

ST. FRANCIS COMMUNITY CENTER



ACTIVITIES SCHEDULE

February 25 to June 16, 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
f facebook.com/stfrancislbi
📷 [StFrancisCommunityCenter](https://www.instagram.com/StFrancisCommunityCenter)

Welcome!

The goal of 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 Services and Volunteer Programs & Events.

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

SPRING BUSINESS HOURS*:

Monday & Friday: 9:00 AM - 6:00 PM*

Tuesday/Wednesday/Thursday: 9:00 AM -9:00 PM*

Saturday's: 9:00 AM - 1:00 PM*

Community Center hours are subject to change

CENTER HOLIDAY CLOSINGS:

Monday March 11;

Good Friday March 29; Holy Saturday March 30;

Easter Sunday March 31; Easter Monday April 1;

Memorial Day May 27

Thursday 6/13 The Center will close at 12:00PM

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 Dates

Session I:

Registration Monday, **February 5th** at 9:00am

Session II:

Registration Tuesday, **April 9th** at 9:00am

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

Refunds

Refunds 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.

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.

Community Center Closings

For the most current information please check the Center's Facebook page: StFrancisLBI. Closing information is also available on our answering machine; 609-494-8861 and on the following website: njstormwatch.com.

SAVE THE DATE:

2024 Summer Aquatic and Recreation
Class registration on Tuesday,
June 11 at 9:00am

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@stfrancislb.org. For information on CHS Subsidized Voucher slots only please contact Amy Marks at ext. 102 or amarks@stfrancislb.org.

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

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. We are also a GROW NJ KIDS 4 star-rated program! 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

****TENTATIVE** VACATION CLUB REGISTRATION
MONDAY APRIL 8, 2024; 4:00PM**

CHILDREN'S SERVICES

Vacation Club

June 17th through August 29, 2024

Ages 5 to 13 (Must have completed Kindergarten)

Orientation & Registration:

Monday, April 8; 4:00 PM

Parent/Guardian must be present for registration!

Registration thereafter according to availability!

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

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 a highly experienced staff with pediatric CPR/First Aid certification. Please visit the St. Francis Community Center website for weekly themes and trips prior to day of registration.

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

\$200 per week/\$2,000 per season

Work Day - Monday - Friday: 8:30 AM - 5:30 PM

\$240 per week/\$2,400 per season

Extended Full Day – Monday - Friday: 7:00 AM - 4:00 PM

\$280 per week/\$ 2,800 per season

Extended Work Day– Monday - Friday: 7:00 AM to 5:30 PM

\$300 per week/ \$ 3,000 per season

10% off for additional children

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 web site: [www.stfranciscenterlbi.org/Children's Services](http://www.stfranciscenterlbi.org/Children's%20Services). Your child will not be able to begin Vacation Club without these records on file. St. Francis does not retain these records year to year.

Times, weekly themes and trips are subject to change.

AQUATICS

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

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.

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

Indoor Pool Hours

Monday through Friday: 6:30 AM - 6:00 PM

Saturday & Sunday: 8:00 AM - 5:00 PM

Please note that local schools use the pool starting in November. Please check the monthly schedule for availability.

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

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

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.

Private Swim Lessons: \$30 (per half-hour) Sundays

Appointments for lessons must be made through the Aquatic Center Reception Desk at ext. 187.

All lessons must be paid in full, in advance. No refunds! Private lessons offer one-on-one instruction for adults or children. This program is for anyone to learn basic aquatic safety skills or learn to swim or acquire new swimming skills.

**We are looking for your input!
If you are interested in teaching a class, or have ideas for new classes you'd like to see offered, please contact the Recreation Department at ext. 105.**



Check out St. Francis Center on:
Instagram:
StFrancisRecreationLBI or
StFrancisCommunityCenter
Facebook: StFrancisLBI

AQUATICS

WATER TOTS

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

****The adult and the child will be in the water together****

Place: Indoor Pool

TUESDAY & THURSDAY; 11:00-11:30AM **FEE \$140**

Session I: March 5 to April 18 (Code: 305101-01)

Session II: April 23 to June 6 (Code: 305101-02)

SATURDAY; 9:00 - 9:30 AM **FEE \$80**

Session I:

(Code 311101-01)

March 2– April 27

No class 3/30

Session II:

(Code 311101-02)

May 4– June 29

No class 5/25

WATER TYKES

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

****The adult and the child will be in the water together****

Place: Indoor Pool

TUESDAY & THURSDAY; 11:30AM-12:00PM **FEE \$140**

Session I: March 5 to April 18 (Code: 329112-01)

Session II: April 23 to June 6 (Code: 329112-02)

SATURDAY; 9:35 - 10:05 AM **FEE \$80**

Session I:

(Code 327102-01)

March 2– April 27

No class 3/30

Session II:

(Code 327102-02)

May 4– June 29

No class 5/25

AQUATICS

LITTLE DIPPERS

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: Indoor Pool

TUESDAY & THURSDAY ; 4:00 PM- 4:30 PM FEE \$140

Session I: March 5 to April 18 (Code: 311102-01)

Session II: April 23 to June 6 (Code: 311102-02)

SATURDAY; 10:10 AM to 10:40 AM

FEE \$80

~~**Session I:**~~

~~**Session II:**~~

~~(Code 311107-01)~~

~~(Code 311107-02)~~

~~March 2- April 27~~

~~May 4- June 29~~

~~No class 5/30~~

~~No class 5/25~~

NO ENROLLMENT

LITTLE PADDLERS 1

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: Indoor Pool

TUESDAY- THURSDAY; 4:35 PM to 5:05 PM FEE \$140

Filled Session I: March 5 to April 18 (Code: 311103-01)

Session II: April 23 to June 6 (Code: 311103-02)

SATURDAY; 10:45 AM to 11:15 AM

FEE \$80

~~**Session I:**~~

~~**Session II:**~~

~~(Code 311103-03)~~

~~(Code 311103-04)~~

~~March 2- April 27~~

~~May 4- June 29~~

~~No class 5/30~~

~~No class 5/25~~

NO ENROLLMENT

AQUATICS

LITTLE PADDLERS 2

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: Indoor Pool

TUESDAY & THURSDAY; 5:10 PM to 5:40 PM FEE \$140

Session I: March 5 to April 18 (Code: 311104-01)

Session II: April 23 to June 6 (Code: 311104-02)

SATURDAY; 11:20 AM to 11:50 AM

FEE \$80

Session I:

(Code 311104-03)

March 2– April 27

No class 3/10

NO ENROLLMENT

Session II:

(Code 311104-04)

May 4– June 29

No class 5/25

LITTLE SHARKS

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*)

- 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

Place: Indoor Pool

MONDAY & WEDNESDAY; 4:30 PM to 5:15 PM FEE \$150

Session I: March 4 to April 17 (*no class 3/11, 4/1 & 4/3*) (Code: 311105-01)

Session II: April 22 to May 29 (*no class 5/27*) (Code: 311105-02)

SATURDAY; 12:00 PM to 12:35 PM

FEE \$80

Session I:

(Code 311105-03)

March 2– April 27

No class 3/30

Session II:

(Code 311105-04)

May 4– June 29

No class 5/25

AQUATICS

COMPETITIVE SWIM FISH

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: Indoor Pool

- 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 breast-stroke kick

MONDAY & WEDNESDAY; 5:15 PM to 6:00 PM

FEE \$150

Session I: March 4 to April 17 (*no class 3/11, 4/1 & 4/3*) (Code: 325103-01)

Session II: April 22 to May 29 (*no class 5/27*) (Code 325103-02)

SATURDAY; 12:40 PM to 1:15 PM

FEE \$80

Session I:

(Code 325103-03)

March 2– April 27

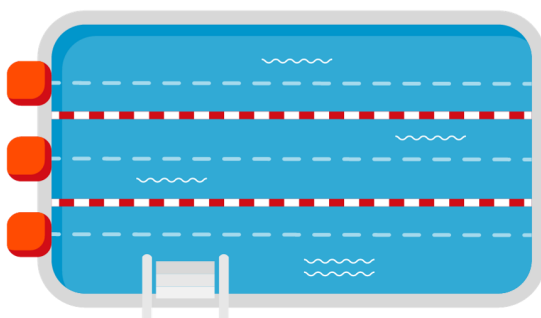
No class 3/30

Session II:

(Code 325103-04)

May 4– June 29

No class 5/25



AQUATICS

Spring Swim Clinic

Fee: \$150

Transitional (Ages 5-11) – this class is designed for the swimmer who knows the basics of the 4 competitive swim strokes (freestyle, backstroke, breaststroke & butterfly). We will focus on stroke mechanics, starts and building endurance. Swimmers must be able to complete 25 yards of each of the 4 competitive swim strokes. One piece swimwear required.
(Max: 20; Min: 4)

Instructors: Emily Cherry and Justin Sullivan

Place: Indoor Pool

MONDAY & WEDNESDAY; 6:00-6:45 PM

FILLED **Session I:** March 4 to April 17 (no class 3/11, 4/1 & 4/3) (Code: 305100-01)

Session II: April 22 to May 29 (no class 5/27) (Code: 305100-02)

Advanced (Ages 12 and up) – this class is for the more experienced swimmer. We will work on stroke mechanics, starts, turns and building endurance. This is ideal for the high school swimmer looking to stay in shape and improve for next year's season.
(Max: 25; Min: 4)

MONDAY & WEDNESDAY; 7:00-7:45 PM

FILLED **Session I:** March 4 to April 17 (no class 3/11, 4/1 & 4/3) (Code: 305102-01)

Session II: April 22 to May 29 (no class 5/27) (Code: 305102-02)



AQUATICS

Aquatic Zumba Aerobics

FEE \$160

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: 12 Min: 4)

Instructor: Susan Sellarole

Place: Indoor Pool

MONDAY, WEDNESDAY & FRIDAY

8:00 - 8:45 AM 9:00– 9:45 AM

Session I: Feb.26-April 19 (Code 325101-01) (Code 325101-03)
(no class 3/11, 3/29 & 4/1)

Session II: April 22– June 14 (Code 325101-02) (Code 325101-04)

Aqua Zumba/Arthritis Aquatic Exercise **FEE \$160**

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)

Instructor – Susan Sellarole

Place: Indoor Pool

MONDAY, WEDNESDAY&FRIDAY; 10:00 AM – 10:45 AM

Session I: Feb. 26– April 19 (Code 325102-01)
(no class 3/11, 3/29 & 4/1)

Session II: April 22– June 14 (Code 325102-02)

AQUATICS

Aquatic Aerobics

FEE \$130

This class takes part in both chest-deep and deep water. The class formats include warm-up, aerobic, endurance, core, balance and cool down. Class Participants will exercise every part of their body and have fun while doing it! Swimmers and non-swimmers are welcome. Water weights are necessary. (Max: 16; Min: 4)

Instructor: Ruth Blankenmeyer

Place: Indoor Pool

TUESDAY & THURSDAY; 8:00 AM - 8:45 AM

Session I: February 27– April 18

(Code 325101-05)

Session II: April 23-June 13

(Code 325101-06)

Instructor: Pat Rears

Place: Indoor Pool

TUESDAY & THURSDAY; 9:00 AM - 9:45 AM

Session I: February 27– April 18

(Code 325101-07)

Session II: April 23-June 13

(Code 325101-08)

Aqua Boot Camp

FEE \$130

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)

Instructor: Lisa Fantau

Place: Indoor Pool

TUESDAY & THURSDAY; 10:00- 11:00 AM

Session I: February 27– April 18 (Code 315101-01)

Session II: April 23-June 13 (Code 315101-02)



RECREATION

Open Gym Policy & Rules

\$3/ Adult; \$2/Child

Open Gym schedules are available at the front desk of the Center; please call ahead for accurate schedule. All participants must bring their own basketballs.

Participants under the age of ten (10) must be accompanied by a companion 14 years or older. There is limited supervision during open gym!

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

- Proper gym attire will be worn at all times in the gym. Shirts and shoes are required in all areas of the Center.
- Smoking is not permitted. Food, drinks and chewing gum are prohibited in the gym area.
- The Center is not responsible for valuables left unattended.

Thurs. March 14 - June 20; 5:30pm to 8:00pm

Sat. March 16 - June 22; 9:30am to 12:00pm

Pickleball

A cross between Ping Pong, Tennis Racquetball and Badminton, Pickleball is played as a singles or doubles game. Players use oversized ping pong paddles and a whiffle ball. The game is played on a badminton sized court that is divided by a 34 inch high net. Pickleball is a great sport for everyone from teens and up including baby boomers and active seniors.

Community Center Gym

\$30 Book of ten passes or \$5 single day fee

Mon., Wed., Fri.: Feb. 26 - June 14; 12:15 - 3:00 PM

RECREATION

Basic Boating Safety Courses - NJ Certified

Ages: 13 & up

Fee: \$90

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 will be provided. Must attend both classes.

Instructor: Joseph Gozdieski, Capt. Joe

Place: Pool Multi-Purpose Room

(Max: 15 Min: 4)

Tuesday & Thursday

Session I: (code 313101-01) April 16 & 18; 5:00-9:00pm

Session II: (code 313101-02) May 21 & 23; 5:00-9:00pm

Session III: (code 313101-03) June 18 & June 20; 5:00-9:00pm

All Level Yoga

Fee: \$100

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! Drop-In Fee \$18 space permitting)***

Instructor: Sue Seiter, 200-ERYT

Place: Pool Multi-Purpose Room

(Max: 10 Min: 6)

Session Ia: (Code 320101-01) February 26-April 15 *(no class 3/11 & April 1)*; 5:00-6:00pm

Session IIa: (code 320102-01) Wednesday, February 28– April 3, 8:00-9:00am

Session IIa: (Code 320101-02) Monday April 22-June 3 *(no class 5/27)*; 5:00-6:00pm

Session IIb: (code 320102-02) Wednesday, April 10– May 15; 8:00-9:00am

RECREATION

Tot & Tyke Basketball Clinic

Fee: \$80

Instructor: John Pampalone, *Varsity Basketball Coach, Southern Regional High School*

It's never too early to learn the basic skills of basketball. Tot & Tyke Basketball has been designed to introduce children to the game of basketball in a non-competitive environment through repetition and teamwork in a fun and safe environment. Age appropriate equipment is used which includes modified baskets and moderate sized basketballs. (Max 10, Min 4) **Place: Gym**

Tots (Ages 5, 6 & 7)

Session I: (code 321101-01) Mon.-Thurs., March 4-March 7; 4:15-5:00pm

Tot & Tyke Tuesday Basketball

Fee: \$80

Instructor: Colleen Yerves, *Recreation Coordinator*

Tots (Ages 4 & 5)

Session II: (code 309101-02) Tues. April 9-April 30; 4:00-4:30pm

Tykes (Ages 6 & 7)

Session II: (code 311100-02) Tues. April 9– April 30; 4:35-5:05pm

Spring Basketball Clinic

Fee: \$100

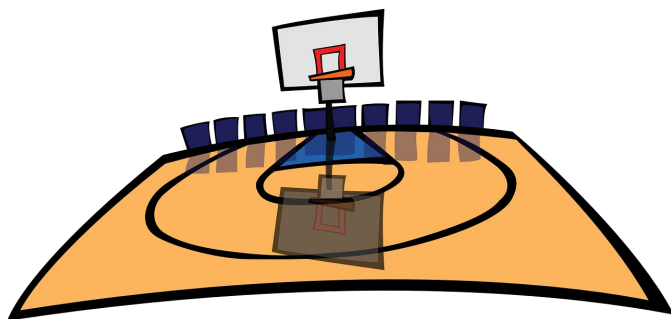
Ages 8 - 13

These clinics are open to boys and girls who are looking to continue to improve their game for travel and AAU teams. All of the important fundamentals are stressed, including; shooting, ball handling, rebounding, defense, etc. (Max: 10 per session)

Instructor: John Pampalone,
(Boys Varsity Basketball Coach, Southern Regional High School)

Place: Gym

Session I: (code 321101-02) Mon.– Thurs., March 4-March 7; 5:05-5:50pm



CENTER SPECIAL EVENTS

American Red Cross Blood Drive

Tues. February 20; 1:00 PM-6:00 PM

Tues. April 16; 1:00 PM– 6:00 PM

St. Francis Church Hall

Please call the Community Center at 609-494-8861 ext 107 or visit redcrossblood.org to schedule an appointment. For detailed donor eligibility please call **800-RED-CROSS** or visit redcrossblood.org

Super “Plunge” Saturday

Sat., Feb.10

1:00 PM

Join us for the **20th Annual Ocean Plunge!** Are you part Polar Bear? Do you have what it takes to brave the icy cold Atlantic Ocean in February? Save the date and meet us on the 48th Street beach (in Brant Beach).

Pre-Registration is required. \$30 per person, \$20 per student. Registration Forms will be available at the Front Desk of the Center or at the Pool Desk!

Sponsored by St. Francis Community Center. All proceeds to benefit St. Francis Community Center & Southern Regional High School Swim Teams.

**Please note all of the above information
is subject to change.**

**PRIZE RECOGNITION FOR BEST COSTUME AND
TEAM!**

The Sweetest Crime: *A Chocolate Covered Murder Mystery*

Sat., Feb 17; 2:00PM Show & 7:00PM Show

St. Thomas of Villanova Church, Surf City

Tickets \$36 (*inquire about special group rate*)

PURCHASE TICKETS AT <https://octoberensemble.com/>

A hilarious chocolate themed murder mystery full of chocolate puns, saucy secrets, and interactive performance to discover who the killer is! Prizes will be given out to for correctly solving the crime, and plenty of chocolate to taste. We suspect you and your valentine will enjoy the show. Tickets include a chocolate treat and beverage! Purchase tickets online or at the Front Desk! BYOB! (Ages 16+)

SPECIAL EVENTS

Family Health & Safety Fair

Thurs., April 25, 10:00 AM - 1:00 PM
St. Francis Community Center Gym

Free Continental breakfast and many free health screenings are offered! Please call Senior Services for a list of screenings.

*Sponsored by: St. Francis Community Center,
Long Beach Island Health*

*Department and Hackensack Meridian Health Southern
Ocean Medical Center.*

Volunteer Breakfast Celebration

Thurs, April 25; 9:30 AM - 11:30 AM
Sr. Lunch Room

This breakfast celebrates all the volunteers that contribute so much to St. Francis Parish and Community Center throughout the year. Come and meet your fellow volunteers and enjoy a delicious breakfast.

Second Annual Golf Outing

Monday, May 6, 2024
LBI National Golf Course

Save the date! Details to follow, call The Center for more information

Summer Solstice Craft Show

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

65 + Local artists, crafters, and makers will join us selling their handmade and homemade items. Our gifted merchants will have fine art, jewelry, photography, driftwood, and beach-inspired pieces for sale. Come on by and join us, and don't forget to participate in our chance auction. If you are interested in becoming a vendor, please email mdibella@stfrancislbi.org

PARISH SPECIAL EVENTS

Fish & Chip Dinner

Friday, March 22

4:30 - 7 PM

St. Francis Community Center Gym

Thistle of Kearny is back for another delicious Fish and Chip Dinner. Includes: dinner, beverage and dessert.

Dine-in or take-out available. Take-out dinners are available starting at 4:30 PM and seating for dinner starts at 5 PM.

Tickets are on sale at the Center's front desk and a limited amount of tickets will be available the day of the event.

There will be a 50/50 drawing.

Annual Garden Party

Wednesday, June 19

By the Sea - A Fashion Show 2:00-

4:30 PM



Join us for a fun filled afternoon of Fashion at the **Bonnet Island Estate** in Manahawkin! Take part in our extravagant Basket Auction, small plate fare, local fashions ,50/50 and much more! Tickets will be available to purchase in May. Call the Community Center at

Festival of the Sea JULY 2nd - JULY 6th

~COMING SOON~

Information to follow

Swimming Under the Stars
3rd Annual Long Beach Island Chamber Job Fair
Funky Flea Market

SENIOR SERVICES

COME JOIN US!

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

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**

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.

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 732-244-9600.**

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.**

Family Health & Safety Fair

Thursday, April 25th 2022
10:00am-1:00pm
St. Francis Community Center Gym

Free Continental Breakfast and many free health screenings are offered. Please call Senior Services at the Community Center for a list of screenings.

Sponsored by: St. Francis Community Center, Long Beach Island Health Department, & Southern Ocean Medical Center.

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 - Friday ;
Gym; 8:00 - 8:45 AM

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

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

Weekly Activities

Located in the St. Francis Center

Senior Lounge

Canasta

Mon. 12:00pm - 4:00pm

Mah Jong

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

Pinochle

Wed. 12:00pm - 4:00pm

Bridge

1st & 3rd Thurs. 12:00pm - 4:00pm

Mind Bogglers

2nd & 4th Thurs. 2:00pm - 4:00pm

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, sex, age, disability, income or religious affiliations. Master-level therapists provide all professional counseling services.

Sessions are offered both virtually and in-person, depending on preference.

Hotline Information: 24-hour Confidential Sexual Violence

Hotline: 609-494-1090

AVAILABLE THERAPY OFFERINGS

- **General Mental Health Services:** Individual, Couples, and Family Therapy for residents of southern Ocean County from Lanoka Harbor to Little Egg Harbor 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.

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. 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 January 2024– call 609-494-1554 for more information.
- **Community Education for Prevention:** Our Sexual Abuse and Assault Program Coordinators provide free community trainings to schools, youth organizations and other community programs. Call 609-494-1554 to schedule a training.

EDUCATIONAL & CAREER SERVICES

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.

Gateway to Success

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.

The Senior Employment Assistance Program (SEA)

New for the 23-24 FY! The Senior Employment Assistance Program (SEA) is available to Ocean County residents, age 55 & up, who have experienced a financial hardship due to the COVID-19 pandemic, or, those who are looking to enhance their skillset and return to the workforce. The SEA Program is dedicated to empowering individuals in the golden years of their lives by breaking down the barriers associated with age. Our mission is to cultivate an inclusive and dynamic environment where seniors can discover, enhance, and apply their skills, knowledge, and experiences, irrespective of age. We believe that age should not be a limiting factor in pursuing meaningful and fulfilling employment opportunities. Through tailored support, skill development, and personalized career guidance, we strive to redefine the narrative surrounding senior employment, fostering a community that values the wealth of expertise our seniors bring to the workforce. At the Senior Employment Assistance Program, we are committed to creating a future where age is not a hindrance but a source of strength, resilience, and unmatched value. Services include, but are not limited to: Assistance with soft/hard skills, on-the-job training/work experience, resume building, interviewing skills, technology & career training, linkages to community resources, overcoming barriers and counseling services.

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

For additional information call 732-281-8653

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 or at the Front Desk of the Community Center.

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.

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.

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.

All services are subject to be moved to a virtual platform in the event there is an increase in COVID -19 cases in our area.

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*

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 2023 the Spring Dinner Project served 150 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 June 27th 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

AMAZON SMILE

You can support St. Francis Community Center by doing your regular shopping with Amazon. Amazon will **donate 0.5%** of the price of your eligible

Amazon Smile purchases to Long Beach Island Community Center, Inc. (St. Francis Center) whenever you shop on Amazon Smile.

It is the same products and the same great prices!

The *only thing you need to do differently* is **log onto**

Amazon Smile: <https://smile.amazon.com>

and sign in using your normal Amazon login

and password. That's it! Amazon will automatically make the donation.

St. Francis Community Center Class Registration Form



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: _____

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

Name	D.O.B	Class	Code	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	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 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

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



Non-Profit Org.
U.S. Postage
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