



WOODBIDGE
COMMUNITY CENTER



FALL

2018 PROGRAM GUIDE



JOIN US FOR OUR LAUNCH PARTY
OCTOBER 6TH



WCC NEW AMENITIES



NEW EXPANDED WEIGHT ROOM!



AS WELL AS...

- NEW FITNESS STUDIOS
- NEW CARDIO ROOM
- NEW FLOORING
- AND OUR NEW APP

☰ Woodbridge Community Center



Announcements None at this time. Learn more here	Check In  
Schedule Create your schedule and receive updates here on upcoming classes.	
 98758987587 Card	 
Contact & Hours	Feedback  



MEMBERSHIP INFORMATION & BENEFITS

BENEFITS INCLUDE

Adult and Senior group exercise classes • Indoor walking/running track • Discounted rates on enrichment classes, swim lessons, youth sports programs, group skating lessons and hockey programs • State-of-the-art wellness and strength fitness rooms • 25 yard, 6 lane swimming pool • Full court gymnasium • Pool tables, air hockey, ping-pong and foosball • Admission Discounts on public Roller Skating, Ice Skating and Miniature Golf • Men's and Women's locker rooms • Family showers and changing rooms

Prices are subject to change.

MEMBERSHIP CATEGORY	JOINER'S FEE	YEARLY FEE	MONTHLY FEE
RESIDENT RATE*			
Youth (0-12)	N/A	\$66.00	N/A
Teen (13-17)	\$35	\$150.00	\$12.50
Young Adult (18-26)	\$35	\$234.00	\$19.50
Senior Discounted Rate 60 & RETIRED OR 62+	\$35	\$150.00	\$12.50
Adult (27-61)	\$75	\$378.00	\$31.50
Family	\$75	\$597.00	\$49.75
Single Parent Family	\$75	\$414.00	\$34.50
NON-RESIDENT RATE			
Youth (0-12)	N/A	\$88.00	N/A
Teen (13-17)	\$50	\$186.00	\$15.50
Young Adult (18-26)	\$50	\$309.00	\$25.75
Senior Discounted Rate 60 & RETIRED OR 62+	\$50	\$186.00	\$15.50
Adult (27-61)	\$95	\$471.00	\$39.25
Family	\$95	\$744.00	\$62.00
Single Parent Family	\$95	\$519.00	\$43.25

Note: Any money paid towards memberships are non-refundable, including the Joiner's Fee. The Joiner's Fee is charged when you take out your membership and is not an annual charge in addition to membership rate; it is applied again if the account becomes inactive (cancellation or decline) for more than 45 days. Family membership is defined by the Woodbridge Community Center as follows: two adults or legal guardians and all children under the age of 18 or still attending high school and full-time college students age 18-22.(proof of full time college credits required). Children under the age of 13 must be accompanied by an adult.

*Two proofs of residency are required at the time of signing up for a membership.



FITNESS & WELLNESS

FREE GROUP CLASSES FOR EVERY LEVEL WITH WCC MEMBERSHIP

• **AMP'D:** High interval intensity training, designed to be performed in a circuit which adds different exercises and equipment for a full body workout.

• **CORE AND MORE:** Class includes a variety of movements and exercises to strengthen and tone your body, with focus on the core.

• **POWER CYCLE:** Fast Pace Cycle class incorporating arms and core work during the ride

• **DANCE JAM & TONE:** Combination of different styles of dance and aerobics followed by toning

• **DANCE STEP:** Invigorating step aerobics class with cardio, strength training, and abdominal components.

• **TOTAL TONE:** This class works out the entire body through cardiovascular, strength and flexibility exercises.

• **YOGA:** Yoga increases flexibility and builds strength through various poses and postures. Yoga helps to rejuvenate energy levels, improve posture, relieve stress and reduce fatigue.

• **BUTTS, GUTS & LEGS:** Challenging lower body workout utilizing resistance bands, exercise balls and floor work.



• **ZUMBA™/ZUMBA BURST™:** Exotic rhythms set to high energy Latin and international beats.

• **STRONG BY ZUMBA™:** Combines high intensity interval training (HIIT) with the science of Synced Music Motivation. Introducing Music-Led Interval Training.

• **POUND:** The Pound workout fuses cardio interval training with drumming to provide a challenging and heart-pumping workout.

• **BOXING BOOT CAMP:** Series of kickboxing moves in a fast-paced cardio environment; including jumping jacks, run sequences, punches, kicks, core, etc.

• **ROCK YOUR SPIN:** Rock your way through challenging drills and climbs with Classic Rock and Motown Music with beats that will get you motivated and keep you strong. Perfect for the outdoor rider who is looking to come inside or the beginner who wants to get stronger!



BODY PUMP™: The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. Equipment availability is first come, first serve.

BODY COMBAT™: The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, taichi and muay thai. During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.



HEALTH AND WELLNESS

1 SESSION = 60 MIN

PERSONAL TRAINING

Our personal trainers are passionate about guiding you to achieve your goals in one on one sessions.

1 Session-\$60

5 Sessions - \$285

10 Sessions -\$450

DUAL PERSONAL TRAINING

Work out with a partner to help you stay committed to your personal fitness goals. Prices are based on a per person rate.

1 Session - \$31

5 Sessions - \$145

10 Sessions - \$260



WCC MEMBERS RECEIVE A 15% DISCOUNT



GROUP FIT

Join one of our certified personal trainers in a small group setting of 4-6 people. Workouts are designed based on the collective goals of the group during the 8 week session.

COST: \$75

TEEN FIT

This is a FREE members only program. The course is designed to educate and train teens in safe techniques and the principles of a healthy lifestyle. Successful attendance and completion of all 8 classes grants access into strength and wellness rooms.

OPEN VOLLEYBALL: SUNDAYS 3:30 PM- 5:45 PM

YOUTH SPORTS CLINICS

SOCCER CLINIC

Kick off a soccer career with the soccer skills clinic for children. They will learn soccer fundamentals, teamwork and cooperation.

COST: \$60 PER CLINIC

BASKETBALL CLINIC

Jump into basketball season with this skills clinic for children. They will learn basketball fundamentals, teamwork and cooperation.

COST: \$60 PER CLINIC





SENIOR WELLNESS

SILVERSNEAKERS CIRCUIT[®]

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVERSNEAKERS CLASSIC[®]

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.



SILVERSPLASH[®]

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SENIOR YOGA

A good workout does not have to wear you out. Incorporate mind-body fitness routine into each day with yoga. These exercises not only build strong and supple bodies, but also help energize and refresh your spirit and contribute to an overall sense of well-being.

ZUMBA GOLD[®] ZUMBA[®]

Fun Latin-inspired dance program for the active older adult, includes: Merengue, Salsa, Cha Cha, Cumbia, Belly Dance and Tango.

LINE DANCING

Line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time. It is sometimes combined on dance programs with other forms of country-western dance, such as two-step, western promenade dances, and as well as western-style variations of the waltz, polka and swing.

CHAIR PILATES

A system of exercises using special apparatus, designed to improve physical strength, flexibility, posture, and enhance mental awareness.

DANCE FITNESS

Dance fitness is a type of group exercise class that incorporates some or many forms of dance. It's a full body aerobic workout, divided into different tracks that provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing.

SENIOR GROUP INTERESTS

MONDAYS

Rummikub 11:00am-1:00pm

TUESDAYS

Brown Bag Movie 11:00am-1:30pm

WEDNESDAYS

Mahjongg 1:00-3:00pm

FRIDAYS

Scrabble 11:00am-1:00pm



STAYSTRONG

CANCER SURVIVOR PROGRAM

In an effort to continue to serve our cancer survivors, we are accepting participants for our “STAYSTRONG” program. Research has proven that survivors, who are living through and beyond cancer, are receiving a positive impact from moderate exercise, a healthy diet and stress reduction methods. Our program will run for 10 weeks, meeting once a week for one hour. You will be guided by a caring, professional staff that will combine physical activity and wellness programs to support the cancer survivor and their family.



For questions and additional information please contact the Wellness Coordinator at 732-596-4182 or email Elizabeth.Cowan@twp.woodbridge.nj.us
[This program is open to Woodbridge Township Residents only.](#)

SEA WOLVES

WCC SWIM TEAM

EVALUATIONS AT WCC: Every Tuesday 6:30 - 7:30 pm
FIRST DAY OF PRACTICE: Wednesday, September 12th

Sea Wolves –WCC Swim Team is led by a well-known and highly qualified coach.

Through our team, swimmers will learn how to set, strive towards and achieve their individual and team goals.

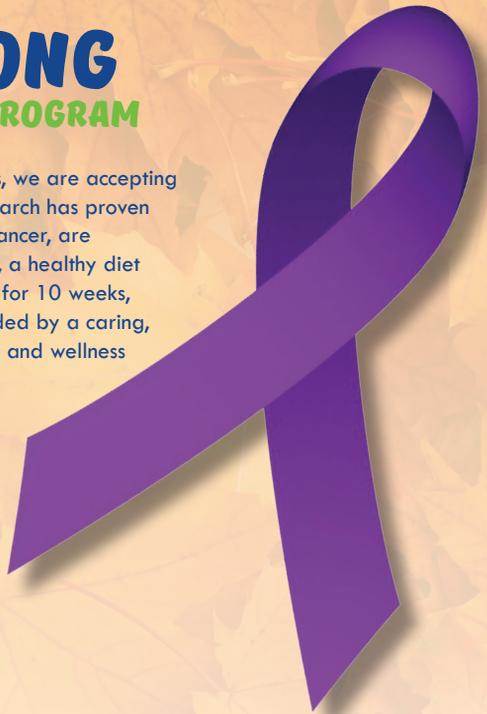
- Coaches will develop swimmer's body, mind and spirit through technique, work and training in the water as well as implementing a rigorous dry-land program for all swimmers.

Swimmers will learn to motivate themselves and others.

Whether those goals are competing at Nationals or improving technique, all swimmers will be fostered in an environment conducive to excellence.

- Our team is a year round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to highest competitor level.

Contact us at (732) 596-4193 or John.Kohutanycz@twp.woodbridge.nj.us for pricing and additional information





AQUATICS

INDOOR POOL

During open and adult swim times, members and guests have full access to our 25-yard indoor swimming pool. During open swim, the pool includes 4 lap lanes and a family swim area, for our members and non-members of any age to enjoy! All lifeguards are American Red Cross certified, ensuring a safe and enjoyable environment for swimmers of all ages.

SWIM LESSONS

The Woodbridge Community Center swim lesson program follows the curriculum of the American Red Cross Learn-to-Swim program. Under the direction of our trained instructors, you will learn basic swimming strokes, safety skills and stroke technique over the course of a 7 or 8-week session. Evaluations will be given on the first week of classes. Swimmers will be divided according to age group and swimming ability.

Classes are currently offered in 30 and 45 minute classes.

WCC MEMBERS RECEIVE A 15% DISCOUNT

GROUP SWIM LESSONS

Parent/Child & Preschool	\$100
Learn-to-Swim	\$115

Adult and Teen lessons are also available.



PARENT/CHILD

30 Minute Classes

Level 1 (6 months to 3 years)

Level 2 (2 to 3 years)

PRE-SCHOOL AQUATICS

4-5 YEARS

30 Minute Classes

Levels 1 - 3

LEARN-TO-SWIM

6-12 YEARS

45 Minute Classes

Levels 1 - 6

Contact us at (732) 596-4193 or Amanda.Hrasna@twp.woodbridge.nj.us for pricing and additional information



HIGHLAND GROVE CHILD CARE

70 HIGHLAND TERRACE, FORDS

PRESCHOOL

Our Preschool programs offer children a welcoming place to make friends and learn new skills through activities such as arts & crafts, yoga and group participation. These activities help children develop socially as well as physically and intellectually. We accept enrollment in the PreK-3 & PreK-4 classrooms, either morning, afternoon or full day session. All children must be toilet trained and be at least 3 years old by October 31, 2018. Availability is limited.



SCHOOL AGE CHILD CARE SACC

The Highland Grove SACC program is designed to complement the Woodbridge Township school day. SACC operates Monday through Friday during the school year and follows the Woodbridge Township School District calendar. Children who attend schools #14, #19 and #25 are eligible to attend for a nominal fee. Transportation is provided for 5 day enrollments only. Children from other schools may attend, provided that they have their own transportation.

Please contact our Childcare Coordinator:
Marybeth.Reta@twp.woodbridge.nj.us
(732) 596-4181

BEFORE CARE: 7:00am-School Opening
AFTER CARE: School Dismissal-6:30pm





WCC CHILD CARE

The children are supervised by experienced childcare professionals that meet the requirements and qualifications set forth by the Department of Children and Families, Office of Licensing.

SCHOOL AGE CHILD CARE (SACC)

The WCC SACC program is designed to complement the Woodbridge Township school day. SACC operates Monday through Friday during the school year and follows the Woodbridge Township School District calendar. Children who attend schools #1, #11 and #18 are eligible to attend for a nominal fee. Transportation is provided for 5 day enrollments only. Children from other schools may attend, for a nominal fee, provided that they have their own transportation.

***BEFORE CARE: 7:00am - School Opening**

***AFTER CARE: School Dismissal - 6:30pm**

FULL DAY VACATION CARE



**PRE-REGISTRATION IS REQUIRED.
WE DO NOT PROVIDE SNOW CARE**

■ All children in grades K through 8 are welcome to join us for our Full Day Vacation Care at the WCC, which runs from 7:00 a.m. to 6:30 p.m. This service is offered for most of the Woodbridge Township School District school holidays. Our fun-filled days may include swimming, roller skating, ice skating, mini golf, movies, games, gym time, arts & crafts, and walks to the neighborhood playground. Your child may bring a lunch from home or purchase one from our WCC Café. Daily snacks are provided at no additional charge. Full Day Vacation care is available for a nominal fee.

■ The children are supervised by experienced childcare professionals that meet the requirements and qualifications set forth by the Department of Children and Families, Office of Licensing.

■ Members of the WCC receive a registration discount. For rates and more information visit our Guest Services Desk, contact our Child Care Coordinator at 732-596-4181 or email wccchildcare@twp.woodbridge.nj.us.



WCC CHILD CARE

CONTINUED

BABYSITTING

Members have free exclusive access to babysitting services for a maximum of 1.5 hours. Babysitting is only for those who are utilizing our exercise facilities and workout classes. Our babysitters care for children ages 1 - 10 in a fun and safe environment leading the children in games and activities. The children are supervised by well-trained babysitters. Whether you are taking a yoga class or running laps on the track, our program provides an opportunity for your child to explore their imagination and express themselves while you work out.
SPACE IS LIMITED



Monday: 4:45-9:45pm

Tuesday: 5:45-9:30pm

Wednesday: 4:45-8:15pm

Thursday: 4:45-8:30pm

Friday: 5:45-9:30pm

Saturday: 8:30am-12:30pm

WCC MEMBERS RECEIVE A 15% DISCOUNT



DON'T MISS OUT ON NEXT YEAR'S
SUMMER CAMP 2019

SIGN UP BY MAY 1st FOR DISCOUNTED RATE

Visit www.njwcc.com for more information



SKATING PROGRAMS

LEARN TO SKATE

ICE SKATING

FRIDAYS 5:30 - 6:30 PM

Please see our website for current dates.

SATURDAYS 12:30 - 1:30 PM

Please see our website for current dates.

ROLLER SKATING

MONDAYS 6-7 PM or 7-8 PM

Please see our website for current dates.

SATURDAYS 9:30-10:30 or

10:30-11:30 AM

Please see our website for current dates.

WCC Members Receive 15% Discount

MINI-MITES ICE HOCKEY AGES 4-7

SUNDAYS 12:30 - 1:30 PM

Please see our website for current dates.

Ages 4-7. Full hockey equipment is required.

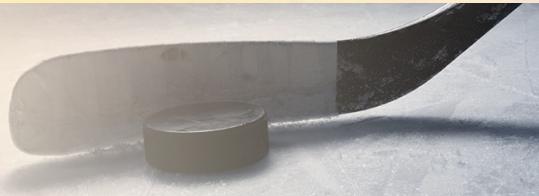


LEARN TO PLAY ICE HOCKEY

SUNDAYS 12:30 - 1:30 PM

Please see our website for current dates.

Full hockey equipment is required.



YOUTH IN-HOUSE HOCKEY LEAGUE

8U MITE INSTRUCTIONAL

Please see our website for current dates.

12 AND UNDER DIVISION

Please see our website for current dates.



USA Hockey registration and full hockey equipment are required. Register by phone at 732-596-4170.



SKYLINE MINI-GOLF

JOIN US FOR OUR 2018 FALL SEASON

Skyline Mini Golf at the Woodbridge Community Center boasts a challenging 18 hole water themed course with views of the New York City skyline. Water obstacles and uphill putting greens abound in this state-of-the-art mini links. Our outdoor mini golf course promises hours of family fun.

Come on down and spend some time with family and friends at Skyline Mini Golf!

PUBLIC

CHILD - \$5.00
ADULT - \$7.00
SENIOR (62+) - \$5.00

MEMBERS*

CHILD - \$4.00
ADULT - \$6.00
SENIOR (62+) - \$4.00



BATTING CAGES

TOKEN RATES

2 Token Minimum Purchase
15 Pitches per token

2 Tokens \$5.00
4 Tokens \$10.00
8 Tokens \$20.00

HOURLY RATES

Based on Availability
1 Cage Approx. 600 Pitches

60 Minutes
\$60.00 per cage

1/2 HOURLY RATES

Based on Availability
1 Cage Approx. 300 Pitches

30 Minutes
\$35.00

BATTING CAGE RENTALS

Available before and during Regular Hours of Operation.
Please call 732-596-4170 to reserve.

BASEBALL:

40, 50, 60 & 70 mph

SOFTBALL:

Arc, 40, 50 & 60 mph





ROLLER & ICE SKATING

OPEN PUBLIC ROLLER SKATING

All ages

WEDNESDAY

6 pm-8:30pm
Mid-Week Madness \$4.00*

FRIDAY

4pm-7:30pm \$7.00*
8pm-10:30pm \$8.00*

SATURDAY

12pm-5pm \$7.00*
6pm-8:30pm \$7.00*

SUNDAY

12:00pm-5:00pm \$7.00*

OPEN PUBLIC ICE SKATING

Ages 4 & Up

FRIDAY

8:30pm-10:30pm \$8.00*
Cosmic Ice Skating

SATURDAY

1:45pm-3:15pm \$7.00*
8:30pm-10:30pm \$8.00*

SUNDAY

1:45pm-3:15pm \$7.00* - Starting Nov 4th

*Skating Adults are an additional \$1 to the listed admission price.

Skate Rental is \$4 additional if needed.

WCC MEMBERS SAVE \$1 ON SKATING ADMISSION

(Excluding Wednesday Mid-Week Madness session)

BIRTHDAY PARTIES AND EVENTS

Please call 732-596-4170 for more details on party packages.
Membership Discount does not apply to party packages.

ROLLER SKATING

ICE SKATING

MINI GOLF

POOL

GYM





BIRTHDAY PARTIES

IT'S A ROLLER SKATING BIRTHDAY PARTY!

Super Star VIP

- \$10 game card
- 2 balloon bouquets
- birthday child free
(with 21 or more paid guests)
- special t-shirts for birthday child

Choice of:

2 slices of pizza

or

6 chicken nuggets & french fries

UNLIMITED SOFT DRINKS

All packages include admission per child, skate rental, party invitations, place settings, host/hostess services and a 2 hour time slot!

Call 732-596-4170 for more information as well as prices and available days and times!

Ultra Package

- \$5 game card
- birthday child free
(with 11 or more paid guests)

Choice of:

2 slices of pizza & a small drink

or

6 chicken nuggets & french fries
with a small drink

Dynamic Package

- \$3 game card
- birthday child free
(with 11 or more paid guests)

Choice of:

1 slice of pizza & a small
drink

or

4 chicken nuggets with
french fries & a small drink

**Times available on
Wednesdays, Fridays,
Saturdays, and Sundays!**



ECRWSS
Residential Customer

600 Main St., Woodbridge, NJ 07095

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IMPORTANT DATES

- | | |
|---|--|
| 8/30: Parent Orientation at Highland Grove | 10/25: Taste of Woodbridge |
| 8/31: WCC Closes at 4:30 pm | 10/28: Trunk or Treat |
| 9/1- 9/3: WCC Closed | 11/5 - 11/9: Vacation Care at WCC |
| 9/5: First Day for SACC Programs | 11/6: Election Day |
| 9/7 - 9/9: Senior Olympics | 11/15: Coffee & Bagel Seminar |
| 9/10: Vacation Care at WCC | 11/22: WCC Closed |
| 9/11: First Day for Highland Grove Pre-School Programs | 12/15: Skate with Santa |
| 9/20: Coffee & Bagel Seminar | 12/20: Coffee & Bagel Seminar |
| 10/6: Les Mills Fall Fitness Kickoff (9am) | 12/24: WCC Closes at 3 pm |
| 10/8: Vacation Care at WCC | 12/25: WCC Closed |
| 10/18: Coffee & Bagel Seminar | 12/26-12/28: Vacation Care at WCC |
| | 12/31: WCC Closes at 3 pm |
| | 1/1: Fitness Center & Pool Closed |

WCC HOURS OF OPERATION

Mon-Fri: 6:00 am - 9:45 pm · Sat: 6:30 am - 5:45 pm · Sun: 8:00 am - 5:45 pm



John E. McCormac
Mayor



(732) 596-4170
www.njwcc.com

