

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

# April 2018

**1**



**EASTER**

Rec Center Open  
5pm-9pm  
Overlook Closed  
**POOL CLOSED**

**2**

**NCAA Final Four Championship**  
9:00pm  
Free Food & Prizes

Self Defense @ OFC  
3:45pm-4:45pm  
Zumba @ OFC  
5:00pm-6:00pm

**3**

**Rec Night Out**

Football Field  
7:00pm-10:00pm

Yoga @ The Rec  
5:15pm-6:15pm

**4**

Boot Camp @ OFC  
3:45pm-4:45pm  
Spinning @ OFC  
5:00pm-6:00pm

**5**


**ESCAPE THE ROOM**

**6**

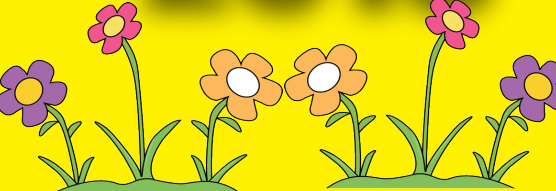
**Friday Nite at the Rec**

**Escape the Room**  
10:00pm-1:00am  
Tie Dye Socks  
Free Food  
32nd Annual Best Bench Prelims Begin

**7**



Get The Hike Outta Here!  
Mystery Hike  
10:00am-2:30pm



**8**

Water Safety Instructor  
10:00am-6:30pm

Yoga @ OFC  
7:30pm-8:30pm

**9**

Self Defense @ OFC  
3:45pm-4:45pm  
Zumba @ OFC  
5:00pm-6:00pm

**10**

**Rec Night Out**

Football Field  
7:00pm-10:00pm

Yoga @ The Rec  
5:15pm-6:15pm

**11**

Boot Camp @ OFC  
3:45pm-4:45pm  
Spinning @ OFC  
5:00pm-6:00pm

**12**



**Meet Us At The Net**  
12:30 Zanfino Plaza  
Free Food & Prizes

**13**

Lifeguarding Course  
6:00pm-10:30pm

**LEARN CPR**  
You Can Do It!

**14**

Lifeguarding Course  
10:00am-6:30pm

**Rec Center Hours**

Monday-Friday  
7:00am-11:00pm  
Saturday-Sunday  
9:00am-9:00pm

**15**

Water Safety Instructor  
10:00am-6:30pm  
Lifeguarding Course  
10:00am-6:30pm  
Yoga @ OFC  
7:30pm-8:30pm

**16**

Self Defense @ OFC  
3:45pm-4:45pm  
Zumba @ OFC  
5:00pm-6:00pm

**17**

**Rec Night Out**

Football Field  
7:00pm-10:00pm

Yoga @ The Rec  
5:15pm-6:15pm

2 on 2 Beach Volleyball  
5:00pm

**18**

Boot Camp @ OFC  
3:45pm-4:45pm  
Spinning @ OFC  
5:00pm-6:00pm

**19**

**Meet The Greeks**  
7:00pm

**20**

**+** Adult CPR/AED  
1:00pm-4:00pm

Lifeguarding Review  
6:00pm-10:30pm

**21**

**+** Adult CPR/AED  
9:30am-12:30pm


**+** First Aid  
12:30pm-2:30pm

Lifeguarding Review  
9:30am-6:30pm

**Overlook Fitness Center**

Mon.-Fri. 7:00am-11:00pm  
Saturday 9:00am-9:00pm  
Sunday 11:00am-11:00pm

**22**



Get The Hike Outta Here!  
NYC  
9:00am-5:30pm

Yoga @ OFC  
7:30pm-8:30pm

**23**




**24**

**Rec Night Out**

Football Field  
7:00pm-10:00pm

Racquetball Singles Tournament  
4:00pm

**25**



**26**



32nd Annual Best Bench Competition  
12:00

**27**

**28**

**Spring Jam**

Rec Center Closing  
3:00pm

**Open Rec Swim**

**Wightman Gym Pool**

Mon.-Fri. 11am-2pm  
Tues. & Thurs. 5pm-7:30pm  
Mon.-Thurs. 7:30pm-10pm  
Sat.-Sun. 12pm-4pm

**29**

Water Safety Instructor  
10:00am-6:30pm

Yoga @ OFC  
7:30pm-8:30pm

**30**

**Recreational Services**

[www.wpunj.edu/reccenter/](http://www.wpunj.edu/reccenter/)  
973.720.2777



**@WPreC**

**Friday Nite at the Rec**



**De-Stress Night**  
May 4, 2018  
10:00pm-1:00am

**Chair Massages**  
Free Food