

Berkeley Heights Recreation Fall Program Booklet | 2016

Berkeley Heights Recreation
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Berkeley Heights, NJ 07922



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Tom Barton - Recreation Director
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Carolyn George - Head Youth Program Instructor
recreation@bhtwp.com

FALL PROGRAM LOCATIONS:

| | |
|---|---|
| Berkeley Heights Community Center..... | 29 Park Avenue (adjacent to the Police Station) |
| Columbia Middle School Gyms (Blue/Gold)..... | 345 Plainfield Avenue |
| Columbia Tennis Courts..... | 411 Plainfield Avenue |
| Columbia Park | 411 Plainfield Avenue |
| Snyder Avenue Park..... | 240 Snyder Avenue |
| Mary Kay McMillin Early Childhood Center (MKM)..... | 651 Mountain Avenue |

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ONLINE REGISTRATION:

<http://register.communitypass.net/berkeleyheights>

The Berkeley Heights Recreation Department offers secure, online registration for recreation programs using CommunityPass. With just a few easy steps, register your family online 24/7 from home, work or anywhere with an internet connection.

NOTE: On credit card statements the charge will appear as "Twp of Berkeley Heights Government Services".

ARE YOU NEW TO COMMUNITYPASS?

Create your Community Pass account by accessing the link noted above. Please save your username and password (put it in a safe place) so you can easily login in the future. Be sure to include your email address, emergency contact information and special considerations, if any.

EXISTING USERS:

Login into CommunityPass by accessing the link noted above using your username and password. Please practice before the online registration date and *call the Recreation Office if you've forgotten your username or password, as they can reset it for you (or if you have any other questions).*

ONLINE REGISTRATION for residents begins Tuesday, August 23rd at 6:00 pm and Wednesday August 31st at 9:00 am for non-residents. Online registration ends on Friday, September 9th at 11:30pm. Once the online deadline has passed, please contact the Recreation Office to see if space is available and to *register over the phone.*

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Programs begin Saturday, Sept 10th unless otherwise noted in the program description and follow the Berkeley Heights Public School calendar.

We do not have access to Hughes, MKM or Columbia when schools are closed.

REFUNDS:

Refunds will be provided any time after registration through the second class of a program. In order to receive a refund, please notify BH Recreation within five (5) days after the second class. No refunds will be given once the third class of a session has occurred. All refunds are subject to a \$10.00 processing fee per program per session.

RESIDENCY STATUS:

Either Berkeley Heights or otherwise will be verified. Registrations made using false residency will be void with payments **non-refundable**. Non-residents will be charged an additional **\$10.00 program fee** (per program).

MAIL-IN AND WALK-IN REGISTRATIONS:

We prefer you to use your CommunityPass account to register for all classes. However, we will accept hard copy registrations.

CHECKS:

Checks made payable to **Berkeley Heights Recreation**.

YOUTH PROGRAMS:

They fill up quickly! So please plan to register ONLINE on the first date to get a spot!

LOW ENROLLMENT:

If a program is cancelled before the session begins, the CommunityPass household will be credited the entire amount. *Fees will not be returned to your credit card account.*

CANCELLATIONS:

On occasion, programs are cancelled due to inclement weather or instructor illness. Participants will be advised of cancellations via email. Please be sure that the email address included on CommunityPass is current and correct. Be on the lookout for emails from: recreation@bhhtwp.com (make sure it's not going in your junk mail). If you do not have access to your email, please call 908-464-0625 for program updates regarding inclement weather.

WAITLIST:

After classes reach their maximum capacity, participants who sign up are put on a Waitlist: And are not charged for the program. If you are removed from the Waitlist, you will be notified VIA EMAIL. Being removed from a waitlist does not mean you are now signed up for the class – you must complete that step yourself.

If you sign up for a class in the first week and you are placed on a Waitlist, do not panic – it is likely the class is not full. There are certain programs that have had low attendance in the past. Thus, instead of charging you for the class, canceling it and then crediting your CommunityPass account, we will place you on a Waitlist where you will not be charged. You will then be notified VIA EMAIL if the class is running, and then prompted to complete the sign-up process.

SPECIAL CONSIDERATIONS:

Please indicate in the space provided if your child has allergies or requires additional assistance to participate in programs.

Please update your information – **phone numbers, emails and children's grades** – on CommunityPass.

The Community Center is a **peanut free** environment!

Except for "Lunch Bunch," food is not allowed in the Community Center!

All children must be the correct age the day a program begins.

Proper gym attire and sneakers must be worn to all sports activities.

Unless otherwise noted, all programs are coed.

Please be prompt when picking children up from programs.

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BE SURE TO READ PROGRAM DESCRIPTIONS CAREFULLY FOR START AND END DATES!

The Fall Session runs from Saturday, September 10th through Friday, December 16th.

FALL CLASS SCHEDULES AT A GLANCE (EXERCISE CLASSES SEE PAGE 10)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|--|-----------|-----------|-----------|-----------|--------------|
| Number of classes in the session: | 10 | 13 | 12 | 12 | 12 | 12/7* |
| Sept | --- | --- | --- | --- | --- | 10 |
| | 12 | 13 | 14 | 15 | 16 | 17 |
| | 19 | 20 | 21 | 22 | 23 | 24 |
| | 26 | 27 | 28 | 29 | 30 | |
| Oct | | | | | | 1 |
| | --- | 4 | 5 | 6 | 7 | 8 |
| | --- | 11 | --- | 13 | 14 | 15 |
| | 17 | 18 | 19 | 20 | 21 | 22 |
| | 24 | 25 | 26 | 27 | 28 | 29 |
| | 31 | | | | | |
| Nov | | 1 | 2 | 3 | 4 | 5 |
| | 7 | 8 | 9 | --- | --- | --- |
| | 14 | 15 | 16 | 17 | 18 | 19 |
| | No Classes- Thanksgiving Break (Nov. 21st-25th) | | | | | |
| | 28 | 29 | 30 | | | |
| Dec | | | | 1 | 2 | 3 |
| | 5 | 6 | 7 | 8 | 9 | 10 |
| | 12 | 13 | 14 | 15 | 16 | |
| | Fall Session Ends Dec. 16th | | | | | |

* Amount of outdoor classes.

TODDLER/PRE-K DAYTIME PROGRAMS

HELD IN THE COMMUNITY CENTER

| MONDAY | | Sept 12- Dec 12 | No Class: Oct 10 & Nov 21 |
|---|----------------|-----------------|---------------------------|
| Creative Movement | Ages: 2-5 | 10:45am-11:30am | 11 Sessions Fee: \$95 |
| Creative Movement | Ages: 4-5 | 11:45am-12:30pm | 11 Sessions Fee: \$95 |
| Creative Movement/Fun & Games | Ages: 3-6 | 11:45am-2:15pm | 11 Sessions Fee: \$215 |
| Fun and Games | Ages: 3-6 | 12:30pm-2:15pm | 11 Sessions Fee: \$120 |
| TUESDAY | | Sept 13- Dec 13 | No Class: Nov 22 |
| Fun Bunch and Lunch | Ages: 3-6 | 9:00am-12:00pm | 13 Sessions Fee: \$245 |
| Fun and Games | Ages: 3-6 | 12:30pm-2:15pm | 13 Sessions Fee: \$145 |
| WEDNESDAY | | Sept 14- Dec 14 | No Class: Oct 12 & Nov 23 |
| Fun Bunch and Lunch | Ages: 3-6 | 9:00am-12:00pm | 12 Sessions Fee: \$225 |
| THURSDAY | | Sept 15- Dec 15 | No Class: Nov 10 & 24 |
| Fun Bunch and Lunch | Ages: 3-6 | 9:00am-12:00pm | 12 Sessions Fee: \$225 |
| Fun and Games | Ages: 3-6 | 12:30pm-2:15pm | 12 Sessions Fee: \$135 |
| FRIDAY | | Sept 16- Dec 16 | No Class: Nov 11 & 25 |
| Wee Play | Ages: 9mo-3yrs | 10:30am-11:15am | 12 Sessions Fee: \$35 |
| Creative Movement | Ages: 3-6 | 11:30am-12:15pm | 12 Sessions Fee: \$105 |
| Creative Movement | Ages: 3-6 | 12:30pm-1:15pm | 12 Sessions Fee: \$105 |
| Creative Movement/Fun Bunch & Lunch - 1 | Ages: 3-6 | 11:30am-2:15pm | 12 Sessions Fee: \$230 |
| Creative Movement/Fun Bunch & Lunch - 2 | Ages: 3-6 | 12:30am-2:15pm | 12 Sessions Fee: \$175 |
| Fun and Games | Ages: 3-6 | 12:30pm-2:15pm | 12 Sessions Fee: \$135 |

| | | |
|------------------------------|---|-----------------------------------|
| Creative Movement | INSTRUCTOR: Lois Garbowsky and Staff <i>Dance and Music are used to interpret story ideas as children develop poise, balance, and flexibility.</i> | LOCATION: Community Center |
| Fun Bunch & Lunch | INSTRUCTOR: Carolyn George, Ann Marie Ditizio and Staff <i>Each session includes playtime, supervised games, lunch, and a creative craft!</i> | LOCATION: Community Center |
| Fun & Games | INSTRUCTOR: Carolyn George and Staff <i>Children participate in activities like Free-Play, Obstacle Course, and Bounce House while making friends!</i> | LOCATION: Community Center |
| Wee Play | INSTRUCTOR: Lois Garbowsky and Staff <i>In this parent-assisted free-play style class, children parallel play while climbing, and jumping on equipment.</i> | LOCATION: Community Center |

YOUTH AFTER SCHOOL PROGRAMS

HELD AT MARY KAY McMILLIN EARLY CHILDHOOD CENTER

In order to keep your children from getting on the bus to go home after school; Parents are REQUIRED to inform your child's teacher which classes they are attending.

| MONDAY | | Sept 12- Dec 12 | | No Class: Oct 10 & Nov 21 |
|---------------------|-------------|------------------|-------------|---------------------------|
| All Sports | Grades: K-1 | 3:00pm-4:00pm | 11 Sessions | Fee: \$120 |
| Dodge Ball | Grades: 1-5 | 4:00pm-5:00pm | 11 Sessions | Fee: \$120 |
| TUESDAY | | Sept 13- Dec 13 | | No Class: Oct 11 & Nov 22 |
| Dance Party | Grades: K-1 | 3:00pm-4:00pm | 11 Sessions | Fee: \$120 |
| Cheerleading | Grades: 1-5 | 4:00pm-5:00pm | 11 Sessions | Fee: \$120 |
| WEDNESDAY | | Sept 14 - Dec 14 | | No Class: Oct 12 & Nov 23 |
| Ball Hockey | Grades: K-1 | 3:00pm-4:00pm | 12 Sessions | Fee: \$135 |
| Yoga | Grades: K-1 | 3:00pm-4:00pm | 12 Sessions | Fee: \$135 |
| THURSDAY | | Sept 15 - Dec 15 | | No Class: Nov 10 & 24 |
| All Sports | Grades: K-1 | 3:00pm-4:00pm | 12 Sessions | Fee: \$135 |
| Ball Hockey | Grades: 1-5 | 4:00pm-5:00pm | 12 Sessions | Fee: \$135 |
| FRIDAY | | Sept 16 - Dec 16 | | No Class: Nov 11 & 25 |
| Dodge Ball | Grades: K-1 | 3:00pm-4:00pm | 12 Sessions | Fee: \$135 |

| | | |
|---------------------|---|--------------------------------------|
| All Sports | INSTRUCTOR: Carolyn George and Staff <i>Basic skills, rules and sportsmanship are taught as students participate in fun warm-ups, soccer, ball-hockey, kickball, tee ball, dodge ball, and track and field.</i> | LOCATION: MKM Gym (&Outdoor) |
| Ball Hockey | INSTRUCTOR: Carolyn George and Staff <i>This coed program is similar to ice hockey, field hockey and roller hockey. Our class provides a fun time for kids to learn both offensive and defensive skills. We provide goggles and sticks!</i> | LOCATION: MKM Gym |
| Cheerleading | INSTRUCTOR: Carolyn George and Staff <i>Children will learn basic cheers, chants and small-scale pyramids.</i> | LOCATION: MKM Gym (& Outdoor) |
| Dance Party | INSTRUCTOR: Carolyn George and Staff <i>Children will learn a lot of fun dances including the "Cotton Eye Joe," "Macarena," "Electric Slide," "YMCA," "the Twist," "Cha-Cha Slide," and more!</i> | LOCATION: MKM Gym |
| Dodge Ball | INSTRUCTOR: Carolyn George and Staff <i>Children have fun playing dodge ball while releasing some of their energy!</i> | LOCATION: MKM Gym |
| Kids Yoga | INSTRUCTOR: Joanne Bruno <i>This program teaches children how to breath, maintain a better well-being and become aware of their bodies while stretching to benefit stronger bones and growth. Children also have fun stretching into animal shapes!</i> | LOCATION: MKM Classroom |

YOUTH AFTER SCHOOL PROGRAMS

HELD AT VARIOUS LOCATIONS

| MONDAY | | | Sept 12- Dec 12 | No Class: Oct 3, 10 & Nov 21 |
|-----------------------------|----------------|---------------|---|------------------------------|
| Yoga (Woodruff School) | Grades: 3-5 | 3:00pm-4:00pm | 11 Sessions | Fee: \$120 |
| Beginners Chess Club | Grades: 1 - 3 | 4:15pm-5:15pm | 11 Sessions | Fee: \$120 |
| Competitive Chess Club | Grades: 3 - 8 | 4:15pm-5:15pm | 11 Sessions | Fee: \$120 |
| *Flag Football (Mon & Fri) | *Grades: 1 & 2 | 6:15pm-7:15pm | 13 Sessions <i>Includes Oct. 10: class end Oct. 28</i> | Fee: \$145 |
| Flag Football | Grades 3 & 4 | 6:15pm-7:45pm | 6 Sessions <i>Includes Oct. 10: class end Oct. 24</i> | Fee: \$95 |
| TUESDAY | | | Sept 13- Dec 13 | No Class: Nov 22 |
| Basketball Clinic - Girls | Grades: 4-8 | 6:15pm-7:15pm | 7 Sessions | Fee: \$80 |
| Basketball Clinic- Boys | Grades: 4-8 | 7:15pm-8:15pm | 7 Sessions | Fee: \$80 |
| WEDNESDAY | | | Sept 14 - Dec 14 | No Class: Oct 12 & Nov 23 |
| Fine Arts – Intro to Art | Grades: 1 & 2 | 3:15pm-4:15pm | 12 Sessions | Fee: \$130 |
| Fine Arts – Art Exploration | Grades: 3 & 4 | 4:30pm-5:30pm | 12 Sessions | Fee: \$130 |
| Fine Arts – Art Exploration | Grades: 4 & 5 | 5:45pm-6:45pm | 12 Sessions | Fee: \$130 |
| FRIDAY | | | Sept 16 - Dec 16 | No Class: Nov 11 & 25 |
| Yoga (Hughes School) | Grades: 3 - 5 | 3:00pm-4:00pm | 12 Sessions | Fee: \$130 |
| Robotics(x) | Ages: 5 - 12 | 4:30pm-5:45pm | Oct 14, 21, 28 & Nov 4 | Fee: \$100 |
| Advanced Robotics | Ages: 8 - 14 | 6:00pm-7:00pm | Sept 9, 16, 23, & 30 | Fee: \$100 |
| *Flag Football (Mon & Fri) | *Grades: 1 & 2 | 6:15pm-7:15pm | | |

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| Chess Club | INSTRUCTOR: Jade George and Staff <i>Casual play and group lessons; unfinished games are saved for the next session. Advanced play will experience fewer lectures; equal time is devoted to quiet tournament play. **BASIC CHESS KNOWLEDGE is a MUST**</i> | LOCATION: Community Center |
| Art Exploration | INSTRUCTOR: Alicia Lang <i>Children will be introduced to new art concepts, as well as be allowed to explore their own gifts through drawing and painting.</i> | LOCATION: Community Center |
| Flag Football | INSTRUCTOR: Mike Ryan <i>Learn the basics of Football, while playing in a moderately competitive environment. Mouth guards are required and children are recommended to wear comfortable clothes and cleats.</i> | LOCATION: Snyder Park Field |
| Basketball Clinic | INSTRUCTOR: Vin Gulbin & Steve Petrozelli <i>Come out and learn the skills and drills of your basketball techniques. We will look at shooting, passing, dribbling and much more!</i> | LOCATION: Columbia Middle School |
| Advanced Robotics | INSTRUCTOR: Monica Burch and Staff <i>Based on the VEX IQ Platform, Advanced Robotics will teach students the next step in robotics by introducing the Robot Brain, Controller, and Radio Frequency or Wi-Fi Communications.</i> | LOCATION: Community Center |
| Robotics(x) | INSTRUCTOR: Monica Burch and Staff <i>Working in groups, students will build a robot, test vehicle, a drag racer, and maybe a space station robot!</i> | LOCATION: Community Center |
| Kids Yoga | INSTRUCTOR: Joanne Bruno <i>This program teaches children how to breath, maintain a better well-being and become aware of their bodies while stretching to benefit stronger bones and growth. Children also have fun stretching into animal shapes!</i> | LOCATION: Hughes School & Woodruff School |

YOUTH SATURDAY PROGRAMS

HELD AT VARIOUS LOCATIONS

SEPTEMBER 10 – DECEMBER 10

| SOCCER | | LOWER COLUMBIA FIELD | | Sept 10 - Oct 22 | | | |
|--------------|---------------|----------------------|-------------|------------------|--|---------------------------|--|
| SOCCER | Grades: K - 1 | 8:30am-9:30am | 7 SESSIONS | FEE: \$85 | | | |
| SOCCER | Ages: 3 ½ - 5 | 9:45am-10:45am | 7 SESSIONS | FEE: \$85 | | | |
| SOCCER | Grades: K - 1 | 11:00am-12:00pm | 7 SESSIONS | FEE: \$85 | | | |
| SOCCER | Ages: 3 ½ - 5 | 12:15pm-1:15pm | 7 SESSIONS | FEE: \$85 | | | |
| TEE BALL | | LOWER COLUMBIA FIELD | | Sept 10- Oct 22 | | | |
| TEE BALL | Ages: 3 ½ - 5 | 8:30am-9:30am | 7 SESSIONS | FEE: \$70 | | | |
| TEE BALL | Grades: K - 1 | 9:45am-10:45am | 7 SESSIONS | FEE: \$70 | | | |
| TEE BALL | Ages: 3 ½ - 5 | 11:00am-12:00pm | 7 SESSIONS | FEE: \$70 | | | |
| GYMNASTICS | | COMMUNITY CENTER | | Sept 10- Dec 10 | | No Class: Nov 12 & Nov 26 | |
| GYMNASTICS | Ages: 5 - 7 | 9:00am-10:00am | 12 SESSIONS | FEE: \$120 | | | |
| GYMNASTICS | Ages: 3 - 4 | 10:15am-11:00am | 12 SESSIONS | FEE: \$100 | | | |
| GYMNASTICS | Ages: 8- 10 | 11:15am-12:15pm | 12 SESSIONS | FEE: \$120 | | | |
| TABLE TENNIS | | COMMUNITY CENTER | | Sept 17- Nov 5 | | | |
| TABLE TENNIS | Grades: 4 - 8 | 5:30pm-6:30pm | 8 SESSIONS | FEE: \$85 | | | |

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|---------------------|--|---|
| Soccer | INSTRUCTOR: USA Soccer <i>Kids learn the foundational skills needed in soccer, while having fun and burning off some energy. Residents Only.</i> | LOCATION: Lower Columbia Field |
| Tee Ball | INSTRUCTOR: Charlie Pratt and Staff <i>Let your kids learn the basics of baseball and softball in the fun environment of Tee Ball! Residents Only.</i> | LOCATION: Lower Columbia Hedrick Field |
| Gymnastics | INSTRUCTOR: Ed Saavedra and Staff <i>Learn to use a 4-station circuit system, vault, parallel bars, high bar, uneven bars, balance beam, trampoline, pommel horse, tumble mats, and adjustable rings</i> | LOCATION: Community Center |
| Table Tennis | INSTRUCTOR: Howard Lee <i>Students learn the rules, strokes, footwork and speed, required for table tennis. Racquets are supplied.</i> | LOCATION: Community Center |



TENNIS

SEPTEMBER 12 - OCTOBER 22

TENNIS KID CLASSES:



| MONDAY | | Sept 12 - Oct 17 No Class: Oct 3, 10 | | | | |
|---------------------------|-------------|---|-------------|-----------------|--------------------|------------|
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Grades: K-2 | 3:15pm-4:00pm | 6 Sessions | Fee: \$50 |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Grades: 6-8 | 6:00pm-7:30pm | 6 Sessions | Fee: \$100 |
| TUESDAY | | Sept 13- Oct 18 | | | | |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Ages: 5-6 | 2:00pm-3:00pm | 7 Sessions | Fee: \$80 |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Grades: 3-5 | 3:15pm-4:00pm | 7 Sessions | Fee: \$60 |
| WEDNESDAY | | Sept 14- Oct 19 No Class: Oct 12 | | | | |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Ages: 5-6 | 10:30am-11:15am | 6 Sessions | Fee: \$50 |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Ages: 3 | 12:15pm-1:00pm | 6 Sessions | Fee: \$50 |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Ages: 4 | 1:00pm-1:45pm | 6 Sessions | Fee: \$50 |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Ages: 4 | 2:00pm-2:45pm | 6 Sessions | Fee: \$50 |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Grades: K-2 | 3:15pm-4:00pm | 6 Sessions | Fee: \$50 |
| THURSDAY | | Sept 15- Oct 20 | | | | |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Ages: 5-6 | 2:00pm-3:00pm | 7 Sessions | Fee: \$80 |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Grades: 3-5 | 3:15pm-4:00pm | 7 Sessions | Fee: \$60 |
| FRIDAY | | Sept 9- Sept 30 | | | | |
| Evening Tennis | Howard Lee | Tennis Courts | Grades: 4-8 | 7:00pm-8:00pm | Sept 9, 16, 23, 30 | Fee: \$45 |
| SATURDAY | | Sept 17 - Oct 29 No Class: Oct 1 | | | | |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Grades: K-3 | 1:00pm-2:00pm | 6 Sessions | Fee: \$70 |
| Tennis: Skills and Drills | Maria Mahon | Tennis Courts | Grades: K-3 | 2:00pm-3:00pm | 6 Sessions | Fee: \$70 |

TENNIS ADULT CLASSES:

| TUESDAY | | Sept 13- Oct 18 | | | | |
|----------------------------|-------------|---|-------|-----------------|--------------------|------------|
| *Tennis: Intermediate | Maria Mahon | Tennis Courts | Adult | 9:00am-10:00am | 12 Sessions | Fee: \$130 |
| *Tennis: Advanced Beginner | Maria Mahon | Tennis Courts | Adult | 10:00am-11:00am | 12 Sessions | Fee: \$130 |
| *Tennis: Beginner | Maria Mahon | Tennis Courts | Adult | 11:00am-12:00pm | 12 Sessions | Fee: \$130 |
| WEDNESDAY | | Sept 14- Oct 19 No Class: Oct 12 | | | | |
| *Tennis: Beginner | Maria Mahon | Tennis Courts | Adult | 9:00am-10:00pm | 11 Sessions | |
| THURSDAY | | Sept 15- Oct 20 | | | | |
| *Tennis: Intermediate | Maria Mahon | Tennis Courts | Adult | 9:00am-10:00am | 12 Sessions | |
| *Tennis: Advanced Beginner | Maria Mahon | Tennis Courts | Adult | 10:00am-11:00am | 12 Sessions | |
| FRIDAY | | Sept 16- Oct 21 | | | | |
| Evening Tennis | Howard Lee | Tennis Courts | Adult | 8:00pm-9:00pm | Sept 9, 16, 23, 30 | Fee: \$45 |

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|--------------------------|---|
| Skills and Drills | <i>Age appropriate tennis games, focusing on hand-eye coordination are introduced along with basic tennis skills.</i> |
| Evening Tennis | <i>Enjoy the wonderful game of tennis and receive expert help from our knowledgeable instructor.</i> |

EXERCISE CLASS SCHEDULE AT A GLANCE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|---|-----------|-----------|-----------|-----------|------------|
| Number of classes in the session: | 14 | 14 | 14 | 12 | 12 | No Classes |
| Sept | --- | --- | --- | --- | --- | 10 |
| | 12 | 13 | 14 | 15 | 16 | 17 |
| | 19 | 20 | 21 | 22 | 23 | 24 |
| | 26 | 27 | 28 | 29 | 30 | |
| Oct | | | | | | 1 |
| | 3 | 4 | 5 | 6 | 7 | 8 |
| | 10 | 11 | 12 | 13 | 14 | 15 |
| | 17 | 18 | 19 | 20 | 21 | 22 |
| | 24 | 25 | 26 | 27 | 28 | 29 |
| | 31 | | | | | |
| Nov | | 1 | 2 | 3 | 4 | 5 |
| | 7 | 8 | 9 | --- | --- | --- |
| | 14 | 15 | 16 | 17 | 18 | 19 |
| | 21 | 22 | 23 | --- | --- | 26 |
| | 28 | 29 | 30 | | | |
| Dec | | | | 1 | 2 | 3 |
| | 5 | 6 | 7 | 8 | 9 | 10 |
| | 12 | 13 | 14 | 15 | 16 | 17 |
| | Fall Session Ends Dec. 18th | | | | | |

FITNESS CLASSES

Community members age 59 and up are eligible for a \$20 discount on morning and evening fitness programs. This discount cannot be put towards "Senior Circuit" or "Open Circuit".

****In The Event of Low Enrollment, We Reserve the Right to Cancel Any Classes****

| MONDAY | Sept 12- Dec 12 | | |
|---------------------------------|-----------------|-------------|-----------------------|
| Yoga | 9:15am-10:30am | 14 Sessions | Fee: \$170 |
| Zumba with Amy Dixon | 9:30am-10:30am | 14 Sessions | Fee: \$150 |
| Open Circuit | 10:30am-2:30pm | | |
| Yoga | 7:20pm-8:35pm | 14 Sessions | Fee: \$170 |
| TUESDAY | Sept 13- Dec 13 | | |
| Open Circuit | 8:45am-2:15pm | | |
| Build and Burn | 9:30am-10:30am | 14 Sessions | Fee: \$150 |
| WEDNESDAY | Sept 14- Dec 14 | | |
| Boot Camp | 8:30am-9:30am | 14 Sessions | Fee: \$150 |
| Yoga | 9:15am-10:30am | 14 Sessions | Fee: \$170 |
| Zumba with Pat Moran | 9:30am-10:30am | 14 Sessions | Fee: \$150 |
| Open Circuit | 10:30am-12:00pm | | |
| Yoga | 12:00pm-1:15pm | 14 Sessions | Fee: \$170 |
| Zumba with TBD | 6:00pm-7:00pm | 14 Sessions | Fee: \$150 |
| Open Circuit | 6:00pm-8:00pm | | |
| Body Blast | 7:00pm-8:00pm | 14 Sessions | Fee: \$150 |
| THURSDAY | Sept 15- Dec 15 | | No Class: Nov 10 & 24 |
| Open Circuit | 8:45am-2:15pm | | |
| Body Strength and Cardio | 9:15am-10:15am | 12 Sessions | Fee: \$130 |
| FRIDAY | Sept 16- Dec 16 | | No Class: Nov 11 & 25 |
| Stretch and Tone | 9:15am-10:15am | 12 Sessions | Fee: \$130 |
| Open Circuit | 9:00am-2:30pm | | |
| Yoga | 1:30pm-2:45pm | 12 Sessions | Fee: \$145 |

| | | | |
|---------------------|-----------------------------|---|------------------|
| Open Circuit | <i>Various Times Listed</i> | <i>Number of sessions is up to you!</i> | <i>Fee: \$60</i> |
|---------------------|-----------------------------|---|------------------|

| | | | | |
|-----------------------|-----------------------------|----------------|-------------|-----------|
| Senior Circuit | <i>Monday and Wednesday</i> | 9:30am-10:15am | 21 Sessions | Fee: \$60 |
|-----------------------|-----------------------------|----------------|-------------|-----------|

FITNESS CLASSES

HELD IN THE COMMUNITY CENTER (EXCLUDES YOGA)

Sign Up for 3 or More Fitness Classes and receive a Bulk Discount.
*** Please Call the Office to Utilize this Option! ***

| | | |
|---------------------------------|---|--|
| Body Blast | INSTRUCTOR: TBD | LOCATION: Community Center Mats |
| | <i>Blast away stubborn fat and get the tone-fit body you're looking for by burning serious calories with this fun work-out consisting of cardio and weights.</i> | |
| Boot Camp | INSTRUCTOR: Jacki Brady | LOCATION: Community Center Mats |
| | <i>With this exciting, and changing workout, you must come prepared to push yourself harder than you'd expect. Our goal is to mix up every class to make each week's challenge a little bit different – all while having a blast!</i> | |
| Stretch and Tone | INSTRUCTOR: Lois Garbowsky | LOCATION: Community Center Mats |
| | <i>Attain a more shapely body by toning your hips, abs, thighs, waist, and upper body. This engaging class utilizes resistance exercises using your own body weight and some light dumbbells.</i> | |
| Body Strength and Cardio | INSTRUCTOR: Stephanie Goldstein | LOCATION: Community Center Mats |
| | <i>Come to this class and learn the basics: from body weight to free weights come shape up and tone your body. Complete short cardio segments that get your heart pumping to help burn fat. Good for all fitness levels!</i> | |
| Yoga | INSTRUCTOR: Joanne Bruno | LOCATION: Joanne's Yoga Studio: 17 Mead St., BH |
| | <i>Increase your sense of well-being through the slow and gentle yet challenging movements of Hatha Yoga. All levels welcome! Note: Come with an empty stomach and wear shorts, leggings and footless tights. Bring your own mat and belt.</i> | |
| Zumba | INSTRUCTOR: Pat Moran, Amy Dixon, Diane | LOCATION: Community Center Mats |
| | <i>Zumba is a combination of dance and aerobics with the added flair of Latin and international music and is more like being at a party than an exercise class. Building up your cardio and toning up your body has never been so much fun!</i> | |
| Senior Circuit | INSTRUCTOR: Lois Garbowsky | LOCATION: Community Center Circuit Room |
| | <i>Stay active and workout at your own pace using our strength training equipment, cardio machines, along with guided light weight, plus stretching exercises, to help you maintain a healthy and active lifestyle.</i> | |
| Open Circuit | INSTRUCTOR: No Instructor! | LOCATION: Community Center Circuit Room |
| | <i>If you enjoy working out, but not in the structured form of a class, then Open Circuit is for you. There are no instructors present, and you can choose what time of day you come!</i> | |

ADULT PROGRAMS

| WEDNESDAY | | | | | | |
|------------------|------------|------------------------|-------------------|----------------|-----------------|-----------|
| Men's Basketball | None | Columbia Middle School | Adult | 8:30pm-10:00pm | September - May | Fee: \$40 |
| SATURDAY | | | | | | |
| Sept 17 - Nov 5 | | | | | | |
| Table Tennis | Howard Lee | Community Center | High School/Adult | 6:30pm-7:30pm | 8 Sessions | Fee: \$70 |

| | |
|-------------------------|---|
| Men's Basketball | <i>Go on your own time and play basketball with your friends – it's okay to get a little competitive! Residents Only.</i> |
| Table Tennis | <i>Students learn the rules, strokes, footwork and speed required for table tennis. Racquets are supplied.</i> |

Berkeley Heights Recreation Fall Program Booklet | 2016

MAIL/WALK-IN REGISTRATION FORMS – CHECKS ARE PAYABLE TO BH RECREATION

Parent/Adult's Name: _____ Address: _____
Town (circle one): *Berkeley Heights* *Murray Hill* Other: _____ Zip: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
Email: _____
Emergency Contact Information
Other than above Name: _____ Phone: _____

MEDICAL RELEASE: I recognize that participation in contact sports may occasionally lead to injury. The most common injuries are abrasions, bruises, sprains, and strains. Less common injuries, but perhaps more serious may occur. I hereby authorize emergency medical care for my child. If, in the judgment of the staff, treatment is required for an injury or illness, I hereby also authorize the administering of anesthetics and recourse to other procedures deemed necessary by the attending physician. I understand that whenever possible I will be notified prior to medical treatment of my child, or at the earliest possible time should prior notice prove impossible. I am financially responsible for expenses for medical care or transportation incurred.

HOLD HARMLESS AGREEMENT: I agree to abide by the conditions herein and agree to hold harmless, waive and release any and all rights to claims for damages against the Recreation Commission, Township of Berkeley Heights, and its agents and employees and other such individuals who may be involved in the planning and implementation of this program.

Signature: _____ Date: _____

PARTICIPANT #1
Participant's Name: _____ Grade: _____ Birth Date: / / Gender: M / F
1st Program Name: _____ Day/Time: _____
2nd Program Name: _____ Day/Time: _____
Special Considerations:
Attention situations, hearing/balance impairments, allergies: _____

PARTICIPANT #2
Participant's Name: _____ Grade: _____ Birth Date: / / Gender: M / F
1st Program Name: _____ Day/Time: _____
2nd Program Name: _____ Day/Time: _____
Special Considerations:
Attention situations, hearing/balance impairments, allergies: _____

PARTICIPANT #3
Participant's Name: _____ Grade: _____ Birth Date: / / Gender: M / F
1st Program Name: _____ Day/Time: _____
2nd Program Name: _____ Day/Time: _____
Special Considerations:
Attention situations, hearing/balance impairments, allergies: _____