

Enhancing Life Through Recreation

# Family Fun for Every Season



2016-2017 *Clark Recreation*

Dedicated to the Memory of Joe Bonaccorso





TOWNSHIP OF

**Clark** NEW JERSEY

**SAL BONACCORSO**  
MAYOR

430 Westfield Avenue  
Clark, New Jersey 07066-1704  
Tel: (732) 388-3800  
Fax: (732) 388-3839

Dear Residents of Clark,

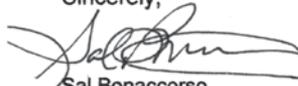
I am happy to make this recreation booklet available to you. The township council and I remain dedicated to improving, supporting and enhancing recreational programs for all of our citizens. I am very proud of our recreation director, Ralph Bernardo, and the programs he has put together for your enjoyment.

We will continue to maintain and upgrade our recreational facilities whenever possible.

Recreation program enrollment tells us that our families, children and adults are taking the opportunity to enjoy all that the recreation department offers. I encourage all residents to participate in our recreational programs and discover why Clark is a great place to live.



Sincerely,

  
Sal Bonaccorso  
Mayor



# From the Director



Welcome to Clark Recreation! Please take the time to read thru this brochure and realize all that the township's recreation department has to offer to its residents. Many programs and events are free. We hope that you and your families will take advantage and participate in as many activities as time allows you. We have done our best to offer a variety of activities that appeal to a large audience so that we have something for everyone.

For those of you not familiar with the recreation center, we are part of the municipal building. We house two large gymnasiums, a senior fitness center for our residents 55 and over, an aerobics and exercise room, teen center, cafeteria, functional kitchen, and meeting rooms, all air conditioned. On the surrounding grounds outside we have well maintained softball and soccer fields as well as a newly added bocce court, (lights on all fields), tennis courts, Fun Time Junction Kiddie Park and a full service concession stand with bathrooms which is operated by the Clark Girls Softball Organization.

The Clark Recreation Department is one of the most respected in Union County. The recreation center is the heartbeat of the town. A vital part of the recreation department is our many volunteers and the valuable time they give. We are deeply appreciative for the many hours they devote to the youth of our town. If there is a class, sport, or event that you think would benefit and enhance the recreation department, please feel free to contact me to discuss. Have a great year and please stop by the recreation office anytime to pick up brochures, flyers and general information for all that is taking place in town.

Sincerely,

A handwritten signature in purple ink that reads "Ralph Bernardo". The signature is fluid and cursive.

Ralph Bernardo  
Director of Recreation



## Mission Statement

The mission of Clark Recreation is to provide the community with a variety of youth, adult and family activities that will offer our citizens the opportunity to use personal leisure time in a viable, productive and gratifying manner improving their quality of life.



# General Information

## Contact Information

430 Westfield Ave. Clark, NJ 07066

Phone: 732-388-3600 ext 3009

or 732-428-8400 Fax: 732-388-3242

E-mail: [rbernardo@ourclark.com](mailto:rbernardo@ourclark.com)

The township of Clark website

[www. Ourclark.com](http://www.Ourclark.com)

Clark Library's website is available at

[www.clarklibrary.org](http://www.clarklibrary.org)

Clark Cable Channel TV36

Radio Station Channel 590AM

This AM radio station will be used in conjunction with TV36 which will continue to be Clark's Community Access TV station and operate for non-profit programming and community events.

## Township Administration

Mayor

Sal Bonacocorso

Business Administrator

John Laezza

Council Liaison/Recreation/Pool

Bill Smith

Director of Recreation

Ralph Bernardo

Night Recreation Supervisor

Pete Zimbardo

Senior Citizen Director

Henry Varriano

Clark Pool Director

Mike Kozlowski

Public Works/Shade Tree

Scott McCabe

Teen Center Director

Vic DeMarzo

Drug Alliance Coordinator

Ralph Bernardo

## Recreation Office Hours

Monday - Friday from 8:30 am-4:00 pm

## Facility Hours

Monday thru Friday 8:30 am-10:00 pm

Saturday and Sunday 8:30am-9:00 pm

## Did You Know...

You can contact the Recreation Department by e-mail [rbernardo@ourclark.com](mailto:rbernardo@ourclark.com)

The Clark Recreation dept is always looking for residents that want to teach programs for the community.

Volunteer instructors are always needed. Do you have a special talent to share or just enjoy working with kids and seniors? Call 732-428-8400.

Call the Rec Department at 732-428-8400 to reserve gyms, meeting rooms or to set up events. Information is also available on the Clark website— [www.ourclark.com](http://www.ourclark.com) – under recreation.

Clark Recreation also helps many different organizations and schools.

Throughout the year we offer the use of gyms and meeting rooms to many organizations and schools. Some of these include Alcoholics Anonymous, Union County Special Needs Programs, National Wheelchair Basketball Association, MS Aerobics, Arthur L Johnson High School, Beadleston School, Hillcrest Academy the Crossroads School and St. John's Food Bank.



# General Information

## 3 Ways to Register

1. **Mail In Registration Form**  
Clark Recreation Center  
430 Westfield Ave. Clark, NJ 07066
2. **After Hours Drop Off**  
Place form and payment in envelope and drop in mail box located at the Recreation office.
3. **Walk In**  
Monday thru Friday 8:30-4:00 at the Recreation office.

**Registration forms are available at the Recreation Center.** All registrations are held at the Recreation Center unless otherwise noted. Be sure to visit the Recreation Center and review the bulletin boards for important information for upcoming events that you may have missed through the schools.

## Refund Policy

Refunds will NOT be issued once the program starts. Full refunds are granted in the event that a class is full or cancelled by the Recreation Department.

## How to Watch a Good Program Die!

Nothing kills a recreation class faster than participants who wait until the last minute to enroll. There is a point at which courses must be cancelled due to insufficient registration. **PLEASE ENROLL EARLY!**

## IMPORTANT

**\*It is mandatory that in order to coach in Clark all coaches must take the Rutgers Youth Sports Clinic and Positive Coaching Alliance Clinic which are offered several times throughout the year at the Recreation facility.**

**Watch for announcements on channel 36 or through the sport organization that you want to coach.**

## Program Cancellations

The Recreation Department reserves the right to cancel, postpone or combine any program due to insufficient registration or other causes that may affect the health, safety or welfare of the program participants. **The Recreation Department does not follow the school calendar.** If school is cancelled due to inclement weather, call the recreation department to see if a class has been cancelled for that night. Every effort will be made to notify registrants of program cancellations.

**NOTE: All times and dates are subject to change without notice.**

## Photo Policy

Please be advised that all participants involved in any recreation department programs or special events are subject to being photographed. Such photographs may be used by the Township of Clark without obligation to provide compensation to those photographed.

## We Love Parents but....

Parents are allowed to attend their child's first day of class (unless specified by the instructor). Please do not remain in the classroom after dropping off your child. This is in your child's best interest, as continual interruptions tend to affect participants' attention spans and inhibit the establishment of peer relationships. Thank you for your cooperation.



# Preschool Programs



## Mommy and Me Cooking!

Wednesdays: 9:30-10:30 am or 12:30-1:30 pm  
Preschoolers ages 2-4  
Recreation Center – Kitchen

We tell a story while tying in food from that particular story. Mommy and preschooler work hand in hand to create the snack for the theme of that week. Singing, playing, and cooking are all tied together. Guaranteed fun for mother (or dad) and child.

Dates: Begins September 21st  
Cost: \$40 for 6 week session  
Registration Required

## Total Sport Squirts

Mondays 11:15 am-12:00 pm  
Tuesday 9:30 Am- 10:15 am or 11:15 am -12:00 pm  
Preschoolers ages 3-5  
Recreation Center - Gym

Experience a new sport each week of the program with Sport Squirts. Participants have the opportunity to try lacrosse, soccer, basketball, T-ball, floor hockey, flag football, parachute games and more in a safe, structured environment.

Dates: Begins Sept 19th or Sept 20th  
Cost: \$100 for 7 weeks

## T-ball Squirts

Ages: 3-5 - Tuesday: 3:30- 4:15pm or 4:15-5:00 pm  
Ages: 5-7 senior squirt - Tuesday: 5:00- 5:45 pm  
Recreation Center

Competitive trainers from the UK will teach the basics of catching, throwing, hitting and handling of the ball. Equipment is supplied. Sneakers are all that is needed.

Dates: Begins September 20th  
Cost: \$100 (7 weeks)  
Registration Required

## Parent & Me Soccer Squirts

Mondays: 9:30-10:15 am  
Ages 2-3  
Recreation Center – Front Gym

Often imitated, never duplicated. Soccer Squirts introduces boys and girls along with parents to the beautiful game of soccer. Learn the fundamentals skills of soccer through a program of structured activities, fun based games and scrimmages.

Dates: Begins September 19th  
Cost: \$100 for 7 weeks  
Registration Required

## Tennis Squirts



Wednesdays: 3:00-3:50 pm  
Preschoolers ages 3-5  
Recreation Center - Tennis Courts

A fun filled learning adventure that introduces children ages 3 to 5 to the world of tennis. Children will have great fun learning the fundamental skills and tennis strokes in a low pressure, fun environment. Following guidelines set by the US Tennis Association, children will quickly develop their tennis skills using the highly praised 10 and under Tennis model.

Dates: Begins September 29th  
Cost: \$125 for 7 week session  
Registration Required



## Soccer Squirts

Ages 3-5  
Wednesday: 3:30-4:30 pm - 4:15-5:00 pm or  
5:15-6:00 pm  
Winter II Session  
Monday: 9:45-10:30 am - 10:30-11:15 or 11:15-  
12:00 pm or  
Thursday: 3:45 pm- 4:30 pm - 4:30-5:15 pm or  
5:15- 6:00 pm  
Recreation Center – Front gym

# Preschool Programs

Often imitated, never duplicated. Soccer Squirts introduces boys and girls to the beautiful game of soccer. Learn the fundamentals skills of soccer through a program of structured activities, fun based games and scrimmages.

**Dates:** Begins November 23rd (5 weeks) Winter I  
Winter II session: Begins January 16th or January 19th (8 weeks)

**Cost:** \$70 for (5 weeks) -\$115 (8 weeks)

**Registration Required**



## Stretch N Grow

**Thursdays:** 10:30-11:00 am

**Ages** 2-5

**Recreation Center Aerobics Room**

This class focuses on balance, coordination and sports readiness skills. Each class includes warm-up, cardio, cool down and stretching, including fun Kids Yoga!

**Dates:** Begins September 22nd

**Cost:** \$120 for 12 weeks

**Registration Required**



## Kindertots



**Tuesdays:** 10:00-10:30 am

**Preschoolers** ages 20 months thru 2 years

**Recreation Center Aerobics Room**

Kindertots is an age appropriate program designed to develop gross motor skills, movement creativity, physical development (flexibility, strength, balance, coordination), mat skills and communication while learning numbers, colors, shapes and songs. The emphasis of the program is movement exploration to different songs and sounds. Young children enjoy a challenge, and when they are given the opportunity to test their abilities, it is both developmentally beneficial as well as tons of fun!

**Dates:** Begins September 27th

**Cost:** \$83.00 for 6 weeks

**Registration Required**

## VolleyKats



**Thursdays:** Ages 3-4 – 2:30-3:15 pm

Ages 5-6 – 3:15-4:00 pm

**Recreation Center Aerobics Room**

VolleyKats takes the energy and excitement of volleyball and puts it together for young athletes. We use a variety of fun games to teach basic techniques including passing, setting, hitting, serving and blocking. Kids will be instructed in arm, hand and foot positioning as well as rules and positions.

**Dates:** Begins January 19th

**Cost:** \$115 for 8 weeks

**Registration Required**

# Preschool Programs

## Princess Ballet

Tuesdays: 11:00-11:45 am  
Ages 2½-3½  
Recreation Center - Gym



This is a basic ballet class teaching creative movement, stretching, and balance. Musical exercises and story time are incorporated.

Dates: Begins September 22nd  
Cost: \$65 for 6 week session  
Registration Required

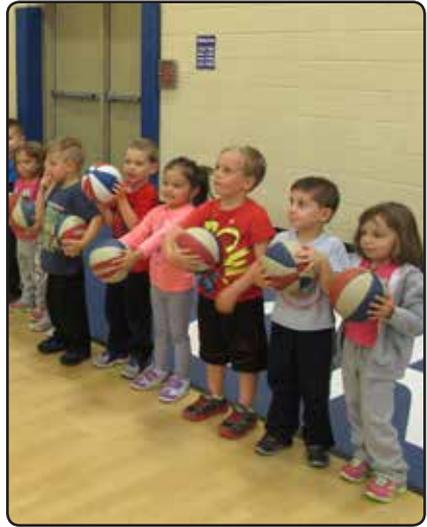
## Introduction to Dance

Thursdays: 11:45 am-12:30 pm  
Ages 3½-4½  
Recreation Center - Gym



This is a classical ballet and creative movement class. We will do all the basics— ballet barre, stretches, strengthening exercises, positions and balancing. We will also have creative dance fun time, which will incorporate dance games, freeze dance, and basic jazz and hip hop moves to keep your little dancer interested and happy.

Dates: Begins September 22nd  
Cost: \$65 for 6 week session  
Registration Required



## Movin and Groovin

Wednesdays: Ages 3-5 4:15-5:15 pm / 5:15-6:15 pm  
Thursdays: Ages 4-7 4:15-5:15 pm / 5:15-6:15 pm  
Recreation Center

This fun fitness program is great for both boys and girls. Build endurance, core strength and all around better focus. Skills will be achieved through tumbling, dance, exercise and other activities.

Dates: Begins September 21st or 22nd  
Cost: \$95 for 12 week session  
Registration Required



## Tree of Love Yoga

Tuesdays: 5:00-5:40 pm Ages 3-6  
Tuesdays: 5:45-6:45 pm Ages 5-8  
Recreation Center - Teen Center

Tree of Love Yoga is a wonderful, fun, joyful experience for kids to be empowered and honored to be who they truly are!

Dates: Begins September 20th  
Cost: \$50 for 6 week session  
Registration Required

*Preschool registration forms  
are available at the Recreation Center*

# Preschool Programs

## Tooty Tots



Infants ages 3 months thru 11 months  
Tuesdays: 10:00-10:40 am  
Toddlers ages 12 months thru 24 months  
Tuesdays: 11:00- 11:40 am  
Recreation Center - Teen Center

Tooty Tots is an interactive music activity for infant and caregiver. Age appropriate program designed to develop cognitive physical and social skills as babies learn and grow in a playful musical environment.

**Dates:** Begins September 27th  
**Cost:** \$100 for 8 week session  
**Registration Required**



## Youth Nutrition & Movement Mixer



Preschoolers: Ages- 2-5  
Wednesdays: 10:00-11:00 am  
Ages: 6-8  
Wednesday: 4:30-5:30 pm  
Recreation Center- Kitchen

This approach to family and community wellness and empowerment is a complimentary mix of nutrition project and structured play activities. The "Youth Nutrition & Movement Mixer" is for both caregiver and toddlers to interact, engage, and participate in fun learning opportunities. With the use of icebreakers, energizer, art, science, nutrition, play, and music to stimulate the five senses for a whole body experience.

**Dates:** Begins September 21st  
**Cost:** \$90 for 4-week session  
**Registration Required**

## Hoopster Tots



Ages 3-4  
Tuesday: 2:30-3:15 pm  
Recreation Center Gym

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

**Dates:** Begins September 27th (8 weeks)  
**Cost:** \$115  
**Registration Required**

## Summer Sports Camps

Clark Recreation Center

This is an independently run sports camp. Call US Sports Institute at 732-563-2520 or visit their website at [www.UsSportsInstitute.com](http://www.UsSportsInstitute.com). *Registration forms are available on their website.*

**TOTAL SPORTS:** August  
**Cost:** \$70 Age 3-5 4:30-5:30 pm

**GOLF SQUIRTS-PARENT & ME:** August  
**Cost:** \$90 Age 4-5 4:00-5:00 pm  
**Registration Required**

All Participants receive a free T-Shirt and certificate



# Youth Programs

## Scrapbooking/Card Making

Tuesdays: 7:00-8:30 pm  
Open To Children And Adults  
Recreation Center - Room 2

Relax, and enjoy the art of scrapbooking and gift card making. This course will teach you how to make handmade greeting cards, scrapbooks, and handcrafted gifts.

Dates: Begins November 1st  
Cost: \$45 for 8 week session - supplies included  
Registration Required

## Making Magic

Wednesdays: 4:00-5:00 pm  
Gr. K-5  
Recreation Center

Learn how to make things vanish and float in the air, create balloon animals, perform bubble magic and much more. We will teach you everything you need to know to become a real magician! Each student keeps their supplies and will build their own magic show from start to finish. Perform at our Live Magic Show at the end of the session!

Dates: Begins October 5th  
Cost: \$99 for 6 week session  
Includes Supplies  
Registration Required



## Kids Ceramics

Fridays: (Once a month) 4:00-5:30 pm  
Grades K-6  
Recreation Center - Cafeteria

Have fun with friends creating a themed ceramics piece each month. Crafts are for Halloween, Thanksgiving, Christmas, Valentines Day, Easter and Mother's Day. No repeats.

Cost: \$10 session once a month  
Dates: Oct. 14th - Nov. 18th - Dec. 2nd



## Art for All

Wednesdays: 6:00-7:00 pm  
All Ages  
Recreation Center

Learn how easy and fun the basics of drawing can be. Students begin with charcoal pencil and move onto color and paint. Work at your own pace as we discuss art history. Classes are for beginners or students who wish to enhance their current skills. Supplies are not needed but you are welcome to bring your own.

Cost: \$75 for 6 weeks  
Dates: Begins September 21st  
Registration Required

## Remote Control Motorized Lego Building

Mondays: 4:00-5:00 pm  
Grades K-5  
Recreation Center - Cafeteria



Our one hour classes explore science, technology, engineering, and math (STEM) concepts using LEGO® bricks. All curriculums have been created and designed by engineers and educators. These are hands-on classes where students will design and build using Bricks 4 Kidz's® copyrighted model plans. Each class begins with a lesson discussion on the weekly topic. The class is fun, exciting, educational and age appropriate.

Dates: Begins September 19th  
Cost: \$99 for 6 weeks  
Registration Required

# Youth Programs

## Junior Mechanical: Toys

**Mondays: 3:30-4:30 pm**  
Grades k-2  
Recreation Center



In the Junior Mechanical Engineering: Let's Make Toys classes, our youngest engineers will be introduced to fundamental concepts of energy, materials, and movement. Students will explore and construct six different toys throughout this unit, including spinners, magical boomerang cans, wind-up whirligigs, and more.

**Dates: Begins September 19th**  
**Cost: \$132 for 6 weeks**  
**Registration Required**

## Youth Nutrition & Movement Mixer

**Preschoolers: Ages- 2-5**  
**Wednesdays: 10:00-11:00 am**  
**Ages: 6-8**  
**Wednesday: 4:30-5:30 pm**  
Recreation Center- Kitchen

This approach to family and community wellness and empowerment is a complimentary mix of nutrition project and structured play activities. The "Youth Nutrition & Movement Mixer" is for both caregiver and toddlers to interact, engage, and participate in fun learning opportunities. With the use of icebreakers, energizer, art, science, nutrition, play, and music to stimulate the five senses for a whole body experience.

**Dates: Begins September 21st**  
**Cost: \$90 for 4-week session**  
**Registration Required**

## Essentials Oils for Parents and Children

**Thursdays: 9:00 am-10:00 am**  
Recreation Center – Room 2



There are incredible benefits from therapeutic grade essential oils and we would like to show you how easy it is to incorporate them into your life by making your own essential oil play dough, diffuser bracelet and calming roller! Let your children have fun while you learn about the many ways you can use essential oils!

**Dates: September 8th, October 6th, November 3rd**  
**Cost: \$10**  
**No Registration Required**

## Astronomy

**Thursdays: 7:00-8:00 pm**  
Ages 13 and up  
Recreation Center

Are you curious about the night sky? Do you want to see our planets, sun and moon up close and learn more about them? Then join us for some sky gazing! Weather permitting classes are held outdoors. Feel free to bring binoculars or telescopes if you have them.

**Dates: Begins September 22nd**  
**Cost: \$75 for 6 weeks**  
**Registration Required**

## Cooking for Kids

**Wednesdays: Gr. K-2 4:00-4:45 pm**  
**Gr.3-4 5:00-5:45 pm / Gr.5 & Up 6:00-6:45 pm**  
Recreation Center - Kitchen

Learn the fundamentals of cooking, preparing snacks, basic dishes, spices and much more. Grab a friend and an apron and head on over to the Recreation Center's kitchen.

**Dates: Begins September 28th**  
**Cost: \$40 for 6 week session**  
**Registration Required**



## Junior Scientists Lab

**Fridays: 5:00-5:45 pm**  
Grades K-5  
Recreation Center - Room 2

Using fully hands-on activities and experiments, we explore many areas of science, including biology, chemistry, physics, engineering, technology, earth science, and green science. We use fun games, interactive demonstrations and experiments to make abstract concepts easy to grasp, even for the youngest scientists!!

**Dates: Begins September 23rd**  
**Cost: \$132 for 6 weeks**  
**Registration Required**

# Youth Programs

## Microsoft Kodu Kart Racing

Fridays: 3:30-4:30

Grades 3-5

Grades 6-8

Recreation Center - Room 2

Race to the finish and create your own racing game in Microsoft's Kodu gaming environment. From terrain design to enemy selection, students are placed at the wheel and given full control to design their own video game while exploring the foundations of coding. Kick your creativity in gear with Kodu Kart Racing.

**Dates:** Begins September 19th

**Cost:** \$132 for 6 weeks

**Registration Required**



## Junior Scratch Makey Makey

Wednesdays: 3:30-4:30

Grades k-2

Recreation Center



In this class will explore how different sounds are created and create our own interpretations of common musical instruments like drums, piano, guitar, and even a recorder. We will create our very own dancing program, all through the use of Makey Makey and Scratch to bring our music to life! The last day will end with a really great mini concert from our students!

**Dates:** Begins September 21st

**Cost:** \$132 for 6 weeks

**Registration Required**



## Software Engineering: Scratch Video Sensing

Wednesdays: 3:30-4:30

Grades 3-5

Recreation Center - Room 2

What's more fun than playing an interactive video game? Writing one! Video sensing allows students to design and program their own video games and then test them by interacting with the program via webcam. In this Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations. Get moving with Engineering for Kids and Scratch: Video Sensing!

**Dates:** Begins September 21st

**Cost:** \$132 for 6 weeks

**Registration Required**



## Roller Skating

Fridays: 6:00-8:00 pm

Grades Pre K-4

Recreation Center – Front Gym

Have fun and join the crowd each week roller skating or roller blading. Sorry, heellies are not permitted in the building. Children must be accompanied by an adult.

**Dates:** Begins in November

**Cost:** Free

**No Registration Required**



# Youth Programs

## Tree of Love Yoga

Tuesdays: 5:00-5:40 pm Ages 3-6  
Tuesdays: 5:45-6:45 pm Ages 7-11  
Recreation Center



Tree of Love Yoga is a wonderful, fun, joyful experience for kids to be empowered and honored to be who they truly are!

**Dates:** Begins September 20th  
**Cost:** \$50 for 6 week session  
**Registration Required**

## Musical Theater Workshop

Wednesdays: 4:30-5:30 pm  
Ages 6-10  
Recreation Center - Teen Center



Have fun exploring the many styles of musical theater including jazz, Broadway dance, acting and voice with fun choreography and workshop exercises!

**Dates:** Begins September 21st  
**Cost:** \$65 for 6 weeks  
**Registration Required**

## Jazz Workshop

Thursdays: 3:30-4:30 pm  
Ages 6-9  
Recreation Center - Cafeteria



Learn a variety of jazz dance techniques with influences from Broadway/musical theater, classical jazz and the more contemporary, funky styles of jazz dance.

**Dates:** Begins September 22nd  
**Cost:** \$65 for 6 weeks  
**Registration Required**

## Girls on the Run

Tuesdays & Thursdays: 3:45-5:00 pm  
Ages 11-13  
Recreation Center

Girls on the Run is an experiential self-esteem development program which creatively integrates running with self actualization activities, team building activities, and community service.

**Dates:** Begins September 20th  
**Cost:** \$185 for 10 week program  
**Registration Required**

## Karate

Wednesdays & Fridays: 7:00-8:00 pm  
Children ages 8 and older  
Recreation Center – Cafeteria or Gym

Shojin Dojo (ShojinDojo.org) is a Cuong Nhu Oriental Martial Arts (CuongNhu.com) school that blends the basic element of Shotokan Karate and combines aspects of Aikido, Judo, Wing Chun, Vovinam, Tai Chi Chuan and boxing. The children's curriculum focuses on the basics of karate movements and their applications to self-defense and safety. In addition to hard style karate, students learn basic mat work such as how to roll, fall, do takedowns and even be thrown.

**Dates:** Year Round  
**Cost:** Free  
**Registration Required**



# Youth Programs

## Twisted Tumbling

Tuesdays: 6:00-7:00 pm

Ages 7-14

Recreation Center

Whether you are a beginner or intermediate, come learn and perfect the fundamentals of tumbling with "Twisted Ends". This is the perfect class for cheerleading preparation.

Dates: Begins September 20th

Cost: \$80 for 6 week program

Registration Required



## Hip Hop Kidz

Thursdays: 4:30-5:30 pm

Ages 6-9

Recreation Center - Cafeteria

Center for Dance Education joins Clark Recreation to bring you the hottest moves, best music and best dance routines! This is great for fun and fitness and a great way to learn to dance!

Dates: Begins September 22nd

Cost: \$65 for 6 week session

Registration Required



## Movin and Groovin

Wednesdays: Ages 3-5 4:15-5:15 pm / 5:15-6:15 pm

Thursdays: Ages 4-7 4:15-5:15 pm / 5:15-6:15 pm

Recreation Center

This fun fitness program is great for both boys and girls. Build endurance, core strength and all around better focus. Skills will be achieved through tumbling, dance, exercise and other activities.

Dates: Begins September 21st or 22nd

Cost: \$95 for 12 week session

Registration Required

## Hooked on Fishing

Saturdays

Ages 7 and up

Tamaquas Park, Scotch Plains

This new program is an introduction to fishing. Learn how to hook a worm, cast, reel in your catch and other fishing techniques from experienced fishermen. Fishing poles, worms, and accessories are included in the price.

Dates: Spring 2017 - Dates to be announced

Cost: \$50 for 2 Saturdays

Registration Required

## Fashion Trends

Wednesdays: 5:00-6:00

Ages 6-10

Recreation Center

This fall, learn how to tailor a one-of-a-kind outfit just for you! We will teach you the ins and outs of garment designs so you can create a chic ensemble. You will discover what it takes to create pieces such as skirts, shirts, dresses, and jackets. The possibilities are endless. Most importantly, you will learn the hand-sewing skills to continue designing and creating on your own after the classes are over.

Dates: Begins October 5th

Cost: \$99 for 6 week session

Registration Required



# Youth Programs

## Intro to Rock Instruments

Tuesdays: 4:00-4:45 pm

Ages 4-6

Recreation Center - Teen Center

This class teaches young students the basics of playing together as a band. Students will learn music fundamentals while gaining experience with the instruments common to a rock band: drums, bass, guitar, keyboards and vocals.

**Dates:** Begins September 20th

**Cost:** \$65 for 6 week session

**Registration Required**

## Drum Circle

Tuesdays: 5:00-5:45 pm

Ages 7 and up

Recreation Center - Teen Center

Drum Circle class focuses on the importance of rhythm and listening in music. Our students will learn the fundamentals of rhythm, how to follow and establish a beat and lead a group. Prior experience with percussion is not necessary.

**Dates:** Begins September 20th

**Cost:** \$65 for 6 week session

**Registration Required**



## The Actors Garage

Mondays: Grades K-2 3:30-4:30 pm

Mondays: Grades 3-5 4:30-5:30 pm

Recreation Center

This course teaches acting with an emphasis on TV, film and commercials. We start with the basics: concentration, relaxation, and improvisation. Through these tools, actors learn to be more self-confident, trusting, outgoing and comfortable in group situations with the focus on positive reinforcement and encouragement.

**Dates:** Begins September 26th

**Cost:** \$70 for 6 weeks

**Registration Required**

## Intro to Guitar

Tuesdays: 6:00-6:45 pm

Ages 7 and up

Recreation Center - Teen Center

This fun course is designed to teach the basic fundamentals and techniques needed to play guitar of any musical style. Included concepts are intro to notes, chords, proper playing posture and basic sight reading and song study. Taught by a professional guitar instructor.

**Dates:** Begins September 20th

**Cost:** \$65 for 6 week session

**Registration Required**



## Cub Scouts

Cub Scouts is a fun, exciting service organization for boys in the 1st thru 5th grade. You can go further within the scouts by becoming a boy scout through high school. Scouting is full of activities such as the Pine Wood Derby, camping, trips, serving the community and making new friends. Flyers will be sent home through the school system. **Visit our website** [www.cubpack145.info](http://www.cubpack145.info)



# Youth Programs

## Teen Center

Wednesdays: Gr. 5-6-7-8 – 6:00-7:30

Gr. 9-12 – 7:30-9:00

Fridays: Gr. 5-6-7-8 – 6:00-8:30

Gr. 9-12 – 8:30-11 pm

The teen center is an open program to all Clark boys and girls from 5th thru 12th grades. At the supervised center, boys and girls can partake in basketball, ping pong, play video games, watch the flat screen TV, or just sit and socialize with friends.

**Dates:** Open all year

**Cost:** Free



## Girl Scouts

Girl Scouts is a great way to have fun, serve the community and make new friends. Girl Scouts is open to all girls in kindergarten through high school. For more information please contact Jamie Hovick at 732-388-7057.

**Dates:** Meetings are up to each individual leader.

**Registration Required**



# Youth Programs

## Summer Recreation Camp

Monday-Thursday: July-August - 6 weeks  
Recreation Center

The Camp is open to all Clark children entering their second year of Pre-K thru students entering 9th Grade. Daily activities include arts and crafts, games, sports and special entertainment programs. Weekly splashdowns cool off the kids as our fire department visits every Thursday. The kids will also enjoy ice pops, making their own sundaes, watermelon eating contests, and the ever popular tournament with their counselors.

**Registration forms will be distributed through the schools in March.** Registration is Required



## Recreation Programs for People with Disabilities

The county offers an array of programs for people with disabilities including soccer, fishing, culinary, ceramics, and yoga, just to name a few. Some are even held here at the Recreation Center.

For more information call 908-527-4806  
Brochures are also available at the Recreation Center.

# Youth Sports

## Recreation Field Hockey

Sundays

Played at ALJ Turf Field

This program introduces individuals to the popular sport of Field Hockey. Participants will have the opportunity to learn the different skills and rules of the game. Open to all girls in grades 4th thru 8th in both Clark and Garwood. *Registration forms will be distributed through the schools in March.*

**Dates:** Begins in April - Runs 3 weeks

**Cost:** Varies depending on need of a stick, balls and mouthpiece - \$25-\$35-\$60

**Registration Required**

## Indoor Soccer

Saturdays: (6 week program)

Recreation Center Gym

This popular, fun program is open to all children in grades K-8. *Registration forms will be distributed through the schools in October.*

**Dates:** Begins January 7th

**Cost:** \$40

**Registration Required**

## Recreation Roller Hockey

Saturdays: Hehnly School Hockey Rink  
(behind school on Meadow Rd)

Open to all children from 1st-8th grade. All players are responsible for the purchase of their own equipment. Each player will receive a long sleeve hockey tee shirt. Open to Garwood residents as well. *Registration forms will be distributed through the schools in September.*

**Dates:** Begins October 1st thru December

**Cost:** \$45

**Registration Required**



## Bowling for Kids

Mondays: 6:00 pm

Jersey Lanes, 30 North Park Ave. Linden

Come join the fun of playing the great sport of bowling. Program includes two games, use of rental shoes and lightweight balls, 8 free game passes at programs end. You have the option of paying \$90 which includes a new bowling ball or just for fun - \$65. Professional fitting and drilling of bowling ball included.

**Dates:** Begins October 3rd - Runs 8 weeks

**Cost:** \$90 includes new ball or \$65 without ball

**Registration Required**

## Soccer

The Clark Soccer Club runs the soccer program in Clark. Open to all children grades K-8. *Registration forms will be distributed through the schools.* If you have questions you can visit [www.clarksoccerclub.org](http://www.clarksoccerclub.org). You can also sign up for the travel program thru this club as well.

**Dates:** Fall season: September-November

Spring season: March-May

**Cost:** Varies depending on grade.

**Registration Required**

## Clark Youth Lacrosse

New players will be educated on the basic and most fundamental skills while inspiring a love of the sport. This is a great opportunity for young players to gain confidence before deciding whether to try out for a full spring program. Equipment provided and every player gets a free lacrosse t-shirt. ***Flyers will be sent home through the schools.*** If you have any questions you can call Jason at 732-371-1378 or log onto [www.clarklacrosse.com](http://www.clarklacrosse.com).

# Youth Sports

## Ice Hockey Spring League

Clark Recreation has teamed up with the ALJ Ice Hockey coaching staff to bring you Clark's youth ice hockey program. This club will be part of the Union Sports Arena Middle School Spring 2015 League. All Clark boys in grades 3-8 are eligible to participate. The league will consist of 12 practices and 8 games plus playoffs. *Registration forms will be distributed through the schools.*

**Dates:** Begins March 2017  
**Registration Required**



## Basketball Senior Squirts

**Ages:** 5-6 Monday: 3:30-4:30 pm  
Ages: 6-8 Monday: 4:30-5:30 pm  
Recreation center

The Recreation basketball league is open to all girls and boys. Registration forms will be distributed through the schools in September.

**Dates:** September 19th  
**Cost:** \$115 (7 weeks)  
**Registration Required**

## Basketball Clinic

**Mondays:** 5:30-6:30 pm  
**Ages:** 8-10

The Recreation basketball league is open to all girls and boys in grades 1-8. *Registration forms will be distributed through the schools in September.*

**Dates:** Begins September 19th  
**Cost:** \$115 (7 weeks)  
**Registration Required**

## Recreation Basketball

The Recreation basketball league is open to all girls and boys in grades 1-8. *Registration forms will be distributed through the schools.*

**Dates:** Practice begins November. Weekly games played thru February  
**Cost:** \$50 for the first child; \$25 for each sibling.  
**Instructional:** Grades 1 & 2 is \$25 and includes a basketball.  
**Registration Required**

## Lacrosse Clinic

**Saturdays**  
**Ages 5-6 – 9:00-10:00 am**  
**Ages 7-9 – 10:00-11:00 am**  
**Ages 10-13 – 11:00am-12:00 pm**  
Recreation Center - Gym

Lacrosse Squirts is a great way to play one of America's fastest growing sports and will encourage all involved to become a lifelong fan of lacrosse. Children will learn how to cradle, shoot, catch, scoop, and scrimmage with maximum enjoyment. Every child will be participating at all times and the coaches will motivate all to succeed. All equipment is provided for the Lacrosse Squirts programs.

**Dates:** September 17th  
**Cost:** \$115 for 7 weeks  
**Registration Required**



# Youth Sports

## Recreation Lacrosse

Played at ALJ Turf Field

Everyone plays and learns the skills necessary to have a great time. The emphasis is on self confidence, positive attitudes, fair play, development of strengths, and Fun! Open to all children K-8th grade. *Registration forms will be distributed through the schools in December.* If you have any questions you can call Jason at 732-371-1378.

**Dates:** Begins March thru June (once a week)

**Cost:** \$150 for 3rd-8th grade

\$50 for K-2nd grade – Soft Toss

**Registration Required**



## Jr. Crusader Recreation Wrestling

This is an exciting program for youngsters in grades K-6. We provide the fundamentals of wrestling while building confidence, strength and agility. Practice will be held two days a week in the high school wrestling room. Wrestlers also have the opportunity to compete in area tournaments. *Registration forms will be distributed through the schools.*

**Dates:** Practice begins November and runs thru February

**Cost:** \$125 for the first child and \$75 for each additional sibling

**Registration Required**

## Skyhawks Volleyball

Grades: 2-4

Thursdays: 4:00-5:00 pm

Grades: 5-7

Thursday: 5:00-6:00 pm

Recreation Center Gym



All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and scrimmages aimed at developing the whole player.

**Dates:** Begins January 19th (8 weeks)

**Cost:** \$115

**Registration Required**

## Skyhawks Track & Field

Grades: 1-3

Wednesdays: 4:00-5:00 pm

Grades: 4-6

Wednesday: 5:00- 6:00 pm

Recreation Center Gym



Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our staff teach exercises and drills that prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active.

**Dates:** Begins September 28 (8 weeks)

**Cost:** \$115

**Registration Required**



# Youth Sports



## Hoopster Tots

Ages 3-4  
Tuesday: 2:30-3:15 pm  
Ages 5-6  
Tuesday: 3:15-4:00 pm  
Recreation Center Gym



Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

Dates: Begins January 17th (8 weeks)  
Cost: \$115  
Registration Required

## Development of Tennis

Wednesdays: 5:00- 6:00 pm or  
Thursdays: 5:00- 6:00 pm  
Age: 11-14  
Recreation Center Tennis Courts

All boys and girls are invited to join the fall recreation tennis clinic. Sneakers are required and racquets are available.

Dates: Begins September 22nd  
Cost: \$130 for 7-week session  
Registration Required

## Skyhawks Tennis

Thursdays: 3:30-4:30 pm  
Grades: 5-8  
Recreation Center Gym

Skyhawks tennis focuses on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis an exciting game to play. Participants are encouraged to use their own rackets, however, rackets can be provided!

Dates: Begins September 29th (8 weeks)  
Cost: \$120  
Registration Required



## Skateboarding Clinic

Saturdays: 11:00 am-12:30 pm  
Boys and Girls Grades 3-9  
Esposito Park-Madison Hill Road

This clinic is being offered to beginners, intermediate and advanced skaters. Experienced skateboard instructors will be conducting the clinics. Beginners will learn the terminology, safety and basics of the sport. A skateboard and helmet is required. Elbow and knee pads are recommended. No one will be allowed to participate without a helmet! *Registration forms will be distributed in schools.*

Date: September 24th & October 1st  
Cost: \$40  
Registration Required

# Youth Sports

## Recreation Fencing

Grades 2nd-5th:

Tuesdays: 3:00-4:00 pm - Valley Road School

Thursdays: 3:00-4:00 pm - Hehnlly School

Grades 6th-8th:

Wednesdays: 3:00-4:00 pm - Kumpf School

This is a program run by Advance Fencing and Fitness Academy introducing the sport of fencing. Individuals will learn the basic positions, rules and techniques of the sport. No prior experience is required and equipment will be provided.

Dates: Begins September 20th, 21st and 22nd

Cost: \$99 for 6 week program

Registration Required



## Clark Little League

Little League Complex – Ruddy St.

Open to all boys ages 4-16.

The Little League Organization includes what used to be Babe Ruth and is independent from the Recreation Department. **Registration forms will be distributed through the schools in February.** If you have any questions visit their website at [www.clarklittleleague.org](http://www.clarklittleleague.org)

Dates: Tryouts (ages 10 and up) begin in October. Season begins in March

Cost: \$200 for the first child and \$100 for each additional Sibling.

Instructional (5 Year Olds only) - \$50

Registration Required



## Foundations of Tennis

Ages 5-8 and 8-10

Thursdays: 4:00- 5:00 pm or

Ages 5-8 Thursday: 4:00- 5:00 pm

Recreation Center Tennis Courts

All boys and girls in 1st thru 6th grade are invited to join the fall recreation tennis clinic. Sneakers are required and racquets are available.

Dates: Begins September 22nd

Cost: \$130 for 7-week session

Registration Required

## Summer Tennis Camp

Taught by US Sports Institute, this very popular summer program runs for an entire week. Children will be taught the fundamentals of tennis. Open to all children K-9th grade. Registration forms will be distributed through the schools in March. Court space is limited. *This camp is open to Garwood children as well.*

Dates: Late June. Choice of weeks.

Cost: \$95 per week per child

Registration Required



# Youth Sports

## US Sports Institute Summer Sports Camps

Clark Recreation Center

This is an independently run sports camp. Call US Sports Institute at 732-563-2520 or visit their website at [www.UsportsInstitute.com](http://www.UsportsInstitute.com). *Registration forms are available on their website.*

Registration Required

All Participants receive a free T-Shirt and certificate



## Golf for Juniors

Wednesdays: Hyatt Hills

Gr. 2-4: 4:00-5:00 pm Gr. 5-8: 5:00-6:00 pm

This popular program invites all beginners, intermediate and advanced golfers to learn the fundamentals of the game, and have fun playing the great sport of golf. Open to all children 2nd-8th grade. *Registration forms will be distributed through the schools.*

Dates: Fall session- Sept 21st - Runs 4 weeks

Spring session – April-May (runs 4 weeks)

Cost: \$40

Registration Required



## Spring Into Volleyball

Mondays: Grades 6-8 3:30-4:30 pm

Tuesdays: Grades 3-5 3:30-4:30 pm

Recreation Center Gym

Come out and have fun learning the fundamentals of playing beach volleyball without the sand. This second year program is offered to all boys and girls grades 3-6. *Registration forms will be sent through school.*

Dates: Begins April

Cost: \$40 for 6 week program

Registration Required

## Pop Warner Football/ Cheerleading

Open to all boys and girls in grades K-8.

The Pop Warner Organization is independently run from the Recreation Dept. *Registration forms will be distributed through the schools in June.* If you have any questions, you can visit their website [clarkpopwarner.com](http://clarkpopwarner.com).

## Clark Girls Softball League

Open to all girls in grades K-8

The Clark Girls Softball League runs this program independently from the recreation department even though all practices and games are played at the recreation complex. *Registration forms will be distributed through the schools in October.* If you have any questions, you can visit their website [www.eteamz.com/CGSB](http://www.eteamz.com/CGSB).

Dates: Regular season begins in March.

Cost: Various prices depending on grade and fund raising responsibility

Registration Required

# Adult Programs



## Soup and a Sandwich

**Mondays: 7:00-8:30 pm**  
Recreation Center – Kitchen

Just in time for the fall. This class will help you take the stress out of cooking. Learn how to make a different soup and sandwich each week. Open to adults only, no children allowed. The course will be closed when it hits its maximum capacity. Clark residents only.

**Dates: January 2nd (4 weeks)**  
**Cost: \$35**  
Registration Required

## Holiday Cookie Exchange

**Mondays: 7:00-9:00 pm**  
Recreation Center – Kitchen

Just in time for the holidays to help take the stress out of baking. Learn how to bake a different assortment of holiday cookies each week of the class. You will bake two varieties of cookies each week. Please no children allowed. The course will close when it hits its maximum capacity. Clark residents only.

**Date: November 7th (4 weeks)**  
**Cost: \$35**  
Registration Required

*“Always make time in your life for something that makes you happy, satisfied – even joyous”*

## Creative Appetizers

**Mondays: 7:00-9:00 pm**  
Recreation Center – Kitchen

Want to be the talk of your next dinner party? Enjoy being social as you learn a variety of appetizers during this course. Each week the instructor will introduce and teach the preparation of two new appetizers. Open to adults only. The course will be closed when it hits its maximum capacity. Clark residents only.

**Dates: October 3rd (4 weeks)**  
**Cost: \$35**  
Registration Required

## Scrapbooking/Card Making

**Tuesdays: 7:00-8:30 pm**  
Open to adults and children  
Recreation Center

Relax, and enjoy the art of scrapbooking and gift card making. This course will teach you how to make handmade greeting cards, scrapbooking, and handcrafts gifts.

**Dates: Begins November 1st (runs 8 weeks)**  
**Session two: February thru May**  
**Cost: \$40 - materials included**  
Registration Required



## Ladies Night Out - Ceramics

**Thursdays: (once a month) 7:00-9:00 pm**  
Recreation Center – Cafeteria

Enjoy a night out with the girls as you create a holiday themed ceramic piece each month. You can choose from a wide assortment of pre-fired pieces. Sorry no children.

**Dates: October 13th – November 17th–  
December 1st**  
**Cost: \$10 per session**  
Registration Required

# Adult Programs



## Automotive Maintenance

**Mondays: 7:00-9:00 pm**  
Recreation Center –

In this course the participants will learn that it is not difficult to perform basic car maintenance. Perfect for new drivers, you will learn to change a flat tire, jump start your battery, check fluids and tire pressure, change wiper blades and more.

**Date: Begins September 19th (6 weeks)**  
**Cost: \$90**  
Registration Required



## Billiards/Ping Pong

**Monday thru Friday: 10:00am-4:00 pm**  
Recreation Center – Teen Center

Beginners and/or advanced players can learn, practice and play pool or ping pong in a safe, clean environment.

**Dates: October thru May**  
**Cost: Free**  
No Registration Required

## Meditation to Improve Body & Mind

**Tuesdays: 11:00 am-12:00 pm**  
Recreation Center – Exercise Room

Use your own energy to enhance your life thru meditation, visualization and healing. Taught by experienced RN Teresa LaStella, no experience necessary, only your desire to free yourself from everyday stress. Lower blood pressure while focusing on the positive aspects of your life.

**Dates: Begins September 20th**  
**Cost: Free to Clark Residents 18 and up only**  
No Registration Required

## Mahjonn

**Thursdays: 6:30-8:30 pm**  
Recreation Center

Come have fun learning and playing the great game of Mahjonn.

**Dates: Begins September 15th**  
**Cost: Free**

## Essentials Oils 101

**Thursdays: 7:00-8:00 pm**  
Recreation Center – Exercise Room



Come learn about a not so new way to care for your family with the many benefits of essential oils. Essential oils have been used for centuries and offer many incredible health benefits to support your everyday life. We will teach you what you can use essential oils for, the most popular oils and the beauty of aromatherapy!

**Dates: September 8th, October 6th, November 3rd**  
**Cost: Free**  
No Registration Required



## Digital Photography

**Saturdays: 1:00-2:00 pm**

Open to all ages 13 and up. Please bring your own camera as we will explore together the concepts of photography, image composition, lighting, night photography, computer editing, printing, making books and slide shows.

**Dates: Begins September 24th**  
**Cost: \$75 - 6 week session**  
Registration Required

# Adult Programs

## Astronomy

Thursdays: 7:00-8:00 pm  
Adults 18 or over  
Recreation Center

Join this hands on class and you will be sharing your knowledge of the night sky with your family and friends in just a few short weeks. Learn about telescopes and how to use them from a member of the AAI Sperry Observatory and NJAA Vorhees Observatory. Weather permitting classes are held outdoors. Feel free to bring binoculars or telescopes if you have them.

Dates: Begins September 22nd - Runs 6 weeks  
Cost: \$75  
Registration Required



## Aerobics

Tuesdays and Thursdays: 7:00-8:00 pm  
Recreation Center – Exercise Room

This class moves to the sound of music at a slightly slower pace than rigorous kickboxing type exercise. The instructor will go thru various exercises concentrating on specific areas of the body. One of our most popular classes, this program will leave you sweating as you move during the entire hour. Geared toward a more mature audience.

Dates: Begins September 13th and 15th  
Cost: Free  
No Registration Required

## Body Conditioning

Wednesday: 6:30-7:30 pm  
Recreation Center – Exercise Room

Strengthen and tone all the major muscle groups using light weights and resistance bands with an emphasis on “the core”. Each class ends with a relaxing stretch. Bring a mat and a pair of 3-5 lb weights.

Dates: Begins September 14th  
Cost: Free  
No Registration Required

## Yoga

Mondays: 6:00-7:00 pm  
Recreation Center – Exercise Room

Relax, unwind and increase your circulation, stress management, as well as revitalizing breathing techniques and flexibility of the joints. Yoga consists of slow gradual stretching postures designed to increase body strength and flexibility.

Dates: Begins September 19th  
Cost: Free  
No Registration Required

## Kickboxing

Mondays: 7:00-8:00 pm  
Recreation Center – Exercise Room

Fun, excitement and great music are the key to this fast paced workout. Martial arts, boxing, and yoga make this workout creative and exhilarating. This is the ultimate experience in fitness and a great confidence builder.

Dates: Begins September 12th  
Cost: Free  
No Registration Required



# Adult Programs

## Karate

Monday-Wednesday-Friday: 7:00-9:00 pm  
Adult and Teens  
Recreation Center – Cafeteria

Shojin Dojo (ShojinDojo.org) is a Cuong Nhu Oriental Martial Arts (CuongNhu.com) school that blends the basic element of Shotokan Karate and combines aspects of Aikido, Judo, Wing Chun, Vovinam, Tai Chi Chuan and boxing. Cuong Nhu is appropriate for all levels of students. The core beginner's curriculum is based in Shotokan karate and its application to self-defense and safety. As a student progresses to the higher levels, mat work (Judo) and weapons (short stick, long stick) are integrated into the training.

Dates: All year  
Cost: Free  
Registration Required

## Zumba

Tuesdays 6:00-7:00 pm  
Recreation Center

This class moves to the sound of music at a fast pace. High energy, low impact, fun, easy to follow Latin Dance workout. Zumba combines exercise and dance concentrating on specific areas of the body. One of our most popular classes, this program will leave you sweating as you move during the entire hour.

Dates: First session begins September 20th (runs 10 weeks) No class election day  
2 more sessions follow  
Cost: \$50 for entire session

## Pilates

Wednesdays: 7:30-8:30 pm  
Recreation Center – Exercise Room

Strengthen all your muscles, even ones you never knew about, relieve back, neck and shoulder pain and melt away stress. Energize flow of calisthenic style exercises that increase strength, flexibility, endurance, and posture while toning your whole body.

Dates: Begins September 14th  
Cost: Free  
No Registration Required

## Tai Chi

Mondays: 10:30-11:30 am  
Recreation Center – Exercise Room

Designed for people who want to maintain and/or improve their physical abilities: strength, general health, and in particular balance. We will use traditional Tai Chi exercises and forms to accomplish our goals. Tai Chi is a gentle system of exercise that has proven its health benefits, and the Center for Disease Control recommends it as an effective fall prevention exercise. No special clothes or equipment are needed—just a desire to feel better and enjoy greater health.

Dates: Begins September 12th  
Cost: Free  
No Registration Required



## Intro to Ballroom, Latin and Swing

Thursdays: 7:30-9:00 pm  
Recreation Center – Exercise Room

Please join us for a fun filled dance session for couples and singles of all ages, and learn to dance at weddings, parties, singles dances, class reunions. We will include a mix of fox trot and waltz, merengue and salsa, and swing and hustle.

Dates: Begins October 13th  
Cost: \$50 per person for 6 week session  
\$60 for non-residents - Walk Ins \$12 per night  
Registration Required

# Adult Programs

## Square Dancing for Beginners

Tuesdays: 7:30-9:30 pm

Hehnlly School – Raritan Road

Kick up your heels as you learn America's National Dance. Lessons will be held every Tuesday.

**Dates:** Introduction September 13th

Class starts September 20th

**Cost:** \$4.00 per person per class



## Y Squares Dance Club

2nd & 4th Thursday of every month 7:30 pm

Hehnlly School – Raritan Road

Experienced Mainstream Square dancers can find fun and friends every other Friday of the month. All ages welcome. Relax and enjoy a night of fun and dancing.

**Dates:** Begins September 8th

**Cost:** \$6.00 per person per class

## Pickleball

Tuesdays: 6:30-7:30 pm

Recreation Center

Pickleball is one of the fastest-growing games in the nation. This up-tempo game is an entertaining mix of tennis, badminton, ping pong, and racquetball. It's fast-paced, easy to learn, great exercise, and lots of fun!

**Dates:** July-September

Fall and Winter Sessions – Indoors

**Cost:** Free

## Bocce

Located Behind Recreation Center

Clark Rec is thrilled to announce the addition of our new Bocce Court. Located privately in back of the building, this professional court is available for all Clark residents to enjoy. We will be holding tournaments. You don't have to be Italian to enjoy this sport! Lessons will be offered. Bocce balls are available or you can use your own.

**Dates:** Open and available all year

**Cost:** Free

## Co-ed Volleyball

Tuesdays: 7:00-9:00 pm

Recreation Center – Front Gym

Men and women are invited to participate in the great sport of Volleyball. Open gym, must be 18 years or older.

**Dates:** April thru August

**Cost:** Free

No Registration Required

## Men's Basketball (30 and over)

Mondays: 7:00-9:30 pm Thursdays: 6:00-7:30 pm

Summer Hours: 5:30-7:30 pm

Recreation Center – Front and Back Gym

This is an organized league and you must register to be put on a team. There is limited space. Games are played Mondays and open gym is available on Thursdays.

**Dates:** All Year

**Cost:** Free to Residents/\$25 non residents-Lg only  
Registration Required

## Women's Volleyball

Tuesdays: 7:30-9:00 pm

Recreation Center – Front and Back Gym

Join in on the fun and participate in the women's volleyball league. Open to Clark residents only, must be at least 18 years and older. You will be assigned to a particular team or feel free to start your own team.

**Dates:** Begins September 20th and runs thru April

**Cost:** Free

Registration Required

# Adult Programs

## Tennis Adult

Thursdays: 5:00- 6:00 pm  
Recreation Center Tennis Courts

All boys and girls are invited to join the fall recreation tennis clinic. Sneakers are required and racquets are available.

**Dates:** Begins September 22nd  
**Cost:** \$130 for 7-week session  
**Registration Required**

## Men's Basketball (40 and over)

Mondays: 6:00-9:00 pm – Kumpf Gym  
Thursdays: 5:30-8:00 pm – Kumpf Gym

This is an organized league and you must register to be put on a team. There is limited space and you must be a Clark resident. Games are played every Monday and open gym is available on Thursdays.

**Dates:** September thru June  
**Cost:** Free to Residents  
**Registration Required**

## Men's Outdoor Soccer (30 and over)

Tuesdays: 9:00-11:00 pm  
ALJ Gym

The great game of soccer is played indoors year round. Teams are formulated on a first come first serve open gym atmosphere.

**Dates:** September thru May  
**Cost:** Free – Clark Residents Only  
**Registration Required**



## Men's Softball

Monday thru Thursday: 6:00 pm–dusk  
Kumpf and Hehny School Fields

This is an organized league and you must register to be put on a team. There is limited space. For more information call Joe Kilburg at 732-340-1506.

**Dates:** March thru August  
**Registration Required**

## Women's Softball

SUMMER/ Thursdays: 6:30-8:00 pm  
FALL/ Mondays: 6:30-8:00 pm  
Recreation Center - Migliaro Field

Softball is a great way to stay in shape. Come out and be part of the fun! This is an organized league. There is limited space, you must register to be put on a team. For more information call the Recreation Department. Non-residents are welcome to register as well.

**Dates:** SUMMER / June and July  
FALL / Begins September 19th thru October  
**Cost:** \$40 – 8 games played  
**Registration Required**

## Wheelchair Basketball

Sundays: 8:30-10:00 am  
Recreation Center – Gym



Open to anyone who would like to participate in this fun and challenging sport. Equipment can be supplied if needed.

**Dates:** September 18th thru December  
**Cost:** Free  
**Registration Required**

## Fitness for a Cause

Sunday: 11:00 am  
Recreation Center – Fall



Fun, excitement and great music are the key to this intense fast paced Boot Camp make this workout creative and exhilarating. The ultimate experience in fitness and a great confidence builder. An added bonus is 50% of cost is donated to different charity each week!

**Dates:** Begins September 18th  
**Cost:** \$35 (8 weeks)  
**Registration Required**

# Senior Programs

## Senior Fitness Center

Monday to Friday: 8:30 am-12:30 pm  
Recreation Center – Enter thru the front gym

Keep fit in our state of the art fitness center. Stationary machines, free weights and tread mills will make you feel great in a clean, safe environment. Doctor's permission note required. You must be 55 years or older.

**Dates:** Open all year

**Cost:** Free to Clark Seniors Only

## Senior Exercise Class

Tuesday & Thursday: 9:00-10:00 am  
Recreation Center – Exercise Room

Group exercise geared toward the senior population. Incorporates aerobic exercises, toning and stretching. Exercises may sometimes be done while seated.

**Dates:** September 13th thru June

**Cost:** Free

## Zumba Gold®

Wednesdays: 9:30-10:15 am  
Recreation Center

Zumba Gold takes the Zumba formula and modifies the moves and pace to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zumba Gold is the perfect fit for active adults who want camaraderie, excitement and fitness as a regular part of their weekly schedule.

**Dates:** October - May

**Cost:** \$20 Clark seniors only



## Seniors Line, Social and Country Dancing Class

Fridays: 11:00 am-12:00 pm  
Recreation Center – Front Gym

A dance instructor teaches popular dance steps to beginner or advanced dancers. Put on your dancing shoes! You don't need a partner to enjoy this class.

**Dates:** September 30th

**Each session runs 12 weeks**

**Cost:** Free to Clark residents

## Walking Club

Monday - Friday: 7:30-9:30 am  
Recreation Center – Back Gym

Rain or shine you're able to walk for as long as you like inside a comfortable, safe environment. Walk alone or chat with a friend. A nice alternative to a treadmill. The gym has mile markers.

**Dates:** Open when Senior Center is open

**Cost:** Free

## Tai Chi

Mondays: 10:30-11:30 am  
Recreation Center – Exercise Room

Designed for people who want to maintain and/or improve their physical abilities: strength, general health, and in particular balance. We will use traditional Tai Chi exercises and forms to accomplish our goals. Tai Chi is a gentle system of exercise that has proven its health benefits, and the Center for Disease Control recommends it as an effective fall prevention exercise. No special clothes or equipment are needed—just a desire to feel better and enjoy greater health.

**Dates:** Begins September 12th

**Cost:** Free to Clark residents

**No Registration Required**

## Mixed Bowling

Monday or Thursday: 9:30 am @Linden Lanes

Enjoy the great sport of bowling close to home at Linden Lanes.

**Dates:** Begins September 5th or 8th

**Cost:** Weekly fee paid to the bowling alley

**Registration Required** at bowling alley

# Senior Programs



## Mens or Womens Bowling

Tuesdays: 9:30 am @Linden Lanes

You may choose the option to enjoy a men's or women's league.

Dates: Begins September 6th

Cost: Weekly fee paid to the bowling alley

Registration Required at bowling alley

## Senior Monthly Meetings

1st Thursday of each month - 12:00 pm

Recreation Center Cafeteria

Be sure to attend the Senior Meetings the first Thursday of the month. See old friends, make new friends, enjoy speeches, presentations, entertainment and refreshments.

Dates: September thru June

Cost: Free

## Senior Wednesday Club

Every Wednesday: 12:00 pm

Polish Cultural Center – Broadway

Attend the Senior Meetings every Wednesday of the month. Make new friends, enjoy presentations, entertainment, refreshments and play Bingo.

Dates: September thru June

Cost: \$1

*Exercise has the most profound effect on a person's health.*

## AARP Meetings

2nd Friday of each month: 1:00 pm

Recreation Center – Cafeteria

General meeting of AARP is held at the Recreation Center each month. See old friends, make new friends, enjoy speeches, presentations, entertainment and refreshments are always served.

Dates: September thru June

Cost: \$1

## Rejuvenate Your Retirement

Recreation Center

This educational course will help you discover new ways to stay mentally, physically and socially active, and learn about important financial topics such as tax reduction, investment risk management, health care planning and more.

Dates: Session 1 - October 13th & 20th 1:00-3:00

Session 2 - October 18th & 25th 9:30-11:30 am

Cost: \$39 per couple



## Bridge

Mondays: 12:00-3:00 pm

Recreation Center Aerobics Room

Intermediate and advanced players can enjoy playing this challenging and mind stimulating game.

Dates: September 12th thru June

Cost: Free

# Senior Programs



## Mahjongg

**Mondays: 11:30 am -3:00 pm**  
Recreation Teen Center

Come have fun learning and playing the great game of Mahjongg.

**Dates: September 12th thru June**  
**Cost: Free**

## Intro to Ballroom, Latin and Swing

**Thursdays: 7:30-9:00 pm**  
Recreation Center –Exercise Room

Please join us for a fun filled dance session for couples and singles of all ages, and learn to dance at weddings, parties, singles dances, class reunions. We will include a mix of fox trot and waltz, merengue and salsa, and swing and hustle.

**Dates: Begins October 13th**  
**Cost: \$50 per person for 6 week session**  
**\$60 for non-residents - Walk Ins \$12 per night**  
**Registration Required**

## Crocheting and Knitting

**Tuesdays: 10:00 am-12:00 noon**  
Recreation Center – Keith Dolan Memorial Room  
Relax and enjoy conversation with friends while working on or learning the talent of crocheting and knitting.

**Dates: September 13th thru June**  
**Cost: Free**

## Movies

**Wednesdays: 12:00- 2:00 pm**  
Clark Library – Westfield Ave.  
(next to the police station)

Pack your lunch and head on over to the Library to enjoy a popular afternoon movie. Bring a friend.

**Dates: All year**  
**Cost: Free**



# School Fields/Parks/Playgrounds

## VALLEY ROAD SCHOOL

Valley Road Jungle gym & Ball fields

## HEHNLY SCHOOL

Raritan Road Jungle gym & Ball fields

## KUMPF SCHOOL

Mildred Terrace Ball fields

## ALJ HIGH SCHOOL

Westfield Ave Ball fields

## PETER NEVARGIC

### MEMORIAL PARK

Picton Street Jungle gym & play area

## BREWER RECREATION CENTER

Westfield Ave

## CURRY FIELD

Reifel Street Jungle gym & Ball fields

## BARTELL PARK

Bartell Place Jungle gym & Soccer field

## ESPOSITO PARK

Madison Hill Road County Park Soccer/Softball field, Skate Park, Jungle gym, Tennis courts, Gazebo, Walking path. Use of Fields by permit from the county.

## FUN TIME JUNCTION

Westfield Ave Jungle gym play area

## VETERANS PARK

Lupine Way

## OAK RIDGE PARK

Oak Ridge Road County Park

## PARK PERMITS

Permits are required for organized activities in any of our parks. Requests for permits must be made in writing. Request forms may be obtained from the Rec department.

*If you see something that needs attending to in any of our town parks, please call Public Works at 732-388-3600 ext. 3096.*



# The Clark Community Pool

All residents are invited to join the Clark Community pool. This Olympic size pool is open from Memorial Day weekend to Labor Day. Relax on the shaded grounds while joining in for swim lessons, baby & me activities, adult lap swimming, or sign up for the swim team. There are new dressing rooms, showers and restrooms, separate kiddie pool, snack bar and picnic area. Bring the entire family

for a late night swim, Sunday floats, band parties, clown show, movie night, vendor day and 4th of July party. Registration forms will be available in March. The Clark pool is open to non residents as well. For more information, contact the recreation department at 732-428-8400.



# Town Events



## Holiday Winter Festival

This annual event has become a wonderful family tradition. Held the Sunday after Thanksgiving, the day is full from start to finish. Horse drawn hay and buggy rides line Westfield Ave in preparation for the tree and menorah lighting ceremony at dusk. Sweet treats, hot chocolate, train rides, pictures with Santa and much, much more. You won't want to miss this one. This free event is for Clark residents and their families.

## Breakfast with Santa

All children of Clark are invited to have breakfast with Santa held the Sunday after Thanksgiving at the Gran Centurions. For a minimal price, parents and children enjoy a full buffet breakfast and then get the chance to sit on Santas lap. Grandparents are welcome for an additional fee.

## Home Decorating Contest

Put your talents to the test as the Recreation Department host the Annual Home Decorating contest. Categories include most traditional, most outrageous, and most contemporary. Get



into the holiday spirit as you drive around town and see and judge for yourself. Enjoy this tradition with your family. Look for details at the Tree Lighting Ceremony.

## Benefit Ball

Put on your dancing shoes and enjoy a night with your date at the annual Benefit Ball held the Gran Centurions. The money raised from this wonderful foundation goes right back to the youth of our town by being granted monetary donations to various organizations, clubs, and programs who have sent in their wishes to the Benefit Ball Committee. The Ball is being held in February. All residents are invited to support this organization and enjoy a great night out.



## Family Ice Skate Night

Gather your family, friends, and neighbors for an evening of fun as the recreation department rents out the Woodbridge Ice Skating Arena for the Township of Clark. The doors will be closed to the public. Date to be announced.

## Memorial Day Parade

The importance of remembering all those who have fought and died for our country is something that is all too overlooked. The Clark parade is held every Memorial Day. It is our hope that the entire community joins our celebration to support and thank those men and women past and present for serving in our armed forces. Please remember to fly your flag proudly.

# Town Events



## 4th of July Celebration

Here in Clark, the 4th of July is as much about celebrating our country's history as it is about celebrating with family. Come early and enjoy the music and food vendors until the fabulous fireworks display. Come out and partake in this favorite town event that is free for Clark residents.

## UNICO Italian Feast

Come to the feast! Eat, drink, play the stands, go on the rides, sit and enjoy music, and so much more. This yearly event has become everyone's fall favorite. Sponsored by Clark UNICO, the largest Italian service organization in the nation. The feast is located on the grounds of the recreation facility. Eat, drink and be merry for three days, October 7th, 8th and 9th.



## Field of Dreams

The Clark Recreation Wrestling organization sponsors this event for the Special Needs Children of Clark with volunteers from other various Clark organizations. The event includes a petting zoo, pony rides, Tee Ball, Soccer shots, Lacrosse shots, football throws, water balloon toss and many other activities ending with a huge Tug of War. There is food, music and t-shirts all free to these special children. The event is held in early June at the high school. Watch for notices in June 2017.



## Trunk or Treat

Clark PBA together with Clark Recreation invite you to Trick or Treat at ALJ School Lot in car trunks parked and decorated full of candy and treats on **Saturday October 29th** from 2:00-4:00 PM. Aside from tons of candy – prizes will be given for best costume, group costume, and best decorated car. Be sure to bring your camera! Free to Clark children.

## Family Roller Skating

All residents are invited to attend the **first** roller skating family night at the Woodbridge Recreation Center. Enjoy 4 wheels or roller blades, games, food and much more. The facility will be open to Clark residents only. Date to be announced. Early November



# Town Events



## Relay for Life

Relay for Life is the American Cancer Society's signature activity. It offers everyone in the community an opportunity to participate in the fight against cancer. Teams of people camp out on the fields of the high school for one night and take turns walking the 1/4 mile track. A representative from your team must be on the track at all times during the night. It's a wonderful way for the community to come together to battle this horrible disease. Look for the 2016 date in early June.

## Concerts in the Park

Enjoy summer nights in Oak Ridge Park taking in a concert. Well known artists perform all through the summer months. This program is run thru the county. Contact the Union County Parks & Recreation department for a complete listing of shows and dates, or watch for schedules in various newspapers.

## Dr. William Robinson Museum and Plantation

The Robinson Plantation house is the oldest house in the state of New Jersey. It was built in 1690 and occupied until 1973 when the Township of Clark purchased it. It is one of the few examples of 17th century architecture remaining in the United States. The house is registered as a historic site by the State and Federal Governments. The museum is open on weekends throughout the year. There is no charge for the tours, however donations are welcome. Stop by and experience one of Clark's best kept secrets as you step back in time.

## Senior Citizens' Barbecue

Held during the week in September, all Clark seniors are invited to a free delicious Barbecue lunch at the Deutcher Club on Featherbed Ln. Complete with music, dancing and dessert. You won't want to miss this one.

## Living History Weekend

Join us at the Dr. William Robinson Plantation Museum to experience life during the Colonial times. Displays and demonstrations of typical activities of the time will be ongoing during this special event. Admission is free. Visit [www.DrRobinsonMuseum.org](http://www.DrRobinsonMuseum.org) for more information.

## Holiday Winter Tourney

This February the Clark Travel Basketball program will be hosting its 13th annual Winter Tourney beginning Presidents' Weekend and running for two additional weekends. The tourney attracts over 100 teams from all over the state for boys and girls ranging from 4th grade to 8th grade. Come out and see some great basketball!



# Town Events



## Annual Easter Egg Hunt

Come Join the fun and celebrate Spring. Held on the Saturday one week before Easter. Bring your camera and take a picture with the Easter Bunny, decorate your own basket, hunt for prize filled eggs and enjoy cookies, juice and candy! Enter the coloring and jelly bean contests. Open to all Clark children through the 5th grade. All attendees are eligible for grand prizes.



## Tickets

Discount tickets are available through the Recreation Department for Great Adventure, Morey's Pier Wildwood, Hershey Park and Dorney Park just to name a few. During the winter months, residents can also order discount ski tickets thru the Recreation Department for the areas finest Ski Lodges. Call the Recreation Department for details.

## Mayor's Annual Golf Outing

Held each June at the Echo Lake Country Club. Come on out and play a round of golf in a beautiful environment. Start off with a delicious breakfast, play 18 holes of golf, take a chance on door prizes and receive complimentary gifts, and end the day with a barbecue supper. Proceeds from this fund raiser goes to help pay for town events such as the 4th of July fireworks, Breakfast with Santa and the Memorial day Parade to name a few.



## 2016-17 Sports & Organization Contacts

Ballroom Dancing.....	Recreation Office.....	732-428-8400
Basketball (Recreation)* .....	Recreation Office.....	732-428-8400
Basketball (Travel) .....	Steve Hund.....	732-910-2928
Basketball (Men's 30 & over).....	Pete Zimbaro .....	732-570-6707
Basketball (Men's 40 & over).....	Ben Slack .....	732-388-5707
Bowling* .....	Sklar Parish .....	908-925-3550
Bowling (Jersey Lanes) .....	Dave Williams.....	732-632-8690
Cheerleading (Pop Warner) .....	Vicke Dente .....	732-372-9200
Cub/Boy Scouts .....	Scott McCabe .....	732-428-8400
Fencing.....	Aleks Ochocki.....	732-428-8400
Field Hockey (Recreation)*.....	Recreation Office.....	732-428-8400
Football (Pop Warner).....	Arthur DeMartinis .....	732-859-3341
Girl Scouts .....	Jamie Hovick.....	732-388-7057
Golf for Juniors* .....	Recreation Office.....	732-428-8400
Ice Hockey*.....	Chris Galati.....	732-672-1500
Karate.....	Rosario Fico .....	908-917-3212
Lacrosse (Recreation)* .....	Jason Pressman.....	732-371-1378
Little League.....	John Ryan.....	732-713-6352
Pool (Clark Community) .....	Michael Kozlowski .....	732-381-9008
Roller Skating.....	Recreation Office .....	732-428-8400
Roller Hockey (Recreation)* .....	Recreation Office .....	732-428-8400
Senior Citizen Affairs .....	Henry Varriano.....	732-388-4397
Soccer Club (Clark)* .....	Ray Gunsiorowski .....	732-382-2051
Soccer (Indoor Recreation)* .....	Recreation Office .....	732-428-8400
Soccer (Men's) .....	Sergio Dacosta .....	732-803-8674
Softball (Men's).....	Joe Kilburg.....	732-340-1506
Softball (Women's) .....	Recreation Office.....	732-428-8400
Softball (Clark Girls)* .....	Greg Randazza.....	732-642-5021
Summer Recreation Program* .....	Recreation Office .....	732-428-8400
Teen Center .....	Vic DeMarzo .....	732-925-6532
Tennis (Adult Recreation).....	US Sports Institute .....	732-357-0694
Tennis (Kid Recreation)* .....	US Sports Institute .....	732-357-0694
US Sports Summer Camp.....	US Sports Institute .....	732-357-0690
Volleyball (Children)* .....	Candice Buno .....	908-578-8696
Volleyball (Co-ed).....	Sue Lynne .....	732-388-3856
Volleyball (Women's).....	Marianne Serratelli.....	732-381-6731
Wrestling (Recreation)* .....	Ralph Talarico.....	908-591-4728

\*Notices of registration dates for above organizations will be sent home through the school system. All others will be advertised/displayed on Channel 36, Clark Website, posted on the Recreation lawn marquee and posted on bulletin boards throughout the Recreation Center.

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health and well being to the community*

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