

# St. Francis Community Center



# 2021



# Summer

## Activities Schedule

### June 13 ~ August 28



St. Francis Community Center  
4700 Long Beach Blvd.  
Long Beach Township, NJ 08008-3926  
609-494-8861  
[stfranciscenterlbi.org](http://stfranciscenterlbi.org)  
[facebook.com/stfrancislbi](https://facebook.com/stfrancislbi)

## ***Welcome!***

The goal of the St. Francis Center is to be a community focal point which offers a wide range of services and programs aimed at meeting the needs of Ocean County residents regardless of age, race, ethnicity, gender, disability, sexual orientation, socio-economic status or religious affiliation.

St. Francis Center provides year-round educational, social, recreational and self-development activities and programs for all ages. Services include: Pre-school; Vacation Club Summer Camp; Counseling Center; Senior Center; Recreation Programs; Family Support Services; Educational Support Services; and Volunteer Programs & Events.

The Center's facilities include: a regulation gymnasium; competition-size indoor pool; two heated outdoor pools; men's and women's locker rooms for pool members; classrooms; meeting rooms; hospitality desks and offices.

### **Summer Business Hours:**

**Monday/Thursday/Friday: 9 am - 6 pm**

**Tuesday: 9 am-9 pm**

**Wednesday: 9 am - 6 pm**

**Saturday & Sunday: 9 am - 1 pm**

### **Center Holiday Closings:**

**Independence Day: July 4 & 5; Labor Day: September 6**

**\*Community Center hours are subject to change due to the Covid-19 Pandemic**

### **Open Gym Membership**

Open Gym Membership entitles a person to free admission for Open Gym Times for one year.

#### **RATES**

Open Gym Membership (5+ older).....\$50/year

Due to circumstances beyond our control, scheduled activities and events are subject to change. Additional events may also be scheduled.

### **Para Nuestra Comunidad Hispana**

Es nuestro placer anunciar que en nuestro centro comunitario hay personas que hablan Español. Estas personas pueden ayudar con cualquier necesidad. Si usted tiene interés en nuestro centro ó requiere mas información, llamenos a 609-494-8861.



St. Francis Community Center is handicap accessible with both an elevator and ramps for easy mobility throughout the building.

# REGISTRATION

## Summer Session Registration:

Monday, June 14, 2021 - 9:00 AM

**No registrations will be accepted over the phone.**

---

### Registration Information

Participants must meet the age requirements at the start of each program. Registration begins at 9 AM, and is on a first-come, first-serve basis. Since class sizes are limited, pre-registration is necessary for all classes. Class fees must be paid when registering. Registration may be done in person at the front desk or by mail. Mail-in and dropped-off registrations will be processed at the end of the business day on the respective registration date.

### Refunds

Refunds for recreation and swim classes will be given for medical reasons only. A physician's statement must accompany the request.

A Request for Refund Form (available at the front desk) must be completed in order to have a refund processed. A 75% refund will be issued (for medical reasons only). Refunds must be requested in writing during the session in which you have enrolled. No credits, refunds or make-up classes will be issued/permitted for classes missed due to personal reasons.

Please take into consideration all vacations, holidays, religious observances and other personal activities prior to registering for a class.

### "Drop-In" Policy

**There are no drop-in classes available this summer.**

### Cancellations

We reserve the right to cancel any class or activity due to insufficient enrollment. Classes or activities may also be cancelled because of hazardous weather conditions.

If a class is cancelled due to lack of enrollment, you will be notified and a refund or credit will be issued based on your preference

Available on our answering machine (609) 494-8861 and on the following website: [njstormwatch.com](http://njstormwatch.com) and [Facebook.com/stfrancislbj](https://www.facebook.com/stfrancislbj). To receive text notifications please register on [RainedOut.com](http://RainedOut.com). Search for St. Francis Center, LBICC, Inc. and follow instructions to receive messages.

**Open Gym Policy** - Open Gym schedules are available at the front desk of the Center. All participants must bring their own basketballs. Participants under the age of twelve (12) must be accompanied by a companion 16 years or older. There is limited supervision during open gym!

---

## CHILDREN'S SERVICES

*Our Mission and Philosophy is to provide high-quality care in a developmentally appropriate program while promoting self-esteem and fostering independence and creativity in a relaxed and nurturing environment.*

We are pleased to be able to offer a variety of programs at reasonable rates.

For all childcare information and availability please contact **Katie Opauski at 609-494-8861 ext. 114**. Information about CHS subsidized voucher slots call Amy Marks at ext. 102.

There is a \$50 yearly registration fee for all programs.

**There are no refunds.**

\*As of this publications all COVID-19 restrictions will be followed.

---

### **Year-Round Pre-School & Childcare Program**

*Ages 13 months to 5 years \*10% off for additional children\**

St. Francis Community Center's Preschool and Childcare are fully accredited by the National Association for the Education of Young Children (NAEYC). [www.naeyc.org/our-work/for-families.org](http://www.naeyc.org/our-work/for-families.org). We are also a GROW NJ KIDS 4 star-rated program! [www.GrowNJKids.com](http://www.GrowNJKids.com)

**Pre-School Program** - This program is designed to offer young children a loving and challenging environment where the primary focus is on nurturing their self-esteem. Creativity is expanded and readiness skills are developed so that pre-school children will be comfortable when they approach the formal environment of elementary school.

**Toddlers - Ages 13 months to 2½** (Prices are monthly)

Toddler, Transitional A & Transitional B Classes

**Full Day** (9 AM - 4 PM): 5 days a week \$586; 4 days a week \$492; 3 days a week \$394; 2 days a week \$297

**Work Day** (8:30 AM – 5:30 PM): 5 days a week \$761; 4 days a week \$589; 3 days a week \$479; 2 days a week \$369

**Preschool - Ages 2 ½ to 5** (Prices are monthly)

Entering Preschool Class by October 1

**Full Day** (9 AM - 4 PM): 5 days a week \$546; 4 days a week \$453; 3 days a week \$353; 2 days a week \$259

**Work Day** (8:30 AM – 5:30 PM): 5 days a week \$660; 4 days a week \$550; 3 days a week \$440; 2 days a week \$330

# CHILDREN'S SERVICES

## Vacation Club

**Registration: May 3 - 4:30PM**

*Ages 5 to 13 (must have completed Kindergarten)*

**June 21 through September 2, 2021**

*Contact the Community Center at 609-494-8861 ext. 114 for availability.*

***Online registration is not available.***

*For additional information email: [vacationclub@stfrancislb.org](mailto:vacationclub@stfrancislb.org)*

***As of this publication, COVID-19 restrictions will be followed.***

Children can join the fun, in the sun, by participating in activities such as arts & crafts, swimming, trips, basketball, and much more. All participants are to bring a lunch, snacks, sunscreen, bathing suit and towel everyday. St. Francis Center has an experienced staff with pediatric CPR/First Aid certification. Please visit St. Francis Community Center website for weekly themes and trips prior to day of registration.

At time of registration all 5 and 6 year old children must have proof of their grade level. Please bring in most recent report card. Also at time of registration, please bring your child's most recent/updated immunization records and Universal Health Records with your child(ren's) most recent physical. The form can be found on our website: [www.stfranciscenterlb.org/Children'sServices](http://www.stfranciscenterlb.org/Children'sServices). Your child will no longer be able to begin Vacation Club without these records on file. St. Francis does not retain these records year to year.

**Full Day** - Monday-Friday: 9:00 AM - 4:00 PM

\$190 per week/\$1,900 per season

**Extended Day** - Monday-Friday: 8:30 AM - 5:30 PM

\$210 per week/\$2,100 per season

10% off for additional children

## **Vacation Club Weekly Themes 2021**

*\*Times, weekly themes and trips are subject to change due to COVID-19 restrictions*

### **Week 1: June 21 - June 25 Aloha Summer**

Greet the summer with island fun! Participate in sand art, limbo, tug of war, tropical foods and jam to island music with our Hawaiian skirts and leis.

### **Week 2: June 28 - July 2 Pursuing Peru**

Come with us as we explore all things Peru! We will explore their culture by making clay pottery, play traditional games such as; soccer, sapo, and stone games, and learning about the most common animals that call Peru home, the alpacas and llamas!

### **Week 3: July 6 - July 9 Mystery Week**

Strange things are happening in Vacation Club this week and our campers will have to work together to solve these strange mysteries!

Gathering clues, reading maps, and scavenger hunts are some adventures in store. Please join us this week when the Murder Mystery visits us! CLOSED— Monday, July 5th.

# CHILDREN'S SERVICES

## **Week 4: July 12 - July 16 Game On!**

Don't miss this week as we play our favorite sports and show our team spirit!

Campers are welcome to wear their favorite team jerseys and colors as we play such as basketball, baseball, kickball and more! Don't forget to join us for this week as "Challenge Island" comes to visit to take us to South America where we will learn about Brazil's World Cup and create a soccer Stadium and game.

## **Week 5: July 19- July 23 Food Frenzy**

Food, food, and more food! Campers will be introduced to an array of different culinary experiences. They will be provided with fun facts that will teach them to make healthy choices when it comes to mealtime and snacks. Campers will grow their own vegetables and make fruit smoothies. This week "Chef It Up" will be visiting us! Campers will be making zucchini boats and decorating an emoji cupcake.

## **Week 6: July 26 - 30 Funky Physics**

This week, campers will explore the forces of nature! They will design their own catapults, do an egg drop experiment and much more. "Mad Science" will be coming to us with exciting experiments and teach us the physics behind some of our favorite sports.

## **Week 7: August 2 - 6 Animal Kingdom**

Lions, tigers, and bears, oh my! Join us this week as we explore everything animal! Campers will be making origami animals, bird houses, and much more! Rizzo's Wildlife World will be visiting Vacation Club to introduce our campers to different invertebrates, reptiles, mammals and amphibians.

## **Week 8: August 9 - 13 Aquatic Adventure**

Plunge into the deep blue sea! Get ready to take trips up and down the beach and collect shells, make seashell picture frames, and much more! We will be getting a visit from "Oceans Rock" to learn more about the ocean! Campers will get to touch real life sharks, stingrays, crabs and more! This trip will end with a seashell dig where campers may find fossils to bring home with them!

## **Week 9: August 16- 20 Color Craze**

Creativity stARTs here! Campers will be exploring different types of art! Come join us as we try art in different ways, such as painting, doodle art, and chalk art, 3-D art and much more. During the week we will be adding different pieces of art to our galleries to show off the talent of our campers! "Jersey Shore Paint Party" will be visiting us as they teach us how to make a beautiful painting on a canvas.

## **Week 10: August 23 - 27 Treasure Island**

AARGH Matey! Come walk the plank to a week of pirate themed fun! Campers will make their own treasure maps, go on a treasure hunt, choose a pirate name, and much more! Don't miss a visit from "Pirate Kevin", as he will do magic, juggling, teach pirate phrases, and more!

## **Week 11: August 30 - September 2 Anything Goes**

Backwards Day, Crazy Hair Day, Mismatch Day, Crazy Hat Day...Anything Goes this week in Vacation Club! We will be making balloon splatter Paintings, designing crazy glasses, and more! We will end the week (and summer) with an ice cream party!

# AQUATICS

## Indoor Pool Hours

Monday to Friday 6:30 AM - 6:00 PM  
Saturday & Sunday 8:00 AM - 5:00 PM

**The Indoor Pool will be closed for cleaning:  
August 30 through September 7.**

## Outdoor Pool Hours

### **July 1 - August 29**

11:00 AM - 3:00 PM (Monday-Friday)  
10:00AM-5:00PM (Saturday and Sunday)

### **August 30 - September 5**

9:00 AM - 5:00 PM

**Following Health Department regulations there will be  
limited capacity in all pools.**

The pools may be closed periodically for special events. Those dates and times will be posted in advance at the pool reception desk.

## Pool Rules

St. Francis Community Center will abide by the Bather Rules set forth by the State of New Jersey Department of Health, and the following:

1. Members must present their ID card at the pool reception area upon entrance and exit.
2. Guests must pay the "Guest Fee" for open swim, if space permits.
3. Anyone over the age of 12 months is required to pay a guest fee.
4. Everyone entering the pool area must be a member or pay a guest fee, whether you are swimming or not.
5. Children under the age of 10 must be accompanied by an adult, age 18 or older.
6. Only USCG approved lifejackets may be worn. No Swimmies!
7. No horseplay or running in the pool area.
8. Diving is permitted in the deep end only.
9. Jumping is permitted from the north and south walls only.
10. Prior to diving or jumping, make sure toes are over the edge, make sure no one is in your way and jump away from the wall.
11. No back dives or flips.
12. Pool and deck must be cleared during an electrical storm.
13. Proper swimming attire is required. No thongs or cut-off shorts.
14. No gum, food or drink on pool deck. Plastic water bottles are permitted.
15. Pool toys are permitted during birthday parties and open swim, at the lifeguard's discretion.
16. Noodles and kickboards are to be used in a passive, non-aggressive manner, and are not to be used as life support devices.
17. No hard balls (tennis, softball or baseball) are to be thrown in the indoor pool.
18. Members and guests may bring their own chairs and towels.
19. Any infraction of the above-stated rules will cause suspension from the Pool and Center grounds.
20. **All non-potty trained participants are required to wear swim diapers.**



# AQUATICS

## Pool Membership Fees (Indoor & Outdoor)

### Yearly Membership Fees

|   |       |
|---|-------|
| Family of 4 (2 Adults, 2 Children [17 & under]) | \$780 |
| 3rd Child.....                                  | \$ 85 |
| Each Additional Child.....                      | \$ 60 |
| Individual (All ages up to age 59) .....        | \$310 |
| Each Additional Child [17 & under].....         | \$200 |

### Six Month Membership Fee

|   |       |
|---|-------|
| Family of 4 (2 Adults, 2 Children [17 & under]).... | \$475 |
| 3rd Child.....                                      | \$ 85 |
| Each Additional Child .....                         | \$ 60 |
| Individual (All ages up to age 59).....             | \$250 |

### Three Month Membership Fee

|   |       |
|---|-------|
| Single Membership Only (flat rate - no discount)..... | \$160 |
|---|-------|

### Senior Citizen Memberships

|                           |       |
|---------------------------|-------|
| Yearly Membership.....    | \$280 |
| Six Month Membership..... | \$225 |

A **Pool Membership** entitles you to use of the **Pool Only**.

If an Aquatic program is cancelled or delayed due to inclement weather, there is no make-up date and no refund.

### Daily Guest Fees:

\$10 Per Person

Book of 5 Passes: \$45

Book of 10 Passes: \$80

Open Swim Only (Space Permitting)

Open Swim Hours subject to change without notice.

**Are you looking for a place to  
hold a birthday party?**

**St. Francis Community Center**  
offers a wet and wild time!



Each party is two hours. We provide the party room, which includes: tables, chairs, a full kitchen and garbage cans. You supply the party decorations, food and beverages.

Call the Aquatic Center today for more information  
or to book a Party; 609-494-8861 ext. 187.



# AQUATICS

## Outdoor Swim Lesson Schedule

Session I: June 28 - July 9 *\*no class 7/5*  
 Session II: July 12 - July 23  
 Session III: July 16 - August 6  
 Session IV: August 9 - August 20

### Time:

### Level:

9:00 - 9:45 Advanced } Large Pool

9:50 - 10:35 Intermediate

10:40 - 11:10 Beginner Level 2

11:15 - 11:45 Beginner Level 1

11:50 - 12:20 Water Tots

1:25 - 1:55 Beginner Level 2

2:00 - 2:30 Beginner Level 1

2:35 - 3:05 4 Year Old

3:10 - 3:40 Intermediate

Small Pool

**Parents are only permitted on the pool deck for the first and last swim lesson!**

**Thank you for your cooperation.**

**Children must meet the age requirement on the day the session starts.**

Each registered participant will undergo a performance evaluation at the first class of each session. If the participant is unable to perform the pre-requisites, the instructor will recommend the child be moved to a more suitable level during that session. If those classes are full, the child will be offered the first available space in successive sessions and a \$5 transfer fee will be charged.

## **IMPORTANT AQUATIC INFORMATION FOR THE 2021 SUMMER SEASON:**

**For the safety of our staff and guests and to follow Social Distancing Guidelines set forth by the State of New Jersey a parent or guardian over the age of 15 must be in the water to assist with participants at all times during class while remaining 6 feet apart from other families and participants for the following Swim Lessons/Classes:**  
**Private Swim Lessons, Water Tots, 4 Year Old Beginner Swim, Beginner Level 1.**

# AQUATICS

## Private Lessons:

Private lessons offer one-on-one instruction for swimmers ages 4 and above. This program is for anyone who wants to learn basic aquatic safety and to acquire new swimming skills.

\$30 per person per 1/2 hour lesson  
**No refunds!**

**Private lessons begin June 28**  
**Registration opens June 14**

Appointments for lessons must be made through the Aquatic Center Reception Desk at 609-494-8861 ext. 187. Private Swim Lesson Registration Forms are available online at:  
[stfranciscenterlbi.org/aquatics](http://stfranciscenterlbi.org/aquatics).

*Please note: Appointments must be booked through the Aquatics Desk before registration forms and payment can be submitted.*

## Water Tots

**Session I \$90**

**Ages: 1 to 3**

**Session II/III/IV \$100**

This class is designed for parents and children to be in the pool together. Children are taught to become more comfortable in the water. Fun and games in the pool help the child gain confidence to swim alone.

**Instructor:** Allison Nemes (Max: 9 Min: 3)

Monday - Friday; 11:50 AM - 12:20 PM; Place: Small Pool

### Session I:

(Code 411101-01)  
June 28 - July 9  
*No class 7/5*

### Session II:

(Code 411101-02)  
July 12 - 23

### Session III:

(Code 411101-03)  
July 26 - Aug. 6

### Session IV:

(Code 411101-04)  
Aug. 9 - 20

## (4-Year-Old) Beginner Swim

**Session I \$90**

**Age: 4**

**Session II/III/IV \$100**

This class targets the Level 1 Beginner. General safety rules will be learned as well as the front & back floats, doggie paddle and getting the face wet. The child should be comfortable in water, for example likes to play in water, enjoys bath time, etc.

**The adult will assist the child with the lesson.**

**Instructor:** Allison Nemes

Monday - Friday; 2:35 - 3:05 PM; Place: Small Pool (Max: 9 Min: 3)

### Session I:

(Code 411100-01)  
June 28 - July 9  
*No class 7/5*

### Session II:

(Code 411100-02)  
July 12 - 23

### Session III:

(Code 411100-03)  
July 26 - Aug. 6

### Session IV:

(Code 411100-04)  
Aug. 9 - 20



# AQUATICS

## Beginner Level 1

**Ages: 5 & up**

**Session I \$90**

**Session II/III/IV \$100**

(According to Ability) This class is designed to help with the beginning elements of swimming including water adjustment, breathing, floating, kicking and personal safety. **The adult will assist the child in learning to doggie paddle and underwater swim.** Must be 5 at start of session.

**Instructor:** Allison Nemes (Max: 9 Min: 3)

Monday - Friday; Place: Small Pool

11:15 - 11:45 or 2:00 - 2:30

### Session I:

June 28 - July 9 *no class 7/5* (Code 411103-01) (Code 411103-05)

### Session II:

July 12 - July 23 (Code 411103-02) (Code 411103-06)

### Session III:

July 26 - Aug. 6 (Code 411103-03) (Code 411103-07)

### Session IV:

Aug. 9 - Aug 20 (Code 411103-04) (Code 411103-08)

## Beginner Level 2

**Ages: 5 & up**

**Session I \$90**

**Session II/III/IV \$100**

(According to Ability) This class is for the child who is water oriented and has mastered the beginning elements of swimming. The front crawl and elementary backstroke will also be introduced in this course. **Pre-requisite:** Must be able to perform the prone float, back float and doggie paddle. Must be 5 at the start of session.

**Instructor:** Allison Nemes (Max: 9 Min: 3)

Monday - Friday; Place: Small Pool;

10:40 - 11:10 or 1:25 - 1:55

### Session I:

June 28 - July 9 *no class 7/5* (Code 411104-01) (Code 411104-05)

### Session II:

July 12 - July 23 (Code 411104-02) (Code 411104-06)

### Session III:

July 26 - Aug. 6 (Code 411104-03) (Code 411104-07)

### Session IV:

Aug. 9 - Aug 20 (Code 411104-04) (Code 411104-08)



# AQUATICS

## Intermediate

**Ages: 6 & up**

**(According to ability)** Basic survival swimming is taught while improving beginner skills to build stamina and coordination. Improve front crawl and introduce backstroke and elementary backstroke and breaststroke.

**Pre-requisite:** Students should be able to jump in the deep end and perform the front crawl and backstroke 25 yards. Must be 6 at start of session.

**Instructor:** Allison Nemes (Max: 9 Min: 3)

Monday - Friday; Place: Small Pool

|                                      | <u>9:50 - 10:35</u> | or | <u>3:10 - 3:40</u> |
|--------------------------------------|---------------------|----|--------------------|
| <b><u>Session I:</u></b>             |                     |    |                    |
| June 28 - July 9 <i>no class 7/5</i> | (Code 411105-01)    |    | (Code 411102-01)   |
| <b><u>Session II:</u></b>            |                     |    |                    |
| July 12 - July 23                    | (Code 411105-02)    |    | (Code 411102-02)   |
| <b><u>Session III:</u></b>           |                     |    |                    |
| July 26 - Aug. 6                     | (Code 411105-03)    |    | (Code 411102-03)   |
| <b><u>Session IV:</u></b>            |                     |    |                    |
| Aug. 9 - Aug. 20                     | (Code 411105-04)    |    | (Code 411102-04)   |

**Session I Morning:** \$100 / **Session 1 Afternoon:** \$90

**Session II/III/IV Morning:** \$110 / **Session II/III/IV Afternoon:** \$100

## Advanced

**Ages: 8 & Up**

**Session I \$100**

**Session II/III/IV \$110**

**(According to ability)** Required skills include front and back crawl, elementary backstroke, breaststroke and sidestroke. All participants will be swimming laps for strength and endurance. Must be 8 at start of session.

**Instructor:** Allison Nemes (Max: 9 Min: 3)

Monday - Friday; 9:00 - 9:45 AM; Place: Large Outdoor Pool

|                          |                           |                            |                           |
|--------------------------|---------------------------|----------------------------|---------------------------|
| <b><u>Session I:</u></b> | <b><u>Session II:</u></b> | <b><u>Session III:</u></b> | <b><u>Session IV:</u></b> |
| (Code 411106-01)         | (Code 411106-02)          | (Code 411106-03)           | (Code 411106-04)          |
| June 28 - July 9         | July 12 - 23              | July 26 - Aug. 6           | Aug. 9 - 20               |
| <i>no class 7/5</i>      |                           |                            |                           |



# AQUATICS

## Youth Swim Team

**Fee: \$200**

***Ages 5 & up***

Max/session: 80 Min/session 20

Each practice will take place every day in the outdoor pool. Each practice session will consist of endurance & speed training, stroke development and racing techniques. All levels are encouraged to participate. Participants must be able to swim at least 25 yards of backstroke, breaststroke and freestyle without assistance. Please take note:

- Some away meets take place in the bay!
- Practices will take place in the outdoor pool.
- There will be no guarantees on what practice time you will have. Age and swim times will determine practice sessions.
- With anticipated COVID restrictions and not being able to accommodate 6 lanes in the outdoor pool, St. Francis will not be hosting meets.

**Head Coach:** Emily Cherry - Barnegat High School Swim Team Coach

**Assistant Coaches:** Jackie Holohan, Mya Pierson, Kaylyn Iusan

**Place:** Outdoor

**Practice:** Monday-Friday  
June 21- August 13 (no class July 5)

**Meets:**

|           |               |                 |          |
|-----------|---------------|-----------------|----------|
| Age 8-10  | 4:00pm-5:45pm | Code: 411109-01 | (max.25) |
| Age 11-13 | 6:00pm-7:45pm | Code: 411109-02 | (max.25) |
| Age 14-16 | 8:00pm-9:45pm | Code: 408101-01 | (max.25) |

## **Swim Team Parents Meeting:**

One parent must **ATTEND** in order for your child to participate. Parent(s), please make every effort to attend this meeting. Swim team needs ALL parents to volunteer at least one meet as a timer, scorekeeper, ribbon distributor. The meeting date is Thursday, June 24th and there will be meetings held between 4:00pm and 5:00pm.

Only one meeting must be attended, please feel free to attend whichever one works best for you.



# AQUATICS

## Aquatic Aerobics

**Session I \$100**

**Session II \$110**

The Aquatic Aerobics classes take place in chest-deep water. Class format includes a warm-up, aerobic segment, cool down, endurance and stretch segment. In a group atmosphere, participants will experience increased cardiovascular conditioning, flexibility and a lot of fun. (Max: 12 Min: 4)

**Mon., Wed. & Fri.; 8:00 - 8:45 AM**

**Place:** Indoor Pool

**Instructor:** Susan Sellarole

### Session I:

(Code 425102-01)

June 21-July 23

*\* No class 7/5\**

### Session II:

(Code 425102-02)

July 26-Aug. 27

## **Aquatic Aerobics Tues. & Thurs.**

**\$75/Session**

**Place:** Indoor Pool

**Instructor:** Jeanette Giordano

**8:00 - 8:45 am**

**10:00-10:45 am**

### Session I:

June 22 - July 22 (Code 425103-01)

(Code: 411008-01)

### Session II:

July 27 - Aug. 26 (Code 425103-02)

(Code: 411008-02)

## Deep Water Aerobics

**Session I \$100**

**Session II \$110**

This class takes place in deep water to increase stamina while eliminating stress on all joints. It is a cardiovascular workout designed to strengthen muscles and increase range of motion. Swimmers and non-swimmers are welcome. **Must bring your own float belt.**

(Max: 10 Min: 4)

**Mon., Wed. & Fri.; 9:00 - 9:45 AM;**

**Place:** Indoor Pool

**Instructor:** Susan Sellarole

### Session I:

(Code 425101-01)

June 21 - July 23

*\*No class 7/5*

### Session II:

(Code 425101-02)

July 26 - Aug. 27

## **Deep Water Tues. & Thurs. 9:00 - 9:45 AM**

**\$75/Session**

**Instructor:** Jeanette Giordano

**Place:** Indoor Pool

### Session I:

(Code 425100-01)

June 22 - July 22

### Session II:

(Code 425100-02)

July 27 - Aug. 26

# AQUATICS

## Arthritis Water Exercise

Session I \$100

Session II \$110

Help manage your arthritis, have fun and exercise at the same time. Try our aquatic arthritis water exercise program! Trained instructors guide participants through a series of specially designed low-impact exercises. Exercises are performed in water and designed to decrease pain and stiffness and increase range of motion, strength and endurance without putting stress on the joints. Physician's consent form is **not** required.

**Instructor:** Susan Sellarole (Max: 12 Min: 4)

Mon., Wed., & Fri.; 10:00- 10:45 AM; Place: Indoor Pool

### Session I:

(Code 426105-01)

June 21 - July 23

\*No class 7/5

### Session II:

(Code 426105-02)

July 26 - Aug. 27

## Splash Dance

(Max: 10 Min: 4)

Aqua-size with Cathie Minehart!!

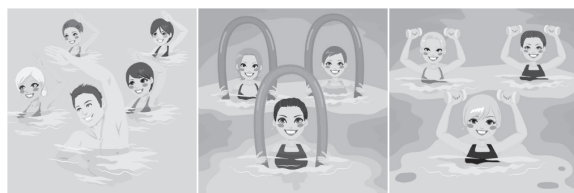
Cathie has been teaching water exercise for more than 40 years. Dance to music in waist deep water in the outdoor pool as the perfect way to get a cardio-aerobic workout while protecting the joints and acquiring agility and muscle tone. Her class enjoys low-impact routines allowing participants to work at their own pace.

Come ready to jump in for fitness and fun!

**Instructor:** Cathie Minehart

Monday through Friday; 3:45 - 4:45 PM; Place; Outdoor Small Pool

|                      |   |      |                  |
|----------------------|---|------|------------------|
| <u>Session I:</u>    | June 28 - July 2                        | \$40 | (Code 425106-01) |
| <u>Session II:</u>   | July 6 - July 9<br><i>*no class 7/5</i> | \$32 | (Code 425106-02) |
| <u>Session III:</u>  | July 12 - July 16                       | \$40 | (Code 425106-03) |
| <u>Session IV:</u>   | July 19 - July 23                       | \$40 | (Code 425106-04) |
| <u>Session VI:</u>   | July 26 - July 30                       | \$40 | (Code 426103-01) |
| <u>Session V:</u>    | Aug. 2 - Aug. 6                         | \$40 | Code 425106-06)  |
| <u>(Session VII:</u> | Aug. 16 - Aug. 20                       | \$40 | (Code 425106-07) |
| <u>Session VIII:</u> | Aug. 23 - Aug. 27                       | \$40 | (Code 425106-08) |





## RECREATION

**Open Gym is cancelled until further notice.**

*To insure proper maintenance and supervision of the Community Center, the following rules will be observed:*

1. Proper gym attire will be worn at all times in the gym. Shirts and shoes are required in all areas of the Center.
2. Non-Members may use the gymnasium during open activities for a guest fee of \$2 per youth and \$3 per adult. Smoking is not permitted. Food, drinks and chewing gum are prohibited in the gym area.
3. The Center will not be responsible for valuables left unattended.

### **IMPORTANT INFORMATION FOR THE 2021 SUMMER SEASON FOR RECREATION CAMPS:**

Due to certain restrictions regarding gatherings set in place by the State of New Jersey, parents/guardians will not be able to remain in the building to watch their children while they are participating in their sports clinics, except for one parent of any camper 6 years and younger.

One parent/guardian will be able to drop their children off at the main lobby of the Community Center. Face coverings are required. Temperatures and health screenings are necessary before entering the clinic. The St. Francis Center will be taking the necessary steps to ensure all equipment is properly sanitized and that participants are socially distanced from each other.

We appreciate your continued support and your anticipated adherence to the new guidelines we have put in place to ensure the health and safety our participants and staff.

**New for 2021, all youth recreation participants  
receive a camp t-shirt!**

# RECREATION

## **Dick Manzo's and Coach Pampalone Basketball Clinics**

**Session I/II \$125**

**Session III \$100**

***Ages: 7 to 16***

Boys and Girls are welcome to attend our annual clinic. This is a complete program stressing fundamentals of all aspects of the game with a strong focus on shooting and ball handling. Come to improve on all aspects of your game the correct way.

### **Instructors:**

Dick Manzo - Clinic Director and former Southern Regional Varsity Basketball Coach

John Pampalone - Assistant Clinic Director and Southern Regional Varsity Basketball Coach

**Place:** Gym (*Max: 25, Min: 10*)

**Session IA:** *Ages 7 to 10;* (Code 407102-01)

Mon. - Fri.; 9:30 AM - 12:00 PM; June 28- July 2

**Session IB:** *Ages 11 to 16;* (Code 407102-02)

Mon. - Fri.; 1:00 - 3:30 PM; June 28 - July 2

**Session IIA:** *Ages 7 to 10;* (Code 407102-03)

Mon. - Fri.; 9:30 AM - 12:00 PM; July 12 - July 16

**Session IIB:** *Ages 11 to 16;* (Code 407101-01)

Mon. - Fri.; 1:00 - 3:30 PM; July 12 - July 16

**Session IIIA:** *Ages 7 to 10* (Code 407102-05)

Mon. - Thurs.: 9:30 - 12:00 PM; July 19 - July 22

**Session IIIB:** *Ages 11 to 16* (Code 407101-01)

Mon. - Thurs.: 1:00 PM - 3:30 PM; July 19 - July 22

---

## **Tot & Tyke Basketball with Coach Manzo**

**Fee: \$70**

It's never too early to learn the basic skills of basketball, Dribbling, shooting and passing will be taught. Modified baskets will be used for participants success.

**Instructor:** Dick Manzo

**Place:** Gym (*Max 12, Min 5*)

### **Session I: Tots**

*Ages 4-5*

**June 21 - June 25**

9:30AM - 10:30AM

Monday- Friday

Code: 407102-06

### **Session II: Tykes**

*Ages 6-7*

**June 21- June 25**

11:00AM- 12:00PM

Monday-Friday

Code: 407102-07

# RECREATION

## Summer Recess with Mr. La Marco

Fee: \$125

Do you miss all of your favorite gym and recess activities when school is out for summer? If so, come join us on Tuesday nights where we'll play all of your favorite schoolyard games! Please bring sneakers and a drink.

**Instructor:** Jim La Marco, P.E. Teacher, Ethel A. Jacobsen Elementary School

**Place:** Gym (*Max 25, Min 6*)

### Session I

*Ages: 5-8*

**June 22– August 24**

6:00PM-7:00PM

Tuesdays

Code: 406201-01

### Session II

*Ages: 9-12*

**June 22– August 24**

7:00PM-8:00PM

Tuesdays

Code: 406201-02



## Lacrosse 101

Fee: \$100

*Ages: 9 to 13*

This four day clinic will cover many of the individual skill sets and fundamentals including catching, passing, cradling and shooting. This camp is a great introduction to the sport of lacrosse. Please wear sneakers, **NO CLEATS!**

**Instructor:** John Pampalone, SRHS Lacrosse Head Coach

**Place:** Gym (*Max: 25 , Min: 4*)

**Session I:** July 6– July 9; Tuesday - Friday; 9:30AM- 11:30 AM

(Code 412101-01)

## RECREATION

### Camp Crafty

Fee: \$125

BOYS & GIRLS, join Crafty Katie and explore the art of sewing and fiber arts. We will be weaving on all types of looms. Getting crafty with fabric by sewing– everyone will have a chance to use a sewing machine! Learn to crochet a teddy bear sweater with the Crafty Bears! And if that's not exciting enough...we will be felting with wool and finger knitting an awesome pillow! It's going to be a Craftastic time!

**Instructor:** Crafty Katie

**Place:** Pool Room (*Max 15, Min 4*)

#### Session I

*Ages 6-10*

**July 26– July 30**

9:30AM-11:00AM

Monday-Friday

Code: 406101-01

#### Session II

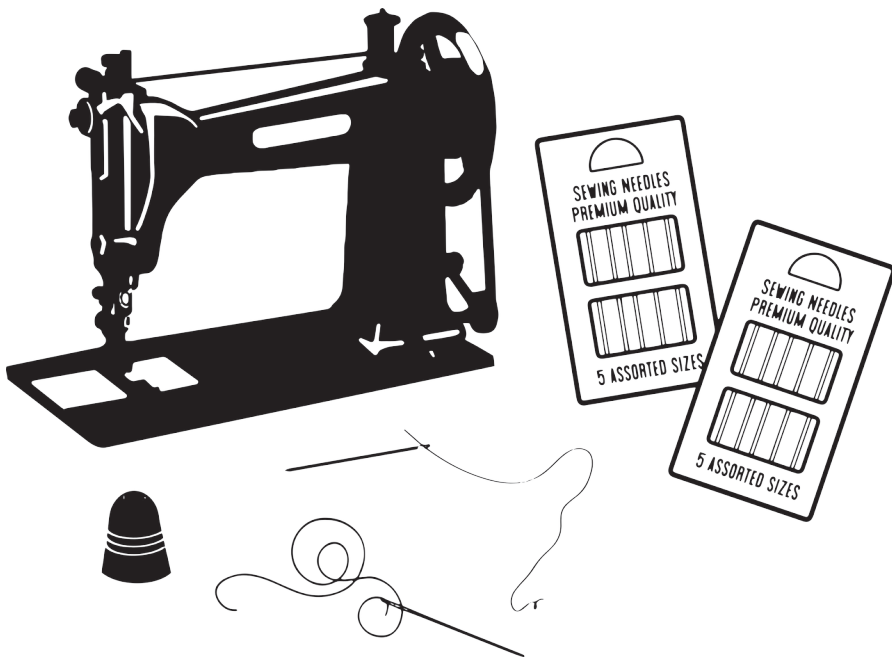
*Ages 11+*

**July 26– July 30**

11:00AM-12:30PM

Monday-Friday

Code: 4016101-02



## RECREATION

### **Tyke Gymnastics Clinic**

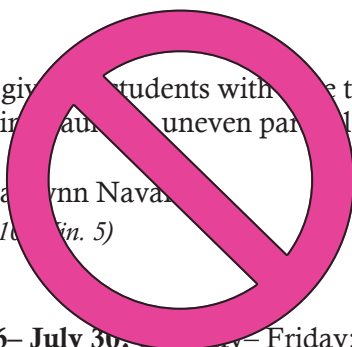
**Fee: \$70**

***Ages 3 & 4***

Instruction will be given to students with no background in gymnastics, including vaulting, uneven parallel bars, balance beam and floor exercise.

**Instructor:** Donna-Lynn Navarro

**Place:** Gym (Max 10 Min. 5)



**Session 1: July 26– July 30, Monday– Friday; 9:15AM-10:00AM**  
(Code 405101-02)



### **Gymnastics Clinic**

**Fee: \$150**

***Ages: 5 & Up***

Expert instruction will be given in the following areas: balance beam, uneven parallel bars, floor exercise, vaulting and dance. Also, students will continuously be moving throughout the class without waiting in long lines. Please bring a nutritious snack.

**Instructor:** Donna-Lynn Navarro

**Place:** Gym (Max: 25 Min: 8)

**Session I: July 26-July 30; Monday– Friday; 9:15AM-12:15PM**  
(Code 405102-02)



# RECREATION

## Get Ready for Flag Football

Fee: \$125

*Ages 4-6*

Flag football is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for league play.

Campers will learn skills on both sides of the ball including passing, catching, stances, pass defense, and grabbing the flag. All presented in a fun and positive environment. (If possible, please bring flags)

**NO CLEATS!**

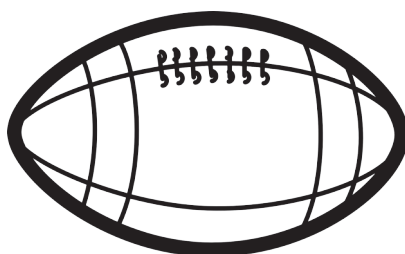
**Instructor:** Steve La Marco, Recreation Coordinator

**Place:** Gym (*Max 25, Min 6*)

Monday– Friday

12:00PM-2:00PM

**Session I:** *Ages 4-6; Aug. 2-Aug. 6* (Code: 430000-01)



## Ultimate Recreation Camp Games

Fee: \$125

*Ages: 6-13*

Play all your favorite games during one fun week! All the games you love playing during the year will now be offered during this exciting week of camp! Classics like kickball, dodgeball, volleyball, capture the flag and four square along with new games like bounce ball will be offered. If you are looking for a week of all your favorite gym class games this camp is for you.

**Instructors:** Dick Manzo & John Pampalone

**Place:** Gym (*Max 25 Min 8*)

**Session I:** Aug. 2 - Aug. 6; Monday- Friday ; 9:30 AM– 11:30 AM  
(Code: 407103-01)

## RECREATION

### Tee Ball Clinic with Tom Natoli

Fee: \$125

**Ages:** 4 to 6

This session will cover the basics of batting and help children learn about how the game is played, while utilizing games and fun activities to help learn the crucial skills. Exciting games will be used to help learn how to hit off of a tee, how to properly position yourself in the batter's box and the art of base running. **Please bring your own baseball equipment and wear sneakers. NO CLEATS!**

**Instructor:** Tom Natoli, Manchester Varsity Baseball Coach

**Place:** Gym (Max: 25 Min: 6)

**Session I:** August 9– 13; Monday- Friday; 10:00 AM - 12:00 PM  
(Code: 406102-01)

---

### Baseball Games with Tom Natoli

Fee: \$125

**Ages:** 7 and Up

The focus will be utilizing each camper's skillset in a team environment. During the week, participants will play Wiffle Ball games, Incrediball games, target-hitting games, base running games, and throwing and catching games. Coach Natoli, with over 16 years of coaching experience, will work on all of the important aspects of playing baseball in a fun and exciting environment! **Please bring your own baseball equipment, wear sneakers, NO CLEATS!**

**Instructor** – Tom Natoli, Manchester Varsity Baseball Coach

**Place:** Gym (Max: 25 Min: 4)

**Session I:** August 9 - 13; Monday - Friday; 12:00 - 2:00 PM  
(Code: 410000-01)





# RECREATION

## **Soccer Skills & Drills**

**Fee: \$125**

***Ages: 5 to 12***

Younger participants will be introduced to soccer through games and activities and older participants will receive instruction to develop technical ability and a better understanding of the game. The focus will be on dribbling and mastering the ball at your feet. **Please wear shin guards & sneakers, NO CLEATS!**

**Instructor:** Sal Colino, USSF Licensed Trainer & LBI School PE Teacher

**Place:** Gym (Max: 20 per session)

**Session IA:** Ages 4 to 6; Monday-Friday  
(Code 417101-01) August 16 - 20; 10:00 AM- 12:00 PM

**Session IB:** Ages 7 to 12; Monday-Friday  
(Code 417101-02) August 16 - 20; 12:00 PM - 2:00 PM



## **All Level Yoga**

**Fee: \$100**

***Ages 18 and Up***

Feeling stressed, overwhelmed, anxious? Come discover the many health benefits of yoga! In this class you will learn breathing exercises, various yoga poses, balancing, stretching and meditation. Students should be comfortable seated on the floor for short periods of time. If you have any medical conditions check with your physician before registering. Please bring a Yoga mat to class. Register Early. Space is Limited. (Max: 7 Min. 4)

**Instructor:** Sue Seiter, EYRT200

**Place:** Multi-Purpose Room

**Session I:** July 12– August 16; Mondays; 5:00PM-6:15PM  
(Code 406100-02)



## RECREATION

### **Basic Boating Safety Courses - NJ Certified**

**Fee: \$90**

***Ages: 13 & up***

The NJ State Police Certification Course for Basic Boating Safety will consist of a total of 8 hours of lecture and video with homework and test. This class will prepare and certify you to operate a motor boat or a personal water craft vessel in NJ. Certified operators ages 13-15 may operate vessels with up to a 1 hp motor. However, if the vessel is over 12 feet long, then motor may be up to 9.9 hp. Certified operators ages 16 and older may operate any motor boat or personal watercraft. Workbooks provided. (Max: 9 Min: 5)

**Instructor:** Keith Gunsten, Seaspray Services

Tuesday & Thursday; 5:00 - 9:00 PM;

Place: Multi-Purpose Room, Aquatic Center

**Session I:** June 22 & 24 Must attend both nights

(Code 426106-02)

**Session II:** July 13 & 15 Must attend both nights

(Code 426103-02)

**Session III:** July 27 & 29 Must attend both nights

(Code 426106-03)

**Session IV:** August 10 & 12 Must attend both nights

(Code 426106-04)

### **49th Annual Long Beach Island Commemorative 18 Mile Run**

#### **Fundraiser**

**Sunday, October 10th, 2021**

Race starts at 10:30 AM in Holgate.

\$65 – Every runner signed up by September 20th will receive a race T-shirt and commemorative medal.

USATF-NJ Members:

\$55 – Every runner signed up by September 20th will receive a race T-shirt and commemorative medal. The USATF-NJ Member discount will only be available until September 20th. Fees honored by postmark date.

After a 2 year hiatus due to coastal storm flooding and COVID-19 precautions, the LBI 18 Mile Run is back in person! The course is a straight, flat, point-to-point run heading North on Long Beach Blvd. Air temperature in October on LBI is approximately 65 degrees, winds generally coming from the South.

Applications are available at the Front Desk of the Community Center and a printable version online at [www.stfranciscenterlbi.org](http://www.stfranciscenterlbi.org).

Registration will open up Monday June 7th both in person and online. To receive a commemorative T-shirt and race medal you must register by Monday September 20th at 5p.

Final registration and race-packet pickup will be held from 2:00p to 7:00p on Saturday October 9 and from 7:00a to 9:30a on Sunday October 10.

*The funds raised from this year's race will go directly into the St. Francis Community Center's Recreation and Aquatic departments to help us better serve our community thorough programs such as group and private swim lessons, swim team clinics, aquatic exercise classes, recreation basketball, summer sports camps and much more.*

## SPECIAL EVENTS

### Annual Garden Party By the Sea– A Fashion Show

**\*Due to Covid-19 this event has been cancelled.\***

---

### Fish & Chip Food Truck

Saturday, June 12; 4:30-7:00pm  
St. Francis Community Center  
\$20/Adult ; \$10/Child

**TAKE OUT ONLY!** Come out and enjoy the delicious Kearny Thistle food truck! Both Fish and chicken options are available! Dinner tickets can be purchased at the Community Center Front Desk!

---

### Red Cross Blood Mobile

Thursday, July 15; 1 - 6 PM  
St. Francis Church Hall

You don't need a special reason to give blood. The need is constant and your donation is important for maintaining a healthy and reliable blood supply. You'll feel good knowing you've helped change a life!

Please call the Community Center at 609-494-8861 ext. 118 or visit: [www.redcrossblood.org](http://www.redcrossblood.org) to schedule an appointment.

---

### Summer Craft Show

Saturday, July 24; 9:30 AM - 4 PM  
St. Francis Community Center Gym  
Admission \$2

Check out the area's fabulous local crafters. Items include: hand-made baskets, pottery, beach décor, jewelry, photography and so much more!

---

### Movie Under the Stars

Thursday, July 29; 6:30PM– 10:30PM  
St. Francis Center Outdoor Pool  
\$10 Special Event Pool Pass Fee

Enjoy a special night of swimming under the stars in our beautiful outdoor pools! Participants will have the opportunity to swim after hours, see our facilities and enjoy a complementary showing of *Finding Dory*. Light concessions will be available for purchase. **Don't forget your beach chairs and towels!**

## SPECIAL EVENTS

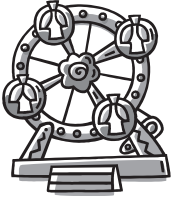
### Festival of the Sea

*A Carnival of Fun!*

Tues., August 10 to Sat., August 14th

6:00 PM– 10:00 PM (weather permitting)

St. Francis Parish & Community Center Grounds



Bring the whole family for five nights of fun for all ages! Pay one price every night to ride the rides all night long. Rides are for all ages. Hourly 50/50's, Games of Chance! Super Progressive 50/50! Great food! And so much more!

Last years Progressive 50/50 winner received **\$10,182.50!**  
Tickets can be purchased at the front desk of the Community Center and before & after Sunday masses.

Drawing **August 14th** at 10:00 PM

---

### 2021 Car Raffle

Books cost \$100. Only 3,000 Books

Available ***Five chances to win in each book.***

- 2021 Jeep Renegade Valued at: \$28, 075
- 2021 Jeep Compass Value at \$28,150
- 2021 Jeep Cherokee Valued at: \$29,305
- 2021 Jeep Wrangler (Yellow) Valued at : \$31,675
- 2021 Jeep Wrangler (Blue) Valued at: \$31,675



Tickets sold in booklets only. Each book may carry more than one name. Bearer is entitled to win all five vehicles.

Tickets may be purchased at the front desk of the Community Center.

The drawing for all five vehicles will begin at **7 PM** immediately following the Annual Spaghetti Dinner on **October 9th** at St. Francis Center Gymnasium.

Winner need not be present.

### **SAVE THE DATES!**

|  |                  |
|--|------------------|
| Sweet Treats "Buy" the Beach             | September 11     |
| American Red Cross Blood Drive           | September 15     |
| Spaghetti Dinner                         | October 9        |
| 49 <sup>th</sup> Annual LBI 18 Mile Race | October 10       |
| Christmas Craft Show                     | November 21 & 22 |

## SENIOR SERVICES

During these uncertain times, although we do not know when our exercise, socialization and recreation programs will resume, please keep in mind we are here for you. Unfortunately the Nutrition Sites which are provided by Meals on Wheels of Ocean County have closed indefinitely, however, we continue to partner with them to deliver Meals On Wheels.

We are still providing the following: Information and Assistance, Telephone Reassurance Calls and Caregiver Assistance. Options Counseling: Application Assistance for PAAD (Pharmaceutical Assistance for the Aged and Disabled), Meals on Wheels, SHIP Counseling (State Health Insurance Program), Energy Assistance, JACC (Jersey Assistance for Community Caregivers) and many more. Please call (609) 978-6220 if you are in need of services. Please stay well and know that we are here for you and have all of our seniors in our best interest.

**Anyone 60 years and over is eligible for the Senior Services Program. Three convenient locations to serve you in Southern Ocean County:**

**If you live on:** Long Beach Island

**Please call:** St. Francis Community Center, LBICC Inc.  
Senior Services  
4700 Long Beach Blvd.  
Long Beach Township, NJ 08008  
**609-494-8861**

**If you live in:** Little Egg Harbor, Tuckerton, Eagleswood, Stafford Township, Barnegat or Waretown

**Please call:** Ocean County Southern Services Center  
Senior Services  
179 S. Main Street  
Manahawkin, NJ 08050  
**609-978-6220 or 609-978-6221**

**If you live in:** Lacey, Ocean Gate, Pine Beach, South Toms River, Beachwood or Berkeley

**Please call:** Berkeley Satellite Office,  
LBICC, Inc. Senior Services  
Pinewald-Keswick Road  
Bayville, NJ 08721  
**732-244-9600**

---

**How Much Will It Cost Me?** There is no charge for any Senior Services. However, the program provides the opportunity for individuals to make a voluntary contribution for services received. All donations are confidential. No one will be denied service because they will not or cannot contribute.

**St. Francis Senior Services Is Funded By:** A grant from the Ocean County Office of Senior Services with Title III Older Americans Act of 1965, as amended through a grant from the NJ Department of Health and Senior Services; Ocean County; Local Municipal Contributions and St. Francis Community Center.

**A Senior Advisory Committee**, made up of elected and appointed members, meets once a month to inform and advise on the implementation of the Senior Program objectives. Meetings are announced in the Senior Center. The meetings are open to all interested persons.

## SENIOR SERVICES

St. Francis Senior Services Department provides Ocean County residents ages 60 and over with a full range of services. Our goal is to foster the independence and dignity of older adults by making it easier to choose services available to them. The mission of Senior Outreach Services is to make a positive difference in the lives of seniors by improving access to nutrition, health, education, social and supportive services.

**One-Stop Eligibility Screening** for a wide range of programs such as: PAAD, Lifeline utility assistance, and others.

**Outreach Visits** in the home, if needed, to provide eligibility screening and assessment.

### **Lunch Program**

Lunch is served in a warm, friendly atmosphere and provides the opportunity to meet new friends. Lunch reservations must be made one day in advance, either in person or by calling **609-489-4644 before 1:00 pm**. Participants should pick up a donation envelope by 11:30 am on the day they come for lunch.

### **Home-Delivered Meals**

A noon-time meal will be sent to homebound, elderly who are unable to prepare a meal for themselves; and, who have no other person to prepare a meal for them. Each applicant will be visited by an Outreach Worker who will interview him or her to assess the need for home-delivered meals.

**Jersey Cares Senior Shoppers Program** - If you are 60 years or older and in need of food shopping services, you should know that the Ocean County Office of Senior Services and St. Francis Senior Services has partnered with a reputable nonprofit, Jersey Cares, to provide this service. You can be assured your safety is our top priority and that all volunteers are fully vetted including background checks. If you are interested in participating in this program please call St. Francis Senior Services at 609-978-6220 or St. Francis Senior Services Berkeley Office at 732-244-9600.

Senior Services coordinates a **van service, provided by the Ocean County Transportation Department, for Long Beach Island residents**, for medical appointments and shopping trips. Please contact Senior Services at least two weeks in advance to reserve a seat on this vehicle. This service operates: Tuesday, Wednesday, Thursday and Friday.

### **Volunteer Attorney**

A volunteer attorney is available on Wednesday mornings from 9:00 AM to 11:00 AM. Please call 609-978-6221 for an appointment.

### **Outreach & Benefits Counseling**

This program provides trained Outreach Workers to visit the elderly in their homes, to determine their needs, and to provide them with information about benefits and services for the elderly. For more information or if you know a friend or neighbor who would benefit from this service, please call **609-494-8861, ext. 108 or 109 or 609-978-6220**.

### **S.H.I.P. Program**

**State Health Insurance Program** - Trained volunteers and staff will provide assistance understanding coverage, payments and benefits of private insurance plans and Medicare. **Appointments must be made in advance by calling the Senior Services Department at 609-494-8861.**

## SENIOR SERVICES

### *Educational, Recreational & Leisure-Time Classes*

**Fitness Classes:** \*due to Covid-19 all activities will resume at a later date\*

**Walking Program HealthEase:** Monday, Wednesday & Friday  
8:00 - 8:45 AM Brant Beach Church Hall.

---

**Upcoming Classes** - St. Francis Community Center

**“Move Tomorrow” Exercise Program:** New sessions starting this summer.

#### **Weekly Activities**

For information call: 609-494-8861

**Walking Program**  
(Mon., Wed., & Fri.)  
(8:00 - 8:45 AM)  
Brant Beach Church

**Canasta**  
(Mon. 12:00 - 4:00 PM)  
St. Francis Center Lounge

**Pinochle**  
(Wed. 12:00 - 4:00 PM)  
St. Francis Center Lounge

**Party Bridge**  
(Thurs. 12:00 - 4:00 PM)  
St. Francis Center Lounge

**Mah Jong**  
Tuesday & Friday  
(12:00 - 4:00 PM)  
St. Francis Center Lounge

#### **Monthly Activities**

Bingo, FYI Series,  
You Be the Judge,  
Trivial Pursuit, Cards,  
Arts & Crafts

#### **Monthly Programs**

**Garden Club Presentation**  
3rd Wednesday of the  
Month at 10:00 AM

Special Events & Workshops

Please call Senior Services at  
Southern Ocean Service Center,  
Manahawkin, 609-978-6220 for  
more information.

#### **Caregiver Support Program**

##### ***The National Family Caregiver Support Program***

The enactment of the Older Americans Act Amendments of 2000 (Public Law 106-501) established an important new program, the National Family Caregiver Support Program (NFCSP).

The program was developed by the Administration on Aging of the U.S. Department of Health and Human Services (HHS).

##### **Services available are as follows:**

- Information to caregivers about available services
- Assistance to caregivers in gaining access to supportive services



# COUNSELING SERVICES

**By Appointment – Call 609-494-1554**

**Monday & Friday, 9:00 AM to 5:00 PM**

**Tuesday through Thursday, 9:00 AM to 9:00 PM**

St. Francis Counseling Service provides individuals, couples and families with affordable, professional psychotherapy services addressing a wide range of issues. Services are available to all regardless of race, color, sex, age, gender, disability, national origin, sexual orientation, income or religious affiliations. Master's level therapists provide all professional counseling services. All services are offered in English and Spanish.

---

**Individual, Couples & Family Therapy** Affordable counseling available for all residents of southern Ocean County from Lacey to Tuckerton on a sliding-scale fee based on annual household income.

## **Sexual Abuse & Assault Program**

**24-Hour Confidential Sexual Violence Hotline: 609-494-1090**

Services for survivors of sexual abuse and their family members who are residents of Ocean County - ongoing therapy and community education programs. There is no fee for this program.

**Victims of Crime** Therapy is offered to Ocean County residents who are victims of a violent crime. There is no fee for this program.

**Journey Through Grief** This program is designed to help men and women, of all ages, work through the normal stages of grief with education and group support. The program stresses that grief is a journey, a natural and normal reaction to a significant loss in our lives. Education and support can ease our way on this journey. **The group is open to all members of the community regardless of religious affiliation.** Registration is required. There is no fee for this program.

**Surviving to Thriving** A confidential support group providing psycho-education for survivors of recent or past sexual abuse or assault. Registration is required. There is no fee for this program.

**Parenting After** A confidential support group for parents to help manage the world after their child has been sexually abused. Gain support and coping skills while learning ways to understand and manage post-trauma behaviors and emotions of children. Registration is required. There is no fee for this program.

**Confidential Sexual Violence Advocate** The Sexual Abuse and Assault Program of St. Francis Counseling Service is recruiting volunteers to work on the 24-Hour Hotline and to provide support to survivors of sexual assault at area hospitals. Mature adults who are eager to make a difference in the lives of survivors encouraged to apply. Training workshops are held quarterly. Upon completion, volunteers will be certified as Confidential Sexual Violence Advocates and will volunteer 3 shifts each month (scheduling is flexible). Please contact Sue Seiter at 609-494-1554 ext. 128 if interested.

# EDUCATIONAL SERVICES

## St. Francis Adult Basic Education FREE Distance Learning Classes

Due to COVID-19 all classes have been moved to a virtual platform with live instruction. All classes will maintain a weekly class schedule. Classes will return to in person instruction when possible.

Registration and assessment will be conducted remotely, and in person by appointment only in our Toms River office for classes beginning in June.

### **ABE/High School Equivalency (HSE)**

Registration/Testing will be held by appointment only.

Please call 732-281-8653 or email [stfrancishse@gmail.com](mailto:stfrancishse@gmail.com) to schedule an appointment.

### **ESL - English As A Second Language**

Registration/Testing will be held by appointment only.

Please call 732-551-2270 to schedule an appointment.

---

The Adult Basic Skills Consortium of Ocean County provides Adult Basic Skills (ABE), High School Equivalency (HSE) and English as a Second Language (ESL) classes. The program offers college and career readiness skills, assists students interested in post-secondary education or training, credentials, obtaining citizenship skills and resources to enter and/or retain employment. All classes and services are provided by the Ocean County Basic Skills Consortium through a grant from the NJ Department of Labor & Workforce Development. Classes are subject to change.

Visit our website at: [stfranciscenterlbi.org/educational-support](http://stfranciscenterlbi.org/educational-support).

---

**Adult Education Program:** Eligible participants will receive individualized education and job readiness plans. Program provides the opportunity to increase participants educational levels to enter training, obtain HS Diploma, learn English and career/job skills to achieve self-sufficiency.

**First Step to Self Sufficiency:** Eligible participants will gain employability skills through a variety of workshops, identify barriers to employment, resume building, work readiness credential and computer skills. Each participant will create an individualized plan to build skills towards self-sufficiency.

**Next Step to Employment:** Eligible participants have the opportunity to gain employability skills as well as stackable credentials. Program provides job related workshops to increase skills for participants seeking employment and/or career training. Participants will be provided training and work experience relevant to the jobs in demand in Ocean County.

**All participants must be verified for eligibility through the One Stop Career Center/Ocean County PIC Office. Programs funded through a grant provided by the Ocean County Department of Human Services.**

**Pathways to Success:** Through a partnership with the Mental Health Association (MHA) we are supporting and referring to the Pathways Program to address barriers for individuals who have been impacted by opioids and (family, friend, etc.). Pathways has various training opportunities, support groups, and case management services to Ocean County residents seeking to obtain employment or training. For more information, contact Heather at [heathere@mhanj.org](mailto:heathere@mhanj.org)

---

# FAMILY SUPPORT SERVICES

**Monday - Friday; 9:00 AM - 5:00 PM**  
**609-494-8861 ext. 171 or 172**

The Family Support Department provides a wide range of grant funded services for families and individuals through Southern Ocean County.

*\*Due to COVID-19 all services are being offered virtually until further notice. It is our goal to resume in-person when it is deemed safe by the State of New Jersey & the CDC.*

**Parenting in Recovery** – The Parenting in Recovery program uses the same Curriculum as the Parenting Program and focuses on supporting families with substance abuse histories. Parents explore the effects of substance abuse on themselves and their families while learning effective parenting skills that strengthen family relationships. The Parenting in Recovery program is a 12-week psychoeducational group.

**Parenting Workshops and Groups** – The Parenting Program is an 8-week psychoeducational group designed to meet the specific needs of participating parents. Parenting Groups and Workshops are interactive and targeted towards parents whom are 18 years and older. The program utilizes films and group discussions to encompass multiple aspects of child development, discipline techniques, self-esteem and co-parenting. This program is provided at sites throughout Ocean County.

---

**Violence Prevention: Anger Management Program** - The Anger Management program is an 8-week psychotherapeutic group. Groups focus on supporting participants to learn how to manage their anger and the life stressors that cause unhealthy expressions of anger. Participants learn to identify triggers, explore the types of anger, substance abuse and enhancing healthy coping skills. Anger Management groups are offered to Ocean County residents. The program cost is \$360.

## **In Home Services**

**Parents as Teachers** - TIP II Program – A grant funded voluntary in-home parenting program. Parents as Teachers is a Nationally Accredited program that provides infant and child developmental education and referral services to Southern Ocean County residents who are pregnant or have children under the age of 3 years.

Please check us out on [www.facebook.com/ParentsAsTeachersSOC](https://www.facebook.com/ParentsAsTeachersSOC)

## **Maintaining the Integrity of Spanish Speaking Families (MISSF)-**

The MISSF program is an in-home program which provides accessible and comprehensive Spanish in-home parenting skills training, in-home therapy and case management services. This program supports permanency with children and families by averting out of home child placements. Families must be referred by the Ocean County Division of Child Protection and Permanency.

### **Auto Ownership of Ocean County**

Used, rehabilitated cars are offered to TANF\* recipients for whom transportation is a major barrier to employment. Cars are donated, repaired, and turned over to clients involved in a working or training activity of the Ocean County TANF program.

Clients may also receive insurance assistance, driving lessons, and help with car repairs. Eligible participants must be referred through the Ocean County Board of Social Services.

\* Temporary Assistance for Needy Families

## FAMILY SUPPORT SERVICES

### Human Concerns

Human Concerns Food Pantry is one of the largest in Ocean County that distributes food items and personal hygiene products to families in need. The Human Concerns Program is a homeless prevention program that serves clients living in Southern Ocean County. When funding is available, the program assists clients with utility and housing issues through grants from a variety of sources including, but not limited to; the Acme Foundation, St. Elizabeth's Mission Society, Ocean First Foundation, and the Emergency Shelter and Food Programs. Donations are received from collections at St. Francis Parish, local food drives and private donors. Monetary or Non-perishable donations may also be mailed or dropped-off at St. Francis Community Center during regular business hours or visit our website to make a donation via PayPal.

**Tuesday & Thursday 10:00AM - 2:00 PM & Wednesday 3:00 - 5:00 PM**  
**By Appointment Only**

*\*hours are subject to change due to COVID*

### **Annual Projects Include:**

- ♦ **Back-To-School** - Provides 100 families with school-aged children, with the basic needs of starting a successful school year. Please visit our Amazon Smile wish-list if you would like to donate school supplies when the project begins in July.
- ♦ **Thanksgiving** - Provides approximately 275 families with all of the fixings for a traditional Thanksgiving meal.
- ♦ **Gift of Warmth** - This project serves approximately 275 Families each year. The goal of the Gift of Warmth Project is to provide children with a minimum of two wishes of warm clothing, shoes, snow boots, blankets, hats, gloves, scarves, and winter jackets.

To contact Human Concerns please call 609-494-8861 ext. 171 or 172. To receive Human Concerns Food Pantry Updates, text that keyword "PANTRY" to 833-511-0760

Services are funded through grants from the NJ Department of Human Services and the NJ Dept. of Children & Families.

---

## SELF~HELP ANONYMOUS GROUPS

### Alcoholics Anonymous

For information on area meetings and locations, call 609-494-8861 or 609-641-8855.

### **AA HOTLINE ~ 609-494-5130**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope to maintain continuous sobriety through a 12 step program of recovery, and to help other alcoholics to achieve sobriety.

### Al-Anon

**Thursday, 7:00 - 7:30 PM (Beginners);**  
**7:30 - 8:30 PM (Open Meetings)**

Al-Anon is a fellowship of family members and friends of alcohol/drug abusers, who share their experience, strength and hope with one another.

# VOLUNTEERING & COMMUNITY

## **Volunteering is a Community Tradition at St. Francis**

Each year, over 1,100 people volunteer countless hours of service in order to help others. Our volunteers make things happen throughout our community, and inspire all of us with their compassion, energy, enthusiasm and stamina.

## **Volunteer opportunities are available in the following areas:**

- Youth Basketball Coaches
- Poster & Brochure Distribution
- Festival of the Sea, 18 Mile Run
- Super Plunge Sunday
- Special Events
- Human Concerns

If interested in volunteering please fill out a volunteer application. Applications can be found online at: [stfranciscenterlbi.org](http://stfranciscenterlbi.org) or at the Front Desk of the Community Center.

---

## **Interfaith Health & Support Services**

We have joined with many other organizations to help respond to the needs of our community by becoming a part of the Interfaith Health and Support Services of Southern Ocean County.

**We are in need of more volunteers for this service which offers:**

- ◆ Visiting people with special needs
- ◆ Driving a person for medical treatment
- ◆ Shopping for a homebound person
- ◆ Calling a lonely person
- ◆ Assisting a visually impaired person
- ◆ Relieving a primary caregiver

**We are in need of more volunteers please call the Interfaith**



# St. Francis Community Center Class Registration



## Summer Session Registration:

Monday, June 14, 2021 - 9:00 AM

Mail-in registrations will not be processed until the end of the business day on June 14. Please see Page 2 for registration information. No registration will be accepted over the phone.

Family Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Currently a member? YES \_\_\_\_\_ NO \_\_\_\_\_ Member Expiration Date: \_\_\_\_\_

(Memberships must stay current for the duration of the program, in order to receive the member rate.)

Please complete the information below for each individual registering for a class:

| Name | D.O.B | Class Code | Class Title | Fee |
|------|-------|------------|-------------|-----|
|      |       |            |             |     |
|      |       |            |             |     |
|      |       |            |             |     |
|      |       |            |             |     |
|      |       |            |             |     |

If you would like to purchase or renew a membership, please check appropriate line(s):

\_\_\_\_ 6 Month Senior Pool Membership \$ 225.00

\_\_\_\_ 1 Year Senior Pool Membership \$ 280.00

\_\_\_\_ 3 Month Pool Membership \$ 160.00

\_\_\_\_ 6 Month Individual Pool Membership \$ 250.00

\_\_\_\_ 1 Year Individual Pool Membership \$ 310.00

\_\_\_\_ 6 Month Family Pool Membership \$ 475.00

\_\_\_\_ 1 Year Family Pool Membership \$ 780.00



Member Name:

D.O.B.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Mail all registration forms to:  
St. Francis Community Center  
4700 Long Beach Blvd.  
Long Beach Township, NJ 08008  
Attn: Front Desk

Total Amount Enclosed: \$ \_\_\_\_\_

Must complete Emergency Contact and include signature on other side.

# St. Francis Community Center

## Community Center Class Registration Form ~ Page 2

### ONE EMERGENCY CONTACT NEEDED

(If attempt to reach parent or guardian is unsuccessful,  
the following person will be contacted:)

Name of Contact (other than parent or guardian): \_\_\_\_\_

Phone: \_\_\_\_\_ Street Address: \_\_\_\_\_

Medical Condition(s): \_\_\_\_\_

### In case of an emergency, permission is needed to take necessary measures for treatment.

I realize that accident insurance is not provided for participants in the Center's programs. I give permission for my child, and/or myself, to be treated in an emergency situation.

I, and/or my child, agree to abide by all rules of St. Francis Community Center or will be subject to forfeiture of membership privileges.

I, and/or my child, understand that pool membership cards must be presented at each visit. If membership cards are not presented, I understand that I will be charged a \$10 non-refundable guest fee.

I and/or my child, agree to be photographed during lessons and activities for Social Media and/or advertisement.

I understand that a 75% refund will be issued for medical reasons only and a physician's statement must accompany the request.

I understand that memberships and classes are non-transferable.

I give my permission for the use of photos of myself and/or my children for promotional purposes.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



Participating  
Agency  
United Way of  
Ocean County

Place Label Here

4700 Long Beach Blvd.  
Long Beach Twp., NJ  
08008-3926  
609-494-8861



Non-Profit Org.  
U.S. Postage  
PAID  
Permit No. 104  
Tuckerton, NJ 08087