

The Easter Egg Hunt is a Spring-time activity for children up to and including the fourth grade. Children are divided into age groups and each "Hunt" in their own area. The children "Hunt" for eggs filled with goodies and golden coins for special prizes. Children will receive a bag to put their treasures in. The Easter Bunny will be at the hunt to visit with the children. March 23, 2013

The Independence Day Festival is held on July 3, 2013. This event is an opportunity for our residents and visitors alike to celebrate Our Nation's Independence through food, music, fireworks, rides and more.

Community Day is a Spring-time activity that involves a children's bike auction, bike safety program, games, food and more. Bring your own bike or try to buy one while you are here. Either way, come out and enjoy the day.

The Coombs/Douglass Memorial Bay Run is held on the first Saturday in August of each year. This event consists of a five mile certified run and a two mile health run/walk. Prizes in designated age categories and a pancake breakfast at the end. August 3, 2013

The Halloween Costume Parade is an October event that is part of The Rotary Club's Annual Pumpkin Festival. Line up for the parade and costume judging. Prizes will be awarded in a variety of age groups from infants to groups/families. Prizes are awarded at the conclusion of the parade. October 19, 2013

The Halloween Haunted Trails is an October event that is this Department's most anticipated "Fright Night". This event has steadily grown in popularity over the years. This event can be a frightening adventure that might not be recommended for those who are easily scared. Prepare for the unexpected. October 26, 2013

The Farmers Market is a weekly open air summertime event. This public market is where farmers and other vendors sell goods directly to consumers. Come out and enjoy live music while getting your provisions for the week.

The Ferry Merry Christmas event is held in December of each year. The Delaware River and Bay Authority Ferry Terminal is the location of this event. There will be

games for kids, along with face painting, arts and crafts, and Santa will make a visit.

The youth soccer program is for children in Kindergarten through sixth grades. This program is offered in both the Fall and Spring. Recreational teams are formed to ensure all players the opportunity to learn soccer and have fun. Once teams are formed, rosters are distributed to coaches and coaches are asked to contact players. Practices are scheduled by coaches and games are scheduled by the recreation department. Call the recreation department for fee schedule.

The youth basketball program is for children in Kindergarten through eighth grades. This is a winter time activity. There are five divisions where teams are formed based on grade level. Teams are formed to ensure the opportunity to learn basketball and have fun. Some travel teams are available. Practices are scheduled by the coaches and games are scheduled by the recreation department. Call the recreation department for fee schedule.

The youth football program is a developmental yet competitive program that competes in the Cape May County Junior Youth Football League. This program is offered to children entering first through eighth grades. Teams are separated by grade, and are formed in the Summer with games being played in the Fall. Equipment is issued through the recreation department. Travel is to be expected. Call the recreation department for fee schedule.

The youth wrestling program is offered to children in grades first through sixth. The team competes in both matches and tournaments. Coaches focus on teaching skills, strategy, and proper technique. This is a winter sport and travel is to be expected. Call the recreation department for fee schedule.

The youth Lacrosse program is offered in the Spring and is open to children in fourth through eight grades. Several boys and girls teams are grouped by grades. This program emphasizes the basic skills of catching, throwing, shooting, offense and defense. Travel for league games is to be expected. Call the recreation department for fee schedule.

The youth cheerleading program is available to children in first through eighth grades. Teams are separated by grades and are assigned to cheer for one of our youth football teams. Practices begin in the summer and games are played in the fall. Participants will learn fundamentals, techniques, side line and half time cheers. Call the recreation department for fee schedule.

Lower Township Judo program is for participants 5 years of age and older. Adults and children are welcomed. Judo is a fun and safe sport suitable for people of all ages. It's especially beneficial for children, improving :

Fitness and flexibility, co-ordination, respect for others, self-confidence, discipline and behavior and strength. Call the recreation department for fee schedule.

Lower Township offers an adult yoga class. This yoga practice is offered as a co-ed beginners level-awareness and experience of yoga – stretch, breathe and relax. No yoga experience required, all levels welcome. Yoga is gentle and tones the body, muscles, organs, joints and glands. Bring a blanket or yoga mat to class and wear loose fitting, comfortable clothing to move in. Call the recreation department for fee schedule.

Lower Township offers zumba fitness. Zumba is the “Exercise in Disguise” dance party class that combines Latin and International rhythms with high energy and motivating music. Come learn dances like the salsa, merenque, mambo, reggaeton, samba, cumbia, calypso, hip-hop, African and more!!

Zumba is designed for everybody, every shape, and every age! Beginners Welcome!! No dance experience necessary. Just bring a towel, LOTS of water and be prepared to sweat and have fun. Call the recreation department for fee schedule.

Lower Township offers Pilate's classes. Come to the classes if you have any belly fat, waist line gone, lower back has discomfort or hips and knees hurt. This is most likely due to no muscle support for your core. As muscles build you will create an internal pull in building all the small and large muscles. See your body change to a longer, leaner you. Inches will disappear before your eyes. Bring a yoga mat and water. Call the recreation department for fee schedule.

Lower Township Recreation has partnered with the Delaware Lewes Ferry to present a concert on the "Green" during the summer outside overlooking the Bay and Canal at the Ferry Terminal. The Concert for this summer will feature "BACKSTREETS" a Bruce Springsteen Tribute Band that has played across the Northeast with great acceptance. This free Concert will start at 6:00 on Wednesday July 10, 2013.

Lower Township Recreation Dept. will again Mentor Senior Citizens at the Millman Center in Computer operations. Seniors have been taught how to set up E-mail accounts, study spreadsheets, surf the internet, and other basic uses of a PC. High School peer leadership students work with the Rec. Aides on this project.

The Lower Township Recreation Dept. offers a community Pool in the North Cape May community. The Pool opens in late June and stays open 7 days a week till Labor Day. The Recreation Dept. offers different aquatic programs at the facility. It is a Guarded Pool. June 22,2013.

Lower Township Recreation center now has a brand new Exercise and Weight Room featuring State of the Art Pin Weight Training Stations along with Treadmills and Elliptical Training.

Lower Township Recreation center has a Basketball skills competition for youth in early March.

Lower Township Recreation will present "Escape the Cape" our First Triathlon at the Delaware River Bay Authority Terminal on Sunday June 2, 2013.