



All programs are FREE!
 Call 732.571.1670 to register
 (registration is recommended)

For more information
 visit us at
www.coastalcommunitesc.org

We are located at 300
 Broadway, rear entrance
 Long Branch, NJ 07740



Monday, 09/11/17
7-8 pm

Strong by Zumba - Fitness has never been so much fun, come dance your way into shape with our Free Strong by Zumba workshops.

This class will combine all elements of fitness-cardio, muscle conditioning, balance and flexibility. it's a serious boost of energy and a whole lot of fun. Join the Party!

Tuesday, 09/12/17

11 am- 12 pm

English as a Second Language - Through Literacy Volunteers of Monmouth County, tutoring services provided to adults desiring increased literacy skills in either basic literacy or English as a Second Language. ESL classes and one-to-one tutoring are conducted at all levels of English proficiency, from basic ESL, beginning ESL, intermediate ESL, and advanced ESL courses.

12-1 pm

Fair Housing with NJ Citizen Action- Know your rights! Grow your money! Let's get it together! Join us for informational, interactive workshops conducted by the NJ Citizen Action! NJCA is a statewide grassroots organization fighting for social, racial, and economic justice. The workshops will cover fair housing, credit counseling, and saving/investing.

Wednesday, 09/13/17

11 am- 12 pm

English as a Second Language - Through Literacy Volunteers of Monmouth County, tutoring services provided to adults desiring increased literacy skills in either basic literacy or English as a Second Language. ESL classes and one-to-one tutoring are conducted at all levels of English proficiency, from basic ESL, beginning ESL, intermediate ESL, and advanced ESL courses.

Thursday, 09/14/17

6:30-7:30 pm

SHRED CAMP! - Shore Style with Jab, an ACE Certified Personal Trainer and Herbalife Wellness Coach. This group class is for all fitness levels and is designed to burn fat, increase stamina, strengthen the core and build lean muscle. The goal is for everyone to have fun and get a dynamic workout in a motivating environment.

Friday, 09/15/17

4-6 pm

Family Fun Night (Celebrating Mexican and Brazilian Independence)- Creates an opportunity for positive parent-child interaction through one-on-one and group activities. Come join us as we celebrate independence and community. There will be music, refreshments, and games for the children. It's going to be a good time!

The **7th Avenue Community Garden** is Open! Come tour the garden, learn how to plant, and cultivate spices, fruit, vegetables, and plants. Meet the Garden manger as you tend your plot, he's always there to help! Don't have a plot, just come by for a visit and take something organic home!

Garden Hours:

Monday & Thursday 9:30 am-1:30 pm;
Wednesday 5-7 pm
Saturday 9:30 am-3:30 pm
Sunday 3-7 pm