

# Borough of Lavallette Recreation Programs

## Winter & Spring 2012 Schedule



**Aerobics**

Monday, Wednesday, & Friday 4pm  
Lavallette First Aid Squad  
\$3 Donation



**Tai-Chi**

Tuesday 10:00am  
Lavallette First Aid Squad  
\$3 Donation



**Zumba**

Monday 6:45 – 7:45pm Lavallette School  
Wednesday 6:00pm Lavallette School  
\$3 Donation



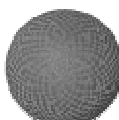
**Yoga**

Tuesday & Thursday 7:30pm - 8:30pm  
Lavallette First Aid Squad  
\$3 Donation



**Basketball**

Friday 6-8pm Lavallette School Gym  
High school age and older are invited to play. Free



**Dodgeball**

Tuesday 6-8pm Lavallette School Gym  
High school age and older are invited to play. Free



**Walking Group**

Monday 10:00am at The Gazebo bring water,  
comfortable shoes and dress weather appropriate. Free

Please note that Squad and Borough use of the First Aid Building have Priority on nights that conflict (ex. Meeting Dates, Election Day)

Updates and changes [www.lavallette.org](http://www.lavallette.org)

1/26/2012