

Family Fitness Series

The Lower Township Recreation Department is offering the “Family Fitness Series” which will be held at the Lower Township Recreation Center. The program will consist of the following:

PAC Kids Fitness Enrichment Program & Mommy, Daddy & Me

PAC Kids– For children 2 yrs. to 5 yrs. of age will be held on Tuesday mornings from 11am to 11:40am.

Mommy, Daddy & Me– For children 1 1/2 yrs. of age to 3 yrs. of age will be held on Tuesdays from 11:45am to 12:25pm.

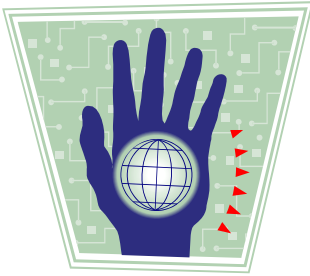
The program focuses heavily on the Early Childhood Developmental Aged Child and classes are loaded with fun filled, created based programming that takes children on exciting and educational journeys from start to finish. Children will be introduced to the world of fitness exposing them to concepts of core strength training, speed, agility, conditioning along with balance, flexibility & gross motor skills. The program will fuse gymnastics/tumbling related training with fitness related activities. **There will be two (2) sessions, the first session will run from June 28, 2010 to July 30, 2010. Session two will run from Aug. 2, 2010 to Sept. 3, 2010. Fee is \$25 per person for each program (\$25 for PAC Kids & \$25 for Mommy, Daddy & Me per session).** For more information call 609-886-7880, ext. #0.

PAC Kids Fitness Boot Camp

This program is open to children **5 yrs. of age to 12 yrs. of age** and will be held on **Monday & Wednesday afternoons from 4pm to 5pm**. The program includes expert fitness instruction, nutritional coaching and fun, inspiring and motivational training designed to create solid, healthy foundation for which children can carry throughout the course of their lives. The class is very high intensity, fast paced class that is fit for children of any fitness level. Children will take part in fun filled fitness related activities such as: calisthenics, plyometrics, resistance training and much more. **Session One runs from 6/28/10 to 7/30/10 & Session Two runs from 8/2/10 to 9/3/10. Fee is \$45 per person for each session.** For more information call 609-886-7880, ext. #0.

PAC Women’s Beginner Fitness Boot Camp

This class will be held Mondays, Wednesdays & Fridays from 10:30am to 11:30am. This camp is perfect for the individual who is new or just returning to an active lifestyle that want to join a fun & motivating boot camp but would like to start out with easier, basic exercise progressions and longer rest & recovery time between exercises all at a lower level of intensity. Class will include intense cardio blasts, strength training (using hand weights, bands, medicine balls and body weight), core training, circuit training and more. Participants will be given exercise modifications and alternatives to ensure everyone has a safe and effective workout. **Session One runs from 6/28/10 to 7/30/10 and session two will be held from 8/2/10 to 9/3/10. Fee is \$80 per person per session.** For more information call 609-886-7880, ext. #0.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful

content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your

newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You

can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

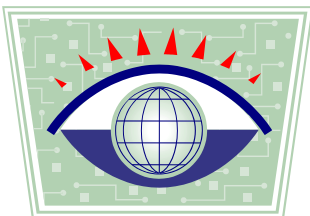
Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting im-

ages that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the

article. Be sure to place the caption of the image near the image.



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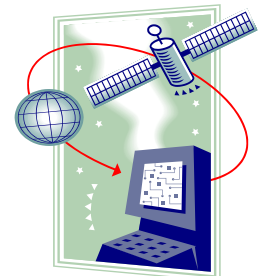
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Lower Township Department of Parks & Recreation

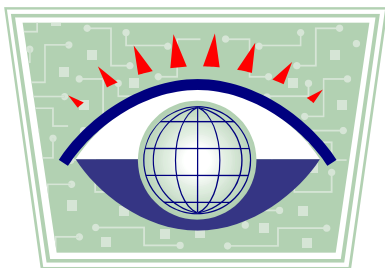
2600 Bayshore Road
Villas, NJ
08251

Phone: 609-886-7880, ext. #9
Fax: 609-886-7838
E-mail: zzelwak@townshipoflower.org

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

We're on the Web!
example.com



Caption describing picture or graphic.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good

way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a

biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.