

The Easter Egg Hunt is a Spring-time activity for children up to and including the fourth grade. Children are divided into age groups and each "Hunt" in their own area. The children "Hunt" for eggs filled with goodies and golden coins for special prizes. Children will receive a bag to put their treasures in. The Easter Bunny will be at the hunt to visit with the children.

The Independence Day Festival is held during Fourth of July week. This event is an opportunity for our residents and visitors alike to celebrate Our Nation's Independence through food, music, fireworks, rides, and more.

Community Day is a Spring-time activity that involves a children's bike auction, bike safety program, games, food, and more. Bring your own bike or try to buy one while you are here. Either way, come out and enjoy the day.

The Escape the Cape Triathlon is held in the beginning of the summertime annually. The Escape the Cape is a three stage event consisting of swimming, cycling, and running in immediate succession over various distances. This event is cosponsored by Delmo Sports and the Delaware River and Bay Authority.

The Coombs/Douglass Memorial Bay Run is held on the first Saturday in August of each year. This event consists of a five mile certified run and a two mile health run/walk. Prizes in designated age categories and a pancake breakfast at the end.

The Halloween Costume Parade is an October event that is part of The Rotary Club's Annual Pumpkin Festival. Line up for the parade and costume judging. Prizes will be awarded in a variety of age groups from infants to groups/families. Prizes are awarded at the conclusion of the parade.

The Halloween Haunted Trails is an October event that is this Department's most anticipated "Fright Night". This event has steadily grown in popularity over the years. This event can be a frightening adventure that might not be recommended for those who are easily scared. Prepare for the unexpected.

The Ferry Merry Christmas event is held in December of each year. The Delaware River and Bay Authority Ferry Terminal is the location of this event. There will be

games for kids, along with face painting, arts and crafts, and Santa will make a visit.

The youth soccer program is for children in kindergarten through sixth grades. This program is offered in both the fall and spring. Recreational teams are formed to ensure all players the opportunity to learn soccer and have fun. Once teams are formed, rosters are distributed to coaches and coaches are asked to contact players. Practices are scheduled by coaches, and games are scheduled by the recreation department. Call the recreation department for fee schedule.

The youth basketball program is for children in kindergarten through eighth grades. This is a winter time activity. There are five divisions where teams are formed based on grade level. Teams are formed to ensure the opportunity to learn basketball and have fun. Some travel teams are available. Practices are scheduled by the coaches and games are scheduled by the recreation department. Call the recreation department for fee schedule.

The youth football program is a developmental yet competitive program that competes in the Cape Atlantic Junior Youth Football League. This program is offered to children entering first through eighth grades. Teams are separated by grade, and are formed in the summer with games being played in the fall. Equipment is issued through the recreation department. Travel is to be expected. Call the recreation department for fee schedule.

The youth wrestling program is offered to children in grades first through sixth. The team competes in both matches and tournaments. Coaches focus on teaching skills, strategy, and proper technique. This is a winter sport and travel is to be expected. Call the recreation department for fee schedule.

The youth lacrosse program is offered in the spring and is open to children in third through eighth grades. Several boys and girls teams are grouped by grades. This program emphasizes the basic skills of catching, throwing, shooting, offense and defense. Travel for league games is to be expected. Call the recreation department for fee schedule.

The youth cheerleading program is available to children in first through eighth grades. Teams are separated by grades and are assigned to cheer for one of our youth football teams. Practices begin in the summer and games are played in the fall. Participants will learn fundamentals, techniques, side line, and half time cheers. Call the recreation department for fee schedule.

Lower Township judo program is for participants 5 years of age and older. Adults and children are welcome. Judo is a fun and safe sport suitable for people of all ages. It's especially beneficial for children, improving : fitness and flexibility, coordination, respect for others, self-confidence, discipline and behavior, and strength. Call the recreation department for fee schedule.

Lower Township offers an adult yoga class. This yoga practice is offered as a co-ed beginner's level-awareness and experience of yoga – stretch, breathe and relax. No yoga experience required, all levels welcome. Yoga is gentle and tones the body, muscles, organs, joints, and glands. Bring a blanket or yoga mat to class and wear loose fitting, comfortable clothing to move in. Call the recreation department for fee schedule.

Lower Township offers zumba fitness. Zumba is the "Exercise in Disguise" dance party class that combines Latin and International rhythms with high energy and motivating music. Come learn dances like the salsa, merengue, mambo, reggaeton, samba, cumbia, calypso, hip-hop, African, and more!!

Zumba is designed for every body, every shape, and every age! Beginners Welcome!! No dance experience necessary. Just bring a towel, LOTS of water and be prepared to sweat and have fun. Call the recreation department for fee schedule.

Lower Township offers Pilate's classes. Come to the classes if you have any belly fat, waist line gone, lower back discomfort, or if hips and knees hurt. This is most likely due to no muscle support for your core. As muscles build, you will create an internal pull in building all the small and large muscles. See your body change to a longer, leaner you. Inches will disappear before your eyes. Bring a yoga mat and water. Call the recreation department for fee schedule.