed in the Jewish diaspora. Israeli Folk Dance combines circle dances and line dances, with dance attire usually resembling that of Eastern Europe. In large groups of people, it can be done in concentric circles, with one circle dancing inside another

Winter Starts in January Fee: \$75 HP Resident; \$90 Non-Resident



Volleyball—Once per week for 10 weeks (Mondays 8:00pm—10:00pm) - Bartle School Gym. Beginner to Advanced players welcome! Get a great workout while having fun!

Winter Starts January 9th Fee: \$60 HP Resident; \$80 Non-Resident



Fitness for All— Twice per week for 10 weeks Mostly Mondays and Thursdays 7pm—8pm @the Senior/Youth Center Come enjoy an exciting workout to get yourself in shape! We use step, balance balls, dumbbells, exercise tubing, and an ever changing hour long get up and go motivational workout! All levels of fitness are welcome! Program can be modified for all levels!

Winter Starts January 9th

Fee: \$125.00 HP Resident; \$150.00 Non-Resident



Minimum Enrollment Necessary for all programs to run!

Registration Forms can be found at www.hpboro.com under Recreation Services, Registration Forms

OR you can find them at the Senior/Youth Center.

Department of Recreation: 220 South Sixth Ave, Highland Park
732-819-0052 www.hpboro.com