

Brigantine Community Education and Recreation
"A total commitment to the community."

WINTER PROGRAMS 2025



All courses will be held at the Brigantine Community Center at 265 42nd St.

Register Online at: Brigantine.recdesk.com

Registration opens on December 16th at 8:00 a.m.

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

CLASSES BEGIN THE WEEK OF 1/6/2025

REGISTRATION PROCESS

The Brigantine Beach Community Center (CER) prides itself on offering a variety of programs and classes for the Brigantine and surrounding communities. If you are interested in registering for CER programs for the Winter Session you are able to do so online or in-person. Online registration can be done at Brigantine.RecDesk.com.

CER staff will happily create an account and work through the registration process with anyone needing assistance. If you or someone you know does not have a device with internet access but wants to register on their own, the Brigantine Library and its staff are also available to help anyone looking to use a library computer.

When registering online all classes and programs will be listed on the RecDesk website. Once a class is selected, users will add the class to their shopping cart and will be prompted to pay online with a credit card. Anyone looking to pay with a check will be required to come to the CER to register in-person. We cannot accept cash or registrations over the phone. We do not pro-rate classes once the sessions begin.

Aside from program registration, the RecDesk website has a calendar feature which shows up-to-date information about open gym times and room availability. All questions about the online registration process can be directed to the CER by calling (609) 264-7350 ext. 1.



FOR UP-TO-DATE INFORMATION,

LIKE US ON FACEBOOK @ BRIGANTINE BEACH CER

COURSES

PASTEL PAINTING – ALL LEVELS WELCOME

Join this class or continue 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.

INSTRUCTOR: Rae Smith
8 Sessions

Begins 1/8/25
Wednesdays 1:00-3:00 p.m.

Sr. \$80.00
Non-Sr. \$130.00

BEGINNER ADULT TAP CLASS

If you are a fan of Broadway musicals and enjoy the tap productions, this class is for you! Learn the basic rudiments of tap: Technique – Terminology and Rhythms. Class will consist of learning basic tap step which will be applied to create a dance. Don't be afraid that it might be too difficult. My mission is everyone is to have F-U-N. This class is great for men and women. No tap shoes required. You will need a pair of leather bottom sole shoes. **CLASS LIMIT 12.**

INSTRUCTOR: Debbie Gatto
10 Sessions

Begins 1/7/25
Tuesdays 6:30 – 7:30 p.m.

Sr. \$20.00
Non-Sr. \$50.00

BEGINNER ADULT JAZZ CLASS

This class is designed to learn Basic Jazz Steps and Technique. Class will begin with a warm-up stretch on the floor, followed by a stretch at the Barre. Jazz Steps will be taught at a slow pace to insure everyone is understanding the material. Once you have mastered the steps, a combination will be choreographed using those steps. You will love the current pop music. No special shoes required; sneakers are fine.

CLASS LIMIT 12.

INSTRUCTOR: Debbie Gatto
10 Sessions

Begins 1/7/25
Tuesdays 7:30 – 8:30 p.m.

Sr. \$20.00
Non-Sr. \$50.00

FILM COURSE

"ALMOST OSCAR WINNERS"

The prestigious "Oscar" has been awarded annually since 1929 to that film deemed **BEST PICTURE**. What constitutes "Best Picture" is highly subjective at best. This class will view and discuss films nominated for Best Picture but, for whatever reason, were deemed unworthy of the ultimate Hollywood accolade. Since each was nominated for Best Picture, each thus is intrinsically Oscar worthy in its own right. Included, subject to change, are such Oscar "losers" as **LOST HORIZON, TO EACH HIS OWN, NOW VOYAGER,** and **THE RAZOR'S EDGE** among others. **CLASS LIMIT 18.**

INSTRUCTOR: Richard Monastra
8 Sessions

Begins 1/8/25
Wednesdays 6:00-9:00 p.m.

Sr. - \$75.00
Non-Sr. \$125.00

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
8 Sessions

Begins 1/9/25
Thursdays 6:00-7:00 p.m.

Sr. \$16.00
Non-Sr. \$40.00

DIGITAL PHOTOGRAPHY

Do you have a Digital Camera or Mobile Phone? Would you like to know how to use them for better photography? This course is for you. We will get to know photography fundamentals and explore activities to enhance your photographic skills. A laptop or tablet will be useful for editing your photographs. This will be a 4 Session Course. **CLASS LIMIT 8.**

INSTRUCTOR: Bill Paullin

Begins 1/21/25

Sr. \$35.00

4 Sessions: 1/21, 2/4, 2/18, & 3/4

Tuesdays 6:00-8:00 p.m.

Non-Sr. \$70.00

FITNESS

NOTE: CER DOES NOT PROVIDE MATS OR WEIGHTS. NO WALK-INS PERMITTED.

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. **CLASS LIMIT 60.**

Instructor: Lugene Polzella

Begins 1/6/25

Sr. \$60.00

30 Sessions (10 Weeks)

Monday, Wednesday, Friday 12:00-1:00 p.m.

Non-Sr. \$150.00

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

Begins 1/6/25

Sr. \$60.00

30 Sessions (10 Weeks)

Monday, Wednesday, Friday 1:00-2:00 p.m.

Non-Sr. \$150.00

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

Begins 1/6/25

Sr. \$40.00

20 Sessions (10 Weeks)

Mondays & Wednesdays 5:00 – 6:00 p.m.

Non-Sr. \$100.00

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

Begins 1/7/25

Sr. \$40.00

20 Sessions (10 Weeks)

Tuesdays & Fridays 11:00 – 12:00 p.m.

Non-Sr. \$100.00

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

Begins 1/6/25

Sr. \$40.00

20 Sessions (10 Weeks)

Mondays & Wednesdays 6:00 – 7:00 p.m.

Non-Sr. \$100.00

PILATES SCULPT I

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

Begins 1/6/25

Sr. \$60.00

30 Sessions (10 Weeks)

Mon., Wed., & Fri. 10:00 – 11:00 a.m.

Non-Sr. \$150.00

PILATES SCULPT II

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 **Begins 1/6/25** **Sr. \$60.00**
30 Sessions (10 Weeks) **Mon., Wed. 11-12:00 p.m. & Fri. 9-10:00 a.m.** **Non-Sr. \$150.00**

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 15.**

Instructor: Kay Papandrew **Begins 1/7/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Tuesdays & Thursdays 5:00 -6:00 p.m.** **Non-Sr. \$100.00**

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 15.**

Instructor: Kay Papandrew **Begins 1/7/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Tuesdays & Thursdays 6:00 – 7:00 p.m.** **Non-Sr. \$100.00**

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 15.

Instructor: Kay Papandrew **Begins 1/8/25** **Sr. \$20.00**
10 Sessions (10 Weeks) **Wednesdays 6:00 to 7:00 p.m.** **Non-Sr. \$50.00**

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 15.

Instructor: Kay Papandrew **Begins 1/7/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Tuesdays & Thursdays 9:00 to 10:00 a.m.** **Non-Sr. \$100.00**

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 15.

Instructor: Kay Papandrew **Begins 1/7/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Tuesdays & Thursdays 10:00 to 11:00 a.m.** **Non-Sr. \$100.00**

CHAIR YOGA – All Levels

Chair yoga is a course for anyone wanting to reclaim mobility in a gentle way. Reclaim your mobility and fitness with a mellow restorative practice. Benefits of chair yoga include improved flexibility, better concentration & increased strength. **CLASS LIMIT 15.**

Instructor: Kay Papandrew **Begins 1/8/25** **Sr. \$20.00**
10 Sessions (10 Weeks) **Wednesday 12:00 to 1:00 p.m.** **Non-Sr. \$50.00**

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! **CLASS LIMIT 60.**

Instructor: Marisela Dellinger **Begins 1/6/25** **Sr. \$60.00**
30 Sessions (10 Weeks) **Mon., Wed., Fri. 10:00 – 11:00 a.m.** **Non-Sr. \$150.00**

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. **CLASS LIMIT 15.**

Instructor: Marisela Dellinger **Begins 1/6/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Mondays & Wednesdays 9:00 – 10:00 a.m.** **Non-Sr. \$100.00**

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 15.**

Instructor: Marisela Dellinger **Begins 1/7/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Tuesday & Thursdays 5:30 – 6:30 p.m.** **Non-Sr. \$100.00**

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. **CLASS LIMIT 60.**

Instructor: Marisela Dellinger **Begins 1/7/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Tuesdays & Thursdays 10:00 – 11:00 a.m.** **Non-Sr. \$100.00**

EVENING POUND

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. **CLASS LIMIT 15.**

Instructor: Marisela Dellinger **Begins 1/7/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Tuesdays & Thursdays 4:00 – 5:00 p.m.** **Non-Sr. \$100.00**

MORNING POUND

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. **CLASS LIMIT 15.**

Instructor: Marisela Dellinger **Begins 1/7/25** **Sr. \$40.00**
20 Sessions (10 Weeks) **Tuesdays & Thursdays 9:00 – 10:00 a.m.** **Non-Sr. \$100.00**

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. **CLASS LIMIT 60.**

Instructor: Jen Carollo Fischer

Begins 1/6/25

Sr. \$32.00

16 Sessions (8 Weeks)

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

Non-Sr. \$80.00

TOTAL BODY STRENGTH & CONDITIONING

Our Instructor, Paula Brown comes to us with many years of experience as a Fitness Instructor and Personal Trainer. This class is fun, challenging and gets results. With a focus on form, it is a combination of strength training, cardio, core exercises, balance training, flexibility and stretching. Modifications will be given for each exercise so intensity level can be adjusted. Make it your own!! You will need to bring light to moderate dumbbells 2-8 lbs. and a mat. **CLASS LIMIT 60.**

Instructor: Paula Brown

Begins 1/14/25

Sr. \$40.00

20 Sessions (10 Weeks)

Tuesday & Thursday 9:00 – 10:00 a.m.

Non-Sr. \$100.00

TOTAL BODY CIRCUIT I

This class is fun, challenging and gets results. This class is a circuit style class using various types of equipment like Kettle Bells, stability balls, balance trainers, slam balls, etc. Modifications will be given for each exercise so intensity level can be adjusted. Make it your own! Please bring two light to moderate hand weights (2-8 lbs.) and a mat. **CLASS LIMIT 12.**

Instructor: Paula Brown

Begins 1/14/25

Sr. \$40.00

20 Sessions (10 Weeks)

Tuesday & Thursday 10:00 – 11:00 a.m.

Non-Sr. \$100.00

TOTAL BODY CIRCUIT II

This class is fun, challenging and gets results. This class is a circuit style class using various types of equipment like Kettle Bells, stability balls, balance trainers, slam balls, etc. Modifications will be given for each exercise so intensity level can be adjusted. Make it your own! Please bring two light to moderate hand weights (2-8 lbs.) and a mat. **CLASS LIMIT 12.**

Instructor: Paula Brown

Begins 1/13/25

Sr. \$40.00

20 Sessions (10 Weeks)

Monday & Wednesday 10:00 – 11:00 a.m.

Non-Sr. \$100.00

VITAL CORE, MOBILITY, AND RECOVERY

This class is a more functional approach to training. It involves core exercises using Bender Balls, strengthening using bands and stretching, and self-massage using tennis balls and foam rollers. It is designed to achieve better body awareness, improve strength and reduce pain with functional movement. You will need a mat and to be able to do floor exercises. Feel free to bring your own Bender Ball, foam roller and tennis ball. **CLASS LIMIT 15.**

Instructor: Paula Brown

Begins 1/13/25

Sr. \$40.00

20 Sessions (10 Weeks)

Monday & Wednesday 11:00 a.m. – 12:00 p.m.

Non-Sr. \$100.00

24-POSTURE THERAPEUTIC QIGONG

Qigong is a meditative practice involving breathe and gentle movements, focusing on health, healing and longevity. The many health benefits include stress reduction, improvement in balance and flexibility, reduction of inflammation in the body and strengthening of the immune system. The 24-posture practice is simple and easy to learn yet also very powerful. It can be practiced either standing or sitting. The postures are divided into three parts, working the upper, middle and lower body. Those at all fitness levels are welcome. **CLASS LIMIT 12.**

Instructor: Diane Ramftl

Begins 1/9/25

Sr. \$20.00

10 Sessions (10 Weeks)

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

Non-Sr. \$50.00

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 eventually move onto strategic plays that will stretch your mind. Ages 6 to 18 are welcome. No prior experience is necessary. Chess sets will be provided.

Instructor: Barbara Ackerman

Fee: \$50.00

8 Sessions (8 Weeks)

Tuesday

5:00 – 6:30 p.m.

Begins: 1/7/25

KIDS ZUMBA

Give your children a break from their computers and have them join "An Energetic Zumba/fitness program" designed especially for kids! Kids will have a great time learning the fundamentals and fun of "Zumba". **Class limited to 12.**

Instructor: Marisela Dellinger

Fee: \$50.00

10 Sessions (10 Weeks)

Saturday

10:00 – 10:45 a.m.

Begins 1/11/25

COMPREHENSIVE ARTS & CRAFTS

Join us for our first Comprehensive Arts and Crafts Class for children, ages 5 years to 15 years! Our goal is to nurture your child's creativity and unlock their artistic potential through fun and engaging projects. Designed for kids of all skill levels, this hands-on program encourages imagination, improves motor skills, and builds confidence. **Class limited to 10.** Our 8-section class includes:

1. Drawing Basics: Children will learn fundamental sketching skills, such as shading, and understanding proportion. Children will use pencils or charcoal, to bring their ideas to life.
2. Pastels and Crayons Creations: Children will learn to create smooth gradients, layer colors effectively, and achieve a delicate, nuanced effect, with pastels or crayons. This project fosters creativity, while building foundational art skills.
3. Acrylic Adventures: Experiment with acrylic paints, to craft vibrant, textured artwork, expressing emotion through bold colors.
4. Crafting with Nature: We will reconnect with the outdoors, using natural materials to create eco-friendly crafts that celebrate nature's beauty.
5. Clay Creations: We will shape and sculpt clay, to design small figurines, ornaments, or decorative items, exploring tactile creativity.
6. Recycled Art: This project will have us working to transform everyday recyclable items, into beautiful and functional crafts, with an eye to environment, and sustainability.
7. Mixed Media Magic: Combine drawing, painting, and various materials to create unique, textured masterpieces.
8. Seasonal Crafts: Celebrate holidays and seasons by making festive art and keepsakes inspired by special occasions.

Instructor: Yan Yao

Fee: \$65.00

8 Sessions (8 Weeks)

Wednesday

4:00 – 5:30 p.m.

Begins: 1/8/25

BASKETBALL TRAINING

Get your little ones started early with our Basketball Training program. This is perfect for children ages 3-4 or 5-6. They will focus on skills like dribbling and passing.

Instructor: Coach Evan

First Child Fee: \$65.00

8 Sessions (8 Weeks)

Sibling Fee: \$45.00

Saturday

10:00 – 11:00 a.m. (age 5-6)

Begins: 1/4/2025

Saturday

11:00 – 12:00 p.m. (age 3-4)

BBCC RECREATIONAL ACTIVITIES

ADULT BASKETBALL

BBCC ½ Gym: **NO FEE**
Friday 8:30 – 9:45 a.m.
Saturday 8:30 – 10:00 a.m.

ADULT BADMINTON

BBCC ½ Gym: **NO FEE**
Monday 7:00 – 8:45 p.m.
Wednesday 7:00 – 8:45 p.m.

OPEN BASKETBALL (Ages 13-16)

Open gym program, choose up sides and play half court games. Waiver required.

Supervisor: Staff **NO FEE**
BBCC ½ Gym:
Tuesday 7:00 – 8:45 p.m.
Thursday 4:00 – 7:00 p.m.
Saturday 8:30 – 10:00 a.m.

YOUTH OPEN BASKETBALL (Age 12 & Under)

Open Gym program, choose sides and play half court games. Waiver required.

Supervisor: Staff **NO FEE**
BBCC ½ Gym:
Tuesday 4:00 – 7:00 p.m.
Thursday 7:00 – 8:45 p.m.
Saturday 10:00 – 1:00 p.m.

TODDLER TIME (Age 5 & under)

Open activities and free time for toddlers. Waiver and parental supervision required.

Supervisor: Parent/Guardian **NO FEE**
BBCC Gym:
Monday 11:00 a.m. – 11:45 a.m.
Wednesday 11:00 a.m. – 11:45 a.m.
Friday 11:00 a.m. – 11:45 a.m.

ADULT VOLLEYBALL

BBCC ½ Gym: **NO FEE**
Monday 7:00 – 8:45 p.m.
Saturday 1:00 – 3:45 p.m.

ADULT PICKLEBALL

Must pre-register on CourtReserve app based on pickleball rating level starting January 1, 2025.

BBCC Gym: **NO FEE**
Monday 1:15 – 6:45 p.m.
Tuesday 11:15 – 3:45 p.m.
Wednesday 1:15 – 3:45 p.m.
Thursday 11:15 – 3:45 p.m.
Friday 1:15 – 3:45 p.m.

GAMES, CARDS, AND CRAFTS

BRIDGE

Location: Dining Room

Monday 12:30 – 4:00 p.m.

Tuesday 12:30 – 4:00 p.m.

Wednesday 12:30 – 4:00 p.m.

DOMINOES

Location: Dining Room

Wednesday 1:00 – 3:00 p.m.

SCRABBLE

Location: Dining Room

Tuesday 1:00 – 3:00 p.m.

MAHJONG

Location: Dining Room

Thursday 12:30 – 3:00 p.m.

MEXICAN DOMINOES

Location: Dining Room

Tuesday 1:00 – 3:00 p.m.

Thursday 1:00 – 3:00 p.m.

KNITTING & CROCHETING

Location: Dining Room

Tuesday 4:00 – 6:00 p.m.

Wednesday 3:00 – 5:00 p.m.

Thursday 4:00 – 6:00 p.m.

QUILTING

Location: Multi-Purpose Room

Thursday 1:00 – 4:00 p.m.

COMMUNITY PUZZLES

Location: Main Lobby and Dining Room

Available whenever the building is open.

The Brigantine CER is proud to host various groups of game players, card players, and crafters throughout the week. The groups above are welcoming new members. Anyone interested in joining can meet the group on their respective date/time listed. If you are interested in forming a new game, card, or crafting group, please reach out to the CER at (609) 264-7350.

TRIPS 2025-2026

Our three trips for 2024-2025 which included a Caribbean Cruise, a trip to Italy and a trip to Ireland, have **SOLD OUT**. At this time, we are working on our 2026 Travel Program.

We are considering several destinations which include a Mediterranean Cruise, Scandinavian Countries, South Africa, Spain and Morocco, Greece, Canada and Japan. Hopefully we will be able to finalize and announce our 2026 Travel Program by early 2025.

We are also open to suggestions or additions with regard to the above possible destinations.

Please stop in or call us at the CER Office – 609-264-7350 Ext. 1 and ask for Jim Mogan.

