

# Berkeley Heights Recreation 2017 Winter Program



## What's Inside:

Registration Instructions	1
2017 Winter Calendar	2
Policies	2
Toddler & Pre-K Daytime Programs	3
Youth Afterschool Programs @ MKM	4
Youth Afterschool Programs @ Various Locations	5
Youth Saturday Programs	6
Adult Programs	6
Adult Fitness Programs	7
Mail/Walk-In Registration Form	8

## Contact Information

Office: (908) 464-0550  
Fax: (908) 464-7247  
Info Hotline: (908) 464-0625  
Email: recreation@bhtwp.com

## Tom Barton

Recreation Director  
Extension: 11  
Email: tbarton@bhtwp.com

## Carolyn George

Professional Staff Instructor

## Locations

Recreation Office • 56 Columbus Avenue  
Columbia Middle • 345 Plainfield Avenue  
Community Center • 29 Park Avenue  
(Adjacent to the Police Station)

Hughes School • 446 Snyder Avenue  
Mary Kay McMillin • 651 Mountain Avenue  
Woodruff School • 55 Briarwood Dr. West

## Registration Instructions:

The Berkeley Heights Recreation Department offers a secure, online registration for seasonal programs using CommunityPass. With just a few easy steps, you can 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".

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

### New Users:

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

### Existing Users:

Please practice logging into your account prior to registration by using the link above. You are welcome to 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). Be sure to update any information that is out of date!

## When can I register?

Online Registration for **residents** begins **Tuesday, December 6<sup>th</sup> at 6:00 pm** and **Tuesday December 13<sup>th</sup> at 9:00 am** for **non-residents**. Online registration ends for everyone on Monday, January 2<sup>nd</sup> 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*.

# Berkeley Heights Recreation Winter Program Booklet | 2017

## 2017 WINTER CALENDAR

The 2017 Winter Session runs from Tuesday, January 3<sup>rd</sup>, through Saturday, March 18<sup>th</sup>.

**Be sure to check each individual program for specific dates.**

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

JANUARY							FEBRUARY							MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	

Season Begins/Ends  
 No Fitness Classes  
 No Kid Classes  
 Robotics  
 Basketball Begins  
 Lego Club  
 No Table Tennis

### Refunds:

Refunds will be provided any time after registration through the second class of a program. In order to receive a refund, please notify Berkeley Heights 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/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.

### 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@bhtwp.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.



## Toddler & Pre-K Daytime Programs

### Location: Community Center

**Monday** January 9 – March 13      No Class: 1/16, 2/20  
**Tuesday** January 3 – March 14  
**Wednesday** January 4 – March 15  
**Thursday** January 5 – March 16  
**Friday** January 6 – March 17

Monday					
<b>Creative Movement</b>	Lois Garbowsky	Ages: 2-3	10:45-11:30	8 Sessions	\$70
<b>Creative Movement</b>	Lois Garbowsky	Ages: 4-5	11:45-12:30	8 Sessions	\$70
<b>Fun &amp; Movement</b>	Lois & Carolyn	Ages: 3-6	11:45-2:15	8 Sessions	\$160
<b>Fun Bunch &amp; Lunch</b>	Carolyn George	Ages: 3-6	12:30-2:15	8 Sessions	\$90
Tuesday					
<b>Fun Bunch &amp; Lunch</b>	Carolyn George	Ages: 3-6	9:00-12:00	11 Sessions	\$215
<b>Fun Bunch &amp; Lunch</b>	Carolyn George	Ages: 3-6	12:30-2:15	11 Sessions	\$125
Wednesday					
<b>Fun Bunch &amp; Lunch</b>	Carolyn George	Ages: 3-6	9:00-12:00	11 Sessions	\$215
<b>Tennis: Skills &amp; Drills</b>	Maria Mahon	Age: 4	12:15-1:00	11 Sessions	\$100
<b>Tennis: Skills &amp; Drills</b>	Maria Mahon	Age: 3	1:15-2:00	11 Sessions	\$100
Thursday					
<b>Fun Bunch &amp; Lunch</b>	Carolyn George	Ages: 3-6	9:00-12:00	11 Sessions	\$215
<b>Fun Bunch &amp; Lunch</b>	Carolyn George	Ages: 3-6	12:30-2:15	11 Sessions	\$125
Friday					
<b>Wee Play</b>	Lois Garbowsky	Ages: 9mo-3yrs	10:30-11:15	11 Sessions	\$30
<b>Creative Movement</b>	Lois Garbowsky	Ages: 3-5	11:30-12:15	11 Sessions	\$100
<b>Creative Movement</b>	Lois Garbowsky	Ages: 3-6	12:30-1:15	11 Sessions	\$100
<b>Fun &amp; Movement – 1</b>	Lois & Carolyn	Ages: 3-6	11:30-2:15	11 Sessions	\$225
<b>Fun &amp; Movement – 2</b>	Lois & Carolyn	Ages: 3-6	12:30-2:15	11 Sessions	\$170
<b>Fun Bunch &amp; Lunch</b>	Carolyn George	Ages: 3-6	12:30-2:15	11 Sessions	\$125

<b>Creative Movement</b>	<i>Dance and Music are used to interpret story ideas as children develop poise, balance, and flexibility.</i>
<b>Fun Bunch &amp; Lunch</b>	<i>Each session includes playtime, supervised games, lunch, and a creative craft!</i>
<b>Fun &amp; Movement</b>	<i>Your child will attend Creative Movement, and Fun Bunch &amp; Lunch that run in congruence with each other.</i>
<b>Tennis Skills &amp; Drills</b>	<i>Age appropriate tennis games focusing on hand-eye coordination are introduced along with basic tennis skills.</i>
<b>Wee Play</b>	<i>In this parent-assisted free-play style class, children parallel play while climbing, and jumping on equipment.</i>



## Youth After School Programs

**Location: Mary Kay McMillin**

<b>Monday</b>	January 9 – March 13	No Class: 1/16, 2/20
<b>Tuesday</b>	January 3 – March 14	
<b>Wednesday</b>	January 4 – March 15	
<b>Thursday</b>	January 5 – March 16	
<b>Friday</b>	January 6 – March 17	

**NOTE: Parents are REQUIRED to inform their child’s teacher which classes they are attending.**

Monday				
<b>All Sports</b>	Grades: K-1	3:00–4:00	8 Sessions	\$90
<b>Dodge Ball</b>	Grades: 2-4	4:00–5:00	8 Sessions	\$90
Tuesday				
<b>Dance Party</b>	Grades: K-1	3:00–4:00	11 Sessions	\$125
<b>Cheerleading</b>	Grades: 1-4	4:00–5:00	11 Sessions	\$125
Wednesday				
<b>Ball Hockey</b>	Grades: K-1	3:00–4:00	11 Sessions	\$125
<b>Yoga (held in a classroom)</b>	Grades: K-1	3:00–4:00	11 Sessions	\$125
Thursday				
<b>All Sports</b>	Grades: K-1	3:00–4:00	11 Sessions	\$125
<b>Ball Hockey</b>	Grades: 1-4	4:00–5:00	11 Sessions	\$125
Friday				
<b>Dodge Ball</b>	Grades: K-1	3:00–4:00	11 Sessions	\$125

<b>All Sports</b>	<b>Instructor:</b> Carolyn George & 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>
<b>Ball Hockey</b>	<b>Instructor:</b> 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>
<b>Cheerleading</b>	<b>Instructor:</b> Carolyn George and Staff <i>Children will learn basic cheers, chants and small-scale pyramids.</i>
<b>Dance Party</b>	<b>Instructor:</b> 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, even Hip-Hop dance moves!</i>
<b>Dodge Ball</b>	<b>Instructor:</b> Carolyn George & Jenny Wageman & Staff <i>Children have fun playing dodge ball while releasing some of their energy!</i>
<b>Kids Yoga</b>	<b>Instructor:</b> 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>



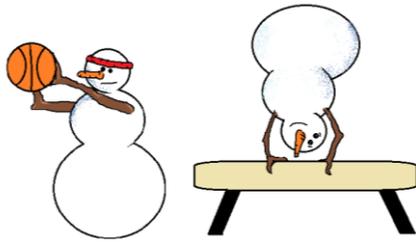
## Youth After School Programs

**Location: Varies Per Class**

**Monday** January 9 – March 13 No Class: 1/16, 2/20  
**Wednesday** January 4 – March 15  
**Friday** January 6 – March 17  
**Robotics\*** January 6 – January 27  
**Lego Club\*** February 3 – March 17

Monday					
<b>Yoga</b>	Woodruff School	Grades: 3-5	3:00-4:00	8 Sessions	\$90
<b>Beginners Chess Club</b>	Community Center	Grades: 1-3	4:15-5:15	8 Sessions	\$90
<b>Competitive Chess Club</b>	Community Center	Grades: 3-8	4:15-5:15	8 Sessions	\$90
Wednesday					
<b>Intro to Art</b>	Community Center	Grades: 1-2	3:15-4:15	11 Sessions	\$125
<b>Intro to Art</b>	Community Center	Grades 3-4	4:30-5:30	11 Sessions	\$125
<b>Continuation of Art</b>	Community Center	Previous Students	5:45-6:45	11 Sessions	\$125
Friday					
<b>Yoga</b>	Hughes School	Grades: 3-5	3:00-4:00	11 Sessions	\$125
<b>Lego Club*</b>	Community Center	Grades: K-5	3:30-4:30	7 Sessions*	\$120
<b>Robotics(x) Workshop*</b>	Community Center	Age: 5-12	4:30-5:45	4 Sessions*	\$100
<b>Advance Robotics*</b>	Community Center	Grades: 2-8	6:00-7:00	4 Sessions*	\$100

<b>Chess Club</b>	<p><b>Instructor:</b> Carolyn George and Staff</p> <p><i>*Basic Chess Knowledge is a Must! 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.</i></p>
<b>Art: Intro and Continuation (Charcoal &amp; Pastels)</b>	<p><b>Instructor:</b> Alicia Lang</p> <p><i>Children will be taught charcoal and pastel pencil drawing by creating realistic images using various methods and applications of charcoal as well as pastel pencils. *All supplies provided!</i></p>
<b>Motorized Model Building: Lego Club</b>	<p><b>Instructor:</b> Kavita Rana</p> <p><i>Explore science, technology, engineering, and math (STEM) concepts using LEGO® bricks. Focus on exciting motorized creations with weekly themes such as inventions, life science, and technology. All curriculums have been designed by engineers and educators. This class is fun, exciting, and educational.</i></p>
<b>Robotics(x) Workshop</b>	<p><b>Instructor:</b> Monica Burch and Staff</p> <p><i>Students will build a Robix 2 and 3, The Mars Rover, and maybe a Robo Golfer; but it's up to the student. They will use numerous applications of Math and Science with these creative hands-on projects in an education and entertaining environment. They will explore Gears, Motors, and Electricity!</i></p>
<b>Advance Robotics</b>	<p><b>Instructor:</b> Monica Burch and Staff</p> <p><i>Based on the VEX IQ Platform, Advance Robotics will teach students the next step by introducing the Robot Brain, Controller and Radio Frequency or WiFi communications. This project-based workshop instills proper engineering practices, while maintaining the fun and excitement that comes from playing with VEX IQ.</i></p>
<b>Kids Yoga</b>	<p><b>Instructor:</b> Joanne Bruno</p> <p><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></p>



## Youth Saturday Programs

**Location: Varies Per Class**

<b>Basketball</b>	January 21 – March 18	No Class: 2/18
<b>Gymnastics</b>	January 7 – March 18	No Class: 1/14, 2/18
<b>Table Tennis</b>	January 7 – March 18	No Class: 1/14, 2/4, 2/18

Basketball					
<b>Basketball – Co-Ed</b>	Mary Kay McMillin	Grades: K-1	8:30-9:30 AM	8 Sessions	\$125
<b>Basketball – Co-Ed</b>	Mary Kay McMillin	Grade: 2	9:30-10:30 AM	8 Sessions	\$125
<b>Basketball – Co-Ed</b>	Mary Kay McMillin	Grade: 3	10:30-11:30 AM	8 Sessions	\$125
<b>Basketball – Co-Ed</b>	Mary Kay McMillin	Grade: 4	11:30-12:30 AM	8 Sessions	\$125
Gymnastics					
<b>Gymnastics</b>	Community Center	Ages: 5-7	9:00-10:00 AM	9 Sessions	\$105
<b>Gymnastics</b>	Community Center	Ages: 3-4	10:15-11:00 AM	9 Sessions	\$80
<b>Gymnastics</b>	Community Center	Ages: 8-10	11:15-12:15 AM	9 Sessions	\$105
Table Tennis					
<b>Table Tennis</b>	Community Center	Grades: 4-8	6:30-8:30 PM	8 Sessions	\$125

<b>Basketball</b>	<p><b>Instructor:</b> <a href="#">Blaze Hoop Crew - Joyce Bukowiec</a>; Assisted by <a href="#">Tyler George</a>  <i>Age appropriate skill including; dribbling, passing, and shooting are taught and perfected through instructional games and expert guidance. Your child will learn teamwork, leadership, discipline, confidence, self esteem and competition! Run by a coach of 30+yrs.</i></p>
<b>Gymnastics</b>	<p><b>Instructor:</b> <a href="#">Ed Saavedra and Staff</a>  <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></p>
<b>Table Tennis</b>	<p><b>Instructor:</b> <a href="#">Howard Lee</a>  <i>Students learn the rules, strokes, footwork and speed, required for table tennis. Racquets are supplied.</i></p>



## Adult Programs

**Location: Varies Per Class**

<b>Wednesday</b>	January 4 – March 15	
<b>Table Tennis</b>	January 7 – March 18	No Class: 1/14, 2/4, 2/18

Wednesday					
<b>Men's Basketball</b>	Columbia Middle	No Instructor!	8:30-10:00 PM	Jan-May	\$20
<b>Intro to Art</b>	Community Center	Alicia Lang	7:30-8:30 PM	11 Sessions	\$125
Saturday					
<b>Table Tennis</b>	Community Center	Howard Lee	6:30-8:30 PM	8 Sessions	\$125

<b>Men's Basketball</b>	<i>Go on your own time and play basketball with your friends – its okay to get a little competitive! Residents Only</i>
<b>Intro to Art</b>	<i>Students will be taught charcoal and pastel pencil drawing by creating realistic images using various methods and uses of charcoal as well as pastel pencils. *All supplies provided!</i>
<b>Table Tennis</b>	<i>Students learn the rules, strokes, footwork and speed, required for table tennis. Racquets are supplied.</i>



## Adult Fitness Programs

### Location: Class Specific

**Monday** January 9 – March 13 No Class: 1/16, 2/20  
**Tuesday** January 3 – March 14  
**Wednesday** January 4 – March 15  
**Thursday** January 5 – March 16  
**Friday** January 6 – March 17

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.”

Monday					
Yoga	17 Mead Street	Joanne Bruno	9:15-10:30 AM	8 Sessions	\$110
Zumba	Community Center	Amy Dixon	9:30-10:30 AM	8 Sessions	\$90
Yoga	Community Center	Joanne Bruno	7:00-8:15 PM	8 Sessions	\$110
Wednesday					
Yoga	17 Mead Street	Joanne Bruno	9:15-10:30 AM	11 Sessions	\$150
Zumba	Community Center	Pat Moran	9:30-10:30 AM	11 Sessions	\$120
Yoga	17 Mead Street	Joanne Bruno	12:00-1:15 PM	11 Sessions	\$150
Zumba	Community Center	Diana Lameira	6:00-7:00 PM	11 Sessions	\$120
Friday					
Stretch & Tone	Community Center	Lois Garbowsky	9:15-10:15 AM	11 Sessions	\$120
Yoga	17 Mead Street	Joanne Bruno	1:30-2:45 PM	11 Sessions	\$150

Senior Circuit					
Monday and Wednesday	Lois Garbowsky	9:30-10:15 AM	19 Sessions	\$55	

Open Circuit					
<b>Monday</b> 10:30-2:30	<b>Tuesday</b> 9:00-2:30	<b>Wednesday</b> 10:30-12:00	<b>Thursday</b> 9:00-2:30	<b>Friday</b> 9:00-2:30	

<b>Stretch &amp; Tone</b>	<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>
<b>Yoga</b>	<i>Increase your sense of well-being through the slow and gentle yet challenging movements of Hatha Yoga. All levels welcome! <b>Note:</b> Wear shorts, leggings and footless tights. Bring your mat and belt.</i>
<b>Zumba</b>	<i>Combining dance and aerobics with the added flair of Latin and international music, Zumba is more like being at a party than an exercise class. Tone up your body in a fun way!</i>
<b>Senior Circuit</b>	<i>Stay active and workout at your own pace using our strength training equipment, cardio machines, along with guided light weight, plus stretching exercise.</i>
<b>Open Circuit</b>	<i>We have a plethora of machines that work all muscles as well as free weights, treadmills, and elliptical! It's like having a home gym, without needing to buy all of the equipment! Only \$60!</i>

## 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  
1<sup>st</sup> Program Name: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
2<sup>nd</sup> Program Name: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
Special Considerations:  
*Attention situations, hearing/balance impairments, allergies:* \_\_\_\_\_

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

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