



Brigantine Community Education and Recreation
"A total Commitment to the Community"

SPRING PROGRAM 2023

WE DO NOT ALLOW WALK-INS IN ANY OF OUR SCHEDULED CLASSES

All Courses will be held at the BBCC, 265 42nd Street unless otherwise noted

REGISTRATION WILL BE MARCH 14TH THRU MARCH 21ST AT THE COMMUNITY CTR.
Starting at 9:00 a.m.

CLASSES BEGIN THE WEEK OF APRIL 3, 2023

There will be no classes held on Friday, April 7 (Good Friday)

This class will be made up at the end of the Session.



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COURSES

LINE DANCING 1 – STRICTLY BEGINNERS

Beginners with no experience, learn basic steps, patterns and terminology, Non-threatening – exercise and have fun. Instructor is experienced.

INSTRUCTOR: Cathy Cashmere		Sr. \$25.00	Non-Sr. \$75.00
8 Sessions	Mondays	4:00-5:00 p.m.	Begins 4/3/23

LINE DANCING 2 – INTERMEDIATE

Beginners who have had Line Dancing 1 and want to build on to what you have learned. Outside of class dancing opportunities will be discussed. Instructor is experienced.

INSTRUCTOR: Cathy Cashmere		Sr. \$25.00	Non-Sr. \$75.00
8 Sessions	Mondays	5:00-6:00 p.m.	Begins 4/3/23

LINE DANCING 3 – ADVANCED

Ready to move up from Line Dancing 2 or have prior experience. Also, “Country Couples” dances will be taught – partner not needed. Outside of class dancing opportunities will be discussed. Instructor is experienced.

INSTRUCTOR: Cathy Cashmere		Sr. \$25.00	Non-Sr. \$75.00
8 Sessions	Mondays	6:00-7:00 p.m.	Begins 4/3/23

DIGITAL PHOTOGRAPHY – LAPTOP REQUIRED

Learn the fundamentals of Digital Photography by understanding how and what your camera is capable of and how you will use available light to paint your photograph. There will be a minimum of 6 assignments, in which the class will help critique. You will learn to use Free online photo imaging software to help edit and enhance your photographs with powerful tools. Bring your digital camera, its manual, USB cable, a flash drive and a blank memory card (at least 1.0 GB) pen, paper and your imagination! **Class is limited to 10 people.**

INSTRUCTOR: Keri O'Connor		Sr. \$75.00	Non-Sr. 125.00
8 Sessions	Tuesdays	5:00-7:00 p.m.	Begins 4/4/23

LA BELL' ITALIA I

If you are of Italian heritage, married into an Italian family or happened to fall in love with Italy, La Bell'Italia is a journey through this unique and beautiful country. We will travel through its geography and learn about its government, industry and cultural riches, including language and cuisine. Be prepared to offer your experiences and knowledge along the way.

INSTRUCTOR: Patricia Violante		Sr. \$25.00	Non-Sr. 75.00
8 Sessions	Thursdays	6:00-7:00 p.m.	Begins 4/6/23

FILM COURSE

Writer /Director/Actor Woody Allen once said of film: "Of the thousands of films produced over the last century or so, comparatively few achieve Oscar status. That doesn't mean other films are not worthy of your time and money." This course will view an eclectic array of 8 of the many excellent films that fit Allen's description. Included are such works as Awakenings, The Seduction of Joe Tynan, Lost Horizon, Dead Poets Society, Midnight in Paris among others. Note: All films are subject to availability.

Class Limited to 18 People.

Instructor: Richard Monastra	Sr. - \$75.00	Non-Sr. - \$125.00
8 Sessions	Wednesdays	6:00-9:00 p.m.
		Begins 4/5/23

A COURSE IN MIRACLES (ACIM)

Miracles are transformative; it's what makes them miraculous. We can't see Spirit but we can experience Its Effects. This is a free service, all are welcome.

Instructor: Hugh Macready	Runs Continually
Weekly/Continual	No Fee Required
Thursdays	6:00 – 8:00 p.m.

PASTEL PAINTING – ALL LEVELS WELCOME

Join this class or continue on working with Rae Smith, Hall of Fame Honoree & Master Pastelist of the Pastel Society of America as you share her love for this beautiful medium. This class is for adult students who have been captured by the Pastel Medium. We will continue to emphasize the importance of composition and design, drawing skills, color and value and explore the many ways to improve and grow in your work.

CLASS LIMIT: 12 STUDENTS - NO WALK-INS PERMITTED

Instructor: Rae Smith	Sr. - \$80.00	Non-Sr. - \$130.00
8 Sessions	Wednesdays	1:00-3:00 p.m.
		Begins: 4/5/23

FITNESS

CER NO LONGER PROVIDES MATS & WEIGHTS

SENIOR LITE

A light cardiovascular workout and light weight training designed to strengthen the heart and tone the muscles. Warm-up and cool down stretches begin and end this "feel good" class.

Instructor: Lugene Polzella	Sr. \$25.00	Non-Sr. \$75.00
24 Sessions	Monday, Wednesday, Friday	12:00-1:00 p.m.
		Begins 4/3/23

SR. LITE PLUS

A warm-up stretch followed by light cardiovascular workout. The latter half of this class focuses on toning and strengthening abdominals, glutes and arms. Small Class size gives focus on correct techniques.

CLASS LIMIT 15.

Instructor: Lugene Polzella	Sr. - \$25.00	Non-Sr. - \$75.00
24 Sessions	Monday, Wednesday, Friday	1:00-2:00 p.m.
		Begins 4/3/23

BEGINNER PILATES I

An instructional class covering the Basic Pilates moves and principles and emphasizing correct postures, Breathing and stretching. You will learn to identify and strengthen your core muscles . Appropriate for all ages. **CLASS LIMIT 14**

INSTRUCTOR: Ann Paglione	Sr. \$25.00	Non-Sr. \$75.00
16 Sessions	Mondays & Wednesdays	5:00 – 6:00 p.m.
		Begins 4/3/23

BEGINNER PILATES II

An instructional class covering the Basic Pilates moves and principles and emphasizing correct postures, Breathing and stretching. You will learn to identify and strengthen your core muscles . Appropriate for all ages. **CLASS LIMIT 14**

INSTRUCTOR: Ann Paglione	Sr. \$25.00	Non-Sr. - \$75.00
16 Sessions	Tuesdays & Fridays	11:00 – 12:00 p.m.
		Begins 4/4/23

PILATES PLUS

Strengthen your core and lower body with this fusion of Pilates, leg and glute work and abdominals. Appropriate for all levels. **CLASS LIMIT 14**

Instructor: Ann Paglione	Sr. \$25.00	Non-Sr. \$75.00
16 Sessions	Mon. & Wed. 6:00 – 7:00 p.m.	Begins 4/3/23

PILATES SCULPT

The perfect combination of basic weight training techniques and muscle lengthening pilates style stretching. Appropriate for all levels. Please bring your own weights and mats. **CLASS LIMIT 14**

Instructor: Ann Paglione	Sr. \$25.00	Non-Sr. \$75.00
24 Sessions	Mon.,Wed., & Fri. 10:00 – 11:00 a.m.	Begins 4/3/23

YOGA - “Gentle”

A union of the mind and body. Build strength and flexibility through 'gentle' yoga. Develop focus, balance, concentration, patience and determination. Learn breathing techniques, postures and meditation to strengthen the nervous system and increase respiratory capacity. **CLASS LIMIT 12**

Instructor: Kay Papandrew	Sr. \$25.00	Non-Sr. \$75.00
16 Sessions	Tuesdays & Thursdays	5:00 -6:00 p.m.
		Begins 4/4/23

YOGA – “Moderate”

A union of the mind and body. Build strength and flexibility through a more 'challenging' yoga. Develop focus, balance, concentration, patience and determination. Learn breathing techniques, postures and meditation to strengthen the nervous system and increase respiratory capacity. **CLASS LIMIT 12**

Instructor: Kay Papandrew	Sr. \$25.00	Non-Sr. \$75.00
16 Sessions	Tuesdays & Thursdays	6:00 – 7:00 p.m.
		Begins 4/4/23

NITE YOGA – ALL LEVELS

Whether you are a beginner or advanced practitioner, this class will help you build strength and work on flexibility. You will flow through gracefully sequenced poses that can have variations to meet all levels.

CLASS LIMIT 12

Instructor: Kay Papandrew

8 Sessions

Wednesdays 6:00 to 7:00 p.m.

Sr. \$25.00

Non-Sr. \$75.00

Begins 4/5/23

MORNING YOGA I – ALL LEVELS

Whether you are a beginner or advanced practitioner, this class will help you build strength and work on flexibility. You will flow through gracefully sequenced poses that can have variations to meet all levels

CLASS LIMIT 12

Instructor: Kay Papandrew

16 Sessions

Tuesdays & Thursdays 9:00 to 10:00 a.m.

Sr. \$25.00

Non-Sr. \$75.00

Begins 4/4/23

MORNING YOGA II – All Levels

Whether you are a beginner or advanced practitioner, this class will help you build strength and work on flexibility. You will flow through gracefully sequenced poses that can have variations to meet all levels

CLASS LIMIT 12

Instructor: Kay Papandrew

16 Sessions

Tues. & Thurs. 10:00 to 11:00 a.m.

Sr. \$25.00

Non-Sr. \$75.00

Begins 4/4/23

MORNING ZUMBA

The Latin inspired dance fitness program that blends hot international music. It's truly a global phenomenon that has made millions of people smile, laugh, and get an amazing workout. Every class feels like a party so come and join you don't have to know how to dance, just move your body and follow the lead, it's easy!

Instructor: Marisela Dellinger

24 Sessions

Mondays, Thurs., Fri. 10:00 – 11:00 a.m.

Sr. \$25.00

Non-Sr. \$75.00

Begins 4/3/23

SLOW/BEGINNER ZUMBA

Slow Zumba is a class for beginners to teach the fundamentals and for seniors who would like a "slower" paced workout program.

Instructor: Marisela Dellinger

16 Sessions

Mondays & Wednesdays 9:00 – 10:00 a.m.

Sr. \$25.00

Non-Sr. \$75.00

Begins 4/3/23

NIGHT ZUMBA

The Latin inspired dance fitness program that blends hot international music. It's truly a global phenomenon that has made millions of people smile, laugh, and get an amazing workout. Every class feels like a party so come and join you don't have to know how to dance, just move your body and follow the lead, it's easy! **CLASS LIMIT 10**

Instructor: Marisela Dellinger

16 Sessions

Tuesday & Thursdays 5:30 – 6:30 p.m.

Sr. \$25.00

Non-Sr. \$75.00

Begins 4/4/23

ZUMBA TONING

For those who want to put extra emphasis on “TONING” & “SCULPTING” to refine those muscles. This class offers the challenge of adding resistance by using “Zumba Toning Sticks” or “Light Weights” which will help you focus on specific muscle groups.

Instructor: Marisela Dellinger **Sr. \$25.00** **Non-Sr. \$75.00**
16 Sessions **Tuesdays & Wednesdays** **10:00 – 11:00 a.m.** **Begins: 4/4/23**

ZUMBA LIGHT – CHAIR SEATED

Zumba Light is offered to limited mobility participants. Movement and routines are modified to be performed while sitting in a chair. This class will last 45 minutes with frequent breaks between songs so participants have a chance to rest. Our goal is to get people moving within their abilities and to keep them smiling and grooving to music they love and recognize. Although we use Latin & world music, just like in a more mobile Zumba class, we also include a lot of tunes from yesteryear that participants will recognize and want to move to.

Instructor: Marisela Dellinger **Sr. \$25.00** **Non-Sr. \$75.00**
16 Sessions **Tuesdays & Fridays** **9 :00 – 10:00 a.m.** **Begins: 4/4/23**

POUND WORKOUT – A New Fitness Trend

This class is a fun, full body workout that is a great way to shed some all over body pounds. Not only does it burn fat while exercising but this training helps you burn fat even after your workout. This full body workout strengthens the inner and outer thighs, core, back muscles and derriere. Many of the positions used in POUND are ideal for helping to maintain and improve balance. Participants must bring a mat and Ripstix.

Instructor: Marisela Dellinger **Sr. \$25.00** **Non-Sr. \$75.00**
16 Sessions **Tuesdays & Thursdays** **4:00 – 5:00 p.m.** **Begins: 4/4/23**

CARDIO STRONG - MORNING

Challenge your body in this Muscle strengthening cardio class. Medium impact cardio movements and body sculpting will leave you feeling stronger, increase flexibility, burn calories and define various muscle groups. Please bring 2 or 3 lb. hand weights and a mat.

Instructor: Jen Carollo Fischer **Sr. \$25.00** **Non-Sr. \$75.00**
16 Sessions **Mondays & Wednesdays** **9:00-10:00 a.m.** **Begins 4/3/23**

QIGONG FOR HEALTH AND LONGEVITY

Through fun and easy to learn breathing techniques and gentle flowing movements, participants will learn to keep the Qi (life force energy) flowing, helping to promote relaxation, balance and flexibility and nourishing of all body systems. All fitness levels welcome.

Instructor: Diane Ramftl

Sr. \$25.00 Non-Sr. \$75.00

8 Sessions

Thursdays 12:00 - 1:00 p.m.

Begins: 4/6/23

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Participants will be taught a Sun style Tai Chi practice designed by Doctor and Tai Chi Master Dr. Paul Lam in conjunction with the Arthritis foundation. The program can help prevent falls and ease the pain of arthritis. Those at all fitness levels are welcome. **Class Limited to 15 Students.**

Instructor: Diane Ramftl

Sr. \$25.00 Non-Sr. \$75.00

8 Sessions

Thursdays 1:15 - 2:15 p.m.

Begins: 4/6/23

No Walk-Ins Permitted

FOLLOW US ON FACEBOOK
Brigantine Beach CER

Brigantine Beach Community & Recreation
265 42nd Street
Brigantine, NJ 08203
Jim Mogan – Director
609-264-7350 Ext. 1

FOR KIDS ONLY

CHESS FOR KIDS

Come learn the ancient game of kings and royalty! Or come to improve your strategy and learn some new moves that will enhance your game plan. This class will begin with the basics of how each piece moves, and will quickly move onto strategic play that will stretch your mind. Ages 6 to 18 are welcome. No prior experience is necessary. Chess sets will be provided

Instructor: Barbara Ackermann

FEE: \$40.00

8 Sessions

Tuesdays

5:00-6:30 p.m.

Begins: 4/4/23

KIDS YOGA (New Program)

Calling all kids age 8 thru 13 !! Come out and learn some basic yoga postures. Not only does Yoga offer health benefits by improving physical fitness for posture and balance, it helps to increase flexibility and it's also a lot of fun!! **AGES: 8 THRU 13 ONLY** Class limited to 12 Children.

Instructor: Kay Papandrew

FEE: \$40.00

8 Sessions

Saturdays

9:00 – 9:45 a.m.

Begins 4/8/23

KIDS ZUMBA (New Program)

Give your children a break from their computers and have them join "An Energetic Zumba/Fitness Program" designed especially for kids!! They will have a great time learning the fundamentals and fun of "ZUMBA". **AGES: 5 THRU 13 ONLY** Class limited to 12 children.

Instructor: Marisela Dellinger

FEE: \$40.00

_8 Sessions

Saturdays

10:00 – 10:45 a.m.

Begins 4/8/23



BRIGANTINE CER 2023

Youth Summer Sports Camps

SIGN-UPS @ BRIGANTINE BEACH COMMUNITY CENTER – 265 42nd St.

AGES 6 – 12 – Monday thru Thursday

Please return this registration form with a

CHECK or MONEY ORDER payable to: *BRIGANTINE CER*

FEE: \$40.00 – per Child – per Camp

\$70.00 – per Family – per Camp

REGISTRATION FORMS

IN BBCC LOBBY

Camp #1 - Soccer – June 26 to June 29

Ages 6 -8 - 9:00 – 10:30am

Camp #2 - Soccer – June 26 to June 29

Ages 9 -12 – 10:30 – 12:00pm

Camp #3 – Basketball – July 3 to July 6

Ages 6 -8 - 9:00 – 10:30am

Camp #4 – Basketball – July 3 to July 6

Ages 9 -12 – 10:30 – 12:00pm

Camp #5 – Beach Volley Ball – July 10 to July 13

Ages 6 -8 - 9:00 – 10:30am

Camp #6 – Beach Volley Ball – July 10 to July 13

Ages 9 -12 – 10:30 – 12:00pm

Camp #7 – Soccer – July 17 to July 20

Ages 6 -8 - 9:00 – 10:30am

Camp #8 - Soccer – July 17 to July 20

Ages 9 -12 – 10:30 – 12:00pm

Camp #9 – Basketball – July 24 to July 27

Ages 6 -8 - 9:00 – 10:30am

Camp #10 -Basketball – July 24 to July 27

Ages 9 -12 – 10:30 – 12:00pm

Camp #11 – Beach Volley Ball – July 31 to August 3

Ages 6 – 8 – 9:00 – 10:30am

Camp #12 – Beach Volley Ball – July 31 to August 3

Ages 9 – 12 – 10:30 – 12:00pm

"CAMPS WILL BE HELD OUTSIDE AT BBCC"

ALL CAMPS RUN FOR 1 WEEK!!

CAMPS LIMITED TO 20 CAMPERS

CHILDREN'S SPRING SOCCER TRAINING

AGES 3, 4 & 5

MORE DETAILS TO COME !!

BRIGANTINE BEACH COMMUNITY CENTER
OPEN GYM SCHEDULE

Under Age 12 Basketball - Wednesday 4 p.m. to 6 p.m.
Saturday 10 a.m. to 1 p.m.

Under Age 16 Basketball - Tuesday & Thursday 5 p.m. to 7 p.m.
Saturday 8 a.m. to 10 a.m.

Adult Volleyball - Monday and Wednesday 7 p.m. to 9 p.m.
Saturday 1 p.m. to 4 p.m.

BRIGANTINE PICKLEBALL

TeamReach App. – This is an app that allows Brigantine players to communicate with each other. If you would like to join, you can do the following:

Install the TeamReach app on phone or tablet. (<http://www.teamreach.com/>)
Enter code: "Kitchen" and press "Join." This should bring you to Brig Pickleball

Outdoor Play Fall/Winter/Spring: Courts are open 24/7. Open rotation most mornings. No fee.
Use Team Reach to communicate with others about time to play.

Indoor Play - Team Reach is not required but recommended for sign-ups so we know who's playing and at what level. Click on the Team Reach calendar icon to sign up. No fee.

Nets must be set up and taken down for each session. **PLEASE DO NOT ENTER GYM EARLY IF THERE IS A CLASS AS PEOPLE PAY FOR THEIR TIME. PLEASE LEAVE PROMPTLY AT END TIME.**

	time	Rating
Monday	1:15-2:30	3.5-4+
	2:30-4:00	3.0
Tuesday	11:15-12:45	2.0-2.5
	12:45-2:30	3.0
	2:30-4:00	3.5-4+
Wed	1:15-2:30	3.0
	2:30-4:00	3.5-4+
Thur	11:15-12:45	2.0-2.5
	12:45-2:30	3.0
	2:30-4:00	3.5-4+
Fri	1:15-2:30	3.0
	2:30-3:45	3.5-4+

The Community Center is closed for all state and federal holidays. Outdoor Courts Stay Open
For additional info contact Bob Galbraith @ BOBJG1435@GMAIL.COM

TRIPS 2023

SPAIN & PORTUGAL – May 6 to 16th, 2023.

Hosted by Jet Vacations

The Brigantine CER is planning a trip to **SPAIN & PORTUGAL**, 11 DAYS, 9 NIGHTS, MAY 6 to 16, 2023. You will be touring Barcelona, Madrid and Lisbon. 3 nights each in Barcelona, Madrid and Lisbon breakfast included at 4 star city center hotels. 4 lunches in local restaurants in Girona, Toledo, Evora in route to Barcelona to Madrid. 1 dinner with Flamenco Show in Madrid, Farewell Dinner at a local FADO restaurant in Lisbon. Full Day tours in Barcelona, Girona, Madrid, Toledo and Lisbon. Motorcoach transportation from Brigantine to Newark Airport. For more information and to get an application to register for this trip call the CER OFFICE at 609-264-7350 Ext. 1 . Price of trip starts from \$4,245.00 pp. double occupancy.

TRIPS 2024

CER IS GOING ON A SOUTHERN CARIBBEAN CRUISE

Hosted by Boscov's Travel

The Brigantine CER is offering a **"SOUTHERN CARIBBEAN CRUISE"** on the new **"CELEBRITY BEYOND"**, January 18 to January 29, 2024, hosted by Boscov's Travel. We will be visiting Philipsburg, St. Maarten; Castries, St. Lucia; Bridgetown, Barbados; St. Johns, Antigua and Basseterre, St. Kitts & Nevis. Included is roundtrip airfare to Fort Lauderdale, Pre-Cruise accommodations and transfers to and from cruise seaport. Book by March 31, 2023 and receive \$200 per person onboard credit, \$200 per person discount off of flyer pricing, prepaid shipboard gratuities for restaurant services, Celebrity Classic Beverage Package (valued at over \$900 per person) and Surf WIFI Package.

CER office, 265 42nd Street, Brigantine, NJ 08203

**** **REGISTRATION FORM MUST BE COMPLETED IN FULL** ****

IDENTIFICATION IS REQUIRED FOR SENIOR DISCOUNTS

NO CASH ACCEPTED

MAKE CHECK OR MONEY ORDER PAYABLE TO BRIGANTINE C.E.R.

PLEASE NOTE: Registrations are accepted on an "as received" basis. No phone reservations for classes will be accepted. You should assume your registration has been accepted, unless you are notified. All classes will be held at BBCC located at:

265 42nd St. unless otherwise noted.

Mail-In registrations will not be accepted.

REGISTRATION WILL TAKE PLACE MARCH 14TH THRU MARCH 21ST, 2023 AT THE COMMUNITY CENTER ONLY AND WILL NOT BE ACCEPTED AFTER MARCH 18TH, 2023

CLASS SCHEDULES CANNOT BE MODIFIED OR PRO-RATED.

PLEASE PRINT CLEARLY

SPRING CER CLASS REGISTRATON FORM – 2023

NAME: _____ AGE: _____ (Required)

ADDRESS: _____ CITY _____ ZIP _____

PHONE NO. _____ EMERGENCY PHONE NO. _____

COURSE: _____ DAY / TIME: _____

COURSE FEE: \$ _____ CHECK # _____ DATE REC'D. _____

EMAIL ADDRESS: _____

PLEASE PRINT CLEARLY

SPRING CER CLASS REGISTRATON FORM – 2023

NAME: _____ AGE: _____ (Required)

ADDRESS: _____ CITY _____ ZIP _____

PHONE NO. _____ EMERGENCY PHONE NO. _____

COURSE: _____ DAY / TIME: _____

COURSE FEE: \$ _____ CHECK # _____ DATE REC'D. _____

EMAIL ADDRESS: _____

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