St. Francis Community Center

Fall & Winter Activities Schedule

August 30, 2020 to February 28, 2021

St. Francis Community Center
4700 Long Beach Blvd.
Long Beach Township, NJ 08008-3926
609-494-8861
stfranciscenterlbi.org
Facebook.com/stfrancislbi
Instagram: StFrancisRecreationLBI & StFrancisCommunityCenter
Welcome!
The goal of St. Francis Center is to be a community focal point which offers a wide range of services and programs aimed at meeting the needs of Ocean County residents regardless of age, race, ethnicity, gender, sexual orientation, socio-economic status or religious affiliation.

St. Francis Center provides year-round educational, social, recreational and self-development activities and programs for all ages. Services include: Pre-school; Vacation Club Summer Camp; Counseling Center; Senior Center; Recreation Programs; Family Support Services; Educational Services and Volunteer Programs & Events.

The Center’s facilities include: regulation gymnasium; competition-size indoor pool; two heated outdoor pools; men’s & women’s locker rooms for pool members; classrooms; meeting rooms; hospitality desks and offices.

FALL/WINTER BUSINESS HOURS:
Monday - Friday: 9:00 AM - 5:00 PM*
Sunday’s: 9:00 AM - 1:00 PM*
*Subject to change

CENTER HOLIDAY CLOSINGS:
Labor Day: September 7;
Election Day (Staff In-Service): November 3;
Thanksgiving: November 26 & 27;
Christmas: December 24 & 25;
New Year’s: January 1;
Martin Luther King Jr. Day: January 18;
President’s Day: February 15

Due to circumstances beyond our control, scheduled activities and events are subject to change. Additional events may also be scheduled.

Para Nuestra Comunidad Hispana
Es nuestro placer anunciar que en nuestro centro comunitario hay personas que hablan Español.
Estas personas pueden ayudar con cualquier necesidad.
Si usted tiene interés en nuestro centro ó requiere mas información, llamenos a 609-494-8861.

St. Francis Community Center is handicap accessible with both an elevator and ramps for easy mobility throughout the building.
Registration Dates

Session I:
Registration Mon., Aug. 31 at 9 AM;
Classes begin Tues., Sept. 9.

Session II:
Registration Mon., Oct. 12 at 9:00 AM;
Classes begin Sat., Nov. 2.

Session III:
Registration; Mon., Dec. 14, at 9:00 AM;

Registration Information
Participants must meet the age requirements at the start of each program. Registration begins at 9 AM, and is on a first-come-first-serve basis. Since class sizes are limited, pre-registration is necessary for all classes. Class fees must be paid when registering. Registration may be done in person at the front desk or by mail. Mail-in and dropped-off registrations will be processed at the end of the business day on the respective registration date. No registrations will be accepted over the telephone.

Refunds
Refunds will be given for medical reasons only. A physician’s statement must accompany the request.

A Request for Refund Form (available at the front desk) must be completed in order to have a refund processed. A 75% refund will be issued (for medical reasons only). Refunds must be requested in writing during the session in which you have enrolled. No credits, refunds or make-up classes will be issued/permitted for classes missed due to personal reasons.

Please take into consideration all vacations, holidays, religious observances and other personal activities prior to registering for a class.

“Drop-In” Policy
If you would like to see the operation of (or participate in) a class, you may do so by paying a drop-in fee at the front desk. Please check to see that the class in which you are interested can accommodate Drop-Ins. (Fees Vary)

Cancellations
We reserve the right to cancel any class or activity due to insufficient enrollment. Classes or activities may also be cancelled because of hazardous weather conditions.

Community Center Closings
For the most current information please check the Center’s Facebook page: StFrancisLBI. Closing information is also available on our answering machine; 609-494-8861 and on the following website: njstormwatch.com.
Our Mission and Philosophy is to provide high-quality care in a developmentally appropriate program while promoting self-esteem and fostering independence and creativity in a relaxed and nurturing environment. We are pleased to be able to offer a variety of programs at reasonable rates.

For information and all childcare questions, please call Katie Opauski at 609-494-8861 ext. 114. For information on CHS subsidized vouchers only, call Amy Marks at ext. 102.

There is a $50 yearly registration fee for all programs. There are no refunds.

**Year Round Pre-School & Childcare Program**

*Ages 13 months to 5 years*

St. Francis Community Center's Preschool and Childcare are fully accredited by the National Association for the Education of Young Children (NAEYC).  
Masks will be required for 2 years and up - they will be encouraged to wear a mask throughout the day.

**Pre-School Program** - This program is designed to offer young children a loving and challenging environment where the primary focus is on nurturing their self-esteem. Creativity is expanded and readiness skills are developed so that pre-school children will be comfortable when they approach the formal environment of elementary school. Times and fees subject to change. Please check the website for details.

**Toddlers - Ages 13 months to 3 yrs.** (Prices are monthly)

- **Toddler, Transitional A & Transitional B Classes**
  - **Full Day** (9:00 am - 4:00 pm): 5 days-$586; 4 days-$492; 3 days-$394; 2 days-$297
  - **Work Day** (8:30 am – 5:30 pm): 5 days-$761; 4 days-$589; 3 days-$479; 2 days-$369

**Preschool - Ages 3 to 5 yrs.** (Prices are monthly)

Entering Preschool Class by October 1.

- **Full Day** (9:00 am - 4:00 pm): 5 days-$546; 4 days-$453; 3 days-$353; 2 days-$259
  - **Work Day** (8:30 am – 5:30 pm): 5 days-$660; 4 days-$550; 3 days-$440; 2 days-$330

**CHS Vouchers for Childcare programs are on a first-come first-serve basis.**

**2021 Vacation Club**

*Registration date: Monday, April 12, 2021*

For more information on our Childcare programs as well as the latest updates please visit us online at: stfranciscenterlbi.org.
Pool Rules
St. Francis Community Center will abide by the Bather Rules set forth by the State of New Jersey Department of Health, and the following:

1. Members must present their ID card at the pool reception area upon entrance and exit.
2. Guests must pay the “Guest Fee” for open swim, if space permits.
3. Anyone over the age of 12 months is required to pay a guest fee.
4. Everyone entering the pool area must be a member or pay a guest fee whether you are swimming or not.
5. Children under the age of 10 must be accompanied by an adult, age 18 or older.
6. Only USCG approved lifejackets may be worn. No Swimmies!
7. No horseplay or running in the pool area.
8. Diving is permitted from the north wall only.
9. Jumping is permitted from the north and south walls only.
10. Prior to diving or jumping, make sure toes are over the edge, make sure no one is in your way and jump away from the wall.
11. No back dives or flips.
12. Pool and deck must be cleared during an electrical storm.
13. Proper swimming attire is required. No thongs or cut-off shorts.
14. No gum, food or drink on pool deck. Plastic water bottles are permitted.
15. Pool toys are permitted during birthday parties and open swim, at the lifeguard’s discretion.
16. Noodles and kickboards are to be used in a passive, non-aggressive manner, and are not to be used as life support devices.
17. No hard balls (tennis, softball or baseball) are to be thrown in the indoor pool.
18. Members and guests may bring their own chairs and towels.
19. Any infraction of the above-stated rules will cause suspension from the Pool and Center grounds.

All non-potty trained participants are required to wear swim diapers.

To insure proper maintenance and supervision of the Center, the following rules will be observed:

1. Proper gym attire will be worn at all times in the gym. Shirts and shoes are required in all areas of the Center.
2. Non-Members may use the gymnasium during open activities for a guest fee of $2 per youth and $3 per adult.
3. Smoking is not permitted. Food, drinks and chewing gum are prohibited in the gym area.
4. The Center is not responsible for valuables left unattended.
AQUATICS

Pool Membership Fees

**Yearly Membership:**
- Family of 4 (2 Adults, 2 Children [17 & under]) $780
- 3rd Child $85
- Each Additional Child $60
- Individual (All ages up to age 59) $310
- Each Additional Child [17 & under] $200

**Six Month Membership:**
- Family of 4 (2 Adults, 2 Children [17 & under]) $475
- 3rd Child $85
- Each Additional Child $60
- Individual (All ages up to age 59) $250

**Three Month Membership:**
- (Single Membership Only (flat rate—no discount)) $160

**Combination (Center & Pool) Membership**

**Yearly Membership:**
- Family of 4 (2 Adults, 2 Children [17 & under]) $860
- 3rd Child $110
- Each Additional Child $85
- Individual (All ages up to age 59) $330
- Each Additional Child [17 & under] $220

**Daily Guest Fees:**
- $10 Per Person
- Sheet of 5 Passes: $45
- Sheet of 10 Passes: $80
- Open Swim Only (Space Permitting)
- Open Swim Hours subject to change without notice.

**Senior Citizen Rates**
- Yearly Membership $280
- Six Month Membership $225
  (above prices include 10% discount)

A **Pool Membership** entitles you to Use of the **Pool Only**.

If an Aquatic program is cancelled or delayed due to inclement weather, there is no make-up date and no refund.
Indoor Pool Hours
Monday and Wednesday: 6:30 AM - 5:00 PM
Tuesday & Thursday: 6:30 AM - 6:00 PM
Saturday & Sunday: 8:00 AM - 5:00 PM

Please note that local schools use the pool starting in November. Please check the monthly schedule for availability.

Periodically the pools may be closed for special events. Those dates and times will be posted in advance at the pool reception desk.

Parents are only permitted on the pool deck for the first and last swim lesson!
Children must meet the age requirement on the day the session starts.

Important Aquatic Information
For the safety of our staff and guests and to follow Social Distancing Guidelines set forth by the State of New Jersey a parent or guardian over the age of 15 must be in the water to assist with participants at all times during class while remaining 6 feet apart from other families and participants for the following Swim Lessons/Classes:
- Private Swim Lessons
- Water Tots
- 4 Year Old Beginner Swim
- Beginner Level 1

**Please note that the swim instructor will not be in the pool.**

Check out St. Francis Center on:
Instagram: StFrancisRecreationLBI or StFrancisCommunityCenter
Facebook: StFrancisLBI
AQUATICS

Water Tots $50 Member/$70 Non-Member

Ages: 1 to 4

This class is designed for parents and children to be in the pool together. Children are taught to become more comfortable in the water. Fun and games in the pool help the child gain confidence to swim alone. This class is a step towards beginner swim. Instructor: Allison Nemes (Max: 9; Min: 3)

**The adult and the child will be in the water together**

Saturday; 9:00 - 9:30 AM; Place: Indoor Pool

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Each registered participant will undergo a performance evaluation at the first class of each session. If the participant is unable to perform the pre-requisites, the instructor will recommend the child be moved to a more suitable level during that session. If those classes are full, the child will be offered the first available space in successive sessions and a $5 transfer fee will be charged.

4-Year-Old Beginner Swim

(Must be 4 at start of session) This class targets the 4 year old. General safety rules will be learned as well as the front & back floats, doggie paddle and getting the face wet. Child should be comfortable in water, for example: likes to play in water, enjoys bath time, etc. Instructor: Allison Nemes (Max: 5; Min: 3)

**The adult and the child will be in the water together, please bring a back float swim trainer or clip noodle.**

Tues. & Thurs.; 4:00 - 4:30 PM; Place: Indoor Pool $70 Member/$90 Non-Member

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AQUATICS

Beginner Level 1  Ages: 5 & up

(According to ability - must be 5 at start of session) This class is designed to help with the beginning elements of swimming including water adjustment, breathing, floating, kicking and personal safety. The swimmer will learn to doggie paddle and underwater swim. (Max: 6; Min: 3) Instructor: Allison Nemes

**The adult and the child will be in the water together, please bring a back float swim trainer or clip noodle.**

Tues. & Thurs.; 4:35 - 5:05 PM; Place: Indoor Pool $70 Member/$90 Non-Member

Session I: Sept. 22 - Oct. 29
(Code 130101-01)

Saturday; 10:10 - 10:40 AM; Place: Indoor Pool $50 Member/$70 Non-Member

Session I: (Code 130107-01)  Session II: (Code 130107-02)  Session III: (Code 130107-03)
Sept. 19 - Oct. 31  Nov. 7 - Dec. 19  Jan. 9 - Feb. 20

Beginner Level 2

Ages: 5 & up

(According to ability - must be 5 at start of session) This class is designed to teach the beginner who is water-oriented and has mastered the beginning elements of swimming. The front crawl and elementary backstroke will also be introduced for this course. Pre-requisite: Must be able to doggie paddle and be willing to learn prone float and back float.

Instructor: Allison Nemes  (Max: 6; Min: 3)

Tues. & Thurs.; 5:10 - 5:40 PM; Place: Indoor Pool $70 Member/$90 Non-Member

Session I: Sept. 22 - Oct. 29
(Code 130102-01)

Saturday; 10:45 - 11:15 AM; Place: Indoor Pool $50 Member/$70 Non-Member

Session I: (Code 130107-04)  Session II: (Code 130107-05)  Session III: (Code 130107-06)
Sept. 19 - Oct. 31  Nov. 7 - Dec. 19  Jan. 9 - Feb. 20
Intermediate  
(Ages: 6 & up)  

(Basic survival swimming is taught while improving beginner skills to build stamina and coordination. Improve front crawl and introduce backstroke and elementary backstroke and breaststroke.  
Pre-requisite: Students should be able to jump in the deep end and perform the front crawl and backstroke 25 yards.  
Instructor: Allison Nemes  
(Max: 6; Min: 3)  
Tues. & Thurs.; 5:45 - 6:30 PM; Place: Indoor Pool  
$70 Member / $90 Non-Member;  
Session I: Sept. 22 - Oct. 29  
(Code 130103-01)  

Saturday; 12:00 - 12:45 PM; Place: Indoor Pool  
$60 Member / $80 Non-Member;  
Session I:  
(Code 130103-05)  
Sept. 19 - Oct. 31  
Session II:  
(Code 130103-06)  
Nov. 7 - Dec. 19  
Session III:  
(Code 130103-07)  
Jan. 9 - Feb. 20  

Fall Swim Clinic  
$90 Member/$110 Non-Member  

Transitional (Ages 5-11) – this class is designed for the swimmer who knows the basics of the 4 competitive swim strokes (freestyle, backstroke, breaststroke & butterfly). We will focus on stroke mechanics, starts and building endurance. Swimmers must be able to complete 25 yards of each of the 4 competitive swim strokes. One piece swimwear required.  
Instructors: Jaclyn Holohan, Ian Roth and Emily Cherry  
Mon. & Wed.; Place: Indoor Pool  
(Max: 6; Min: 4)  
Session I: Sept. 9 - Oct. 28 (Code: 110000-01)  

Advanced (Ages 12 and up) – this class is for the more experienced swimmer. We will work on stroke mechanics, starts, turns and building endurance. This is ideal for the high school swimmer looking to stay in shape and improve for next year’s season. (Max: 6; Min: 4)  
Mon. & Wed.; Place: Indoor Pool  
Session IA: Sept. 9 - Oct. 28; 6:00 - 6:45 PM  
(Code: 110101-01)  
Session IB: Sept. 9 - Oct. 28; 7:00 - 7:45 PM  
(Code: 110101-02)
Aquatic Aerobics
This class takes place in chest-deep water. Class format includes a warm-up, aerobic segment, cool down, endurance and stretch segment. In a group atmosphere, participants will experience increased cardiovascular conditioning, flexibility and a lot of fun. (Max: 10; Min: 4)
**Mon., Wed. & Fri.; 8:00 - 8:45 AM**
**Place:** Indoor Pool

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Drop-In Fee $13 (space permitting)

Deep Water Aerobics
This class takes place in deep water to increase stamina while eliminating stress on all joints. It is a cardiovascular workout designed to strengthen muscles and increase range of motion. Swimmers and non-swimmers are welcome. (Max: 10; Min: 4)
**Mon., Wed. & Fri.; 9:00 - 9:45 AM**
**Place:** Indoor Pool

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Drop-In Fee $13 (space permitting)
Arthritis Aquatic Exercise

Help manage your arthritis, have fun and exercise at the same time. Trained instructor guides participants through a series of specially designed low-impact exercises. Exercises are performed in waist to chest-deep water and designed to decrease pain and stiffness and increase range of motion, strength and endurance without putting stress on the joint. Participants do not need a physician’s consent form.

Mon., Wed. and Fri.; 10:00 - 10:45 AM (Max: 10; Min: 4)
Place: Indoor Pool

Session I: (Code 126101-01)
Sept. 14 - Oct. 30
$70 Member
$90 Non-Member

Session II: (Code 126101-02)
Nov. 2 - Dec. 18
$65 Member
$85 Non-Member
(No Class 11/29)

Session III: (Code 126101-03)
Jan. 4 - Feb. 19
$60 Member
$80 Non-Member
(No Classes 1/18 & 2/15)

Drop-In Fee: $13 (Space Permitting)

A Great Place for Birthday Parties!!

Are you looking for a place to hold a birthday party?
St. Francis Community Center offers a wet and wild time!

Sign-up for a pool party. This includes an hour of open swim, followed by an hour in the party room.

Each party is two hours. We provide the party room, which includes: tables, chairs, a full kitchen and garbage cans. You supply the party decorations, food and beverages. To make reservations or for more information please call the Pool Desk at 609-494-8861 ext. 187.
Lifeguard Training  $280 Member/$300 Non-Member
Ages 15 & Up  (Code 180000-01)
Do you want to be a lifeguard? This course is certified by the American Red Cross. You must have strong swimming ability. Upon successful completion, participants will receive an American Red Cross Certification in Lifeguarding, First Aid, CPR for the Professional Rescuer, AED & Preventing Disease Transmission. (Max: 12; Min: 5).

Instructors: Emily Cherry
Five Day Class; Place: Indoor Pool & Party Room

SESSION I:  TIME
Wed., September 30  4:00 - 6:00
Thurs., October 1  4:00 - 8:00
Fri., October 2  4:00 - 8:00
Sat., October 3  9:00 - 5:00
Sun., October 4  9:00 - 5:00

Attendance at the listed dates and times is required. There will be no opportunities to make-up missed classes.

All participants must complete the following prerequisites:

1. Swim 300 yards continuously in the following order: 100 yards of front crawl using rhythmical breathing (breathing to the side or front) and a stabilizing-propellant kick; 100 yards of breaststroke; and, 100 yards of either front crawl or breaststroke using rhythmical breathing.

2. Starting in the water, swim 20 yards using front crawl or breaststroke; surface dive 7 to 10 feet; retrieve a 10 pound object; return to the surface; and, swim 20 yards back to starting point with the object, and exit the water without using a ladder or steps, within 1 min. 40 seconds.

If you have concerns about your ability to complete the pre-requisites, please schedule a swimming skill evaluation by calling ext. 187.
Due to the COVID-19 pandemic and constantly changing guidelines set by the state of New Jersey, we are making every attempt to have our Recreational Basketball League as listed below.

Our plans are dependent upon what the state allows for indoor sports over the fall and winter. It is very possible that the guidelines and what will be allowed can change between the printing of this brochure and the start of the season, resulting in some changes to the format.

We appreciate your understanding during these uncertain times. If you have any questions, or to get any updates, please reach out to the Recreation Department at 609-494-8861 ext. 105 or by email: slamarco@stfrancislbi.org.

Co-Ed Basketball Recreation League
$70 Member/$90 Non-Member

2nd–8th Grade Registration (Ages 7-14)
All children must be registered in order to participate in group practices.

Registration will be handled differently this year, with registration opening at the Front Desk starting Monday, November 30th at 9:00 AM and will be closing on Friday, December 11th at 5:00 PM.

Registration must be done in person during normal Center hours. With the constant changing guidelines, we will do our best to post any new information if there are any changes made.

• When registering there will be a handout that a parent must read regarding conduct during games and practices, there will be no video presentation.
• Once teams have been placed, each team will have practices one hour during the week. Games are Thursday and Friday nights.
• Once the schedule is set games will not be moved for any reason. If inclement weather forces the Center to close during a night of games they will not be made up.

Continued on next page.
2nd – 8th Grade Co-ed League Evaluations
(con’t)

Grade 2 & 3 (Code: 109104-01)
Friday, December 11  4:30-5:15 PM

Grades 4 & 5 (Code: 109105-01)
Friday, December 11  5:30-6:15 PM

Grades 6, 7 & 8 (Code: 109106-01)
Friday, December 11  6:30-7:15 PM

Mandatory Evaluations - Attendance to the preliminary league evaluations is mandatory in order for participants to be placed on a team. There will be no additions to rosters after teams have been formed.

As of the printing of the brochure the plan is to have all teams placed by the beginning of December, have practices start mid-December, have games begin the first full week of January and have the championship game during the first week of March.

Special Requests: Due to the overwhelming number of children participating in the program, special requests will not be accommodated. It is not possible to honor requests for your child to play on a specific day or team. The Recreation Staff and Coaches realize that conflicts in your child's personal schedule will occur. Whether or not they are able to attend all practices, participants will receive equal playing time during games. Coaches are volunteers: please be cooperative and assist them as much as possible.

Team Assignment Policy: Teams are made according to skill level of the participant in an effort to maintain balanced teams. Skill levels are determined at the preliminary practices by the coaches and staff.

VOLUNTEERS ARE NEEDED in the following areas: Referees, Coaches & Assistant Coaches (all divisions); Scorebook and clock help. Contact the Recreation Department if interested (all volunteers are subject to a background check).

Sponsors are needed for each team in the league. Team sponsor fee is $200.00. Sponsor forms will be available at the Front Desk the night of registration.
All Level Yoga

$80 Member and $100 Non-Member
Come discover the health benefits of yoga! In this class you will learn breathing exercises, various yoga poses, balancing, stretching and meditation. Students should be comfortable seated on the floor for short periods of time. If you have any medical conditions check with your physician before registering. Please bring a Yoga mat to class. Register Early.
Space is Limited. (Max: 10 Min. 6)
Instructor: Sue Seiter, 200-ERYT
Mondays; 5:00 - 6:00 PM; Place: Gym
Session I: Sept. 14 - Oct. 19 (Code 108101-01)
(No class 10/14)
Session II: Nov. 2 - Dec. 7 (Code 108101-02)
Session III: Jan. 4 - Feb. 22 (Code 108101-03)
(No class 1/18 and 2/25)

Pickleball

A cross between Ping Pong, Tennis Racquetball and Badminton, Pickleball is played as a singles or doubles game. Players use oversized ping pong paddles and a whiffle ball. The game is played on a badminton sized court that is divided by a 34 inch high net. Pickleball is a great sport for teens and up including baby boomers and active seniors.
Community Center Gym
$30 Book of ten passes or $5 single day fee
Mon., Wed., Fri.; 12:15 - 3:00 PM;
November 16 - May 21, 2021
Tuesday and Thursdays: 6:00 - 8:30 PM
March 2 - May 2, 2021
SPECIAL EVENTS

American Red Cross Blood Drive
Wednesday, September 16
Wednesday, December 16
St. Francis Church Hall

Please call the Community Center at (609) 494-8861 ext. 118 or visit: www.redcrossblood.org to schedule an appointment. For detailed donor eligibility questions, please call 800-RED-CROSS or visit: redcrossblood.org.

Spaghetti Dinner
Sat., Oct. 10; 5:00 - 8:00 PM
$15 per adult/$8 per child
St. Francis Community Center Gym

TAKE OUT ONLY! Come out for this annual delicious spaghetti dinner cooked by local Chef, Fred Madonna! Spaghetti Dinner tickets will be available to purchase on September 14.

Car Raffle 2020
Drawing: Saturday, Oct. 10; 7:00 PM
Watch the winning ticket be pulled on Facebook. You can access Facebook on the Parish website: StFrancisParishLBI.org or Facebook.com/StFrancisParishLBI

- 2020 Jeep Compass Sport; Value: $23,798
- 2020 Jeep Compass Sport; Value: $23,798
- 2020 Jeep Cherokee Latitude; Value: $27,340
- 2020 Jeep Wrangler Sport 2 DR; Value: $31,250
- 2020 Jeep Wrangler Unlimited Sport 4 DR; Value: $33,455

Car Raffle Books are currently on sale at the Front Desk of the Community Center Monday-Friday; 9:00 AM - 5:00 PM and on Sunday’s 9:00 AM - 1:00 PM through October 10 or until sold out.

Books cost $100. Only 3,000 books available. Five chances to win in each book. Tickets sold in booklets only. Bearer is entitled to win all five vehicles. Each book may carry more than one name. Joint ownership is possible at the discretion of the bearer. Winner need not be present. No substitution of prize or cash in lieu of prize.

Proceeds benefit St. Francis of Assisi Parish
48th Annual Long Beach Island
Commemorative Virtual 18 Mile Run
Fundraiser

October 1, 2020 through October 12, 2020

Due to COVID-19, we will not be able to host the run in the same format this year. Instead of the traditional 18 Mile Run, the event will be hosted virtually. Runners can choose any day between the dates of October 1, 2020 and October 12, 2020 to run the 18 mile race wherever they choose.

Please make sure to follow all safety guidelines for the area you decide to plot out your course. Applications for the race will be available on runsignup.com starting on August 24, 2020.

Once you complete your run you can submit your times on the runsignup.com race page or send an email to: slamarco@stfrancislbi.org with your results. Feel free to send any pictures you have from your run as well. Race times and pictures will be posted to the St. Francis Community Center Facebook (StFrancisLBI) page to highlight our runner’s accomplishments.

There will be no packet pickup at the Community Center, all race items can be picked up at the center after October 12, 2020 or can be mailed out to the runners at the conclusion of the race window. Registration for the race ends on September 30, 2020.

The funds raised from this year’s race will go directly into the St. Francis Community Center’s Recreation and Aquatic departments to help us better serve our community.

Entry Fee:
$40 – The first 200 registered runners will receive a commemorative medal. Every runner will receive a race T-shirt.
**SPECIAL EVENTS**

**Christmas Craft Show & Sale**  
Sat., Nov. 23; 9:30 AM - 4 PM  
Sun. Nov. 24; 9:30 AM - 2 PM  
St. Francis Community Center Gym

*Due to COVID-19 this event has been cancelled.*

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**Super “Plunge” Sunday**  
February 7, 2021  
1:00 PM

Join us for the 17th Annual Ocean Plunge on Super Bowl Sunday! Are you part Polar Bear? Do you have what it takes to brave the icy cold Atlantic Ocean in February? Save the date and meet us on the 48th Street beach (in Brant Beach), and be home in plenty of time for the big game!

**Pre-Registration is required.** $30 per person, $15 per student. Registration Forms will be available online at: www.stfranciscenterlbi.org or at the Center in November.

Prizes awarded for most funds raised, oldest and youngest plunger, best costume, and more.

*Sponsored by St. Francis Community Center. All proceeds to benefit St. Francis Community Center & Southern Regional High School Swim Teams.*

*Please note all of the above information is subject to change.*

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**Amazon Smile**

You can support St. Francis Community Center by doing your regular shopping with Amazon. Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases to Long Beach Island Community Center, Inc. (St. Francis Center) whenever you shop on Amazon Smile. It is the same products and the same great prices! The only thing you need to do differently is log onto Amazon Smile: [https://smile.amazon.com](https://smile.amazon.com) and sign in using your normal Amazon login and password. That’s it! Amazon will automatically make the donation.
SENIOR SERVICES

During these uncertain times, although we do not know when our exercise, socialization and recreation programs will resume, please keep in mind we are here for you. Unfortunately the Nutrition Sites which are provided by Meals on Wheels of Ocean County have closed indefinitely, however, we continue to partner with them to deliver Meals On Wheels.

We are still providing the following: Information and Assistance, Telephone Reassurance Calls and Caregiver Assistance. Options Counseling: Application Assistance for PAAD (Pharmaceutical Assistance for the Aged and Disabled), Meals on Wheels, SHIP Counseling (State Health Insurance Program), Energy Assistance, JACC (Jersey Assistance for Community Caregivers) and many more. Please call (609) 978-6220 or 609-494-8861 if you are in need of services. Please stay well and know that we are here for you and have all of our seniors in our best interest.

Anyone 60 years and over is eligible for the Senior Services Program.

Three locations in southern Ocean County to better serve you.

If you live on: Long Beach Island
Please call: St. Francis Community Center, LBICC Inc. Senior Services
4700 Long Beach Blvd. Long Beach Township, NJ 08008 609-494-8861

If you live in: Little Egg Harbor, Tuckerton, Eagleswood, Stafford Township, Barnegat or Waretown
Please call: Ocean County Southern Services Center
Senior Services
179 S. Main Street, Manahawkin, NJ 08050 609-978-6220 or 609-978-6221

If you live in: Lacey, Ocean Gate, Pine Beach, South Toms River, Beachwood or Berkeley
Please call: Berkeley Satellite Office, LBICC, Inc. Senior Services
Pinewald-Keswick Road, Bayville, NJ 08721 732-244-9600

How Much Will It Cost Me? There is no charge for any Senior Services. However, the program provides the opportunity for individuals to make a voluntary contribution for services received. All donations are confidential. No one will be denied service because they will not or cannot contribute.

St. Francis Senior Services Is Funded By: A grant from the Ocean County Office of Senior Services with Title III Older Americans Act of 1965, as amended through a grant from the NJ Dept. of Health and Senior Services; Ocean County; Local Municipal Contributions; St. Francis Community Center.
A Senior Advisory Committee, made up of elected and appointed members, meets once a month to inform and advise on the implementation of the Senior Program objectives. Meetings are announced in the Senior Center. The meetings are open to all interested persons.

St. Francis Senior Services Department provides Ocean County Residents ages 60 and over with a full range of services. Our goal is to foster the independence and dignity of older adults by making it easier to choose services available to them. The mission of Senior Outreach Services is to make a positive difference in the lives of seniors by improving access to nutrition, health, education, social and supportive Services.

One-Stop Eligibility Screening for a wide range of programs such as: PAAD, Lifeline utility assistance, and others. Outreach Visits in the home, if needed, to provide eligibility screening and assessment.

**Lunch Program**
Lunch is served in a warm, friendly atmosphere and provides the opportunity to meet new friends. Lunch reservations must be made one day in advance, either in person or by calling 609-489-4644 before 1:00 pm. Participants should pick up a donation envelope by 11:30 am on the day they come for lunch.

**Home-Delivered Meals**
A noon-time meal will be sent to homebound elderly who are unable to prepare a meal for themselves; and, who have no other person to prepare a meal for them. Each applicant will be visited by an Outreach Worker who will interview him or her to assess the need for home-delivered meals.

**Jersey Cares Senior Program** - If you are 60 years or older and in need of food shopping services, you should know that the Ocean County Office of Senior Services and St. Francis Senior Services has partnered with a reputable nonprofit, Jersey Cares, to provide this service. You can be assured your safety is our top priority and that all volunteers are fully vetted including background checks. If you are interested in participating in this program please call St. Francis Senior Services at 609-978-6220 or St. Francis Senior Services Berkeley Office at 732-244-9600.

Senior Services coordinates a van service, provided by the Ocean County Transportation Department, for Long Beach Island residents, for medical appointments and shopping trips. Please contact Senior Services at least two weeks in advance to reserve a seat on this vehicle. This service operates: Tuesday, Wednesday, Thursday and Friday.
SENIOR SERVICES

Outreach & Benefits Counseling: This program provides trained Outreach Workers to visit the elderly in their homes, to determine their needs, and to provide them with information about benefits and services for the elderly. For more information or if you know a friend or neighbor who would benefit from this service, please call 609-494-8861, ext. 108 or 109 or 609-978-6220.

S.H.I.P. Program
State Health Insurance Program - Trained volunteers and staff will provide assistance understanding coverage, payments and benefits of private insurance plans Medicare. Appointments must be made in advance through the Senior Services Department by calling 609-494-8861.

Educational, Recreational & Leisure-Time Classes

Fitness Classes
Walking Program HealthEase: Mon., Wed. & Fri. in the Gym; 8:00-8:45 AM
Ladies Exercise: Tuesday & Thursdays, 9:45-10:15 AM

Upcoming Classes: “Move Tomorrow”
Exercise Program for Seniors. Non-Aerobic class. Focus will be on fall prevention, flexibility improvement, balance and stamina. Trained peer leaders will run a 6 week program that meets twice a week. Participants will assess their health, physical well-being and behavior changes before and upon completion of the program. Dates to be announced.

Flu Shots - To Be Announced.

Weekly Activities*
Walking Program: Canasta
8:00 to 8:45 AM Mon. 12:00-4:00
St. Francis Center Gym St. Francis Senior Lounge

Pinochle: Party Bridge
Wed. 12:00-4:00 Thurs. 12:00-4:00
St. Francis Sr Lounge St. Francis Sr. Lounge

Mah Jong
Tues. & Fri. 12:00-4:00
St. Francis Center Lounge

*Weekly activities will resume at a later date.

Caregiver Support Program - The National Family Caregiver Support Program
The enactment of the Older Americans Act Amendments of 2000 (Public Law 106-501) established an important new program, the National Family Caregiver Support Program (NFCSP). The program was developed by the Administration on Aging of the U.S. Department of Health and Human Services (HHS).

Services available are as follows:
- Information to caregivers about available services
- Assistance to caregivers in gaining access to supportive services

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COUNSELING SERVICES

By Appointment – Call 609-494-1554
Monday & Friday, 9:00 AM to 5:00 PM
Tuesday through Thursday, 9:00 AM to 9:00 PM
St. Francis Counseling Service provides individuals, couples and families with affordable, professional psychotherapy services addressing a wide range of issues. Services are available to all regardless of race, sex, age, disability, income or religious affiliations. Master-level therapists provide all professional counseling services.

Due to COVID-19 all therapy sessions and groups have been moved to a virtual platform. Therapy sessions and groups will return to in person sessions when possible.

Individual, Couples & Family Therapy Counseling for residents of southern Ocean County from Lacey to Tuckerton.

Sexual Abuse & Assault Program
Ocean County Hot Line: 609-494-1090
For victims of sexual abuse and their family members who are residents of Ocean County: Ongoing Therapy, Community Education Programs, 24-Hour Crisis Hotline. There is no fee for this program.

Victims of Crime
Therapy is offered to Ocean County residents who are victims of a violent crime. There is no fee for this program.

Journey Through Grief
This program is designed to help men and women, of all ages, work through the normal stages of grief with education and group support. The program stresses that grief is a journey, a natural and normal reaction to a significant loss in our lives. Education and support can ease our way on this journey. The group is open to all members of the community regardless of religious affiliation. Registration is required. There is no fee for this program.

Surviving to Thriving
A confidential group for survivors of recent or past sexual abuse or assault. Referrals are being accepted. Registration is required. There is no fee for this program.

Confidential Sexual Violence Advocate
The Sexual Abuse and Assault Program of St. Francis Counseling Service is recruiting volunteers to work on the 24-hour hotline, and to provide support to rape victims at area hospitals. Mature adults with related work or life experience will be considered. Bi-lingual (Spanish) advocates are needed. Training workshops are held periodically. Upon completion, volunteers will be certified as a Confidential Sexual Violence Advocate and will volunteer three 12-hour shifts each month (scheduling is flexible). Please contact Sue Seiter at 609-494-1554 ext. 128.

Parenting AFTER
A confidential support and psycho-educational group for parents of children who have been sexually abused. There is no fee for this program.

Grandparenting Group
Have you found yourself in a parenting role, raising your grandchild? This FREE, 8 week confidential group provides a safe space for individuals to share their stories, receive support and develop coping skills.
EDUCATIONAL SERVICES

St. Francis Adult Basic Education  
FREE Classes

Due to COVID-19 all classes have been moved to a virtual platform with live instruction. All classes will maintain a weekly class schedule. Classes will return to in person instruction when possible.

Registration and assessment is currently being conducted in our Toms River office for classes to begin the week of September 14.

**Adult Basic Education (ABE) and High School Equivalency (HSE)**

Registration/Assessment will be held on Tuesdays and Wednesdays by appointment only. Please call 732-281-8653 or email: StFrancisae@gmail.com to schedule an appointment.

**English as a Second Language (ESL)**

Registration/Assessment will be held on Mondays and Thursdays by appointment only. Please call 732-551-2270 to schedule an appointment.

**The Adult Basic Skills Consortium of Ocean County** provides Adult Basic Skills (ABE), High School Equivalency (HSE) and English as a Second Language (ESL) classes. The program offers college and career readiness skills, assist students interested in post-secondary education or training, credentials, obtaining citizenship skills and resources to enter and/or retain employment. All classes and services are provided by the Ocean County Basic Skills Consortium through a grant from the NJ Department of Labor & Workforce Development. Classes are subject to change. Visit our website at: stfranciscenterlbi.org/educational-support.

**Adult Education Program**

Eligible participants will receive individualized education and job readiness plans. Program provides the opportunity to increase participants educational levels to enter training, obtain HS Diploma, learn English and career/job skills to achieve self-sufficiency.

**First Step to Self Sufficiency**

Eligible participants will gain employability skills through a variety of workshops, identify barriers to employment, resume building, work readiness credential and computer skills. Each participant will create an individualized plan to build skills towards self-sufficiency.

**Next Step to Employment**

Eligible participants have the opportunity to gain employability skills as well as stackable credentials. Program provides job related workshops to increase skills for participants seeking employment and/or career training. Participants will be provided training and work experience relevant to the jobs in demand in Ocean County.

All participants must be verified for eligibility through the Ocean County PIC Office. Programs funded through a grant provided by the Ocean County Department of Human Services.
FAMILY SUPPORT SERVICES

Monday through Friday – 9:00 AM to 5:00 PM
609-494-8861

Free parenting groups, family intervention services, and low-cost anger management to Ocean County through supportive services which focus on enhancing individual and family functioning.

Due to COVID-19 classes/visits have been moved to a virtual platform. Classes/visits will return to in person when possible.

Parenting in Recovery - This program is for parents with a history of substance abuse or co-parenting with a partner who struggles with substance abuse. Parents explore the effects of substance abuse on themselves and their families while receiving support and learning effective skills that strengthen family relationships.

Parenting Workshops and Groups - This program is interactive and is designed to meet the specific needs of participating parents. Films and group discussions encompass multiple aspects of child development. This program is provided at sites throughout Ocean County.

Anger Management Program - This program provides anger management groups to individuals in Ocean County. Participants learn to identify triggers and enhance coping skills for managing stressors. The cost for the 8-week cycle is $360. This program is provided at sites throughout Ocean County.

*The 8-week cycle is equivalent to previously offered 12-week cycle.

In Home Services - Parents as Teachers - TIP II Program
A free voluntary in-home parenting program. We provide infant and child developmental education and referral services to southern Ocean County residents who are pregnant or have children under the age of 3.

Insight Program - Families who are enrolled in the Parents as Teachers program are eligible for grant-funded in-home counseling.

Human Concerns - The Human Concerns Program is a homeless prevention program that serves clients living in southern Ocean County. The program assists clients with utility and housing issues through grants from United Way, Ocean First, Emergency Shelter and Food Program and private donations. The program also distributes food to families in need. Donations are received from collections at St. Francis Parish, local food drives and private donors. Donations may also be dropped-off at St. Francis Community Center during normal working hours. To contact Human Concerns, please call 609-494-8861.

Pantry hours are subject to change. Please call 609-494-8861 for the most updated information.

Annual Projects Include: Back-To-School, Thanksgiving and Gift of Warmth.
Volunteering is a Community Tradition at St. Francis

Each year, over 1,000 people volunteer countless hours of service in order to help others. Our volunteers make things happen throughout our community, and inspire all of us with their compassion, energy, enthusiasm and stamina.

Volunteer opportunities are available in the following areas:
- Youth Basketball Coaches
- Poster & Brochure Distribution
- Festival of the Sea
- 18 Mile Run
- Super Plunge Sunday
- Special Events
- Senior Services and Human Concerns (some volunteers are subject to a background check).

If interested in volunteering, volunteer applications can be found online at: www.stfranciscenterlbi.org or at the Front Desk of the Community Center.

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FAMILY SUPPORT SERVICES

**Auto Ownership of Ocean County**

Used, rehabilitated cars are offered to TANF*/PIC recipients for whom transportation is a major barrier to employment. Cars are donated, repaired and turned over to clients involved in a working or training activity of the Ocean County TANF program. Clients may also receive insurance assistance, driving lessons and help with car repairs. Eligible participants must be referred through the Ocean County Board of Social Services.

* - Temporary Assistance for Needy Families

**Maintaining the integrity of Spanish speaking families (MISSF)** - provides in-home therapeutic parenting skills and case management services to Spanish speaking families referred by the Ocean County DCP&P offices.

Services are funded through grants from the NJ Department of Children & Families and Division of Family Development.

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VOLUNTEERING & COMMUNITY
Mail-in registrations will not be processed until the end of business day. Registration is for one session at a time. No registration will be accepted over the phone. Please see Page 2 for registration information.

**St. Francis Community Center Registration Form**

4700 Long Beach Blvd
Long Beach Township, NJ 08008

Family Name: _________________________________________

Street Address _________________________________________

City: ___________ State: ________ Zip Code: _____________

Phone: ___________ Email: ____________________________

To qualify for membership rates, your membership must stay current for the duration of the program.

Please complete the information below for each individual registering for a class:

<table>
<thead>
<tr>
<th>Name</th>
<th>D.O.B.</th>
<th>Class Code</th>
<th>Class Title</th>
<th>Fee</th>
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<tr>
<th>If you would like to purchase or renew a membership, please check appropriate line(s):</th>
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<tr>
<td>___ 1 Year Center Youth Membership          $ 40.00</td>
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<tr>
<td>___ 1 Year Center Senior Membership           $ 40.00</td>
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<tr>
<td>___ 1 OPEN Gym Membership (18+)                 $ 50.00</td>
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<td>___ 6 Month Senior Pool Membership           $225.00</td>
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<td>___ 1 Year Senior Pool Membership           $280.00</td>
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<td>___ 1 Year Senior Combo Membership         $305.00</td>
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<td>___ 1 Year Center Adult Membership          $ 60.00</td>
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<tr>
<td>___ 6 Month Individual Pool Membership       $250.00</td>
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<td>___ 1 Year Individual Pool Membership        $310.00</td>
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<td>___ 1 Year Individual Combo Membership      $330.00</td>
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<td>___ 1 Three Month Pool Membership           $160.00</td>
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| ___ Center Family Membership $110 |
| ___ 6 Month Family Pool Membership $475 |
| ___ 1 Year Family Pool Membership $780 |
| ___ 1 Year Family Combo Membership $860 |

Member Name: _________________________________________

D.O.B. ___________       _______

________________________

Member Name: _________________________________________

D.O.B. ___________       _______

________________________

*Must complete Emergency Contact & include Signature on other side.

Total Amount Enclosed: $ ___________
TWO EMERGENCY CONTACTS NEEDED  
(If attempt to reach parent or guardian is unsuccessful, the following person(s) will be contacted):

Name of Contact (Other than parent or guardian):

__________________________________________________________________________
Phone:___________  Street Address: ____________________

Name of Contact (Other than parent or guardian):

__________________________________________________________________________
Phone:___________  Street Address: ____________________

Medical Condition(s):_________________________________________________________

In case of an emergency, permission is needed to take necessary measures for treatment.

I realize that accident insurance is not provided for participants in the Center’s programs. I give permission for my child, and/or myself, to be treated in an emergency situation.

I, and/or my child, agree to abide by all rules of St. Francis Community Center or will be subject to forfeiture of membership privileges.

I, and/or my child, understand that pool membership cards must be presented at each visit. If membership cards are not presented, I understand that I will be charged a $10 non-refundable guest fee.

I understand that a 75% refund will be issued for medical reasons only, and a physician’s statement must accompany the request.

I understand that memberships and classes are non-transferable.

I give my permission for the use of photos of myself and/or my children for promotional purposes.

__________________________                  ________________
Signature                  Date