



Hello Families,

FRA hopes you are doing well. Enclosed please find our fall 2022 recreation registration packet. Fall recreation classes will run from Septmeber 12 – December 9, 2022.

Fall recreation registration will close on Friday August 12, 2022. Please complete and return your registration packet as soon as possible. As always, space is limited. All classes are first come, first served. If your class choice is already full, you will automatically be placed in any other available class on that day.

Please be sure to inform FRA of any changes to your student's personal information, such as, address change, new email address, allergies, and medical conditions. All further communication about the spring and summer class session will be sent to your email on file.

Payment for fall recreation classes should be made by September 9, 2022. Please refer to the enclosed payment schedule for details.

Completed registration packets should be sent promptly to Alexa DellaMonica at adellamonica@frainc.org.

Thank you,
Alexis Spekor and Alexa DellaMonica

2022-2023 Adult Programs Calendar

| September 2022 | | | | | | |
|----------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | |

| October 2022 | | | | | | |
|--------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| November 2022 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |
| | | | | | | |

| December 2022 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | | | | | |

| January 2023 | | | | | | |
|--------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |
| | | | | | | |

| February 2023 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | | | | |
| | | | | | | |

| March 2023 | | | | | | |
|------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | | |

| April 2023 | | | | | | |
|------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

| May 2023 | | | | | | |
|----------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |
| | | | | | | |

| June 2023 | | | | | | |
|-----------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | |

| July 2023 | | | | | | |
|-----------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| August 2023 | | | | | | |
|-------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|--------|---------------|----------------|------------------|-----------------|---------------|
| FALL | 12 | 12 | 12 | 11 | 11 |
| WINTER | 9 | 12 | 12 | 12 | 12 |
| SPRING | 12 | 13 | 13 | 13 | 13 |
| SUMMER | 8 | 9 | 9 | 9 | No Classes |



FRA Wellness Registration

Fall Classes: September 12 - December 9, 2022

Name _____

RED BANK

| DANCE | | | | | | | |
|---------|----------------|--|--------------|--|--------------|--|--------|
| MONDAY | Dance with Jay | | 4:30-5:30 PM | | 5:45-6:45 PM | | 7-8 PM |
| TUESDAY | Dance with Jay | | 4:30-5:30 PM | | 5:45-6:45 PM | | 7-8 PM |

| KARATE | | | | | | | |
|-----------|-----------------|--|--------------|--|--------------|--|--------|
| WEDNESDAY | Karate with Jay | | 4:30-5:30 PM | | 5:45-6:45 PM | | 7-8 PM |

| YOGA | | | |
|-----------|-----------------|--|--------|
| WEDNESDAY | Yoga with Patty | | 9-10AM |
| THURSDAY | Yoga with Patty | | 9-10AM |

BRICK

| DANCE | | | |
|----------|---------------------|--|--------------|
| THURSDAY | Dance with Marjorie | | 4:30-5:30 PM |

| YOGA | | | |
|--------|-----------------|--|-------|
| MONDAY | Yoga with Patty | | 2-3PM |

WELLNESS PAYMENT

☐ Online payment

☐ Check payment Check # _____ Amount _____

Please make all checks payable to FRA and mail to 210 Newman Springs Road E, Red Bank, NJ 07701

☐ Credit card ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Credit card # _____

Expiration date _____ CVC code _____ Billing zipcode _____

Billing address _____

I authorize a one-time payment of \$ _____ to be made to by card by FRA.

NOTE: For security purposes we do not and will not keep a record of your credit card information.

Personal Information Changes

Please complete this form if any of the information below has changed

Student's Full Name _____

Address _____

Home Phone _____

Cell Phone _____

Parent/Guardian Email _____

Student Email _____

Support Coordinator Name _____

SC Email _____

SC Phone _____

Emergency Contact Name _____

Phone _____

Emergency Contact Name _____

Phone _____

Medical or Physical Changes (ie. allergies, cardiac, seizures, diabetes, mobility, etc.)

Fears/Concerns/Behaviors (please provide triggers for behaviors and suggestions of best intervention strategies)

2022-2023 Wellness Class Payment Schedule

FALL

| | | | |
|--------------------|--------------|---------------|-------------|
| Class: | <u>Dance</u> | <u>Karate</u> | <u>Yoga</u> |
| Full Session Cost: | \$180 | \$240 | \$120 |
| Payment Deadline: | 9/9/2022 | 9/9/2022 | 9/9/2022 |

WINTER

| | | | |
|--------------------|--------------|---------------|-------------|
| Class: | <u>Dance</u> | <u>Karate</u> | <u>Yoga</u> |
| Full Session Cost: | \$180 | \$240 | \$120 |
| Payment Deadline: | 12/9/2022 | 12/9/2022 | 12/9/2022 |

SPRING

| | | | |
|--------------------|--------------|---------------|-------------|
| Class: | <u>Dance</u> | <u>Karate</u> | <u>Yoga</u> |
| Full Session Cost: | \$195 | \$260 | \$130 |
| Payment Deadline: | 3/10/2023 | 3/10/2023 | 3/10/2023 |

SUMMER

| | | | |
|--------------------|--------------|---------------|-------------|
| Class: | <u>Dance</u> | <u>Karate</u> | <u>Yoga</u> |
| Full Session Cost: | \$135 | \$180 | \$90 |
| Payment Deadline: | 6/16/2023 | 6/16/2023 | 6/16/2023 |