



# SPRING 2026 SAYREVILLE COMPASS

## USA Sport Tennis & Pickleball

The weather is starting to get warmer so break out your tennis racquets and pickleball paddles! The Recreation Department is happy to team with USA Sport Group to offer these classes for all skill levels! Come improve your skills or learn a new sport!

Tennis starts April 22<sup>nd</sup>

Pickleball starts April 24<sup>th</sup>

- **All Ages**
- **\$155**



## Adult Yoga

Start your yoga journey with this gentle beginner series designed to build strength, flexibility, and mindfulness. Perfect for all fitness levels, each session guides you through foundational poses and breathing techniques to help you feel calm, balanced, and energized. No prior experience needed.

Program starts March 30<sup>th</sup>

- **Ages 18+**
- **\$30**



## Performance Training

Looking to get ready for your next sport season? Come join Recreation in the six week program that focuses on speed mechanics, acceleration, balance, coordination, reaction time, and injury prevention. No matter what sport you play this program can help you get ready for the season! Program starts

April 14<sup>th</sup>

- **Grades K-8**
- **\$125**



## Intro to Skateboarding

Is skateboarding your passion? Then come learn board control, balance, turning, safety gear use, and small ollies/jumps! Please note that all participants must bring their own board and helmet! Program starts April 16<sup>th</sup>

- **Grades 3-8**
- **\$150**





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## Rutgers Youth Sport SAFETY Clinic

This course is required for all Sayreville Youth sport coaches by Ordinance and State Law. The SAFETY (Sports Awareness For Educating Today's Youth) Clinic is a three-hour class that informs coaches on the physiological, legal, and medical/first aid aspects of coaching as well as general coaching concepts and training/conditioning youth athletes. Class is for Sayreville Coaches only and is at no cost to the coach. Pre-registration is required and all coaches must stay for the entire duration of the class. Class is on March 11<sup>th</sup>

- **Ages 18+**
- **Free Class**



## Parent & Me Canvas Painting

Need a gift idea for Mom for Mother's Day? Then this fun class is for you! Come create memories with your child and give that Mom or Grandparent in your life something special that they will cherish forever! Class on May 2<sup>nd</sup>

- **All Ages (Parent + Me)**
- **\$35 (Price per Parent & Child)**



## Somerset Patriots Night

Baseball Season is here! Spend a night at the Somerset Patriots game with your family, friends, or teammates as they take on Binghamton Rumble Ponies! Make sure to stay for the post game fireworks show! Game is on May 16<sup>th</sup>

- **Tickets \$13.50**



## Trivia Night

Think you know your random facts and knowledge? Then get your team ready for Sayreville Recreation's Trivia Night! Come compete for prizes and bragging rights amongst your friends and family! Trivia will start at 6 pm on May 18<sup>th</sup> and pre registration for all team members is required as space is limited!

- **All Ages**
- **Free Event**

