

WINTER 2006 PROGRAMS

Sports

- Biddy Basketball (3-8)
- Icy Bivy Basketball (K-2)
- Men's Open Rec. Basketball (Half & Full Court)
- Atlantic Club Swim School*
- Atlantic Club Base /Soft. Train.*
- Atlantic Club Open Skateboarding*

- Good Sports Tennis*
- Good Sports Soccer*
- Good Sports Roller Hockey*
- Wall Sports Arena Ice Hockey*
- Wall Sports Arena Ice Skating*

Art

- Paint, Paste & Pour(Pre-K Art)
- Impressionistic Art (Grade 2-8)
- Photo Scrapbooking (13 & up)

Dance

- Ballet (3-5 yrs.)

Fitness & Exercise

- Body Sculpting
- Pilates
- Yoga AM & PM

Jazzercise*

- Atlantic Club Jr. Fit*

Music

- "Wee-Ones" Early Childhood Music Program (0-36 months)

Seniors (55+)

- Senior Exercise
- Senior Line Dancing
- Senior Swim
- Fitness In Therapy—FREE Balance Class*

Base Trips

- David Copperfield Magic Show (Jan. 26)

Plus more!!!

- Make sure to check for up-to-date programming at www.wallnj.com/



The Wall-to-Wall

RECREATION CALENDAR

January 2006

Visit us at www.wallnj.com

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------|--|--|--|--|--|--|-----|
| Jan 1 <i>New Year's Day</i> | 2 <i>New Year's Observance</i> (No Classes) | 3 Body Sculpting Fitness Men's half-court Basketball | 4 Senior Exercise | 5 Paint, Paste & Pour Yoga (PM) Men's half-court Basketball | 6 Paint, Paste & Pour Senior Exercise Senior Swim Men's full-court basketball | 7 Biddy B-Ball Games | |
| 8 | 9 Ballet Yoga (AM) & Yoga (PM) Senior Exercise Senior Line Dancing | 10 Body Sculpting Fitness Impressionistic Art Men's half-court Basketball | 11 Photo Scrapbooking Senior Exercise Wee-Ones Music | 12 Paint, Paste & Pour Plates Yoga (PM) Men's half-court Basketball | 13 Paint, Paste & Pour Senior Exercise Senior Swim Men's full-court basketball | 14 Biddy B-Ball Games Icy Bivy B-Ball Clinic | |
| 15 | 16 <i>Martin Luther King Jr. Day</i> Ballet Yoga (AM) & Yoga (PM) Senior Exercise Senior Line Dancing | 17 Body Sculpting Fitness Impressionistic Art Men's half-court Basketball | 18 Photo Scrapbooking Senior Exercise Wee-Ones Music | 19 Paint, Paste & Pour Plates Yoga (PM) Men's half-court Basketball | 20 Paint, Paste & Pour Senior Exercise Senior Swim Men's full-court basketball | 21 Biddy B-Ball Games | |
| 22 | 23 Yoga (AM) & Yoga (PM) Senior Exercise Senior Line Dancing | 24 Impressionistic Art Men's half-court Basketball | 25 Photo Scrapbooking Senior Exercise Wee-Ones Music | 26 Paint, Paste & Pour Plates Yoga (PM) Men's half-court Basketball <i>David Copperfield Show</i> | 27 Paint, Paste & Pour Senior Exercise Senior Swim Men's full-court basketball | 28 Biddy B-Ball Games Icy Bivy B-Ball Clinic | |
| 29 | 30 Yoga (AM) & Yoga (PM) Senior Exercise Senior Line Dancing | 31 Impressionistic Art Men's half-court Basketball | Feb 1 Photo Scrapbooking Senior Exercise Wee-Ones Music | 2 Paint, Paste & Pour Plates Yoga (PM) Men's half-court Basketball | 3 Paint, Paste & Pour Senior Exercise Senior Swim Men's full-court basketball | 4 Biddy B-Ball Games Icy Bivy B-Ball Clinic | |
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* Partner of the Wall Recreation Department. Held at private location. Visit www.wallnj.com for more information!