



FOR IMMEDIATE RELEASE

Tuesday, Oct. 1, 2019

### **Crest Recreation gymnastics, tumbling program for toddlers**

The Borough of Wildwood Crest Recreation Department will host its “Tiny Tumblers” gymnastics program each Tuesday afternoon beginning Oct. 8. This eight-week introductory program is open to boys and girls in grades pre-K through 2 and is directed by experienced instructors. The program will focus on the basic fundamentals of tumbling and gymnastics in a fun-filled setting.

Sessions will be held at the Crest Pier Recreation Center, located at Heather Road and Ocean Avenue as follows: 3:30-4:30 p.m. for grades pre-K and K; 4:45-5:45 p.m. for grades 1-2.

Cost is \$50 for the eight-week session. Registration forms are available at the Crest Pier Recreation Center. A separate winter session of the program will begin in January. Call (609) 523-0202 for more information.

### **Halloween season Trunk or Treat family event is Oct. 30**

The Wildwood Crest Recreation Department will host its annual Halloween season Trunk or Treat family event on Wednesday, Oct. 30, at 6 p.m. in the parking lot of the Crest Pier Recreation Center at Heather Road and Ocean Avenue.

Adults will decorate their vehicles for Halloween and distribute candy to children in costume from the trunks of their vehicles. All participating vehicles will receive a gift. Prizes will be awarded to the best-decorated vehicles. Event includes horse carriage rides, food, DJ entertainment and more.

The event is free for adults and children, but decorated automobiles must be pre-registered by Friday Oct. 25. Registration forms are available at the Crest Pier Recreation Center.

Call 523-0202 for more information.

### **Wildwood Crest Recreation Adult Yoga Classes**

The Crest Pier Recreation Center will host adult yoga classes each Saturday at 8 a.m. beginning Oct. 19. Classes are open to all levels, from beginner to advanced. Cost is \$5 per class or a punch card good for any 20 Crest Recreation fitness classes can be purchased for \$80. Call 523-0202 for further information.

### **Wildwood Crest Recreation Adult Zumba Classes**

The Crest Pier Recreation Center will host adult Zumba dance classes each Saturday at 9 a.m. beginning Oct. 19. Classes are open to all levels. Cost is \$5 per class or a punch card good for any 20 Crest Recreation fitness classes can be purchased for \$80. Call 523-0202 for further information.

## **Wildwood Crest Recreation Adult Fitness Exercise Classes**

The Wildwood Crest Recreation Department will host its Adult Fitness exercise program each Monday, Tuesday and Thursday at 10 a.m. beginning Oct. 7 at the Crest Pier, located at Heather Road and Ocean Avenue. The program features light aerobic, strength and agility exercises tailored for men and women ages 50 and older. Cost is \$5 per class or a punch card good for any 20 Crest Recreation fitness classes can be purchased for \$80. Call 523-0202 for further information.

## **Wildwood Crest Recreation Weight Training Classes**

The Wildwood Crest Recreation Department hosts its Chair Fit exercise class each Wednesday at 10 a.m. beginning Oct. 9 at the Crest Pier, located at Heather Road and Ocean Avenue. Designed for men and women ages 50 and older, this class aims to increase energy level and muscle strength and improve range of motion and cardiovascular health. Exercises include low-impact aerobics combined with light strength training. Cost is \$5 per class or a punch card good for any 20 Crest Recreation fitness classes can be purchased for \$80. Call 523-0202 for further information.

## **Wildwood Crest Community Health and Wellness Lecture Series**

WILDWOOD CREST – The Borough of Wildwood Crest Recreation Department and the Wildwood Crest Wellness Committee will host a free two-part lecture series on health and wellness in October. This lecture series will feature presentations by health professionals and will be held at the Crest Pier Recreation Center on consecutive Wednesdays at 6 p.m.

The first lecture is scheduled for Wednesday, Oct. 16, and will feature Trish McMonagle, a certified health counselor and co-owner of Green Street Market in Rio Grande. She will speak on topics surrounding Holistic Health, including principles that produce healthy effects for the whole body, mind, spirit and environment; how a natural and holistic lifestyle can prevent disease and support healing; and why we should care about the broader impacts of lifestyle choices.

The second lecture is scheduled for Wednesday, Oct. 23, and will feature Yvonne Wood, a licensed chiropractor and co-owner of Back To Health Family Chiropractic in Wildwood. Topics include the role the spine plays in overall health, an overview of healthy lifestyle choices, where chiropractic fits into the big picture and proactive choices to living your best life.

Each lecture will include a question-and-answer session following the presentation by the guest speaker.

For further information, call the Crest Pier Recreation Center at (609) 523-0202.