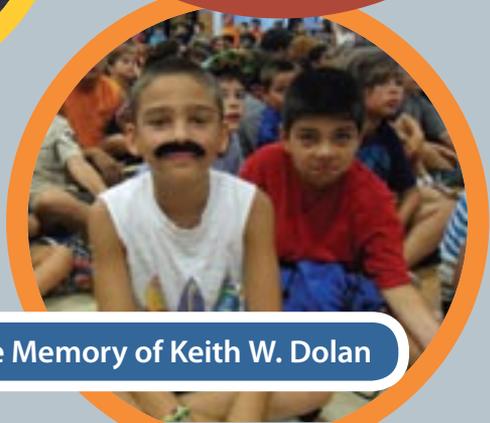




2013-2014
**Clark
 Recreation**
 Enhancing Life
 Through Recreation



Dedicated to the Memory of Keith W. Dolan





TOWNSHIP OF *Clark* NEW JERSEY

SAL BONACCORSO
MAYOR

430 Westfield Avenue
Clark, New Jersey 07066-1704
Tel: (732) 388-3600
Fax: (732) 388-3639

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 room, all air conditioned. On the surrounding grounds outside we have well maintained softball and soccer fields, (lights on four 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,
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

The township of Clark website
[www. Ourclark.com](http://www.Ourclark.com)

Clark Library's website is available at
www.clarklibrary.org

Clark Cable Channel TV36

Radio Station Channel 1700AM
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 Bonaccorso

Business Administrator

John Laezza

Council Liaison/Recreation/Pool

Bill Smith

Director of Recreation

Ralph Bernardo

Night Recreation Supervisor

Pete Zimbaro

Senior Citizen Director

Phyllis Cupo

Clark Pool Director

Mike Kozlowski

Director of Public Works/Shade Tree

Joe Bonaccorso

Teen Center Director

Vic DeMarzo

Recreation Office Hours

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

Facility Hours

Monday thru Friday 8:30-11:00 pm

Saturday and Sunday 8:30-9:00 pm

Did You Know...

You can contact the Recreation Department by e-mail 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 – 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 National Association Mental Illness of Union County, Alcoholics Anonymous, Jewish Family Service, Union County Foster Care, Union County Special Needs Programs, National Wheelchair Basketball Association, MS Aerobics, Arthur L Johnson High School, Beadleston School, Hillcrest Academy and the Crossroads School.

NOTE:

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

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 right next to 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!**

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.

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.

IMPORTANT

***It is mandatory that in order to coach in Clark all coaches must take the Rutgers Youth Sports Clinic which is 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.



Preschool Programs

Storytelling & Illustration

Mondays – 4:30-5:15 pm
Ages 4-6 – Recreation Center Cafeteria

Your child's imagination has no limit in this class! Children will learn how to create their own books as we cover the basics of storytelling and illustration in this fun class. Students will receive a copy of their printed book in the mail.

Dates: Begins September 23rd
Cost: \$70 - Includes supplies
Registration Required



It Takes a Village



First Wednesday of the Month
7:00-8:00 pm
Parents of children ages 4-10
Recreation Center

If you feel frustrated raising children and don't know the best way to deal with the challenges of parenthood, you are not alone. Through community support, parents can empower one another to create happy, loving families and a healthier community. For more information contact ClarkParentsGroup@gmail.com or [Facebook.com/ItTakes.Village](https://www.facebook.com/ItTakes.Village)

Dates: Starting October 2nd
Cost: Free
Registration Required

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 23rd
Cost: \$30 for 6 week session
Registration Required

Mommy and Me Cooking!

Mondays – 9:30-10:30 am or 12:30-1:30pm
Preschoolers ages 2-4
(Pre K only) Recreation Center – Kitchen

Join Rosanna Stawinski as she tells a story while tying in food from that particular story. Mommy and preschooler work hand in hand to create

Creative Art Lab

Tuesdays – 12:30-1:30 pm
Ages 3-5 – Recreation Center Cafeteria

This is the ultimate class for fostering creativity and allowing children complete freedom to express themselves through their art! We encourage children to use their own ideas and techniques as they experiment with a wide variety of materials, and discover their own artistic style!

Dates: Begins September 24th
Cost: \$30 for 6 weeks
Registration Required

Soccer Squirts

Mondays – 9:30-10:15 am
Ages 3-5
Recreation Center – Front gym

Join the fun learning the great game of soccer. Preschoolers will be coached by a competitive soccer organization from the UK. The instructors will teach basic fundamental skills to the children instilling sportsmanship and fun. Mommy or Daddy can sit on the sidelines and watch. Guaranteed fun for all. Balls and equipment are supplied.

Dates: Begins September 16th
Cost: \$80 for 7 weeks
Registration Required



Preschool Programs

Parent & Me Total Sports Squirts

Tuesdays – 9:00 - 9:45
Preschoolers ages 2-3
Recreation Center – Gym

Ideal for any child just starting out in the world of sports, the Parent & Me Total Sports Program introduces children to a new sport in each session. With a helping hand from mom or dad children will have the opportunity to try soccer, lacrosse, basketball, t-ball, floor hockey and more!

Dates: Begins September 17th
Cost: \$80 for 7 weeks
Registration Required

Total Sport Squirts

Tuesdays – 11:15-12:00 pm
Preschoolers ages 3-5
Recreation Center - Gym

Sport Squirts has been designed to introduce children ages 3-5 to a variety of sports in a safe, structured environment. All games and activities will encompass eye/hand coordination, balance, agility and movement—all key factors to the early development of children in sports. Enrollment is limited, sign up early.

Dates: Begins September 17th
Cost: \$80 for 7 weeks
Registration Required

Basketball Squirts

Preschoolers ages 3-5
Recreation Center - Gym

Join the fun and learn the great game of basketball. Geared specifically for preschoolers, the children will be taught the very basic fundamentals of the game, while instilling sportsmanship and fun. Mommy and daddy can sit on the sidelines and watch. Balls and equipment are supplied.

Dates: Begins in January
Cost: \$80 for 7 week session
Registration Required



Parent & Me Soccer Squirts

Mondays – 9:30-10:15
Preschoolers ages 2-3
Recreation Center – Gym

With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun based games, and scrimmages. Each session will focus on maximizing participation and learning through games designed to stimulate a child's imagination and develop motor skills.

Dates: Begins September 16th
Cost: \$80 for 7 week session
Registration Required

T-Ball Squirts

Tuesdays – 10:15-11:00 am
Preschoolers ages 3-5
Recreation Center - Gym

Join the fun being introduced to the great game of baseball. Preschoolers will be coached by competitive trainers from the UK. The instructors will teach the basics of catching, throwing, hitting and handling of the ball. Equipment is supplied. Sneakers are all that is required.

Dates: Begins September 17th
Cost: \$80 for 7 weeks
Registration Required



Preschool Programs



Tennis Squirts

Thursdays – 10:00-10:45 am

Preschoolers ages 3-5

Recreation Center - Tennis Courts

This course offers an introduction to the great game of tennis. First Serve Academy instructors focus on safety, motor skills, and hand-eye coordination. We want our kids to love tennis, make new friends and enjoy being part of a team!

Dates: Begins September 19th

Cost: \$80 for 7 week session

Registration Required

Stretch N Grow

Thursdays – 10:45-11:15 am

Ages 2-5 – Recreation Center

Weekly 30 minute sessions with special classes for toddlers, preschoolers and kindergarteners. 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 26th

Cost: \$80 for 8 weeks

Registration Required



Movin and Groovin Fitness

Wednesdays – Ages 3-6 4:15-5:15 pm

Thursdays – Siblings Plus 5:00-6:00 pm

Recreation Center

Join us to build a healthy mind and body. This fun fitness program is great for both boys and girls. This class will build endurance, core strength, coordination, flexibility, agility and all around better focus. These skills will be achieved through tumbling, dance, exercise and many other activities.

Dates: Begins September 26th

Cost: \$70 for 8 week session

Registration Required



Introduction to Dance (Ballet)

Thursdays -10:00-10:45 pm

Preschoolers ages 3-5

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 26th

Cost: \$65 for 6 week session

Registration Required

Preschool registration forms are available at the Recreation Center.

Youth Programs

Scrapbooking/ Card Making

Tuesdays – 7:00-8:30 pm
Recreation Center

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

Dates: Begins October 1st
Cost: \$40 for 8 week session - supplies included
OPEN TO CHILDREN AND ADULTS
Registration Required

Kids Ceramics

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

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

Cost: \$10 session once a month
Dates: Oct. 18 - Nov. 8 - Dec. 6
Registration Required

Little Bakers

Tuesdays Ages 5-10 4:30-5:15 pm
Recreation Center- Kitchen

During our Little Bakers Workshops we will learn not only how to measure, mix and bake as we follow fun recipes, but we also provide a variety of decorating tools and techniques that transform our cupcakes and cakes into edible works of art! All nut free ingredients are used and baking is done in portable ovens.

Dates: Begins September 24th
Cost: \$90 for 8 weeks
Includes Supplies
Registration Required

Cooking for Kids

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

Learn 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 October 9th
Cost: \$30 for 6 week session
Registration Required

Teen Cooking

Mondays 5:30-6:30 pm
Recreation Center- Kitchen

This exciting class will teach your teen the fundamentals of cooking basic dishes, preparing after school snacks and desserts while learning about basic food groups. The instructor will show the class how to measure ingredients, teach kitchen safety and how to read and understand food labels. Home economics is not offered in Clark schools – this is a great way to learn what they are missing. Boys are welcome!

Dates: Begins October 7th
Cost: \$30 for 6 week session
Registration Required

LEGO Engineering

Tuesdays 3:30-5:00 pm
Grades 2-6 Recreation Center

Do you like building things? Design and build motorized machines, catapults, pyramids, demolition derby cars, building and other constructions out of LEGO bricks. Play-Well Technologies teaches principles and methods of engineering, architecture, and science to boys and girls utilizing supplied LEGO and other building systems.

Dates: Begins September 24th
Cost: \$128 for 6 weeks
Registration Required



Youth Programs

Junior Scientists

Thursdays 4:30-5:15 pm
Ages 5-8 Recreation Center

This program is about making learning science fun! Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, technology, and earth science. If your child would enjoy making liquids bubble, fog, ooze or erupt; launching miniature gas powered rockets; designing and constructing model structures; erupting model volcanoes; studying animals ; growing a plant in a test tube; or many other fun and exciting experiments, then this is the program for them! No repeats.

Dates: Begins September 26th
Cost: \$90 for 8 week session
Registration Required-Includes Supplies

Making Magic

Wednesdays Gr. K-2 5:00-6:00 pm
Gr.3-5 4:00-5:00 pm
Recreation Center

Learn how to make things vanish and float in the air, create balloon animals, perform bubble magic and much more. You will be introduced to the science, physics and history of magic. 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 September 25th
Cost: \$90 for 6 week session
Includes Supplies
Registration Required



Young Aviators

Wednesdays Gr. K-2 4:00-5:00 pm
Gr.3-5 5:00-6:00pm
Recreation Center

Turn your hobby into a talent. We know you love to make and fly your own airplanes and now you will learn to make different types of planes and fly them in class and outside! You will make electric and rubber band models made of wood and foam. And you get to keep what you make!

Dates: Begins September 25th
Cost: \$90 for 6 week session
Includes Supplies
Registration Required

Introduction to Technology and Robotics



Thursdays 5:30-6:15 pm
Grades 2-6 Recreation Center

Students dive into the world of robotics as we use the LEGO Mindstorms system to build and program working robots! Design a shooter bot that knocks down towers, a color sensing robot that can maneuver a LEGO village, a touch-sensitive gator-bot, or a humanoid robot that can "see". Program the robot and see it in action!

Dates: Begins September 26th
Cost: \$100 for 8 weeks
Registration Required

Art Lessons



Thursdays 6:00-7:00 pm
All ages welcome
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.

Dates: Begins September 26th
Cost: \$75 for 6 weeks
Registration Required

Youth Programs



Fashion Design Stars

Tuesdays -Gr. 1-3 4:00-5:00 pm
Gr.4-6 5:00-6:00 pm
Recreation Center

Attention Fashionistas! This is a hands-on program where students will create an entire outfit of their very own design to wear. Learn the ins and outs of sketching, color and construction. We will also add some accessories to complete the look. No sewing skills required. The class will end with a fashion show for family and friends!

Dates: Begins October 1st
Cost: \$90 for 6 week session
Registration Required

Hip Hop Kidz

Tuesdays -Ages 6-9 5:30-6:30 pm
Recreation Center



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 24th
Cost:
\$65 for 6 week session
Registration Required

“Movin and Groovin”

Wednesdays 5:00-6:00 pm
Thursdays – Simblings Plus 5:00-6:00 pm
Ages 7-12+ (flexible)
Recreation Center - Aerobics Room

Join us to build a healthy mind and body. This fun fitness program is great for both boys and girls. This class will build endurance, core strength, coordination, flexibility, agility and all around better focus. Skills will be achieved through tumbling, dance, exercise and other activities.

Dates: Begins September 26th
Cost: \$70 for 8 week session
Registration Required

Zumba for Teens

Mondays - 5:00-6:00 pm Ages 12 and Up
Recreation Center

Come and be a part of the Zumba community. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating! Zumba will help increase focus, self-confidence, boost metabolism and enhance coordination. Before you know it you're getting fit and your energy level is soaring.

Dates: Begins September 24th
Cost: \$60 for 6 week session
Registration Required

Beauty & Makeup for the Real Teen

Wednesdays 7:00-8:30
Ages 13 -17
Recreation Center



A fun and informative 90 minute skincare & makeup class. Experience the newest makeup trends, learn simple beauty secrets, find a perfect skincare routine targeting specific needs, and learn new ways to play up your natural beauty!. See the newest “must haves” in teen fashion, makeup & accessories for a gorgeous fall look. .

Date: October 16 - One class only
Cost: \$20
Registration Required

Youth Programs

Roller Skating

Fridays Pre-K-4th 6:00-8:00 pm
Recreation Center – Front Gym

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

Dates: Begins in November
Cost: Free
No Registration Required

Tweenage Dreams

Thursdays 3:30-5:00 pm
Ages 11-13
Recreation Center

This is a course to focus on positive self image for your "tween". The My Fair Lady Program uses warmth and humor to encourage girls to embrace their strengths as well as their weaknesses.

Dates: Begins September 26th
Cost: \$150 for 8 week program
Registration Required

Junior Rock

Tuesdays – 5:00-6:00 pm - Ages 4-6
Recreation Center

Designed for children completely new to music and instruments, this class will demonstrate the basic concepts of rhythm, pitch and how instruments in a rock band work to students. Participants will get a chance to learn the basics of singing and playing drums, guitar, bass and keyboards.

Dates: Begins September 17th
Cost: \$65 for 6 week session
Registration Required

Beginning To Rock

Tuesdays 6:00-7:00 pm Ages 7 and up
Recreation Center

Our Beginning to Rock 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 17th
Cost: \$65 for 6 week session
Registration Required

Drum Circle

Tuesdays 7:00-8:00 pm Ages 7 and up
Recreation Center

Our 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 17th
Cost: \$65 for 6 week session
Registration Required

Sports Broadcasting

Monday-Thursday 1:00-5:00 pm
Recreation Center
Friday 5-10:00 pm (Somerset Patriots Park)
Open to Boys and Girls Ages 11-18

This week long camp will teach about sports from the broadcasters point of view. Participants will practice game preparation, writing and interviewing skills, the difference between radio and television calls, teleprompter use and much more. This exciting week will include visits from NY area broadcasters. Activities lead up to two final assignments; hosting a 5 minute live broadcast and calling a professional baseball game! *Flyers will be distributed through the schools.*

Dates: June 23rd-27th
Cost: \$99
Registration Required



Youth Programs



Jewelry Design



Tuesdays 5:30-6:15 pm
Ages 7-12
Recreation Center

Create your own jewelry! This class is a fun way for students to come together, be creative, and make some awesome fashion accessories to take home. Students get to choose how to design their own pieces of jewelry including creating hand made beads, bracelets, hair accessories, jewelry boxes or coin purses, necklaces and rings.

Dates: Begins September 24th
Cost: \$80 for 6 weeks
Registration Required

Comic Book Creation

Mondays 5:30-6:15 pm
Ages 7-12
Recreation Center

Real comic book artists will show your child what it takes to come up with their own super hero and villain, as well as the basics of illus-

trating a comic book. Each child will get a copy of the comic book they created mailed to them after the conclusion of the program!

Dates: Begins September 23rd - Runs 6 weeks
Cost: \$70 for 6 weeks
Registration Required

Astro Class



Thursdays 7:00-8:00 pm
All ages welcome
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 19th
Cost: \$75 for 6 weeks
Registration Required

The Actors Garage



Grades K-2 Mondays 3:30-4:30 pm
Grades 3-5 Mondays 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 23rd
Cost: \$70 for 6 weeks
Registration Required



Youth Programs

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.

Date and Times: Visit our website
www.cubpack145.info

Teen Center

Wednesdays: Gr. 6-7-8 –6:00-7:30
Gr. 9-12 – 7:30-9:00
Fridays: Gr. 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 middle school thru high school. 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. Girls Scouts is open to all girls in kindergarten through high school. For more information please e-mail cwgirlscouts@yahoo.com.

Dates: Meeting times are up to each individual leader.

Registration Required

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 8th 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 Required



Youth Sports

Recreation Field Hockey

**Played at ALJ Turf Field
Sundays**

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 4 weeks
Cost: Varies depending on need of a stick, balls and mouthpiece - \$20-\$30-\$55
Registration Required

Roller Hockey Clinic

**Hehnlly School Hockey Rink
(behind school on Meadow Rd)**

Come to this free clinic and learn the essentials of skating, stick handling, passing and shooting. Promotional items will be given to all participants and former Devils alumni will sign autographs. Children must have a hockey helmet, gloves, knee pads, stick and skates to participate. Also open to Garwood residents.

Date: Late September-Early October - Date TBD
Cost: Free
No 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 in September.*

Dates: Practice begins in November weekly games played thru February.
Cost: \$50 per player.
Each additional family member is \$25.
Instructional – grades 1 & 2 is \$25 per player.
Registration Required

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

Intro to Lacrosse



Saturdays
Gr. 1-3: 4:00-5:00 pm Gr. 4-6: 5:00-6:00 pm
Played at Brewer Soccer Field

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.

Dates: Begins September (Date TBD)
Cost: Free for 3 week session
Registration Required

Recreation Roller Hockey

**Saturdays – Hehnlly 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 5th thru December
Cost: \$40
Registration Required



Youth Sports

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: January 4th thru February 8th

Cost: \$30

Registration Required

Bowling for Kids

Fridays 6:15pm

Saturdays 12:00 pm

Linden Lanes 908-925-3550

Come join the fun of playing the great sport of bowling. Program includes 2 games, use of rental shoes, instruction, assistance and a trophy awards program. *Registration forms will be sent through the schools.*

Dates: Begins September 14th

Cost: \$8 per bowler each week

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. 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



Golf for Juniors

Wednesdays – Hyatt Hills

Gr. 2-3: 4:00-5:00 pm Gr. 4-5: 5:00-6:00 pm

Gr. 7-8: 6:00-7:00 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 25th - Oct 16th Spring session – April-May (runs 4 weeks)

Cost: \$10 a week - 4 week minimum

Registration Required



Recreation Fencing

Tuesdays 3:30-4:30 pm

Grades 4-12th

Recreation Center - Aerobics Room

This is a program run by the 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 24th

Cost: \$99 for 6 week program

Registration Required



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 2014 League. All Clark boys in grades 4-8 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 2014

Cost: \$230

Registration Required

Skateboarding & Scooters

Saturdays 11:00 am-1:00 pm

Boys and Girls Grades 3-9

Esposito Park

Clark Recreation has teamed up with Central Jersey Skate Shop of Edison to introduce a skateboard and scooter program. This clinic is being offered to beginners, intermediate and advanced skaters. Experienced skateboard and scooter instructors will be conducting the clinics. Beginners will learn the terminology, safety and basics of the sport. A skateboard or scooter, 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 22nd & 29th

Cost: \$30

Registration Required



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.

Dates: Regular season begins in March.

Cost: Various prices depending on grade and fund raising responsibility

Registration Required

Summer Tennis Camp

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: Choose 1 of four weeks beginning in late June.

Cost: \$65 per child with \$10 off for each additional sibling.

Registration Required



Fall Tennis Clinic

Mondays & Wednesdays 3:30-5:30 pm

Recreation Center Tennis Courts

All boys and girls in 5th thru 8th grade are invited to join the fall recreation tennis clinic. Sneakers are required and racquets are available.

Dates: Begins September 16th

Cost: \$35 for 6 week session

Registration Required

Youth Sports



Spring Tennis Clinic

Mondays & Wednesdays 3:30-5:30 pm
Recreation Center Tennis Courts

All boys and girls in 5th thru 8th grade are invited to join the spring recreation tennis clinic. Sneakers are required and racquets are available. *Registration forms will be distributed through the schools.*

Dates: Begins Early April
Cost: \$35 for 6 week session
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

Clark Little League

Little League Complex – Ruddy St.
Now Open to all boys ages 4-16.

The Little League Organization now 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

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

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.

Dates: Practice begins in August. Season ends in November
Cost: \$200 per child - Plus \$100 worth of raffle tickets. (You keep the money)
Registration Required

"In my view, wholesome pleasure, sport or recreation are as vital to this nation as productive work. – Walt Disney

Youth Sports

Spring Into Volleyball

Grades 6-7-8: Mondays 3:30-4:30pm
Grades 3-4-5: Tuesdays 3:30-4:30pm
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: \$35 for 6 week program
Registration Required



US Sports Institute Multi Sport Summer Camp

Ages 7-14: 9:00am- 3:00pm
Ages 5-7: 9:00am-1:00pm

This is an independently run sports camp held on the grounds of the Recreational facility. Children will experience over 15 different sports in one week. For more information, call US Sports Institute at 732-563-2520 or visit their website at www.USsportsInstitute.com. *Registration forms are available on their website.*

Dates: Runs a full week in late August
Cost: age 5-7 - \$140/age 7-14- \$160
Registration Required



Twisted Ends 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 17th
Cost: \$80 for 6 week program
Registration Required

Karate

Children ages 8 and older Wednesdays & Fridays 7:00-8:00 pm
Adult and juniors Mon.-Wed.-Fri. 7:00- 9:00 pm
Recreation Center – Cafeteria or Gym

The karate club is a Cuong Nhu Oriental Martial Arts school that blends the basic element of Shotokan Karate and combines aspects of Aikido, Judo, Wing Chun, Vovinam, Tai Chi Chuan and boxing.

Dates: All year
Cost: Free
Registration Required



"Recreation brings health and well being to the community".

Adult Programs

Eating Healthy



Don't Lose Weight to be Healthy, Eat Healthy to Lose Weight

Join Sharon Goldner for a stimulating discussion and learn why our understanding of weight loss is often backwards. Discover how to create a balanced, nutritious diet for life that will help increase weight loss as well as improve energy, digestion, sleep, pain and much more! Get five strategies for successful, healthy eating and sample nutrient-dense, high fiber snacks in class.

Dates: Thursday October 3rd 7:00-8:30 pm

Cost: \$15 - One class only

Registration Required



A Gluten Free Diet: A Fad or Next Best Thing



Recreation Center

More people are taking an interest in a gluten-free diet because they know or suspect that they will feel better without wheat, rye or barley in their diet. Come learn if your fatigue, headaches, heartburn, digestive discomfort, eczema, acne, brain fog or other symptoms could be related to gluten intolerance. Discover which foods contain gluten and how to avoid them. Sample gluten-free snacks and food; recipes provided. www.recipeforahealthylife.com

Dates: Thursday October 24th 7:00-8:30 pm

Cost: \$15 - One class only

Registration Required

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 6th (4 weeks)

Cost: \$30

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 11th (4 weeks)

Cost: \$30

Registration Required

Creative Appetizers

Mondays 7:00-9:00 pm

Recreation Center – Kitchen

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

Dates: October 7th (4 weeks)

Cost: \$30

Registration Required

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

Adult Programs

Scrapbooking/ Card Making

Tuesdays 7:00-8:30 pm
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: October 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 17 – November 7– December 5
Cost: \$10 per session
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 in a safe, clean environment.

Dates: October thru May
Cost: Free
No Registration Required



Parent Support Group

Wednesdays 7:00-8:00 pm
Recreation Center

This program is designed for parents/guardians of children with special needs. This informal support group is designed to address issues pertaining to learning and behavioral disabilities and how they affect the family. You will also gain insight on advocating for your special needs child. For more information call Rosanne at 732-668-7713

Dates: 2nd Wednesday of each month
Cost: Free
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 9th
Cost: Free
No Registration Required

Meditation to Improve Body & Mind

Tuesdays 11:00-noon
Recreation Center – Exercise Room

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

Dates: Begins September 17th
Cost: Free to Clark Residents 18 and up only
No Registration Required

Body Conditioning

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

Strengthen and tone all the major muscle groups

Adult Programs



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 11th
Cost: Free
No 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 then 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 10th
Cost: Free
No Registration Required

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 11th
Cost: Free
No Registration Required

Tai Chi

Wednesdays 12:30 pm
Recreation Center – Exercise Room

This class is for those looking to improve posture, circulation, respiratory efficiency, muscle strength and balance while relieving unwanted stress. Beginners can easily fit into the class by following the repetitive movements used in Tai Chi.

Dates: Begins September 11th
Cost: Free
No Registration Required

Zumba

Tuesdays 6:00-7:00 pm
Kumpf School Cafeteria

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 October 1st
2 more sessions follow (runs 10 weeks)
Cost: \$50 for entire session

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 9th
Cost: Free
No Registration Required



Adult Programs

Karate

Adult and Juniors
Monday-Wednesday-Friday 7:00-8:00 pm
Recreation Center – Cafeteria

The karate club is a Cuong Nhu Oriental Martial Arts school that blends the basic elements of Shotokan Karate and combines aspects of Aikido, Judo, Wing Chun, Vovoinam, Tai Chi Chuan and boxing.

Dates: All year
Cost: Free
Registration Required

Y Squares Dance Club

2nd & 4th Thursday every month 7:00 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 12th
Cost: \$5.00 per person per class

Mahjongg

Thursdays 6:30-9:00 pm
Recreation Center

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

Dates: September thru June
Cost: Free

Square Dance Lessons

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: Begins September 10th
Cost: \$4.00 per person per class



Ballroom Dancing

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

Grab a partner and put on your dancing shoes. Each week couples will be taught different steps for the most popular dances such as the Rumba, Cha Cha, Tango and more. Move over star dancers, Clark residents will show them how it's done!

Dates: Classes begin October
(Runs for 6 weeks)
Cost: \$8 per person per session or
\$96 for the entire program per couple
Registration Required



Beauty & Makeup for the Real Woman

Wednesdays 7:00-8:30 pm
Ages 18 and Up
Recreation Center.



This 90 minute program features basic skincare needs, makeup techniques and applications that have been tried and true by professional makeup artists focusing on lips, eyes and foundation selection. Discover the best colors for your skin tone and face shape. We will also present the newest trends in makeup, clothing and accessories for a gorgeous fall look.

Date: October 9 - One class only
Cost: \$25
Registration Required

Astronomy

Thursdays 8:00-10:00 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 19th - Runs 6 weeks
Cost: \$75
Registration Required

Adult Programs

The Vision Workshop

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



3 Keys to Inventing Your Future. During this dynamic and fun training you will have an opportunity to define, design and experience your dream, and receive the blueprint for how to turn your greatest possibility into your reality.

Dates: Begins September 26th
Cost: \$60 for 6 week seminar
Registration Required

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.

Dates: Opening Fall 2014
Cost: Free



Learn to Speak Italian

Wednesdays 7:00-8:30 pm
Recreation Center – Room 2



This class is an introduction to the beautiful language of Italian. In 6 short weeks you will learn basic conversation and phrases useful when speaking to Italian friends and relatives.

Dates: Begins September 25th
Cost: \$50
Registration Required

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
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

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
or email Margaret Heisey at mheisey@ucnj.org.

Brochures are also available at the Recreation Center.

Adult Programs

Men's Indoor Soccer (30 and over)

Tuesdays 9:00-11:00 pm
Recreation Center – Back Gym

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

Cost: Free – Clark Residents Only
Registration Required

Men's Indoor Soccer (29 and under)

Thursdays 9:00-11:00 pm
Recreation Center – Back Gym

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

Cost: Free – Clark Residents Only
Registration Required

Adult Tennis

Tuesdays and Thursdays 6:30-7:30 pm
Recreation Center – Tennis Court

Whether you are a beginner or advanced player, come out, have fun and get exercise while learning the great game of tennis. Experienced tennis trainers will conduct the program. Racquets available for use.

Dates: 4 consecutive weeks in June (notice will be posted)
Cost: \$90 (4 weeks-twice a week)
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 24th and runs thru April
Cost: Free
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 16th thru October
Cost: \$35 – 8 games played
Registration Required

Men's Softball

Monday thru Thursday – 6:00 – dusk
Kumpf and Hehnlly 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 Kirk at 732-735-2945.

Dates: March thru August
Registration Required

Ski Bums of New Jersey

Wednesdays 6:00 am Hunter Mountain

Want to ski every Wednesday? Don't feel like driving to the lodge? Then why not join the Ski Bums of New Jersey. All levels are welcome! Pick up is at 6:00 am. For reservations please call Carole at 732-462-7075 or Bill 732-872-9190 or email njskibum@hotmail.com.

Dates: December thru March
Cost: \$80 for bus transportation and cost of lift tickets
Reservations Required

Archery

Oak Ridge Park, Clark

This sport is offered through the Union County Parks Department. There are numerous times available, with various charges for lessons, classes and competitions. For complete information, call 908-527-4900 or visit www.ucnj.org/archery.

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 thru June

Cost: Free

Seniors Line, Social and Country Dancing Class

Mondays 10:00 am-12:00 noon
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 9th thru December 16th and March 3rd thru June 16th

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



Zumba Gold®

Mondays- 10:00-11:00 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: Months of January & February
Cost: Free to Clark seniors only

My Body is Not Me, But Mine



Tuesdays 11:00-Noon– Aerobics room

Join Theresa LaStella, RN, BSN for this class to learn how meditation techniques benefit your body.

Dates: Begins September 17th

Cost: Free to Clark seniors

No Registration Required

Meditation to Improve Body & Mind



Tuesdays 6:00-7:00 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 own desire to free yourself from everyday stresses. Lower your blood pressure while focusing on the positive aspects of your life.

Dates: Begins September 17th

Cost: Free to Clark Residents 18 and up only

No Registration Required



Senior Programs



Tai Chi

Wednesday 12:30 pm
Recreation Center – Exercise Room

For those looking for beneficial exercises to improve posture, circulation, respiratory efficiency, muscle strength and balance, all while relieving unwanted stress. Beginners can easily fit into the class by following the repetitive movements used in Tai Chi.

Dates: Begins September 11th
Cost: Free to Clark residents
No Registration Required

Senior Monthly Meetings

1st Thursday of each month - Noon
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

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

Mixed Bowling

Monday or Thursday 9:30 am

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

Dates: Begins September 9th or 11th
Cost: Weekly fee paid to the bowling alley
Registration Required at bowling alley

Mens or Womens Bowling

Tuesdays 9:30 am

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

Dates: Begins September 10th
Cost: Weekly fee paid to the bowling alley
Registration Required at bowling alley

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 thru June
Cost: Free



Senior Programs



Mahjongg

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

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

Dates: September thru June

Cost: Free

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 thru June

Cost: Free

Movies

**Mondays & 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

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

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 732-388-5305.*

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.

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.

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.

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 Skate Night

Gather your family, friends, and neighbors for an evening of fun as the recreation department rents out the Warnaco Skating Arena for the Township of Clark. The doors will be closed to the public. Will be held Saturday, January 18th.



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.

Summer Skate, BMX and Scooter Jam

Once a year Clark Recreation sponsors an all day skating event at the Skate Park located in Peter Esposito Park on Madison Hill Road. The event is held from 11:00 AM until 3:00 PM. There are demonstrations, best trick contest, music and prizes. All are welcome. Watch for date in late spring 2014.

Town Events

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 spring 2014.



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 11th-12th and 13th.

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.

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 2014 date in early June.**

Dr. William Robinson Museum and Plantation – circa 1690

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.



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 for more information.

Town Events

Holiday Winter Tourney

This February the Clark Travel Basketball program will be hosting its 10th 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!



Annual Dodgeball Tournament

Held in April at the Recreation Center, this event is sponsored by The Young Professionals of PSEG. All profits of this event benefit the March of Dimes. Registration for a team of 6 is \$150, and teams are guaranteed 4 games. The winning team receives a trophy and bragging rights! Pre-registration is required. For information call the Rec Office at 732-428-8400.

Haunted Halloween Experience

Guaranteed to give you a friendly fright. Come out and have a ghoulish time as you walk thru the Haunted House at the Robinson Plantation (593 Madison Hill Road). Take a walk thru the enchanted museum. Every child will receive a free pumpkin, donuts, cider and sweet treats. Don't miss this new addition to the Rec Department to be held the Saturday before Halloween. Nominal admission fee.

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, Sesame Place, 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 Rec Department for details.



2013-14 Sports & Organization Contacts

Archery.....	County Parks Office.....	908-527-4806
Ballroom Dancing	Recreation Office.....	732-428-8400
Basketball (Recreation)	Recreation Office.....	732-428-8400
Basketball (Travel).....	Kevin O'Connor	908-413-9996
Basketball (Men's 30 & over)	Pete Zimbardo	732-570-6707
Basketball (Men's 40 & over)	Ben Slack	732-388-5707
Bowling.....	Sklar Parish	908-925-3550
Cheerleading (Pop Warner).....	Melissa Sapia	848-702-4691
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).....	Michael Bruno	732-388-1446
Girl Scouts	Diana Moore	908-463-0400
Golf for Juniors.....	Recreation Office.....	732-428-8400
Karate.....	Keith Ford	732-500-5009
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)	Glen Gray.....	732-382-5326
Senior Citizen Affairs.....	Phyllis Cupo.....	732-382-7134
Soccer Club (Clark)*	Ray Gunsiorowski.....	732-382-2051
Soccer (Indoor Recreation)*	Recreation Office.....	732-428-8400
Soccer (Men's—Indoor).....	Aldo Tripicchio.....	732-396-9298
Softball (Men's)	Kirk Tarabokia	732-735-2945
Softball (Women's)	Recreation Office.....	732-428-8400
Softball (Clark Girls)*	Judy Pecoraro.....	732-429-0079
Summer Recreation Program*	Recreation Office.....	732-428-8400
Teen Center.	Vic DeMarzo.....	732-925-6532
Tennis (Adult Recreation)	Recreation Office.....	732-428-8400
Tennis (Kid Recreation)*	Recreation Office.....	732-428-8400
US Sports Summer Camp	US Sports Institute.....	732-563-2520
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)*	Scott Bohm	732-259-4014

* 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.



