



TOWNSHIP OF *Clark* NEW JERSEY

**SAL BONACCORSO**  
MAYOR

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

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

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.

## 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 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.

## 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 12:30-1:30pm  
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 23rd  
Cost: \$40 for 6 week session  
Registration Required

## TOTAL SPORT SQUIRTS

Mondays or Tuesdays – 11:15-12:00  
Preschoolers ages 2-3  
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 14th or Sept 15th  
Cost: \$90 for 7 weeks

## LACROSSE SQUIRTS

Tuesdays 10:15-11:00 am or 12:30-1:15 pm  
Preschoolers ages 3-5  
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 15 to October 27  
Cost: \$90 for 7 weeks  
Registration Required

## PARENT & ME SOCCER

Mondays 9:30-10:15am  
Ages 2-3  
Recreation Center – Front Gym  
Learn basic soccer skills with mom or dad.

Dates: Begins September 14th  
Cost: \$90 for 7 weeks  
Registration Required

## PARENT & ME TOTAL SPORTS SQUIRTS

Tuesdays – 9:30 - 10:15 am  
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 15th  
Cost: \$90 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 fundamēt-

# PRESCHOOL PROGRAMS

al 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 16th  
**Cost:** \$120 for 6 week session  
**Registration Required**

## STRETCH N GROW

**Thursdays – 10:45-11:15 am**  
**Ages 2-5 – Recreation Center**

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 24th  
**Cost:** \$80 for 8 weeks  
**Registration Required**



## KINDERTOTS

**NEW!**

**Tuesdays – 10:00-10:30 am**  
**Preschoolers ages 20 months thru 2 years**  
**Recreation Center**

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 22nd (no class Oct 13)  
**Cost:** \$82.50 for 6 weeks  
**Registration Required**



## INTRODUCTION TO 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 24th  
**Cost:** \$65 for 6 week session  
**Registration Required**

## MOVIN AND GROOVIN

**Wednesdays – Ages 5-8 4:15-5:15 pm**  
**Wednesdays – Mixed Ages 5:15-6:15 pm**  
**Thursdays – Ages 4-6 4:15-5:15 pm**  
**Thursdays – 8 1/2 up 5:15-6:15 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, arms, legs and core strength and all around better focus. This type of energy and self-esteem will be achieved through musicality, acro, tumbling, dance, exercise and many other activities.

**Dates:** Begins September 16th or 17th  
**Cost:** \$80 for 10 week session  
**Registration Required**

# PRESCHOOL PROGRAMS

## SOCCER SQUIRTS

Mondays 10:15-11:00 am or 12:30-1:15 pm  
or Thursdays 3:45-4:30 pm or 4:30-5:15 pm  
Ages 3-5

Recreation Center – Front gym

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 September 14th or 17th

Cost: \$90 for 7 weeks

Registration Required



## 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.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



*Preschool registration forms are available at the Recreation Center*

# YOUTH PROGRAMS

## SCRAPBOOKING/ CARD MAKING

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

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 September 29th  
**Cost:** \$40 for 8 week session - supplies included  
**Registration Required**

## MAKING MAGIC

Wednesdays 5:00-6:00 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 7th  
**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. 16th - Nov. 20th - Dec. 4th

## 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:** \$100 for 8 weeks  
**Dates:** Begins September 24th  
**Registration Required**

## ELECTRONIC GAME DESIGN: PLATFORM GAMES

Thursdays -4:00-5:00 pm  
Grades 3-6  
Recreation Center



During Electronic Game Design students will use Multimedia Fusion 2® to create their own video game. A platform game is a side scrolling, Mario type game where students program characters and a two-dimensional obstacle course. They attempt to avoid or overcome enemies and reach an end goal on multiple levels. At the end of the class, students take home a copy of the game they create on a USB flash drive. Class is designed for students to work in pairs to design and program a game on a laptop that will be provided.

**Dates:** Begins September 24th  
**Cost:** \$120 for 6 week session  
**Registration Required**

# YOUTH PROGRAMS

## MOTORIZED LEGO BUILDING

Mondays – 4:00-5:00 pm

Grades K-5

Recreation Center

**NEW!**

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: Winter Session

Cost: \$90 for 6 weeks

Registration Required

## COOL CHEMISTRY

Thursdays 4:30-5:15 pm

Pre K-5th Grade

Recreation Center

**NEW!**

During this class, we will make liquids bubble, fog, erupt, or change color. We'll conduct a variety of projects such as learning how to make the perfect slime, watch polymers grow in water, explore the difference between acids and bases, make color changing key chains that react with UV light, and more!

Dates: Begins September 17th

Cost: \$99 for 7 week session

Registration Required-Includes Supplies

## FUN WITH PHYSICS

Thursdays -4:30-5:15 pm

Grades K-3

Recreation Center

Build it! Test it! Launch it! Fun with physics will allow students to explore a variety of physical



forces as we launch projectiles using home-made box catapults, blast off storm rockets, test magnetic accelerators, and fly straw gliders. We will demonstrate how to make a ball float in a stream of air, and how to blow up giant wind bags with one breath. Fun, hands-on programs which are easy to visualize and grasp.

Dates: Begins September 24th

Cost: \$99 for 7 week session

Registration Required



## CIVIL ENGINEERING

Tuesdays -4:00-5:00 pm

Grades K-2

Recreation Center

**NEW!**

In this class, students will design, build, and test their own balsa wood bridges, skyscraper, parking garage and more! They will put their creations to the test and see if their structures are strong enough to survive the weight of a truck, withstand the winds of an earthquake or stand up to gale force winds. Will your structure be the lone survivor? Students will take home all of the projects they complete.

Dates: Begins September 22nd

Cost: \$108 for 6 week session

Registration Required

## MECHANICAL ENGINEERING

Wednesdays: 4:00 – 5:00

Grades K-2

Recreation Center

**NEW!**

Have you ever wondered what type of roller coaster is the fastest or wondered what makes

# YOUTH PROGRAMS

them go? Do you think you have what it takes to catapult objects and make them go as far as they can? What about designing and building your very own CO2 dragster? If you answered yes, then come join us as we explore the concepts of energy in our mechanical engineering class. How fast do you think your car will go?

**Dates:** Begins September 23rd

**Cost:** \$108 for 6 week session

**Registration Required**

## JUNIOR ENGINEERS

**Thursdays**

**Pre K-5th Grade**

**Recreation Center**

Students will transform into Junior Engineers, as they complete a wide variety of hands-on engineering challenges. We will use building kits, such as LEGO's and K'nex, as well as learn how to create structures and machines using scrap materials and recycled supplies.

**Dates:** Spring Session

**Cost:** \$99 for 7 week session

**Registration Required**

## LEARN TO FLY

**Tuesdays -4:00-5:00 pm**

**Ages 8-12**

**Recreation Center**

Be on the brink of a new & exciting adventure. Drone Service Systems will provide an exciting instructional program on UAV systems. This program includes UAV instruction, flight training, aerial obstacle course maneuvering and racing competitions.

**Dates:** Begins October 6th

**Cost:** \$125 for 6 week session

**Registration Required**



## ASTRONOMY

**Thursdays 7:30-8:30 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 24th

**Cost:** \$75 for 6 weeks

**Registration Required**

## LITTLE BAKERS

**Tuesdays 4:30-5:15 pm**

**Grades K-5**

**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 baked treats into edible works of art! All nut-free ingredients are used. Completed projects are brought home, samples tasted at class.

**Dates:** Begins September 29th

**Cost:** \$99 for 7 weeks

**Includes Supplies**

**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 fundamentals of cooking, preparing snacks, basic dishes, spices and much more.

# YOUTH PROGRAMS

Grab a friend and an apron and head on over to the Recreation Center's kitchen.

**Dates:** Begins September 30th

**Cost:** \$35 for 6 week session

**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, heelies are not permitted in the building. Children must be accompanied by an adult.

**Dates:** Begins in November

**Cost:** Free

**No Registration Required**



## TREE OF LOVE YOGA

**Tuesdays -5:00-6:00 pm**

**Ages 5-8**

**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 22nd

**Cost:** \$50 for 6 week session

**Registration Required**

**NEW!**

## KARATE

**Children ages 8 and older**

**Wednesdays & Fridays 7:00-8:00 pm**

**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:** First 2 weeks in August, January and June

**Cost:** Free

**Registration Required**

## COMIC BOOK CREATION

**Mondays 4:30-5:15 pm**

**Grades 1-5**

**Recreation Center**

This class will show your child what it takes to create their very own comic book! Students will be introduced to the basics of comic design and get a chance to create their very own comic illustration that will be printed into a real comic book. We will learn how to create comic panels, and show students how to incorporate components such as thought balloons and captions, stylized lettering for sound effects, as well as various types of borders and backgrounds. Students will have the freedom to create their own stylized comic book

**Dates:** Begins September 28th

**Cost:** \$99 for 7 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,



# YOUTH PROGRAMS

team building activities, and community service.

**Dates:** Begins September 15th  
**Cost:** \$185 for 10 week program  
**Registration Required**

## 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 22nd  
**Cost:** \$80 for 6 week program  
**Registration Required**



## MOVIN AND GROOVIN

**Wednesdays – Ages 5-8 4:15-5:15 pm**  
**Wednesdays – Mixed Ages 5:15-6:15 pm**  
**Thursdays – Ages 4-6 4:15-5:15 pm**  
**Thursdays – 8 1/2 up 5:15-6:15 pm**  
**Recreation Center**

This fun fitness program is great for both boys and girls. 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 16th or 17th  
**Cost:** \$80 for 10 week session  
**Registration Required**

## ZUMBA KIDS

**Mondays 4:00-4:30 pm**  
**Ages 7-11**  
**Recreation Center**



Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. Kids 7-11 years old get the chance to be active and jam out to their favorite music. Zumba Kids helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination and cultural awareness.

**Dates:** Begins September 21st (no class Oct 12)  
**Cost:** \$82.50 for 6 week session  
**Registration Required**

## HOBBY'S QUEST'S DESIGNS AND TRENDS

**Wednesdays 4:00-5:00**  
**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 7th  
**Cost:** \$99 for 6 week session  
**Registration Required**

## HIP HOP KIDZ

**Tuesdays -5:30-6:30 pm**  
**Ages 6-9**  
**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 22nd  
**Cost:** \$65 for 6 week session  
**Registration Required**

# YOUTH PROGRAMS

## HIP HOP BOYZ

Tuesdays – 4:15-5:00 pm

Ages 6-10

Clark Recreation Center

Be the coolest kid in school in a boys only hip hop class! Learn the six breakdancing steps, popping, locking and much more from the most energetic and coolest hip hop dance teachers out there!! Great for those who want to dance for FUN or fitness! Beginners are welcome!

Dates: Begins Sept 22nd

Cost: \$65 for 6 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 2016 - Dates to be announced

Cost: \$50 for 2 Saturdays

Registration Required



## INTRO TO ROCK INSTRUMENTS

Tuesdays 4:00-4:45 pm

Ages 4-6

Recreation 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 22nd

Cost: \$65 for 6 week session

Registration Required

## DRUM CIRCLE

Tuesdays 5:00-5:45 pm

Ages 7 and up

Recreation 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 22nd

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 21st

Cost: \$70 for 6 weeks

Registration Required

## INTRO TO GUITAR

Tuesdays 6:00-6:45 pm

Ages 7 and up

Recreation 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 22nd

Cost: \$65 for 6 week session

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. Visit our website [www.cubpack145.info](http://www.cubpack145.info)

## 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



## 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 is 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 3 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:** Early October-Date TBD

**Cost:** Free

No 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 2nd

**Cost:** \$35

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 3rd thru December

**Cost:** \$40

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 11th

**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](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

# YOUTH SPORTS

## 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).

## 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 2016  
**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 and includes a basketball.

**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**

## SKATEBOARDING & SCOOTERS

**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 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 26th & October 3rd  
**Cost:** \$40  
**Registration Required**

# YOUTH SPORTS



## RECREATION FENCING

Tuesdays 3:00-4:00 pm - Valley Road School  
Thursdays 3:00-4:00 pm - Hehnlly School  
Grades 2nd-5th  
Wednesdays 3:00-4:00 pm - Kumpf School  
Grades 6th-8th

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 22nd, 23rd and 24th  
**Cost:** \$99 for 6 week program  
**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 Soccer  
**Registration Required**

## 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 23rd - Runs 4 weeks  
Spring session – April-May (runs 4 weeks)  
**Cost:** \$40  
**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](http://www.eteamz.com/CGSB).

**Dates:** Regular season begins in March.  
**Cost:** Various prices depending on grade and fund raising responsibility  
**Registration Required**



# YOUTH SPORTS

## 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**



## SPRING TENNIS CLINIC

**Tuesdays & Thursdays 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 April 2016

**Cost:** \$40 for 6 week session

**Registration Required**

## FALL TENNIS CLINIC

**Tuesdays & Thursdays 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:** \$40 for 6 week session

**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**



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

# YOUTH SPORTS

## 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).

**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**



## SPRING INTO VOLLEYBALL

**Mondays - Grades 6-7-8: 3:30-4:30pm**

**Tuesdays - Grades 3-4-5: 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:** \$40 for 6 week program

**Registration Required**



## 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.USsportsInstitute.com](http://www.USsportsInstitute.com). *Registration forms are available on their website.*

**MULTI SPORTS:** August

**Cost:** \$160 Age 6-12 9:00 am-4:00 pm

**Cost:** \$130 Age 5-12 9:00 am-12:30 pm

**Cost:** \$105 Age 5-12 1:00 pm-4:00 pm

**FIELD HOCKEY:** August

**Cost:** \$100 Age 6-12 4:30-6:00 pm

**GOLF:** August

**Cost:** \$110 Age 6-10 5:00-6:30 pm

**Registration Required**

All Participants receive a free T-Shirt and certificate



## US SPORTS INSTITUTE FIRST PLAY TENNIS CLINIC

**Wednesdays: Ages 5-8 4:00-5:00 pm**

**Ages 8-10 5:00-6:00 pm - Ages 10-14 6:00-7:00 pm**

**Recreation Center – Tennis Court**

This class follows developmental curriculums and guidelines laid out by the USTA, including their 10 and Under Tennis format. Regardless of age, participants will learn the basic fundamentals of stroke production, court movement and footwork skills in a low pressure, yet energetic environment. For beginner level players. Raquet is required.

**Dates:** Begins September 16th

**Cost:** \$90 6 Week Session

**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 4th (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 9th (4 weeks)  
**Cost:** \$35  
Registration Required

## 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 5th (4 weeks)  
**Cost:** \$35  
Registration Required

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



## 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:** September 29th (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 15th – November 19th–  
December 3rd  
**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 or ping pong in a safe, clean environment.

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

# ADULT PROGRAMS

## MEDITATION TO IMPROVE BODY & MIND

Tuesdays 11:00-noon  
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 22nd  
**Cost:** Free to Clark Residents 18 and up only  
**No Registration Required**

## GOT THE SUGAR BLUES?

Thursdays 7:00-7:45 pm  
Recreation Center



Do you crave sweets and have low energy in the middle of the day? if so, this workshop is for you! Join Health Coach, Claudia Petrilli, to learn how to change your relationship with sugar and stop those cravings once and for all! You will learn what causes sugar cravings and you'll receive practical tools to deal with them. It's not about deprivation- it's about having sweetness in your life without the side effects or the guilt. Plus: Sample Claudia's favorite sweet treats!

**Dates:** Begins September 24 (runs 3 weeks)  
**Cost:** \$30

## HOW TO STRESS LESS AND LIVE MORE!

Thursdays 7:00-7:45 pm  
Recreation Center



You nurture your family, friends, pets, and co-workers. You focus on everyone else, but what about YOU? Join Health Coach, Claudia Petrilli, to learn how stress, lifestyle habits, and food choices can lead to low energy and, any other health issues. This workshop is dedicated to nourishing and caring for yourself, as a woman. We'll discuss ways to reduce stress, why you need to put yourself first, and how finding the right balance is the key to a stress-free life. Plus: learn Claudia's favorite stress-reducing techniques!

**Dates:** Begins October 22 (runs 3 weeks)  
**Cost:** \$30

## 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 14th  
**Cost:** Free  
**No Registration Required**



## MAHJONGG

Thursdays 6:30-8:30 pm  
Recreation Center

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

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

## DIGITAL PHOTOGRAPHY

Saturdays 11:00 am-12:00 pm  
Clark Public Library

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 19th  
**Cost:** \$75 - 6 week session  
**Registration Required**

# ADULT PROGRAMS

## 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 8th and 10th

**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 9th

**Cost:** Free

**No Registration Required**

## 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**

## 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 14th

**Cost:** Free

**No Registration Required**

## ZUMBA

Tuesdays 6:00-7:00 pm  
Kumpf School Cafeteria - Fall & Winter  
Recreation Center – Spring

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 22nd  
2 more sessions follow (runs 10 weeks)

**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 9th

**Cost:** Free

**No Registration Required**

# ADULT PROGRAMS

## TAI CHI

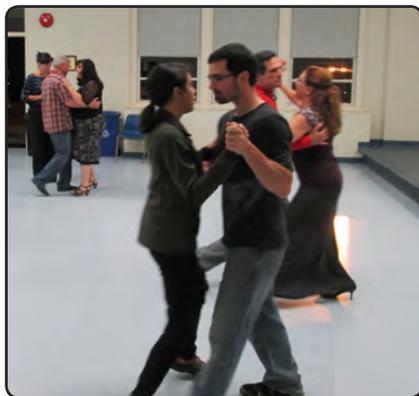
Mondays 10:30-11:30 am  
Recreation Center – Exercise Room

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 14th

**Cost:** Free

**No Registration Required**



## ASTRONOMY

Thursdays 8:30-9:30 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 24th - Runs 6 weeks

**Cost:** \$75

**Registration Required**

## Y SQUARES DANCE CLUB

2nd & 4th Thursday 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 10th

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

## 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:** Begins September 15th

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

## 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 15th

**Cost:** \$50 per person for 6 week session

\$60 for non-residents - Walk Ins \$12 per night  
**Registration Required**

## THE VISION WORKSHOP

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



**Transferring Dreams Into Reality.** 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:** September 24th - One class only

**Cost:** \$15

**Registration Required**

# ADULT SPORTS

## 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



## 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](http://www.ucnj.org/archery).

## 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

## 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



# ADULT SPORTS

## MEN'S INDOOR 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**

## ADULT TENNIS

Wednesdays 7:00-8:00 pm  
Recreation Center – Tennis Court

This class follows curriculums and guidelines laid out by the USTA. Regardless of previous experience, participants will learn the basic fundamentals of stroke production, court movement and footwork in a low pressure, yet energetic environment. Most importantly, it's about having fun and taking the time to enjoy a social, healthy, lifelong sport. A raquets is required.

**Dates:** 4 consecutive weeks in June  
(notice will be posted)  
**Cost:** \$90 (4 weeks-twice a week)  
**Registration Required**

## US SPORTS INSTITUTE ADULT CARDIO TENNIS

Sundays 6:00-7:00 pm  
Recreation Center – Tennis Court

Cardio tennis is one of the most recent fitness initiatives to hit the North East. Designed for players of all ages and abilities, these classes will be sure to raise your heart rate while improving your basic tennis skills. No tennis experience necessary. Raquets are required.

**Dates:** Begins September 13th  
**Cost:** \$90  
**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 22nd and runs thru April  
**Cost:** Free  
**Registration Required**

## MEN'S SOFTBALL

Monday thru Thursday – 6:00 – dusk  
Kumpf and Hehlny 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 17th thru October  
**Cost:** \$40 – 8 games played  
**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  
Brochures are also available at the Recreation Center.

# 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 8th thru June

**Cost:** Free

## ZUMBA GOLD®

Thursdays- 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:** January-March

**Cost:** Free to Clark seniors only



## 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 14th and March 7th

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 14th

**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 7th or 10th

**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 8th

Cost: Weekly fee paid to the bowling alley

Registration Required at bowling alley

## 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

## 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 1st & 8th

Session 2 - October 6th & 13th

Time: 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 14th thru June

Cost: Free

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

# 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 14th 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 15th  
**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 15th 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 732-388-5305.*



# 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.

## 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. 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.



## 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.

# TOWN EVENTS

## 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 9th, 10th and 11th.



## 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 2016.



## 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 31st 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.

## 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.

# TOWN EVENTS

## 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 was 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](http://www.DrRobinsonMuseum.org) for more information.



## 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.

## HAUNTED HALLOWEEN HOUSE

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 Saturday, October 31st. Nominal admission fee.



## HOLIDAY WINTER TOURNEY

This February the Clark Travel Basketball program will be hosting its 12th 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

## 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 Rec Department for details.



# A DISAPPEARANCE OF PLAY

Society's well-being begins with a child's well-being, and play is central to a child's ability to grow into a productive adult. But Red Rover, fort building, dress up, and kickball are increasingly becoming a thing of the past as many forces conspire to make it more difficult for children to get the balance of active play they need.

A study found that 70 percent of mothers said they played outside every day when they were girls, while only 31 percent said their children did the same. The top reason for this decline was time spent in front of entertainment screens.

Play is critical to knitting our communities together and helping children learn to work with others. As our world becomes ever more connected digitally, it is critical that we don't lose the unique community building that comes from interacting face-to-face. Play builds communities and teaches children how to interact with peers and adults, relieve stress, and cope with their surroundings. Peter Gray, Ph.D. and Professor of Psychology at Boston College, observed that the loss of play for play's sake coincided with a dramatic increase in anxiety, depression, and suicide rates among teens and young adults.

Play activities help children create, explore, solve, and imagine—which helps their brain develop, builds important creative thinking and problem-solving skills, and contributes to emotional well-being. Play is associated with children developing the appreciation that problems may have numerous approaches and multiple solutions. Play also may increase children's capacity to store new information, as their cognitive capacity is enhanced when they are offered drastic changes in activity.

Small children use imaginative play and fantasy to take on their fears and create or explore a world where they can have the control they may lack in their lives. It also allows them to practice adult roles. Through this imaginative play, children develop new competencies that lead to enhanced confidence and the resilience they need to address future challenges.

Play brings friends together and families together, teaching kids how to interact as part of a group, resolving conflicts, and strengthening bonds. Play activities get children up and running around, developing motor skills and coordination, and building healthy bodies, and habits, for life. Physical play contributes to the development of gross motor skills, control, coordination, and strength.

Healthy lifestyle habits formed through play, including physical activity, can lower the risk of becoming obese and the related risks of high blood pressure and high cholesterol, Type 2 diabetes, breathing problems, joint problems, and social and psychological problems.

Recent research found that the more time a family spends together at a community playground, the greater its sense of family well-being in terms of strong relationships, quality health, and time spent together.

# 2014-15 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 Zimbaro.....	732-570-6707
Basketball (Men's 40 & over).....	Ben Slack.....	732-388-5707
Bowling*.....	Sklar Parish.....	908-925-3550
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).....	Michael Parentin.....	201-424-2701
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.....	Recreation Office.....	732-428-8400
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 Rendazza.....	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)*.....	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.

# **20 REASONS WHY PLAYING OUTDOORS MAKES CHILDREN SMARTER**

1. **Outdoor play is a multi-sensory activity.** While outdoors, children will see, hear, smell and touch things unavailable to them when they play inside. They use their brains in unique ways as they come to understand these new stimuli.
2. **Playing outside brings together informal play and formal learning.** Children can incorporate concepts they have learned at school in a hands on way while outdoors. For example, seeing and touching the roots of a tree will bring to life the lesson their teacher had taught about how plants get their nutrients.
3. **Playing outdoors stimulates creativity.** Robin Moore, an expert in the design of play and learning environments, says, "Natural spaces and materials stimulate children's limitless imagination and serve as the medium of inventiveness and creativity." Rocks, stones and dirt present limitless opportunities for play that can be expressed differently every time a child steps outside.
4. **Playing outdoors is open ended.** There is no instruction manual for outdoor play. Children make the rules and in doing so use their imagination, creativity, intelligence and negotiation skills in a unique way.
5. **Playing in nature reduces anxiety.** Time spent outside physiologically reduces anxiety. Children bring an open mind and a more relaxed outlook back inside when they are in more traditional learning environments.
6. **Outdoor play increases attention span.** Time spent in unstructured play outdoors is a natural attention builder. Often children who have difficulty with pen and paper tasks or sitting still for longer periods of times are significantly more successful after time spent outside.
7. **Outdoor play is imaginative.** Because there are no labels, no pre-conceived ideas and no rules, children must create the world around them. In this type of play children use their imagination in ways they don't when playing inside.
8. **Being in nature develops respect for other living things.** Children develop empathy, the ability to consider other people's feeling, by interacting with creatures in nature. Watching a tiny bug, a blue bird or a squirrel scurrying up a tree gives children the ability to learn and grow from others.
9. **Outdoor play promotes problem solving.** As children navigate a world in which they make the rules, they must learn to understand what works and what doesn't, what line of thinking brings success and failure, how to know when to keep trying and when to stop.
10. **Playing outside promotes leadership skills.** In an environment where children create the fun, natural leaders will arise. One child may excel at explaining how to play the game while another may enjoy setting up the physical challenge of an outdoor obstacle course. All types of leadership skills are needed and encouraged.

# **CLARK RECREATION 2015 REGISTRATION FORM**

Clark Recreation is proud to present the 2015-16 programs-sports-and classes. Registration this year will be done by mail, drop off or in person at the recreation office Monday thru Friday 9:00-4:00 beginning September 9th.

Remove this form and list your selections below, or pick up individual registration forms for each class/program offered in the lobby of the rec center or the recreation office. Selections that you submit on the form below are only for those classes-programs and sports listed in the brochure booklet that indicate "Registration Required" All other classes are on a weekly "show up" basis and no registration is required.

Please refer to the recreation booklet for exact programs and classes that require registration, dates, descriptions, location and cost. If you have any questions, please call the recreation office at 732-428-8400. Checks should be made out to Clark Recreation. Mail ins should be sent to Clark Recreation 430 Westfield Ave.

PLEASE PRINT CLEARLY

Program Name: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

CHECK NUMBER \_\_\_\_\_

Participant: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency/Cell number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

11. **Outdoor play widens vocabulary.** While playing outdoors, children may see an acorn, a chipmunk and cumulous clouds. As they encounter new things, their vocabulary will expand in ways it never could indoors.
12. **Playing outside improves listening skills.** As children negotiate the rules of an invented game, they must listen closely to one another, ask questions for clarification and attend to the details of explanations in ways they don't have to when playing familiar games.
13. **Being in nature improves communication skills.** Unclear about the rules in an invented game? Not sure how to climb the tree or create the fairy house? Children must learn to question and clarify for understanding while simultaneously making themselves understood.
14. **Outdoor play encourages cooperative play.** In a setting where there aren't clear winners and losers, children work together to meet a goal. Perhaps they complete a self-made obstacle course or create a house for a chipmunk. Together they compromise and work together to meet a desired outcome.
15. **Time in nature helps children to notice patterns.** The natural world is full of patterns. The petals on flowers, the veins of a leaf, the bark on a tree are all patterns. Pattern building is a crucial early math skill.
16. **Playing outdoors helps children to notice similarities and differences.** The ability to sort items and notice the similarities and differences in them is yet another skill crucial to mathematical success. Time outdoors affords many opportunities for sorting.
17. **Time spent outdoors improves children's immune systems.** Healthy children are stronger learners. As children spend more and more time outdoors, their immune systems improve decreasing time out of school for illness.
18. **Outdoor play increases children's physical activity level.** Children who play outdoors are less likely to be obese and more likely to be active learners. Children who move and play when out of school are ready for the attention often needed for classroom learning.
19. **Time spent outdoors increases persistence.** Outdoor games often require persistence. Children must try and try again if their experiment fails. If the branch doesn't reach all the way across the stream or the bark doesn't cover their fairy house, they must keep trying until they are successful.
20. **Outdoor play is fun.** Children who are happy are successful learners. Children are naturally happy when they moving, playing and creating outside. This joy opens them up for experimenting, learning and growing.

**REPRINTED FROM AN ARTICLE BY STACEY LOSCALZO**