Keep Bay Head Moving!

GO Bay Head!

2014 Activities

#	WHAT	WHERE	WHEN
1	**Bay Head 5K Memory Race** Run to remember Kate Shea and raise funds for cancer awareness.	Start at BH Fire Station	Saturday, May 17th. Race starts at 8:30 AM. Register at **bayhead5k.com**
2	**Walking Wednesdays** Walk and bike to the Bay Head School.	Under the Clock - Town Center	Starts Wednesday, May 21st and continues thru June. The *Walking Bus* leaves at 7:45 AM.
3	**Beach Yoga** Start your day with yoga!	Howe Beach Entrance	Every Saturday and Sunday - 8 AM Memorial Day thru Labor Day. $10 per session. For more, go to **www.therapeutictouchnj.com**
4	**Fit Club** Join the Club and feel great all day.	Howe Beach Entrance	Starts Saturday, May 24th. 8 AM - Tuesdays, Thurs, & Saturday. $12 per class. For information, go to **www.therapeuticfitnessnj.com**
5	**Young at Heart** New Fitness and exercise for seniors to benefit heart function, muscle strength, balance, and flexibility.	BH Fire Station	Every Tuesday morning, June and July, 11 AM. $5 per class. See **bayheadnj.us/mwc** for details.
6	**Summer Soltice** Welcome summer with a celebration led by Eileen Ellis.	Howe Beach Entrance	Saturday, June 21st - 7 PM
7	**Walk with Mayor Curtis** Explore Bay Head by foot with Mayor Curtis and other guests.	Walks start at Town Center - Under the Clock	●Wednesday, June 25th ●Wednesday, July 16th ●Wednesday, August 13th All walks begin at 9 AM.
8	**Summer Rec Program** Summer activities for kids. To register, call 732-892-0574.	Bay Head School	July 7th - August 8th
9	**Bay Head Summer Tennis Camp** "Learn to Play" instructions. Sponsored by the *BH Home and School Assoc.* Sign up early! New	BH School Tennis Courts	July 14th - August 8th 4 weekly sessions - $50 per week or $180 for all four weeks. Contact **kirhinds@aol.com**.
10	**Cooking for Kids** Healthy cooking class for kids given by *Sunshine Kate* .	Check web site	●July 24th ●July 31 ●August 8th $15 preregister. Call 732-581-4416.
11	**Adventures in Cooking** Healthy cooking class for adults. New	Check web site	●Monday, 7/14 - 6 PM ●Monday, 8/18 - 6 PM Check web site for details - **bayheadnj.us/mwc**
12	**Beach Olympics** Races and Olympic events on the Beach.	Osborne Beach Entrance	● Thursday night, August 7th ● Thursday night, August 17th Races start at 6:45.
13	**Town Dodgeball Tournament** Third annual. Teams wanted!	Centennial Park Courts	Thursday, October 2nd - 6 PM
14	**Seniors Health Fair** Active aging screening and programs for seniors. New	BH Fire Station	Friday, October 3rd 11 AM - 1 PM
15	**Duck Derby/ Shark 5K Run** Support the BH School, run the race, & cheer your favorite duck.	Centennial Park and Scow Ditch	Saturday, October 4th

Visit us at www.bayheadnj.us/mwc