

# ST. FRANCIS COMMUNITY CENTER



## ACTIVITIES SCHEDULE

June 17 to September 1, 2024  
*celebrating over 50 years of service*

St. Francis Community Center  
4700 Long Beach Blvd.  
Long Beach Twp. NJ 08008

☎ 609-494-8861  
🌐 [stfranciscenterlbi.org](http://stfranciscenterlbi.org)  
📘 [facebook.com/stfrancislbi](https://facebook.com/stfrancislbi)  
📷 [StFrancisCommunityCenter](https://www.instagram.com/StFrancisCommunityCenter)

## ***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/Friday:** 9 am - 6 pm  
**Tuesday/Wednesday/Thursday:** 9 am-9 pm  
**Saturday:** 9 am - 1 pm  
**Sunday:** CLOSED

### **Center Holiday Closings:**

**Juneteenth:** June 21; **Independence Day:** July 4  
**Labor Day:** September 2

**June 13th The Center will close at 12pm for Staff  
In-Service.**

**June 13th The Aquatic Center will close at 11:30am for staff  
in-service.**

**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:

Thursday, June 6, 2024 - 9:00 AM

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

**\*You may register for all summer classes beginning June 6th\***

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### 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 weather or personal reasons.

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

### 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. There are no refunds or make-ups for weather.

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

### Community Center Closings

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!

# THANK YOU TO OUR GOLF OUTING SPONSORS

The St. Francis Community Center would like to extend a sincere thank you to all of our generous sponsors. Your contributions and continuous support are crucial in aiding services provided by The Center.

*On behalf of the St. Francis Golf Committee, thank you for making our events succeed!*

BENEE SCOLA & COMPANY

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MCMAHON INSURANCE AGENCY

BAYVIEW HARBOR MARINA  
AMON CONSTRUCTION  
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MANCINI REALTY  
HTYINC PANZONE'S PIZZA  
TOM & DEB DOLAN  
JOE MACK  
THE SANDPAPER

A SPECIAL THANK YOU TO:  
MARIA PENNSI ESQ., KATHLEEN BROWNING SHERIDAN,  
SWEET MELISSA GOODNESS, OLDE TYME CIGARS AND  
TOBACCO SHOP, DAVID YOUNG, COLLEEN YERVES, SUE  
SEITER AMY MARKS, HARTLAND MINIATURE GOLF, ROOT  
GREEN SHOPPE, COOL BEANS, NICKS PIZZA & PASTA OF  
MANAHAWKIN, FUSARO PIZZA AND PASTA OF  
MANAHAWKIN, HOT OR NOT YOGA, SUNDAY GRAVY  
COMPANY, ANNE NACHMAN

## 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 or at [kopauski@stfrancislbj.org](mailto:kopauski@stfrancislbj.org). For information on CHS Subsidized Voucher slots only please contact Karen Acker at ext. 102 or [kacker@stfrancislbj.org](mailto:kacker@stfrancislbj.org).

There is a \$50 yearly registration fee for all programs.  
**There are no refunds.**

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

*\*10% off for additional children\**

Ages 13 months to 5 years 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 \$611; 4 days a week \$507; 3 days a week \$404

**Work Day** (8:30 AM – 5:30 PM): 5 days a week \$786; 4 days a week \$604; 3 days a week \$489

**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 \$571; 4 days a week \$486; 3 days a week \$363

**Work Day** (8:30 AM – 5:30 PM): 5 days a week \$685; 4 days a week \$565; 3 days a week \$450

VACATION CLUB 2024  
IS FULL

# AQUATICS

## Indoor Pool Hours

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

**The Indoor Pool will be closed for cleaning:  
August 26 through September 2.**

## OUTDOOR POOL HOURS

### **June 24 - September 2**

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

### **August 26 - September 1**

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 and visitors must check in 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. Children under the age of 10 must be accompanied by an adult, age 18 or older.
5. Only USCG approved lifejackets may be worn. No Swimmies
6. No horseplay or running in the pool area.
7. Jumping is permitted from the north and south walls only.
8. Prior to jumping, make sure toes are over the edge, make sure no one is in your way and jump away from the wall.
9. No back dives or flips.
10. Pool and deck must be cleared at first sight of lightening and thunder.
11. Proper swimming attire is required. No thongs or cut-off shorts.
12. No gum, food or drink on pool deck. Plastic water bottles are permitted. No glass allowed on any pool deck.
13. Pool toys are permitted during birthday parties and open swim, at the lifeguard's discretion.
14. Noodles and kickboards are to be used in a passive, non-aggressive manner, and are not to be used as life support devices.
15. No hard balls (tennis, softball or baseball) are to be thrown in any pool.
16. Members and guests may bring their own chairs and towels.
17. Any infraction of the above-stated rules will cause suspension from the Pool and Center grounds.
18. **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])	\$855
3rd Child.....	\$ 90
Each Additional Child.....	\$ 65
Individual (All ages up to age 59) .....	\$340
Each Additional Child [17 & under].....	\$220

### Six Month Membership Fee

Family of 4 (2 Adults, 2 Children [17 & under])....	\$520
3rd Child.....	\$ 90
Each Additional Child .....	\$ 65
Individual (All ages up to age 59).....	\$ 275

### Three Month Membership Fee

Single Membership Only (flat rate - no discount).....	\$175
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### Senior Citizen Memberships

Yearly Membership.....	\$305
Six Month Membership.....	\$ 245

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: \$85

Open Swim Only (Space Permitting)

Open Swim Hours subject to change without notice.

## *Summer Membership!*

*2 month Summer Aquatic Center Membership*

*AVAILABLE FOR PURCHASE*

*June 1– August 30 ONLY*

*\$100/Person 12 months and older*

*\* No family rates and cannot be combined with any other discount\**

# AQUATICS

## Swim Lesson Schedule

Session I: July 8 - July 19  
Session II: July 22 - Aug. 2  
Session III: Aug. 5 - Aug. 16

### Time:            Level:

9:00 - 9:45    Competitive Swim

9:00- 9:45    Little Sharks

10:05 - 10:35 Little Paddlers 2

10:40 - 11:10 Little Paddlers 1

11:15-11:45 Little Dippers

1:00 - 1:30    Little Paddlers 1

1:35 - 2:05    Little Paddlers 2

2:10-2:40    Little Dippers

**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.

## **A Great Place for Birthday Parties!!**

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

St. Francis Community Center offers a wet and wild time!  
Sign-up for a **pool party**. This includes an hour of open swim, followed by an hour in the party room.

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.

To make reservations or for more information please call the Pool Desk at 609-494-8861 ext. 187.

**Birthday parties are held September through May.**



# 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!**

Once lessons are scheduled there can be no changes made to dates and times. Payment is due at the time of booking. Lessons missed due to inclement weather cannot be rescheduled.

**Private lessons begin July 8**

**Registration opens June 10 at 9am**

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**

**FEE \$50**

***LESSONS FOR THE SMALLEST FISH AGE 10 MONTHS - 36 MONTHS***

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. (*max 20; min 6*)

- No prior swim lesson or aquatic experience required
- Great bonding experience for parent and child

**Place:** Indoor Pool

**TUESDAY & THURSDAY 12:00-12:30PM**

**SESSION I** July 9 & July 11; July 16 & 18 (Code: 411101-01)

**SESSION II** July 23 & July 25; July 30 & Aug. 1 (Code: 411101-02)

**SESSION III** Aug 6 & Aug. 8; Aug 13 & Aug. 15 (Code: 411101-03)

# AQUATICS

## WATER TYKES

FEE \$50

### *LESSONS FOR THE SMALLEST FISH (3 Year Old Swim)*

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. This class is a step towards Little Dippers. Must be 3 years old at the start of the session. (*max 20; min 6*)

- Basic swim and safety skills taught
- Great bonding experience for parent and child

**Place:** Indoor Pool

**TUESDAY & THURSDAY; 12:30-1:00PM**

**SESSION I** July 9 & July 11; July 16 & 18 (Code: 411100-01)

**SESSION II** July 23 & July 25; July 30 & Aug. 1 (Code: 411100-02)

**SESSION III** Aug. 6 & Aug. 8 ; Aug 13 & Aug. 15 (Code: 411100-03)

## LITTLE DIPPERS

FEE \$130

### *LESSONS FOR THE BEGINNER FISH (4 Year Old Swim)*

This class targets the beginner swimmer. General safety rules will be learned as well as the front & back floats, doggie paddle and getting the face wet. Children should be comfortable in water, for example: likes to play in water, enjoys bath time, etc. This class is a step towards Little Paddlers. Must be 4 years old at the start of the session. (*max 12; min 6*)

- No previous swim lesson or aquatic experience required
- Introduction to the basic skills necessary for swimming, ages 4
- Perfect class for nervous students or very beginner swimmers.

**Place:** Outdoor Small Pool

**MONDAY- FRIDAY**

	<b>11:15– 11:45AM</b>	<b>2:10-2:40PM</b>
<b>SESSION I</b> July 8 - July 19	(Code: 411104-01)	(Code: 411104-05)
<b>SESSION II</b> July 22 - Aug. 2	(Code: 411104-02)	(Code: 411104-06)
<b>SESSION III</b> Aug. 5– Aug. 16	(Code: 411104-03)	(Code: 411104-07)

# AQUATICS

## **LITTLE PADDLERS 1**

**FEE \$130**

### ***LESSONS FOR THE BEGINNER FISH (AGES 5 & UP)***

This class is designed to teach the beginner who is water oriented and has mastered the beginning elements of swimming. The front crawl and elementary backstroke will also be introduced for this course. Must be 5 years old at the start of the session. (*max 12; min 6*)

- Student needs to be comfortable going underwater
- Student is able to back float and front float for 10 seconds independently

**Place:** Small Outdoor Pool

**MONDAY– FRIDAY**

**10:40 – 11:10AM**

**1:35-2:05PM**

**SESSION I** July 8 - July 19

(Code: 411105-01)

(Code: 411105-05)

**SESSION II** July 22 - Aug. 2

(Code: 411105-02)

(Code: 411105-06)

**SESSION III** Aug. 5– Aug. 16

(Code: 411105-03)

(Code: 411105-07)

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## **LITTLE PADDLERS 2**

**FEE \$130**

### ***LESSONS FOR THE BEGINNER FISH (AGES 5 & UP)***

This class is designed to teach the beginner who is water oriented and has mastered the beginning elements of swimming. The front crawl and elementary backstroke will also be introduced for this course. Must be 5 years old at the start of the session. (*max 12; min 6*)

- Student needs to be comfortable going underwater
- Student is able to back float and front float for 10 seconds independently
- Student is able to roll over for a breath independently
- Student is able to independently swim simple freestyle with their face in for a quarter length of the pool.

**Place:** Small Outdoor Pool

**MONDAY– FRIDAY**

**10:05– 10:35 AM**

**1:00-1:30PM**

**SESSION I** July 8 - July 19

(Code: 411110-01)

(Code: 411110-05)

**SESSION II** July 22 - Aug. 2

(Code: 411110-02)

(Code: 411110-06)

**SESSION III** Aug. 5– Aug. 16

(Code: 411110-03)

(Code: 411110-07)

# AQUATICS

## **LITTLE SHARKS**

**FEE \$140**

### ***LESSONS FOR THE INTERMEDIATE FISH (AGE 8 & UP)***

Basic survival swimming is taught while improving beginner skills to build stamina and coordination. Improve front crawl and introduce elementary backstroke and breaststroke. Must be 8 years old at the start of the session. (*max 12; min 6*)

**Place:** Small Outdoor Pool

**MONDAY– FRIDAY;** 9:00am to 9:45am

- Student is able to kick on their back with kickboard half the length of the pool
- Student is able to swim half the length of the pool, simple freestyle, with side breaths
- Student is able to swim half the length of the pool, simple backstroke
- Student is able to streamline kick half length of the pool on their back

**SESSION I** July 8 - July 19 (Code: 411106-01)

**SESSION II** July 22- Aug. 2 (Code: 411106-02)

**SESSION III** Aug. 5 - Aug. 16 (Code: 411106-03)

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## **COMPETITIVE SWIM FISH**

**Fee \$140**

### ***LESSONS FOR THE ADVANCED FISH (AGE 8 & UP)***

This is a developmental program that emphasizes the stroke technique, starts and turns. Required skills include front and back crawl, elementary backstroke, breaststroke, and side stroke. All participants will be swimming laps for strength and endurance. Must be 8 years old at the start of the session. (*max 15; min 6*)

**Place:** Large Outdoor Pool

**MONDAY– FRIDAY;** 9:00am to 9:45am

- Student is able to swim full length of pool, simple freestyle with side breaths
- Student is able to swim full length of pool, simple backstroke
- Student is able to kick full length of pool, dolphin kick
- Student is able to full length of pool, simple breaststroke kick

**SESSION I** July 8 - July 19 (Code: 426102-01)

**SESSION II** July 22 –Aug. 2 (Code: 426102-02)

**SESSION III** Aug. 5- Aug. 16 (Code: 426102-03)

# AQUATICS

## Youth Swim Team

Fee: \$200

*Ages 5 to 16*

Max/session: 25

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.
- Coaches reserve the right to move swimmers from one practice group to another depending on swim abilities and numbers in each group.

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

**Assistant Coaches:** Payton Nork & Tyler Finkle

**Place:** Outdoor Pool

**Practices:** Monday– Friday

June 24– August 16 (No Class July 4)

**Meets:** TBA

*Ages 5-8:* 3:00pm-3:45pm Code: 411109-01 (max.25)

*Ages 7-13:* 4:00pm-4:45pm Code: 411109-02 (max.25)

*Ages 12-16* 5:00pm-5:45pm Code: 408101-01 (max.25)

## **Mandatory Swim Team Parents Meeting: Wednesday, June 12th at 5:00pm**

**One parent or representative for each swim team family MUST ATTEND in order for your child to participate. The meeting will take place in the gym (enter through the main entrance of The Center). Swim team needs ALL parents to volunteer at least one meet as a timer, scorekeeper, ribbon distributor. If there are any issues please contact Coach Cherry.**



# AQUATICS

## Aquatic Zumba Aerobics

Fee: \$100

This class is set in a group atmosphere and set to music. Aqua Zumba Aerobics takes place in chest deep water and is designed to help reduce inflammation in the joints. The hydrostatic pressure acts as a massage for your hips, back and knees. In the aerobic segments we work with weights and noodles in chest-deep and deep-end water. We look to increase cardiovascular conditioning, flexibility, muscle strength and increase your range of motion. (Max: 15 Min: 4)

**MON., WED. & FRI.;** 8:00 - 8:45 AM; 9:00– 9:45 AM

**Place:** Indoor Pool

**Instructor:** Susan Sellarole

8:00 - 8:45 AM

9:00– 9:45 AM

**Session I:** June 17-July 19 (Code 425102-01) (Code 425101-01)

**Session II:** July 22-Aug. 16 (Code 425102-02) (Code 425101-02)

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## Aqua Zumba/Arthritis Aquatic Exercise

Fee: \$100

This class begins with walking and stretching warmups to help build balance and core strength, as well as engaging in lower impact Aqua Zumba routines in chest deep water. Together in this fun, music filled group class, you will work out in chest deep and deep-end water incorporating noodles. The exercises are designed to decrease pain and stiffness without putting stress on your joints while at the same time increasing range of motion, strength and endurance. Physician's consent form is **NOT** required. (Max: 15 Min: 4)

**MON., WED. & FRI.;** 10:00 AM – 10:45 AM

**Instructor –** Susan Sellarole

**Place:** Indoor Pool

**Session I** June 17– July 19

Code: 425105-01

**Session II** July 22 – Aug. 16

Code: 425105-02

## Aquaboot Boot Camp

Fee: \$70

This class is set in a group format with great music. It begins with a warm up then transitions into intervals of high intensity cardio, water Pilates with noodles, and water weight training. The class ends with a cool down and stretching segment. This class is a wonderful cardiovascular workout designed to be challenging while protecting the joints. It will build muscle and increase flexibility. Come, work hard and have fun! (Max: 15 Min: 4)

**Tuesday& Thursday: 11:00am-12:00pm**

**Place:** Indoor Pool

**Instructor:** Lisa Fantau

**Session I:** June 18– July 18 (code: 425103-03)

**Session II:** July 23– Aug. 15 (code: 425103-04)

# AQUATICS

## Aquatic Aerobics

Fee: \$70

This class takes 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. . **Must bring your own float belt & Water weights.** (Max: 15 Min: 4)

**TUES. & THURS.;** 8:00 - 8:45 AM

**Instructor:** Jeanette Giordano

**Place:** Indoor Pool

**Session I:** June 18 - July 18 (Code 425103-01)

**Session II:** July 23 - Aug. 15 (Code 425103-02)

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## Deep Water Aerobics

Fee: \$70

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 & Water weights.** (Max: 15 Min: 4)

**TUES. & THURS.;** 9:00 - 9:45 AM

**Instructor:** Jeanette Giordano

**Place:** Indoor Pool

**Session I:** June 18– July 18 (Code 425100-01)

**Session II:** July 23 - Aug. 15 (Code 425100-02)

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## Shallow Water Aerobics

Fee: \$70

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. (Max: 15 Min: 4)

**TUES. THURS.;** 10:00- 10:45 AM

**Instructor:** Jeanette Giodano

**Place:** Indoor Pool

**Session I:** June 18 - July 18 (Code 426105-01)

**Session II:** July 23- Aug. 15 (Code 426105-02)

# AQUATICS

## **Splash Dance**

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! (Max: 10 Min: 4)

**Instructor:** Cathie Minehart

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

*\*No class July 1st – 5th - Festival of the Sea Week\**

<b><u>Session I:</u></b>	<b>June 24 - June 28</b>	<b>\$40</b>	(Code 425106-01)
<b><u>Session II:</u></b>	<b>July 8 - July 12</b>	<b>\$40</b>	(Code 425106-02)
<b><u>Session III:</u></b>	<b>July 15 - July 19</b>	<b>\$40</b>	(Code 425106-03)
<b><u>Session IV:</u></b>	<b>July 22 - July 26</b>	<b>\$40</b>	(Code 425106-04)
<b><u>Session V:</u></b>	<b>July 29 - Aug. 2</b>	<b>\$40</b>	(Code 426103-01)
<b><u>Session VI:</u></b>	<b>Aug.5 - Aug. 9</b>	<b>\$40</b>	Code 425106-06)
<b><u>Session VII:</u></b>	<b>Aug. 12 - Aug. 16</b>	<b>\$40</b>	(Code 425106-07)
<b><u>Session VIII:</u></b>	<b>Aug. 19 - Aug. 23</b>	<b>\$40</b>	(Code 425106-08)





# RECREATION

**Registration for all recreation camps begins June 6th at 9:00 AM**

**All youth recreation participants  
receive a camp t-shirt!**

**Open Gym schedule June 17 through Aug. 31**

**Tuesday Nights**

**5:30 PM - 8:00 PM**

**Saturday Mornings**

**9:30 AM - 12:00 PM**

**Pickleball schedule June 19 through August 21**

**Wednesday Nights**

**5:30 PM - 8:00 pm**

**No Open Gym July 1– July 6**

*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. Guests 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.

# RECREATION

## 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 & John Pampalone

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

### Session I: Tots

*Ages 4-5*

**July 8 - July 11**

9:30AM - 10:30AM

Monday – Thursday

Code: 407102-06

### Session II: Tykes

*Ages 6-7*

**July 8- July 11**

11:00AM- 12:00PM

Monday –Thursday

Code: 407102-07

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## Dick Manzo's and Coach Pampalone

Session I/II \$125

### Basketball Clinics

*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. Learn to improve 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

7/15 – 7/18

Code 407102-01

Place: Gym

Ages: 7 to 10

9:30a – 12:00p

Monday – Thursday

#### Session IB

7/15 – 7/18

Code 407102-02

Place: Gym

Ages: 11 to 16

1:00p – 3:30p

Monday – Thursday

#### Session IIA

7/29 – 8/1

Code 407102-03

Place: Gym

Ages: 7 to 10

9:30a – 12:00p

Monday – Thursday

#### Session IIB\*

7/29– 8/1

Code 407102-04

Place: Gym

Ages: 11 to 16

1:00p – 3:30p

Monday – Thursday

## RECREATION

### **Dick Manzo's and Coach Pampalone Shooting Clinic**

Fee: \$125

*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. Learn to improve your game the correct way.*

Campers will get direct instruction, feedback, access to film to help assess your shooting form, along with hundreds of shooting reps each day. Campers will also learn several shooting drills, games and competitions that can be taken home to work on.

#### **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 I:** Aug. 5– Aug. 8; Monday– Thursday ; 1:00pm-3:30pm  
(Code: 407102-05)

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### **Ultimate Recreation Camp Games**

Fee: \$125

*Ages: 7-15*

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. (*Max 25 ; Min 8*)

**Instructors:** Dick Manzo & John Pampalone

**Place:** Gym

**Session I:** July 8 - July 11; Monday– Thursday ; 1:00 PM– 3:00 PM  
(Code: 407103-01)

**Session II:** Aug. 5 - Aug. 8; Monday– Thursday ; 9:30 AM– 12:00 PM  
(Code: 407103-03)

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# RECREATION

## **Get Ready to Tumble**

**Fee: \$120**

*Ages 7-18*

Learn the basic tumbling fundamentals. No skill prerequisite requirement. They will be introduced to safe body positions, front & backwards rolls, handstands, bridges, cartwheels, round-offs, and skills up to a back tuck. They will learn individual skills building self confidence and cooperative teamwork! Tumblers will work through various tumbling progressions and build skills! Coaches will assist and spot the tumblers throughout the class. These classes meet once a week during our 6 week session (*max 20; min 8*)

**Place:** Gymnasium

**Instructor:** Kaila Barlow

**Session I: July 11– Aug. 15;** Thursdays; 4:00-5:30pm (code 421101-01)

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## **All Level Yoga**

**Fee: 6 Weeks/ \$100**

*Ages 18 and Up*

*(\$18 Drop-in Fee)*

Feeling stressed out? Overwhelmed? Come discover the 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 8)*)

**Instructor:** Sue Seiter, 200-ERYT

**Place:** Aquatic Center Multi-Purpose Room

**Session I:** **June 19– August 31;** Wednesdays; 8:00AM– 9:00AM  
(Code 406100-01)

**Session IA:** **June 19– August 31;** Wednesdays; 5:00PM– 6:00PM  
(Code:431000-01)

**Session II:** **August 7 - September 11;** Wednesdays; 8:00AM– 9:00AM  
(Code:406100-02)

**Session IIA:** **August 7 - September 11;** Wednesdays; 5:00PM–  
6:00PM (Code:431000-02)

# RECREATION

## Writing Course

**Fee: \$15/Day**

*Fran Pelham, Ph.D. received her doctorate in writing from the University of Pennsylvania. Pelham is an award winning writer who has published four books. Her writing has appeared in over 100 periodicals. She has been a university professor for 20 years and currently teaches abroad. Bring a copy book and a pen.*

**Instructor:** Fran Pelham

**Place:** Aquatic Center Multipurpose Room

**NON -FICTION WRITING: July 9– August 13; Tuesday; 12:00pm–1:00pm**

Join the exciting world of writing non-fiction- - whether it is to inspire, inform or persuade, or for personal fulfillment. This course will help you explore writing in several genres. Attention is paid to several categories of non-fiction and how to write in that category. Concrete instructions are given on the writing process: brainstorm, choose a topic, build argument, research for evidence, polish a final draft. Write for a variety of periodicals- - you may want to try your hand at articles, travel pieces, nature, covering a concert ,poetry, journaling, or the personal essay. Writing samples, excerpts, and guided writing exercises will help you develop your ideas and hone them into a polished piece by feedback in a friendly, relaxed atmosphere.. Get started in writing for the non-fiction world, and acquire the knowledge and techniques for success. (CODE 419101-01)

**THE CRAFT OF WRITING MEMOIR: July 11– August 15; Thursday; 5:00pm-6:00pm**

Memoir is a narrative art written through hindsight and of our ongoing inner life. It explores a sense of past and present. Learn how to write a personal essay or memoir for family ,friends, or publication. We will generate material by guided writing exercises. Examples and excerpts will be discussed to inspire our own writing. Discover insights and generate writing material by way of theme, recall, details. Discuss the stages of memoir and receive feedback in a relaxed, friendly atmosphere. (Code: 419101-02)

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## Tai Chi

**18 AND UP**

**Fee: \$80**

***\$18 DROP IN***

Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Often described as mediation in motion, tai chi promotes serenity through gentle flowing movements.

**Instructor:** Maureen Benesch

**Place:** Aquatic Center Multipurpose Room

**THURSDAYS; 8:15am– 9:15am**

**Session I:** June 20 - July 25 *no class 7/4* (Code: 430000-01)

**Session II:** August 1 – Aug. 29 (Code: 430000-02)

## 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:** Joe Gozdiski (Captain Joe)

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

Place: Multi-Purpose Room, Aquatic Center

**Session I:** June 18 & 20 Must attend both nights  
(Code 426106-02)

**Session II:** July 16 & 18 Must attend both nights  
(Code 406202-01)

**Session III:** Aug. 13 & 15 Must attend both nights  
(Code 426106-03)

### **Summer Recess with Mr. La Marco**      **Fee: \$90** *Age: 5 to 12*

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 8)

**Session I:** July 11 – Aug. 15; Thursdays; 6:30 PM – 8:00 PM  
Code: 406201-01

*If the class reaches minimum enrollment, Drop-In's can be accepted for \$18 per class.*

# RECREATION

## MUSIC LESSONS

### Kids Jam Band

Fee:\$250

*Ages 10-15*

**Place:** Pool Room

**Instructor:** Robert Meyer

July 9– August 13; Tuesdays; 5:00pm -6:00pm

Code: 406101-01

*All instruments will be considered*

*BYO instrument*

Students should have some working knowledge of an instrument. The classes can concentrate on forming a band and learning a few songs with a final performance as the ultimate goal.

### Adult Jam Band

Fee:\$250

*Ages 15+*

**Place:** Pool Room

**Instructor:** Robert Meyer

July 11– August 15; Thursdays; 5:00-6:00pm

Code: 409101-02

*All instruments will be considered*

*BYO instrument*

For adults with a working knowledge of an instrument.

The classes can concentrate on forming a band and learning a few songs with a final performance as the ultimate goal.

### Individual Private Lessons:

Tuesdays & Thursdays

\$250 per 1 hour lesson

\$150 per ½ hour lesson

These lessons are for any skill level and any age group and would consist of weekly ½ hour or 1 hour lessons. Private lessons would include all materials. Families usually pay at the first lesson of the month. There would be a discount for multiple family members

*Appointments for lessons must be made through the Aquatic Center  
Reception Desk at 609-494-8861 ext. 187*

**52nd Annual Long Beach Island Commemorative  
18 Mile Run Fundraiser & 12K Run**

**52 years of running on LBI!!!**

Race starts at 10:30 AM in Holgate  
**Sunday, October 13<sup>th</sup>, 2024**

*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 is OPEN online!

Final registration and race-packet pickup will be held from 2:00p to 7:00p  
on Saturday October 12 and from 6:00a to 8:00 a on Sunday October 13.

*If possible, please register by September 19<sup>th</sup> to help us accurately order the  
proper amount of t-shirt sizes and medals for all of our participants.  
**REGISTERING EARLY IS A HUGE HELP!***

**12K 2024**

*Looking to take part in the 18 Mile Run weekend festivities but not quite ready  
to tackle the full 18 miles? In addition to our normally hosted 18 Mile  
Run, there will be a separate 12K (about 7.5 mile) fundraiser that will  
take place from the start line and head directly to the St. Francis  
Center for the finish line! This event is perfect for those interested in  
testing themselves at a race distance longer than a usual 5K or  
someone looking for a fitness walk that offers water stations  
and race course supervision.*

**ENTRY FEES**

**18 Mile Run \$80**

*Every participant will receive a race T-shirt, commemorative medal  
and to-go food and refreshment bag.*

**18 Mile Run - USATF-NJ Members \$70**

*Every participant will receive a race T-shirt, commemorative medal  
and to-go food and refreshment bag.*

**12K Run/Walk \$60**

*Every participant will receive a race T-shirt, commemorative medal  
and to-go food and refreshment bag.*

**The funds raised from this year's race will go to help the programs and  
services of the St. Francis Community Center**



## SPECIAL EVENTS

### SAVE THE DATES!

Red Cross Blood Drive	October 8th
Spaghetti Dinner	October 12th
LBI 18 Mile Run	October 13th
Holiday Craft Show	November 23rd & 24th
Beefsteak Dinner	December 6th
Red Cross Blood Drive	December 10th

## CENTER SPECIAL EVENTS

### Summer Solstice Craft Show

Saturday, June 15; 9:30 AM - 3 PM  
St. Francis Community Center Gym  
Admission \$2

Come celebrate creativity and artistry at the Summer Solstice Craft Show! This event is the perfect opportunity to discover unique products made by over 60 + local artists, crafters, and makers. You'll find a variety of items such as pottery, jewelry, photography, beach decor, woodwork, and much more. By attending, you'll be supporting your local community while bringing home some amazing treasures. There will be food, drinks, and Tricky Tray Raffle tickets to purchase at the show.

### Swimming Under the Stars

Wednesday July 24; 6pm  
St. Francis Center Outdoor Pool  
*Super Mario Brothers*  
\$10/person

The Swimming under the Stars event is returning this summer! Come and join us for an enjoyable evening in our heated outdoor pool, where you can swim under the stars from 6-8 pm. Following your swim, you can watch a complimentary movie on the big screen. You can purchase a special "after-dark swim pass" at the Community Center Front Desk. Additionally, we will have pizza, light refreshments, and 50/50 tickets available for purchase. We look forward to seeing you there!

*\*No Refunds \* No Rain date/ event will be moved to the indoor pool/ gym if necessary.*

### Family Fun Night

*Swim & Craft*

Wednesday Aug. 7; 6-9 PM  
St. Francis Center Outdoor Pool

We are excited to invite you and yours out to our Family Fun Night. It will be a fantastic evening where you can enjoy swimming in our heated outdoor pool from 6-8 pm. You can also participate in our Family-friendly arts & crafts, games, and good music. You can purchase a special "after-dark swim pass" from the Community Center Front Desk. We will also have pizza, light refreshments, and 50/50 tickets available for purchase.

*\*No Refunds \* No Rain date/ event will be moved to the indoor pool/ gym if necessary.*

## CENTER SPECIAL EVENTS

### Funky Flea Market

Sunday, August 11<sup>th</sup> 9:30 am – 3:00 pm  
St. Francis Community Center Gymnasium  
\$2 Admission

The First Annual Funky Flea Market is coming to St. Francis Community Center. This unique event combines the charm of a garage sale and the creativity of a craft fair, with over 50 + vendors selling a variety of items. You can discover new and resale clothing, handmade crafts, vintage goods, and other funky finds, both old and new. We will have good music, delicious food, and 50/50 tickets available for purchase. This event has something for everyone to enjoy! Make sure to mark your calendars and join us.

If you're interested in event info or becoming a vendor, please contact [mdibella@stfrancisbi.org](mailto:mdibella@stfrancisbi.org) or call Michelle DiBella at 609-494-8861, extension 107.

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### Red Cross Blood Mobile

Tuesday, October 8; 1:00 - 6:00 PM  
St. Francis Church Hall

The Red Cross Blood Drive is an ongoing effort aimed at maintaining a healthy and reliable blood supply for those in need. You don't need a special reason to donate blood, as the need for it is constant. To schedule a donation, please call the Community Center at 609-494-8861 x107. If you have any questions regarding your eligibility to donate, you can call *800-RED-CROSS* or visit [redcrossblood.org](http://redcrossblood.org).

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## PARISH SPECIAL EVENTS

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

Wednesday, June 19th  
Bonnet Island Estate  
2:00 - 4:30 PM  
Ticket Price: \$65

Join us for a fun-filled afternoon of fashion! Enjoy delicious light fare, catered by Foodies, on the patio overlooking beautiful Barnegat Bay. Take part in our extravagant basket auction, handbag raffle, 50/50 raffle, e-bike raffle, and more.

Fashions will be provided by : Sur La Plage, Sink'r Swim Men's & Women's Shop, and Wildflowers by the Lighthouse

# PARISH SPECIAL EVENTS

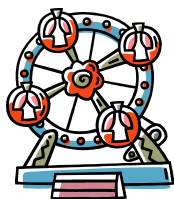
## Festival of the Sea

*A Carnival of Fun!*

Tues., July 2 to Sat., July 6th

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

St. Francis Parish & Community Center Grounds



Welcome to the Festival of the Sea - a carnival of fun for the whole family! We have moved the date to July 2nd - July 6th, so mark your calendars. Join us for five nights of exciting rides, games, and food for all ages.

We have a whole new set of rides for you and your family to enjoy, ranging from kiddie rides to fun rides for the bigger kids and adults. You can also participate in the hourly 50/50 raffles, games of chance, and super progressive 50/50, and enjoy our food and beer garden. Don't miss out on the fun!

Last year's progressive raffle winner took home \$9,469, and raffle tickets can be purchased at the front desk of the community center or before and after Sunday Masses. The drawing for the Progressive 50/50 will be on July 6th at 10 pm.

**Volunteers Needed! Contact Michelle DiBella at 609-494-8861 x107 or email [mdibella@stfrancislbj.org](mailto:mdibella@stfrancislbj.org)**

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## 2024 Car Raffle

Books cost \$100. Only 3,500 Books

Available *Five chances to win in each book.*

- 2024 Buick Envista Preferred (Red) Valued at \$ 23,990
- 2024 Buick Envista Preferred (Blue) Valued at \$23,990
- 2024 Buick Encore GX Preferred Valued at \$ 27,690
- 2024 GMC Terrain SLE Valued at \$ 32,365
- 2024 GMC Canyon Elevation Valued at \$ 39,230

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 or at [stfrancisparishlbj.org](http://stfrancisparishlbj.org)

The drawing for all five vehicles will begin at **7 PM** immediately following the Annual Spaghetti Dinner on **October 13th** at St. Francis Center Gymnasium.  
Winner need not be present.

# SENIOR SERVICES

COME JOIN US!

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*Anyone 60 years and over is eligible for the Senior Services Program.*

Two locations in southern Ocean County to better serve you.

**If you live on:** Long Beach Island, Little Egg Harbor, Tuckerton, Eagleswood, Stafford Township, Barnegat or Waretown

**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:** 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**

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**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.



**Funded in part by a grant  
from the Ocean County  
Board of Commissioners**

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# 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.

## **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.

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.

**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**

## **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 Medicare. Appointments must be made in advance through the Senior Services Department by calling **609-494-8861**.

## **Weekly Activities**

**Located in the St. Francis Center**

**Senior Lounge**

### **Canasta**

Mon. 12:00-4:00

### **Mah Jong**

Tues. & Fri. 12:00-4:00

### **Pinochle**

Wed. 12:00-4:00

### **Mind Bogglers**

2nd & 4th Thurs. 11:00-3:00

### **Bridge**

1st & 3rd Thurs. 12pm-4pm

2nd & 4th Thurs. 9am-1pm

## SENIOR SERVICES

### **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
- Individual counseling, organization of support groups to assist the caregivers in making decisions and solving problems relating to their role as a caregiver.

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

#### **Fitness Classes**

**Walking Program HealthEase:** Monday to Friday; Gym; 8- 8:45 AM

**Project Healthy Bones:** Call 609-494-8861 ext 109  
for Registration Information

**Chair Yoga:** Mon & Thus.; 11:00 AM-11:45 AM  
Call 609-494-8861 ext 109  
for Registration Information

## 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.

# COUNSELING SERVICES

To complete an intake and find out more information 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, sex, age, disability, income or religious affiliations. Master-level therapists provide all professional counseling services.

**In-person and virtual options available!**

**Hotline Information: 24-hour Confidential Sexual Violence Hotline: 609-494-1090**

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## AVAILABLE THERAPY OFFERINGS

- **General Mental Health Services:** Individual, Couples, and Family Therapy for residents of southern Ocean County from Lacey to Tuckerton on a sliding scale rate. Please call 609-494-1554 to register.
- **Survivors of Sexual Abuse, Sexual Assault and other violent crimes:** Individual therapy and support for survivors of sexual abuse, assault, and other violent crimes and their family members who are residents of Ocean County. There is no fee for this program. Please call 609-494-1554 to register.
- **Perinatal Mood & Anxiety Disorder Support Program:** Free and confidential counseling services for Ocean County residents with children under the age of three, experiencing postpartum distress. Services address new parenthood struggles, Perinatal Mood and Anxiety Disorder (PMAD), infertility, miscarriage, sudden infant death syndrome and trauma.

## CURRENT GROUP THERAPY OFFERINGS

- **Journey Through Grief:** This program is designed to help individuals of all ages to 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. There is no fee for this program. Please call 609-494-1554 to register.
- **Parenting AFTER:** This program is designed to provide support and education for parents of children who have been sexually abused. The program allows parents to get support for their children and themselves in a confidential space. There is no fee for this program. Please call 609-494-1554 to register.
- **Surviving to Thriving :** This program is designed to connect survivors of sexual abuse and assault to a supportive group. The program is for all survivors, ages 18 and up, regardless of how recently the abuse or assault occurred. There is no fee for this program. Please call 609-494-1554 to register.

## ADVOCACY AND PREVENTION

- **Confidential Sexual Violence Advocate Program:** St. Francis Counseling Service Sexual Abuse and Assault Program trains volunteers to assist with the 24-hour hotline and hospital/police station accompaniments. Once training is completed with our Sexual Violence Advocate Coordinator, volunteer advocates will be on call to provide crisis intervention, education and resources to survivors of sexual abuse and assault. Our next training workshop begins in Fall 2024– call 609-494-1554 for more information.
- **Community Education for Prevention:** Our Sexual Abuse and Assault Program Coordinator provides free community trainings to schools, youth organizations and other community programs. Call 609-494-1554 to schedule a training.

# FAMILY SUPPORT SERVICES

Monday - Friday; 9:00 AM - 4:00 PM  
609-494-8861 ext. 197

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

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

**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 12-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 12-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.

**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 be mailed or dropped-off at St. Francis Community Center during regular business hours or visit our website to make a donation via PayPal.

**Monday –Thursday 10:00AM - 2:00 PM \* closed Friday– Sunday**

**To contact Human Concerns please call 609-494-8861 ext. 171 or 172.**

### **Annual Projects Include:**

- ♦ **Spring Dinner Project:** This project was added to our annual projects in 2022. In April of 2024 the Spring Dinner Project served 149 families with fixings to make an Easter Dinner including Ham, Turkey or Fish options and a pie for dessert.
- ♦ **Back-To-School** - Provides 150 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. Sign-ups begin in July 8th during Food Pantry Hours.
- ♦ **Thanksgiving** - Provides approximately 250 families with all of the fixings for a traditional Thanksgiving meal.
- ♦ **Gift of Warmth** - This project serves approximately 250 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 receive Human Concerns Food Pantry Updates, text that keyword "PANTRY" to 833-511-0760

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## 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.

## EDUCATIONAL & CAREER SERVICES

**Adult Literacy Program :** Participants who qualify will receive personalized education and job readiness plans. The program offers the chance to elevate educational attainment, including opportunities to pursue high school diplomas, English language proficiency, and career-oriented skills, all aimed at fostering self-sufficiency.

**Gateway to Success (WFNJ):** Qualifying participants will acquire employability skills via diverse workshops, address employment barriers, develop resumes, attain work readiness credentials, and enhance computer proficiency. Each participant will devise a personalized plan to cultivate skills conducive to achieving self-sufficiency.

*Eligibility for both the adult literacy program and the Gateway to Success program must be confirmed through the Ocean County PIC office. Programs are funded through a grant provided by the Ocean County Department of Human Services.*

**The Senior Employment Assistance (SEA) Program:** Newly funded grant for 2023-2024 FY! The Senior Employment Assistance (SEA) Program is available to Ocean County residents, ages 55+, who have been impacted financially by the COVID-19 pandemic and are looking to upskill and re-enter the workforce. The SEA Program's mission is to cultivate an inclusive environment where seniors can explore, enhance, and apply their skill sets, knowledge, and experiences, irrespective of age. We believe that age should not be a limiting factor in pursuing meaningful employment opportunities. Through individualized support, skill development, and personalized career guidance, we strive to redefine the stigma around senior employment, fostering a community that values the wealth and expertise our seniors bring to the workforce. The program runs Monday-Friday from 9 am to 3 pm, by appointment only. Services include but are not limited to, individualized career counseling, resume building, interview preparation, informative workshops/seminars, linkages to community resources, assistance overcoming barriers, and counseling services.

*Please call to verify eligibility/schedule an intake at 732-281-8685.*

### **Interfaith Health & Support Services**

We have joined with many other churches and 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

**If you can help in any of these areas, please call the Interfaith Health & Support Services office at 609-978-3839.**

# St. Francis Community Center Class Registration



**Summer Session Registration:**  
**Thursday, June 6, 2024 - 9:00 AM**  
**Mail-in registrations will not be processed until the end of the business day on June 6. 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      \$ 245.00
- \_\_\_ 1 Year Senior Pool Membership      \$ 305.00
- \_\_\_ 3 Month Pool Membership      \$ 175.00
  
- \_\_\_ 6 Month Individual Pool Membership    \$ 275.00
- \_\_\_ 1 Year Individual Pool Membership    \$ 340.00
- \_\_\_ 6 Month Family Pool Membership      \$ 520.00
- \_\_\_ 1 Year Family Pool Membership      \$ 855.00



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, 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.

I understand there are no refunds or make-up classes for classes or swim missed due to inclement weather

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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



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