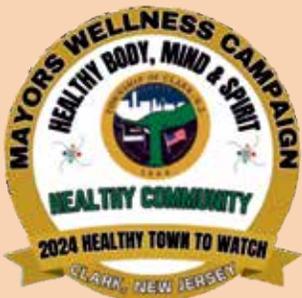


2025/26 CLARK RECREATION

Fun For All Ages & Seasons!



*Enhancing Life...
Through Recreation*

Fun for All!





Contact Information

430 Westfield Ave. Clark, NJ 07066
Phone: 732-388-3600 (ext 3009)
Direct Line: 732-428-8400
Fax: 732-388-3242
E-mail: rbernardo@ourclark.com

The township of Clark website: www.ourclark.com
Clark Library's website: www.clarklibrary.org
Clark Cable Channel: TV36

Township Administration

Mayor: Angel Albanese
Business Administrator: Jim Ulrich
Council Liaison/Recreation/Pool: Bill Smith
Director of Recreation: Ralph Bernardo
Recreation Assistant: Emily Lambert
Night Recreation Supervisor: Pete Zimbardo
Senior Citizen Director: Ralph Bernardo
Clark Pool Director: Bob Cahill
Senior Fitness Center Director: Lori Banta
Municipal Alliance Coordinator: Andrew Calo

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 8:30 am-9:00 pm
Closed on all major holidays



@clarktownship



Clarktownshipnj



@ourclarkmedia1919



Message from the Mayor

Dear Friends and Neighbors,

Every year, our town's Recreation catalog seems to grow—not just in size, but in spirit. And this one? It's bursting with opportunities. From a hiking club to tai chi, from Scrabble and ceramics to scouting, a plethora of youth sports, yoga for every age group, robotics, marital arts, cooking, art classes, and chess—we truly have it all. What you'll find in

these pages is a reflection of something much bigger: our town's dedication to delivering something for everyone.

I believe community starts with connection. That's exactly what these programs are about—bringing people together, helping us move more, laugh more, learn something new, and feel just a little more rooted in the place we call home. Recreation is powerful. Beyond the obvious physical benefits, it has a profound impact on our mental and emotional well-being—reducing stress, improving focus, boosting mood, and helping us feel connected to others. In a busy world, that kind of wellness is a gift.

I want to take a moment to thank our Recreation Director and team. The planning, the energy, the passion—they don't just fill a calendar, they create a culture. One that supports healthy living, joy, and togetherness. That kind of impact doesn't go unnoticed.

In fact, I'm proud to share that in 2024, our town was elevated another level and awarded the "Healthy Town to Watch" designation from the New Jersey Health Care Quality Institute as part of the Mayors' Wellness Campaign. This award is more than a recognition; it's a reflection of our shared commitment to well-being, from Town Hall to every neighborhood street.

On a personal note, I've been part of Clark Recreation for over 25 years through our martial arts program, and I've seen firsthand the confidence, discipline, and community that grows through participation. These programs have shaped me and countless others, and I look forward to continuing to be part of them—not only as your mayor but as a fellow resident who believes in showing up, signing up, and staying involved.

On behalf of myself and the Town Council, I invite you to dive into this season's offerings. Try something new. Invite a friend. Sign up with your kids or your grandkids. However you join in, know that you're part of what makes this town vibrant, active, and full of life.

I look forward to seeing you out there.

Warmly,

Angel Albanese

Mayor, Clark, NJ





Message from the Director

Dear Residents of Clark:

Welcome to Clark Recreation! Please take the time to read through this brochure and see for yourself all that the recreation department has to offer. Many programs and events are free! We hope you and your families take full advantage and participate in as many activities as time allows. We have done our best to offer a wide range of activities so that we have something for everyone.

For those of you that are new to Clark, and are not familiar with the recreation department, we are located on the left side of the Municipal Building. We house two large gymnasiums, a state-of-the-art senior fitness center that is free to use for residents that are 55 & older, an aerobics room, a cafeteria with a functional kitchen, meeting rooms, and a youth center, as well as newly renovated bathrooms. On the surrounding grounds we have well-maintained softball fields, a bocce court, tennis and pickleball courts, the Caitlin Nelson Playground, and a gaga ball pit. We also have new pickleball courts on Lupine Way.

Our award-winning recreation department is the heartbeat of the township. A vital part of the department are the many volunteers and the valuable time that they give. We deeply appreciate the many hours that 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 reach out to me to discuss. Have a great year and please feel free to stop into the recreation center to pick up brochures, flyers and general information for all that takes place in town.

Sincerely,

Ralph Bernardo

Director of Recreation, Parks and Pool Utility

Our Mission

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



"Healthy citizens are the greatest asset any country can have."

- Winston Churchill



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!

Did You Know...

You can go on the townships website – www.ourclark.com – click on Recreation.

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. We cannot host birthday parties.

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, NJ Hawks, Special Olympics, National Wheelchair Basketball Association, MS Aerobics, Arthur L Johnson High School, Trycan, Shining Stars and Narcotics Anonymous.

General Information

4 Ways to Register

1. **On line** registration thru our website!! We strongly encourage registration for all classes and programs, pool registration can be done online through our website Civic Rec www.ourclark.com/recreation. You can register your entire family from the comfort of your home or workplace 4 hours a day, 7 days a week. Online registration also gives you the ease of paying by credit card. If you need any help with on line registration, feel free to call the rec department.
2. **Mail In Registration Form**
Clark Recreation Center
430 Westfield Ave. Clark, NJ 07066
3. **After Hours Drop Off**
Place form and payment (checks only—sorry no cash) in envelope and drop in the mail box located at the Recreation office or in front of the Municipal building.
4. **Walk In**
Monday thru Friday 8:30-4:00 at the Recreation office.

Registration forms are available at the Recreation Center. 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. Send us your email and request to be on our email list.

Registration forms and payment are required at the time of registration.

NOTE: All times and dates are subject to change with out notice!

Refund Policy

Refunds will NOT be issued once a program starts. Full refunds are granted in the event that a class is full or cancelled by the Recreation Department. Please allow ample time for refund to be mailed.

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 908-337-7773 to see if a class has been cancelled for that night. Every effort will be made to notify registrants of program cancellations. If a program takes place in one of the Clark schools and school has been closed for inclement weather, then the recreation class or sport is automatically cancelled for that night.

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 or gym 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.

Open Gym

What is open gym?

Open gym consists of use of the two gyms at the recreation center, free of charge to Clark residents when they are not being used by an organized group or rental.

Anyone wishing to use the gym must first call or stop in the recreation office to receive permission. A parent MUST be with children under the age of 10. Proof of residency is required.

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.

Park Permits

Rental of the gyms, fields, meeting rooms and cafeteria is available, if not being used by the recreation department, which has priority. Permits are required for organized activities. Requests must be made in writing by filling out a rental application and Hold Harmless Form, and we will need a copy of your insurance. These forms are available online when requested. Usage of Clark schools must be permitted through the Clark Board of Education. Esposito Park and Oak Ridge Park are owned by Union County. For county parks information, call 908-527-4900 or email parksinfo@ucnj.org.

For All Dog Owners

Dogs and their owners are always welcome in Union County's parks. Dogs must be on a leash and of course if your dog defecates anywhere in the parks, it must be immediately removed in a sanitary manner. Echo Lake dog park in Mountainside also requires a leash. For more information about all of the Union County Parks go to www.UCNJ.ORG/Park.

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.

Toddler & Preschool Programs



Ballet/Hip Hop Combo

Mondays 5:00-5:45 PM (Ages 4-5)
Recreation Center – Aerobics

Students will learn trendy age-appropriate dance moves with the most popular music. This high-energy class is great for self-confidence building and fun!

Begins September 29th
No Class October 13th
\$150 for a 6 week program
Registration Required

Basketball Squirts

Fridays 3:30-4:15 PM (Ages 3-4)

Basketball Squirts is the perfect class for introducing a child to basketball! Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. This class encourages players to develop motor skills and basic basketball techniques in passing, dribbling, and shooting. All equipment will be provided.

Begins September 19th
\$150 for a 6 week program
Registration must be done through the US Sports website – usasportgroup.com.

Cheer Dance Squirts

Saturdays 8:30-9:15 AM (Ages 3-4 ½)
9:20-10:05 AM (Ages 4-5 ½)

Cheer Dance Squirts is a fun-filled, non-competitive program designed to introduce children to the exciting world of cheer and dance! Led by experienced and energetic cheer coaches, this program focuses on teamwork, coordination, and confidence-building in a safe and supportive environment. All equipment will be provided – participants should wear black sports bottoms (shorts, leggings, skorts, etc.).

Begins September 20th
\$150 for a 6 week program
Registration must be done through the US Sports website – usasportgroup.com.

Kiddies Kaleidoscope Jr. Robotics

Fridays 5:30-6:30 PM
(Grades K-2nd)

Recreation Center – Room 2

Children will be introduced to the coding and programming of real, age-appropriate robots, understanding the basics of algorithms while building language and math skills as we work with sequencing, estimation and problem solving – all while having fun!

Begins September 26th
No Class October 10th*
\$120 for a 4 week program
Registration Required

Kiddies Kaleidoscope Science Exploration

Fridays 4:30-5:30 PM
(Grades K-2nd)

Recreation Center – Room 2

Children will have a blast experiencing age-appropriate scientific concepts while using child-friendly science tools with a focus on S.T.E.A.M.

Begins September 26th
No Class October 10th*
\$120 for a 4 week program
Registration Required

Kids Ceramics

Fridays 4:00-5:00 pm
(Held Once A Month)

Grades: PreK-6th

Recreation Center Cafeteria

Have fun painting a themed ceramics piece each month celebrating Halloween, Thanksgiving and Christmas. No repeats.

Dates: October 17th – November 14th – December 5th
Cost: \$40 per child
Registration Required

Lil' Athletes

Mondays 10:30-11:00 AM
(Ages 2-4)

Lil' Athletes is a full fitness program designed to work with children to develop the core skills that will be used throughout their lives in sports and fitness. Your child will work towards developing fine motor skills, increase strength and hand/eye coordination. Our group setting will develop children to learn teamwork, sportsmanship and self-confidence at an early age.

Begins September 15th
No Class October 13th
\$190 for an 11 week program
Registration Required



Mommy and Me Movin' and Groovin'

Thursdays 11:00 AM-12:00 PM
(Ages 1 ½ - 3)

Join us to build a healthy mind and body! This fun class will build endurance, core strength, and all around better focus. Better coordination, more flexibility and agility skills will also be obtained. This type of energy and self-esteem will be achieved through tumbling, musicality, dance exercise and many other activities. Fitness can be fun!

Begins September 10th & 11th
No Class October 8th & 9th
\$105 for a 12 week program
Registration Required

Movin' and Groovin' Fitness

Wednesdays 4:15-5:15 PM (Ages 4-6) or **5:15-6:15 PM (Ages 6 & Up)**
Thursdays 4:15-5:15 PM (Ages 4-7) or **5:15-6:15 PM (Ages 8 & Up)**

Join us to build a healthy mind and body! This fun fitness program will build endurance, core strength, and all around better focus. Better coordination, flexibility and agility skills will also be obtained. This type of energy and self-esteem will be achieved through tumbling, musicality, dance exercise and many other activities. Fitness can be fun! Ask about different age siblings in the same class – all are welcome!

Begins September
September 10th & 11th
No Class October 8th & 9th
\$105 for a 12 week program
Registration Required

One River – Kids Art Shuffle – *New*

Wednesdays: 4:00-5:00 PM
(Ages K-3 yr old)
Thursdays: 2:30-3:30 PM

Young artists get a chance to explore a variety of art-making techniques by shuffling across projects focused on painting, drawing, sculpture and more!

Begins:
September 19th for 6 weeks
Cost: \$165
Registration Required

Kids Create - *New*

Kids age 3-5 and their caregiver
Mondays 10:00 AM-10:45 AM
Start Date September 29th

(Children must be accompanied by adult)

Each week we will dive into a new theme for kids to explore! Your child will use their imagination during stories, crafts, STEM projects and open ended sensory play. This class is great for preschoolers who love being creative and getting their hands dirty! Join this one of a kind class today!

Fall 6 week session

Winter 6 week session

Spring 6 week session

Class duration: 45 minutes

Cost: \$99.00

Parent *and* Me Soccer Squirts

Sundays 8:30-9:10 AM

(Ages 2-3½),

9:15-9:55 AM (Ages 2-3½),

10:00-10:40 AM (Ages 1½-2½), or

10:45-11:25 AM (Ages 2-3½)

Embark on a soccer adventure in a nurturing, non-competitive setting. Guided by their parents, young participants will acquire essential movement skills through dynamic games and activities designed to enhance kicking and dribbling abilities. All of this is facilitated with the support and guidance of a parent by their side. All equipment will be provided.

Begins September 21st

\$150 for a 6 week program

Registration must be done through the US Sports website – usasportgroup.com.



Soccer Squirts – Parent Assisted

Wednesdays 9:15-10:00 AM

(Ages 2½-3½)

Discover a unique and dynamic soccer experience designed to celebrate your child's individual journey into the exciting world of soccer! Your child will develop core fundamental soccer skills, such as kicking, dribbling, and shooting, all with the support and guidance of a parent. All equipment will be provided.

Begins September 17th

\$150 for a 6 week program

Registration must be done through the US Sports website – usasportgroup.com.

Soccer Squirts – Parent Assisted

Thursdays 4:10-4:55 PM

(Ages 2½-3½)

Discover a unique and dynamic soccer experience designed to celebrate your child's individual journey into the exciting world of soccer! Your child will develop core fundamental soccer skills, such as kicking, dribbling, and shooting, all with the support and guidance of a parent. All equipment will be provided.

Begins September 18th

\$150 for a 6 week program

Registration must be done through the US Sports website – usasportgroup.com.

Soccer Squirts

Wednesdays 10:05-10:50 AM or
10:55-11:40 AM (Ages 3-4½)

Soccer Squirts is the perfect class for introducing a child to soccer. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. All equipment will be provided.

Begins September 17th

\$150 for a 6 week program

Registration must be done through the US Sports website – usasportgroup.com.

Soccer Squirts

Thursdays 4:10-4:55 PM

(Ages 3-4½) or 5:00-5:45 PM

(Ages 4-5½)

Soccer Squirts is the perfect class for introducing a child to soccer. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. All equipment will be provided.

Begins September 17th

\$150 for a 6 week program

Registration must be done through the US Sports website – usasportgroup.com.



Soccer Squirts

Sundays 2:00-2:45 PM (Ages 3-4 ½) or 2:50-3:35 PM (Ages 4-5 ½)

Soccer Squirts is the perfect class for introducing a child to soccer. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. All equipment will be provided.

Begins September 21st
\$150 for a 6 week program
Registration must be done through the US Sports website – usasportgroup.com.

Track and Field Squirts

Tuesdays 3:30-4:15 PM (Ages 3-4)

Track & Field Squirts is the perfect class for introducing a child to the world of sports and athletics. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Classes focus on the key skills of jumping, running, and throwing, where players are encouraged to develop basic motor skills. All equipment will be provided.

Begins September 16th
\$150 for a 6 week program
Registration must be done through the US Sports website – usasportgroup.com.

Fit 4 Mom Stroller Strides - *New*

Tuesdays 9:30 AM – 10:15 AM

Stroller fitness for moms and babies! This 60-minute total body workout with strength, cardio, and core training ALL while engaging with your little one in the stroller! You will leave feeling empowered, strong, connected and energized – no matter your stage of motherhood! Play groups and crafts to follow exercise class

Begins: September 17th
Cost: \$105 for 8-week program
Registration Required



Youth Programs



Basketball Squirts – Skills *and* Scrimmage

Fridays 4:20-5:05 PM (Ages 5-7)
or 5:10-5:55 PM (Ages 7-10)

Our Skills & Scrimmage program is designed to develop fundamental basketball skills in an engaging, game-based setting. Players will work on essential techniques like dribbling, passing, shooting, footwork, and more, through fun drills and activities that encourage both individual improvement and team collaboration. All equipment will be provided.

Begins September 19th
\$150 for a 6 week program
Registration must be done through the US Sports website – usasportgroup.com.

Bright Ideas *and* Art

Tuesdays 6:00-7:30 PM (Ages 7-13)

Learning how to enjoy doing new things is very valuable! Trying new art styles go hand-in-hand with gaining “creative confidence” to love new challenges. Class projects give all students a chance to expand their innovation skills!

Begins September 23rd
\$115 for an 8 week program
Registration Required

Dream It, Draw It Fashionistas

Tuesdays 4:00-5:30 PM (Ages 6-12)

In this class, there are always 2 choices of projects to work on. Dream It, Draw It has art styles and imagination-based challenges. We explore various art styles to grow creativity. My fashionistas learn how to take themes, trends and ideas into a collection, as well as learn how to use color, design and drawing on a fashion figure.

Begins September 23rd
\$115 for an 8 week program
Registration Required

Chess Club

Tuesdays 6:00-7:30 PM
(Grades 5th-12th)

Come out and have fun learning the great game of chess and playing against advanced players! Learn strategic moves, tips and suggestions on how to say check-mate!

Begins September Free
Registration Required

Cooking for Kids

Mondays 4:00-5:30 PM
(Grades 3rd-5th)

Learn the fundamentals of cooking – preparing, measuring, basic dishes, spices and more! Have fun with your friends as you cook together! Registration will close when we hit class maximum of 15.

Begins September 22nd
No Class October 13th
\$75 for a 6 week program
Registration Required

Fencing

Tuesdays 3:30-4:30 PM (Grades 2nd-5th)

These classes will consist of learning the technical & tactical aspect of fencing: rules, footwork, offensive and defensive actions. Besides learning the extremely dynamic sport of fencing which requires both mental and physical skills, students will also have a lot of fun fencing in the appropriate and safe environment. Equipment will be provided in class.

Begins October 14th
\$150 for a 6 week program
Registration Required

Golf for Juniors

Wednesdays 4:00-5:00 pm
(Grades 2nd-4th) &
5:00-6:00 pm (Grades 5th-8th)
Hyatt Hills Golf Complex

This popular program invites players of all levels to learn the fundamentals of the game, brush up on what they already know, and receive tips from golf pros! Equipment will be provided by the golf course, but players are welcome to use their own set.

Begins September 24th – Spring session will also be offered
\$60 for a 4 week session
Registration Required

Intro to Baton *and* Dance

Thursdays 3:30-4:00 PM (Ages 5-7)
or 4:05-4:35 PM (Ages 8+)

Students will learn the skill of manipulating a baton in combination with basic dance moves. Batons will be provided to students to borrow and use during class. At the Diamondettes, we celebrate individuality and, above all else, teach our athletes that they first must “shine from within”!

Begins September 11th
\$95 for a 4 week program
Registration Required

Kiddies Kaleidoscope Jr. Robotics

Fridays 5:30-6:30 PM
(Grades K-2nd)
Recreation Center – Room 2

Children will be introduced to the coding and programming of real, age-appropriate robots, understanding the basics of algorithms while building language and math skills as we work with sequencing, estimation and problem solving – all while having fun!

Begins September 26th
No Class October 10th
\$120 for a 4 week program
Registration Required



Kiddies Kaleidoscope Science Exploration

Fridays 4:30-5:30 PM
(Grades K-2nd)
Recreation Center – Room 2

Children will have a blast experiencing age-appropriate scientific concepts while using child-friendly science tools with a focus on S.T.E.A.M.

Begins September 26th
No Class October 10th
\$120 for a 4 week program
Registration Required

Kids Ceramics

Fridays 4:00-5:00 pm
(Held Once A Month)

Grades: PreK-6th
Recreation Center Cafeteria

Have fun painting a themed ceramics piece each month celebrating Halloween, Thanksgiving and Christmas. No repeats.

Dates: October 17th – November 14th – December 5th

Cost: \$40 per child
Registration Required

LEGO® Robotics *and* Coding – Science Explorations

Mondays 4:30-5:30 PM
(Grades 2nd-3rd)

Enhance your child's STEM knowledge while building and programming their own robots, unleashing their creativity along the way. This fun, interactive program will introduce students to coding and robotics using LEGO® Spike Essential Robotics Sets. Children will work in pairs on guided projects focused on the sciences – physical, life and earth & space – defining problems and brainstorming solutions, as they build innovative prototypes. Join us for an inspiring journey! No class on October 13th.

Begins September 29th
\$170 for a 6 week program
Registration Required

LEGO® Robotics *and* Coding w/ Scratch MIT – Ingenious Creations

Mondays 5:45-6:45 PM
(Grades 3rd-5th)

This exciting STEM program is designed to immerse students in the world of engineering, robotics, and coding using LEGO® Spike Essential Robotics Construction Sets. Students will work in pairs building various models and then programming them using Scratch MIT, a block-based code, to perform various tasks. Through hands-on activities, students will cultivate their engineering design skills by identifying problems, brainstorming innovative solutions, and testing prototypes. Students will deepen their understanding of STEM and build confidence. Join us for an inspiring journey!

No class on October 13th.
Begins September 29th
\$170 for a 6 week program
Registration Required

Movin' and Groovin' Fitness

Wednesdays
4:15-5:15 PM (Ages 4-6)
or 5:15-6:15 PM (Ages 6 & Up)
Thursdays 4:15-5:15 PM (Ages 4-7)
or 5:15-6:15 PM (Ages 8 & Up)

Join us to build a healthy mind and body! This fun fitness program will build endurance, core strength, and all around better focus. Better coordination, flexibility and agility skills will also be obtained. This type of energy and self-esteem will be achieved through tumbling, musicality, dance exercise and many other activities. Fitness can be fun! Ask about different age siblings in the same class – all are welcome!

Begins September
September 10th & 11th
No Class October 8th & 9th
\$105 for a 12 week program
Registration Required

Portuguese Rancho Folklorico - *New*

Fridays 5:30-6:30 PM
(Ages 3 ½-12)

Portugal has rich traditional folklore dancing which bonds the cultural community. This artform is intended to be high-energy, celebratory and still seen during Portuguese special events. The class will focus on teaching the next generation cultural dances.

Begins September 26th for a 10 week program

Residents - \$50 per child
Non-Residents - \$60 per child
Registration Required

RMC Studios – Rockshop - *New*

Wednesdays 4:00-5:00 PM
(Ages 7-14)

The RMC Rockshop program is the only place where students can make their own bands and create musical experiences that last a lifetime! Students get to continue to work on their instrument, learn how to play some of their favorite songs, learn new ones and make friends along the way.

Classes will be held at RMC Studios in Garwood. For more information, please visit www.rmcastudios.com.
Dates TBA

Registration Required

Soccer Squirts – Skills *and* Scrimmage

Thursdays 5:00-5:45 PM (Ages 5-7)

Players will master techniques such as dribbling, passing, footwork, and more, through dynamic activities that emphasize both individual and team play. Each class includes targeted skill-building exercises, game-related challenges, and scrimmage sessions where players can apply their skills in real-game scenarios. All equipment will be provided.

Begins September 18th
\$150 for a 6 week program
Registration must be done through the US Sports website – usasportgroup.com.

Soccer Squirts – Skills *and* Scrimmage

Sundays 3:40-4:25 PM (Ages 5-7)

Players will master techniques such as dribbling, passing, footwork, and more, through dynamic activities that emphasize both individual and team play. Each class includes targeted skill-building exercises, game-related challenges, and scrimmage sessions where players can apply their skills in real-game scenarios. All equipment will be provided.

Begins September 21st
\$150 for a 6 week program
Registration must be done through the US Sports website – usasportgroup.com.





The Performing Arts Project Presents "Peter Pan"

Tuesdays 6:00-7:00 PM (Ages 5-14)
In our group classes, students collaborate and learn together, and from each other, in a supportive, kind, artistically rich environment. Students acquire skills critical for greater development and higher student achievement such as confidence, problem solving, focus, creative thinking, perseverance, collaboration, empathy and accountability. All aspects of theater are covered from on the stage to behind the scenes.

Begins September
\$160 for an 8 week program
Registration Required

Track and Field

Tuesdays 4:20-5:05 PM (Ages 5-6)
or 5:10-5:55 PM (Ages 7-10)

Join us to build a healthy mind and body! This fun fitness program will build endurance, core strength, and all around better focus. Better coordination, flexibility and agility skills will also be obtained. This type of energy and self-esteem will be achieved through tumbling, musicality, dance exercise and many other activities. Fitness can be fun! Ask about different age siblings in the same class – all are welcome!

Begins September 16th
\$105 for a 12 week program
Registration Required

Girls Scouts

Girl Scouts is a great way to have fun, serve the community and make new friends. Girl Scouts (Daisies, Brownies, Juniors, etc.) is open to all girls in kindergarten through high school. Registration required and meeting information is dependent on troop.

For more information, to find a troop or volunteer please contact the Clark Girl Scout Service Unit Organizer at
gstroopininfosu53@gmail.com

Cub Scouts Pack 145

Cub Scout Pack 145 is a fun and exciting service organization for boys in Kindergarten through 5th grade, after which the program continues with the Boy Scout Troop. The Scouting program prepares young people to make ethical and moral choices over their lifetimes. It is also full of activities such as the Pinewood Derby, Camping Trips, Hikes, Community Service Projects, and making new friends. New Cubs can start the program at any time and at any grade level (K-5).

Visit our website:
www.BeAScout.org
cubpack145@gmail.com

Boy Scouts Troop 145

Boy Scout Troop 145 is an active Troop of young men who dedicate themselves to the values of Scouting while learning and having fun in a safe environment. Scouting teaches leadership, citizenship and volunteerism, as well as appreciation for the outdoors.

Meetings held Thursdays 7:30-9:00 PM at Zion Lutheran Church
Begins September thru June
Age requirements are for Scouts from 6th grade to 12th grade that are younger than 18 years old. For information contact
info@troop145.org

Broadway Babies Theater Company Cabaret *New*

Mondays
10 students minimum to run the class

Inspiring young voices through theater arts. This class offers comprehensive, school-based theater programs designed to make high-quality arts education accessible, easy to implement, and incredibly impactful for students. The class includes - Full rehearsal and production management - Costumes, sets, and props provided - Music direction, choreography, and stage direction - Safe after-school dismissal supervision

Begins September 29th
4:00-6:00 PM
Cost: \$150 for 6 week class
K - 5th grade
6th - 12th grade

Public Speaking - *New*

Wednesdays
4:00-5:00 PM (Ages 7-14)

The goal of this class is to teach skills that would provide ways to help with confidence and courage to be able to speak in front of others. We will also discuss scenarios where these skills can be used, such as school setting and various social settings.

Begins: September 24th
Cost: \$120 for 6 weeks
Registration Required



Car Care Education *New*

2 Saturdays 10:30 AM
Ages 15 & Up

Car Care Ed is a class that is designed to teach important car maintenance skills. When you regularly perform basic inspections on your car it will be more reliable and less expensive to operate.

You will learn how to:

- Change a tire, measure tire pressure with a gauge, and check tire tread depth.
- Check your vehicle's alignment and why it is important.
- Measure and maintain fluid levels including brake, transmission, power steering, antifreeze, windshield washer, and engine oil.
- Evaluate your car's air filter, cabin filter, and wiper blades.
- Interpret what dashboard lights mean.
- Use the required tools needed to keep your car running safely.
- Detect and prevent future car issues.

September 27th & October 14th
Cost \$100 2 Weeks
Maximum 12 Students
Registration Required

Kids Holiday Canvas Paint - *New*

Ages 7-12
4:00-5:00 PM

Enjoy this one-time holiday art class by painting on canvas with either Frosty or Christmas tree. Test your creative, Artistic skills. Class will be limited to 25 students.

December 11th
Cost: \$20
Registration Required



CSI Level I - *New*

(Intro to Forensics: How STEM is used to Solve Crimes)
Grades 5th – 11th
4:00-5:00

STEM principles relating to Forensics and solving Crime Scenes are explored. The Curriculum, labs and exercises will cover many topics on take and identify and collect fingerprints, learn how trigonometry is used in blood and bullet trajectory, each student will cast their own footprint, process a crime scene and so much more.... Current or former law enforcement Detectives will be teaching this class (7 hour class). Props and visual aids will be supplied

Begins September 24th
Cost: \$110 for 7 week program
Registration Required

CSI Level II - *New*

(Advanced Forensics: How STEM is used to Solve Crimes, part deux)

STEM principles relating to Forensics and solving Crime Scenes are explored. The curriculum, labs and exercises will cover many topics on roll and compare tire tracks to a casting, perform a glass density lab, extract DNA, examine real and counterfeit money, analyze impression of teeth via Odontology, determine and unknown powder, and so much more....Some of the building blocks from Level I class are used in this Level II class, although the Level I class is not prerequisite but encouraged. Current or former law enforcement Detectives will be teaching this class (7 hour class).

This class will be offered during the Winter session

CSI Level III - *New*

(The Last in the Trilogy: How STEM is used to Solve Crimes, act III)

STEM principles relating to Forensics and solving Crime Scenes are explored. The curriculum, labs and exercises will cover many topics: use Mikrosil to lift fingerprints, spray Luminol to determine the presence of blood, determine via a 3D model the angle of blood spatter patterns using Trigonometry, learn about wave succession (entomology) by documenting insect larvae, use the Frankfort position and examine skull replicas to determine race and gender. examine bullet holes and defining the trajectory and flight path of the bullet, use side lighting with both white and UV lights, conducting witness interviews to determine who is exhibiting deceptive behavior, and so much more....Some of the building blocks from Level I and Level II classes are used in this Level III class, which are preferred prerequisites of this class. Current or former law enforcement Detectives will be teaching this class (15 hour class).

This class will be offered in the Spring session

Baton Twirling *and* Dance - *New*

Tuesdays: 5:30-6:30 PM
(Ages 4-8)

This is a four (4) week introduction course to baton twirling and dance. Students will learn the skill of manipulating a baton in combination with basic dance moves. Batons will be provided to students to borrow and use during class. The goal of this program is to transform the coaching of youth sports and to show every child that they can be an athlete regardless of their experience level. This unique youth sport differs from the common athletic programs in that it is based around the needs of the individual while reinforcing elements of social emotional learning and awareness.

Begins: October 14th
Cost: \$8
Registration Required



Youth Sports



Clark Boys Youth Lacrosse

Played at ALJ Turf Field

Clark Youth Lacrosse is a recreation lacrosse program for Clark and Garwood boys in grades K-8th. Everyone is welcome to play and we encourage every boy in Clark to come out and give it a try!

For more information and registration, please visit www.clarkyouthlacrosse.com.

Season: March – June

Clark Field Hockey

All grades will compete in the Mid-Jersey Youth Field Hockey League. Game will generally take place on weekends. Home games will take place at ALJ High School or Garwood Sports Complex, and away games will require local travel to towns such as Scotch Plains, Berkeley Heights, Chatham, Madison, and Westfield. Practices will take place 2 to 3 times during the week.

For more information, please email clarkyouthfieldhockey@gmail.com. Summer practices begin in August
Season: September – November
\$150 per player

Clark Girls Youth Lacrosse

Played at ALJ Turf Field

The popularity of lacrosse is making us expand to girls for the first time. Coaches and volunteers are needed to get this sport off the ground. Emphasis will be on learning the sport, building self confidence, developing strength and fun. Registration forms will be sent home in the spring.

If you are interested in helping get this started please contact the rec department.

April-May
Cost: To Be Determined
Registration Required



Clark Girls Softball

Open to girls in grades - Kindergarten-8th

The Clark Girls Softball League runs this program independently from the recreation department. 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 at <https://www.leaguelineup.com/welcome.asp?url=clarkgsb>

Regular season begins in March.
Cost: Various prices depending on grade and fundraising responsibility
Registration Required

Clark Little League

Clark Little League is a chartered Little League organization operating under New Jersey District 10. This league is open to boys and girls who reside in Clark, Winfield Park and Garwood, as well as children who attend any school in Clark on a full-time basis. Registration for the spring season takes place from November to January.

For more information and registration, please visit www.clarklittleleague.org.
Spring Season: April – June

Clark Soccer Club

The Clark Soccer Club was founded to serve the youth of all ages with the opportunity to learn and enjoy the game of soccer. Programs begin with instructional and in-town recreation programs, and advance towards the inter-county and travel programs. The club is proud to be run completely by the volunteers of the community and to have the support from parents and the Township of Clark.

Teams are formed in the fall and spring depending on the number of registered players, with fall registration taking place over the summer and spring registration taking place in December and January.

For more information and registration, please visit www.clarksoccerclub.org.

Fall Season:

September – Early November

Spring Season:

Late March – Mid-June

Clark Youth Football

Grades: 3rd – 8th

Clark Youth Football is a part of the New Jersey Suburban Youth Football League. Our priority with Clark Youth Football is to encourage good sportsmanship while continuing to build upon Clark's rich football history. Football games (home and away) are typically held on Sundays, and practice schedules vary based on teams/grades.

For more information and registration, please visit www.tshq.bluesombrero.com/clarkyouthfootball.

Season:

September – November

\$325 per player



Indoor Soccer

Fridays & Saturdays
Grades: Preschool-8th
Recreation Center Gym

The Indoor Soccer program is open to all boys and girls in preschool through 8th grade, who live in Clark and Garwood. Preschool and kindergarten play on Friday nights. 1st through 8th grade play on Saturdays. A draft will be held and team will be grouped together by grade. The coach will contact each member of their team prior to the start of the season. No cleats are allowed. Indoor soccer shoes or non-black sole sneakers must be worn.

Begins January 2nd & 3rd
\$65 for a 6 week program
Registration Required

Martial Arts

Mondays, Wednesdays
and Fridays 7:00-9:00 PM
Recreation Center Cafeteria

Shojin Dojo is a Cuong Nhu Martial Arts school and is open to all levels and all ages. All classes are free. The curriculum encompasses karate, boxing, mat work, weapons, and their applications to self-defense and safety. In addition to self-defense, there are immense advantages to martial arts training. Students gain self-confidence, relieve stress, improve fitness, improve health and learn to think positive.

For more information, email
shojindojo.clarknj@gmail.com.
All Year No Registration Required

Street Hockey League

Sundays 9:00-10:00 AM
(Grades K-6th)

Hehnlly School Hockey Rink

Open to all children from Kindergarten to 6th grade! This clinic allows children to learn basic skills and work on their street hockey game. All players are responsible for their own equipment, and must wear sneakers.

Begins September
\$70 for an 8 week program
Registration Required

Skateboard Clinic

Thursday 4:00-5:00 pm
Grades: 3rd-9th
Esposito Park – Madison Hill Rd

The clinic is offered to beginners and intermediate skaters. Experienced skateboarders instruct the students on various moves and techniques. Helmet is a must, knee and elbow pads recommended

May TBA
Cost: \$60
Registration Required

Hooked on Fishing

Saturday 9:00-11:00 am
Ages: 7 & up
Tamaques Park Westfield

Try your luck at learning how to hook a worm, reel in a catch and cast your rod. Professional fishermen teach the class. Supplies included.

May TBD
Cost: \$60
Registration Required

Spring into Volleyball

Mondays 3:30-4:30 pm -
Grades: 7th-8th Grade
Tuesdays 3:30-4:30 pm -
Grades: 4th-6th Grade
Recreation Center Front Gym

Come out and have fun learning the great sport of Volleyball. First hand coaching on serves, dunk, two hand volley and so much more.

Dates to be announced in April
Cost: \$60 for a 4-week session
Registration Required

Jr. Crusader Recreation Wrestling

This wrestling program is geared towards grades K-8, beginner to advanced skill levels. We provide the fundamentals of wrestling while building character, integrity, and resilience, while also working on strength and agility. Practice will be held two days a week in the ALJ wrestling room. Wrestlers will have the opportunity to compete in matches against surrounding towns as well as area tournaments. Questions, please contact clarkrecwrestling@gmail.com

Begins Late November
thru February
Cost: \$150 for the first child and
\$75 for each additional sibling
Registration Required





Recreation Basketball

The Recreation basketball league is open to all Clark girls and boys in grades PK-8. This recreation sport is strictly for fun with your friends, get exercise, and learn the great sport of basketball. Registration forms will be distributed through the schools or you can register online.

Practice begins November
Weekly games played through February.

Cost: \$65 and includes an individual basketball for grades PK, Kindergarten, 1st and 2nd only
Registration Required



Clark Fit Hiking Club

Sundays 9:15 AM-12:00 PM
Open to individuals and families

An amazing opportunity for you / your family to get outside, explore beautiful NJ local hiking trails (maximum 20-35 minutes driving) and connect with other people in the community. We will provide a snack & water bottle. Please bring a bagged lunch and extra water if needed and enjoy a picnic afterwards. Also, if possible, we can carpool – we will reach out 1 week before to coordinate with you. Beginners or any experience levels are welcome.

Begins October TBD
\$35 per individual,
\$50 per family
Registration Required



Bowling

Mondays 3:30-5:30 pm

Come join the fun of playing the great sport of bowling. Learn the proper way to hold a ball, the rules of bowling and how to keep score. An adult supervisor will be on hand. The program includes two games, use of rental shoes and lightweight balls. Drinks and snacks available but sold separately. We anticipate this program to sell out so please sign up early as it will close once we hit our maximum number for registration.

Location: Garwood Lanes – North Ave

Cost: \$75 includes – shoes and a ball

Begins: March 5th for 6 weeks



GA-GA Ball

We welcome a new sport to the Recreation umbrella – Ga-ga Ball. This new and upcoming sport was recently part of an Eagle Scout Project as the ga-ga pit was built in the back of Caitlin Nelson Park on the grounds of Clark Recreation. Ga-ga ball runs on the same premise as dodgeball in that it is a knockout, your opponent aiming the ball to hit from the waist down with a mandatory 2 bounce step first. Ga-ga balls may be borrowed from the rec office during business hours and use the pit at your disposal.

Open: All year

Cost: Free

No Registration Required

Roller Skating

Fridays 6:00-8:00 pm

Recreation Center Front Gym

Have Fun and join the crowd each week roller skating or rollerblading. Children must be accompanied by adults.

Begins: late January thru early May

Cost: Free

No Registration Required



Fun in the Sun





Interested in community programs for children with special needs? TryCAN can help!

Your Child Can! Every Child Can! TryCAN

- TryCAN coordinates inclusive recreation and social development programs for children with special needs.
- Programs help teach sports and life skills, while focusing on building individual skills, teamwork and fun!
- Programs are taught by experienced coaches and instructors from the community.
- Skill-building sports programs are held a few weeks before start of each season to enable child (those interested) to tryout for a particular sport.
- Using our "Children Helping Children" approach, during class your child works with trained volunteer Peer Mentors who serve as assistant coaches, buddies and your child's biggest cheerleaders. Peer Mentors are high school and middle school students from our communities.
- Programs have included baseball, basketball, lacrosse, soccer, football, tennis, martial arts, golf, learn-to-bike-ride, social skills, reading, art and music.
- Programs are open to children from all communities.
- Programs charge only a nominal fee, thanks to fundraising activities of TryCAN. TryCAN allows parent and professional volunteers to get involved.
- TryCAN provides opportunities to attend TryCAN family events, and meet and network with other families with similar needs.
- TryCAN offers a comprehensive array of recreation programs for children with special needs or those who need special accommodation. There are residency fees involved. All are welcome!

Current collaborating communities:

- Berkeley Heights
- Clark
- Cranford
- Garwood
- Madison
- Maplewood
- Millburn
- Mountainside
- New Providence
- South Orange
- Springfield
- Summit
- Union

For more information,
contact dguidajr@cityofsummit.org

Rec Summer Camp

Monday-Thursday 9 am-12 pm
June 29th-August 6th - 6 weeks at Recreation Center
Registration Required

The camp is open to all Clark children entering their second year of preschool, to students entering the 9th grade. Daily activities include arts & crafts, games, sports, and special entertainment programs. Weekly splashdowns to cool off the campers are every Thursday, with the Clark Fire Department visiting, along with water slides, dunk tanks, water balloon fights and so much more!

Registration forms will be distributed through the schools in March
Go online at ourclark.com/recreation

US Sports Institute Summer Sport Camps

This is an independently run sports camp. Call US Sports Institute at 732-563-2520 or visit their website at www.UsportsInstitute.com.

US Sports teams up with Clark Summer Rec Camp to continue the fun from 12:30 to 4:30 at the Rec Center.

The camp takes place for the same 6 weeks of Clark Rec summer camp.



Teen Center

Fridays: Gr. 5-12 – 6:00-10:00 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 TV, or just sit and socialize with friends.

Open all year – Cost: Free



Drug Alliance

The Clark Drug Alliance is a community based organization, dedicated to a comprehensive and coordinated effort to reduce and prevent illegal use of alcohol and drugs. Clark's main focus is on alcohol and vaping abuse amongst our minors. The Clark Municipal Alliance Committee supports the resolution of the Governor's Council on Alcoholism and Drug Abuse to create a climate that rejects the use of dangerous substances and encourages the development of resources to restore a healthy lifestyle.

We are always looking for volunteers!

If you would like to get involved in the Clark Drug Alliance and the war on underage drinking, contact Ralph Bernardo at the Recreation Center (732) 428-8400 for information.

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 bikes, 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.

Open all year
Cost: Free to Clark Seniors Only
Physicians certificate of medical clearance is required – Clark Residents only



Adult Programs



An Autumn Taste of Ballroom, Latin *and* Swing

Thursdays 8:00-9:30 PM
Recreation Center Cafeteria

Join us for a fun 5 weeks of dance! Learn to dance at weddings, parties, class reunions and more!

Begins October 16th
for a 6 week program
Residents - \$65
Non-Residents - \$75
Registration Required

Body Sculpt

Mondays 7:00-8:00 PM
Recreation Center Aerobics Room

Body Sculpt focuses on toning and strengthening all the major muscles of the body. From upper body to lower body to core exercises, you'll get a complete total body strength workout. All you'll need are dumbbells for this energetic, upbeat class. Light weights are also available to use. Feel free to bring your own!

Begins September 8th
No Registration Required

Canvas Painting

Tuesday 7:00-9:00 PM
Recreation Center Cafeteria

Come out and join your friends in a calm and relaxing environment! This class give an introduction to canvas painting, teaches techniques, terminology, and brings out everyone's creativity! All supplies will be provided.

Date: November 18th
\$40 per person
Registration Required

Kickboxing

Thursdays 6:00-7:00 PM
Recreation Center Aerobics Room

Get a great workout with this high-energy cardio class that incorporates martial arts techniques! This high-energy workout can be modified for a beginner or an elite athlete alike. Build stamina, burn calories, improve coordination, flexibility and strength with this fun and challenging workout.

Begins September 11th
No Registration Required

Ladies Ceramics

Thursdays 7:00-9:00 PM
(Once a month)
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 16th –
November 13th – December 4th
\$40 per person
Registration Required



Martial Arts

Mondays, Wednesdays
and Fridays 7:00-9:00 PM
Recreation Center Cafeteria

Shojin Dojo is a Cuong Nhu Martial Arts school and is open to all levels and all ages. All classes are free. The curriculum encompasses karate, boxing, mat work, weapons, and their applications to self-defense and safety. In addition to self-defense, there are immense advantages to martial arts training. Students gain self-confidence, relieve stress, improve fitness, improve health and learn to think positive.

For more information, email
shojindojo@clarknj@gmail.com.
All Year
No Registration Required

Men's Basketball (30 *and* over)

Mondays: 7:30 – 9:00 pm &
Thursdays: 7:30 – 9:00 pm
Recreation Center Gyms

There is limited space. Games are played on Mondays and open gyms are available on Thursdays.

All year
Cost: Free to Clark residents /
\$50 for Non-Residents
Registration Required

Men's Basketball (40 *and* Over)

Mondays and Thursdays
5:30-8:30 PM
Recreation Center Back 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.

Runs September to June
Residents - Free
Non-Residents - \$50
Registration Required

Men's Softball

Mondays through Thursdays
6:00-9:00 PM
Esposito Park, Hehnlly School,
Kumpf School &
Rahway River Park

This is an organized league and you must register to be put on a team.

For more information
and registration, please contact
Joe Kilburg at 732-340-1506.
Season Runs March to August
Registration Required

One River School - Adult Studio Art Explorations - *New*

Wednesdays 2:30-3:30 PM
(Ages 18 & Up)

This class allows adult students to dive into art-making by learning the fundamentals of drawing and painting across a variety of media and subject matter. All levels are welcome.

Begins September 18th
\$165 for a 6 week program
Registration Required



Salvi's Cucina - Bone-In Veal Chop Parmigiana

Wednesday 7:00-9:00 PM
Recreation Center Kitchen

Come and learn how to prepare this elegant version of an old classic. I'll show you how to "french" a tender, bone-in veal chop which we will bread and fry, layer with fresh tomato sauce, parmigiano reggiano cheese, mozzarella and finish in the oven. A terrific dish to prepare for a special occasion or anytime you feel like treating yourself!

Date: November 12th
\$40 per person
Registration Required

Yoga

Mondays 6:00-7:00 PM
Recreation Center Aerobics Room

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

Begins September 8th
Residents - \$20 for a 12 week program
Non-Residents - \$40
Registration Required

Pre and Post Natal Fitness- *New*

Fridays 10:30 AM-11:30 AM

Improves Physical and Emotional Well-being, decreases stress, strengthens the muscles, prevents respiratory discomforts, improves Pelvic Floor Health, and improves sleep.

Cost: \$99 (6 week program)
Begins: September 13th thru October 18th

Aqua Fitness (Zumba) Shallow Water- *New*

Begins July 12th

Looking for a fun and low-impact way to stay fit and healthy?

- Helps Lower Blood Pressure
- Maintain a Healthy Weight
- Boosts Mood and Mental Health

Cost: \$50 for 6 weeks or \$10 drop in
Time: 9:15 AM - 10:00 AM
(before the pool opens)

Cardio Kickboxing

Thursdays 6:30 PM
Recreation Center Aerobics Room

Get a great workout with this high energy cardio class that incorporates martial arts techniques. This high-energy workout can be modified for a beginner or an elite athlete alike. Build stamina, burn calories, improve coordination, flexibility and strength with this fun and challenging workout.

Begins September 12th
No Registration Required

Co-Ed Volleyball

Tuesdays 9:00-11:00
Recreation Center Gym

Men and women are invited to participate in the great sport of volleyball. Open gym, must be 18 years or older. For more information call Olga Jendrek at 732-388-0598

Free to Clark residents
\$25 for non-residents
No Registration Required
Begins September 24th

Meditation

Tuesdays: 10:00 - 11:00 pm
Recreation Center Aerobics Room

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

Dates TBA
Begins September
Cost: Free
No Registration Required

Men's Volleyball - *New!*

Wednesdays: 9:00 - 11:00 pm
Ages: 21 and older
Recreation Center Gyms

Open gym to start and will hopefully progress to play into an organized league complete with referees.

TBD
Cost: Free to Clark residents / \$50 for Non-Residents
Registration Required

Women's Softball

Mondays & Wednesdays
6:30-8:30PM
Ages 21 & up

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, so you must register to be put on a team. For more information, call the Recreation Department. Non-Residents are welcome to register as well.

Runs late July thru October
Cost: \$50 - 8 games played
Non-residents are welcome as well.
Registration Required



Pilates

Wednesdays 7:30-8:30 PM
Recreation Center Aerobics Room

Pilates emphasizes proper breathing techniques, postural alignment, core strength and muscle balance. It is performed mostly on a mat, and a theraband will be used. Equipment will be provided or you can bring your own. Class is limited to 15 people.

Begins September 10th & runs until June
Residents - \$60
Non-Residents - \$100
Registration Required

Salvi's Cucina - Pasta Alla Nerano

Wednesday 7:00-9:00 PM
Recreation Center Kitchen

Join us as we prepare my version of this simple and delicious dish from Campania, which includes a sauce that is made with fried zucchini, a parmigiano reggiano cream sauce and butter, then tossed with spaghetti.

Date: September 10th
\$40 per person
Registration Required

Women's Volleyball

Tuesdays: 7:30 – 9:00 pm
Ages 21 & up
Recreation Center Gyms

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

Begins September 9th
Cost: Free
Registration Required
Clark Residents only

Car Care Education *New*

2 Saturdays 10:30 AM
Ages 15 & Up

Car Care Ed is a class that is designed to teach important car maintenance skills. When you regularly perform basic inspections on your car it will be more reliable and less expensive to operate.

You will learn how to:

- Change a tire, measure tire pressure with a gauge, and check tire tread depth.
- Check your vehicle's alignment and why it is important.
- Measure and maintain fluid levels including brake, transmission, power steering, antifreeze, windshield washer, and engine oil.
- Evaluate your car's air filter, cabin filter, and wiper blades.
- Interpret what dashboard lights mean.
- Use the required tools needed to keep your car running safely.
- Detect and prevent future car issues.

September 27th & October 4th
Cost \$60
Maximum 12 Students
Registration Required

Pickleball

Wednesdays: 8:30 AM – 11:00 AM
Thursdays 9:00 PM – 11:00 PM
Outdoor Recreation Tennis Courts and NEW Pickleball courts at Memorial Park

Want To Play Pickleball? What Is Pickleball?

Pickleball was invented in 1965, on Bainbridge Island off the Washington Coast. It is a combination of Tennis, Badminton, and Ping Pong. It's easy to learn, very inexpensive, and a little less strenuous than tennis. It's a game for ANY age, from kids to their parents & grandparent, who many times play together as a family! It's also great exercise, and can be a very strenuous workout for advanced players!

For more information on how to get started and participate, contact Johnny by email or cell about

Open Play Meetups, Beginner Courses, Lessons & Drill/Play Sessions. For further information contact John Silvestri at 908-380-1368.

Begins September 18th
Badge required for peak hours during summer season ending 10/31/25

\$50 Clark Residents, \$100 Non-Residents

Winter Pass Required for indoor Season 11/1/25-3/1/26

\$40 Clark Residents, \$70 Non Residents

Begins September 18th

Martial Arts

Monday, Wednesday and Friday
7:00-9:00 pm
Ages 15 and up

Recreation Center Cafeteria

Shojin Dojo is a Cuong Nhu Martial Arts school and is open to all levels and all ages. All classes are free. The curriculum encompasses karate, boxing, mat work (rolls, falls and takedowns), weapons (short stick, long stick) and their applications to self-defense and safety. In addition to self-defense there are immense advantages to martial arts training. Students gain self-confidence, self-discipline, relieve stress, improve fitness, improve health and learn to think positive. For more information about our style go to ShojinDojo.org and CuongNhu.com Email: ShojinDojoClarkNJ@gmail.com for more information.

All Year
Cost: Free

Tai Chi

Mondays 10:00-10:55 AM
Recreation Center Aerobics Room

This class invites people to learn Tai Chi movements and forms that support balance, strength and flexibility. The benefits to your body are many, and you will feel more energetic, stronger and younger! No special clothes are needed, no mats, just flat shoes and comfortable clothes. Results are usually felt within 4 to 6 weeks of exercise – so join us!

Begins September 8th
No Registration Required

Barre

New Instructor
Tuesdays 7:00-7:45 PM
Recreation Center Aerobics Room

This class is low impact but high intensity, focusing on arms, legs, glutes and abs. The majority of the class will be done standing, working on balance, posture and alignment. Light handheld weights, a theraband, and a fitness ball are used and are provided or you may bring your own. Please bring a "booty" loop band. (Not provided) Mat work at the end will focus on the core. Class is limited to 15 people..

Begins September 9th
Cost: \$20 Residents – Non-Residents \$40
Registration Required

Body Conditioning

Wednesdays 6:30-7:30 PM

A combination of cardiovascular and muscle conditioning work set to lively music. Following a warm-up, the class includes about 20 minutes of cardio and standing resistance training, followed by about 20 minutes of floor exercises including core training. We end with a stretching segment and a relaxing cool down. We will use handheld weights (3-5 lbs. or more which are available in the fitness room) and a mat. Class is limited to 15 people.

Begins September 10th
Cost: \$20 Residents – Non-Residents \$40
Registration Required



Pilates

Wednesdays 7:30-8:30 PM
Recreation Center Aerobics Room
Pilates emphasizes proper breathing techniques, postural alignment, core strength and muscle balance. It is performed mostly on a mat. You will be provided with a theraband. Mats are available or you may bring your own. Class is limited to 15 people.

Begins September 10th
Cost: \$20 for Residents - Non-Residents \$40
Registration Required

Zumba

Tuesdays 6:00-7:00 PM
Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance, flexibility and boosted energy. Class is limited to 15 people.

Begins September 9th
Cost: \$20 Residents - Non-Residents \$40
Registration Required

Clark Fit Hiking Club

Sundays 9:15 AM-12:00 PM
Open to individuals and families
An amazing opportunity for you / your family to get outside, explore beautiful NJ local hiking trails (maximum 20-35 minutes driving) and connect with other people in the community. We will provide a snack & water bottle. Please bring a bagged lunch and extra water if needed and enjoy a picnic afterwards. Also, if possible, we can carpool - we will reach out 1 week before to coordinate with you. Beginners or any experience levels are welcome.

Begins October Date TBD
\$30 per individual, \$45 per family
Registration Required

Men's *and* Women's Rugby

Men's:
Tuesday & Thursday
7:00-9:00 pm
Women's:
Monday & Wednesday
7:00-9:00 pm
Ages 18 and Up
Curry Field - Reifel St.
(Behind Friendlys)
All experience levels are welcome for both men and women. We encourage newcomers or crossover athletes from other sports.

Begins Mid-August thru Fall
Cost: varies by program
Women contact:
mudturtlewomensrugby@gmail.com

Canvas Painting - Adult - NEW
Thursdays: 7:00-8:00 PM
Explore the art canvas painting. This class will teach and guide you through all levels of canvas painting landscapes, florals, and still life. All levels of experience are welcome. Come relax for an hour.

Begins: September ??
Cost: ??
Registration Required

Men contact:
<https://www.mudturtlefc.com/clubs/men/>
Registration Required



Bocce

Located privately in the back of the Municipal Building, this professional court is available for all Clark residents to enjoy. You don't have to be Italian to enjoy this sport! Bocce balls are available or you can use your own.

Open and available all year
No Registration Required - Non-residents are welcome as well.

Billiards *and* Ping Pong

Monday through Friday 10:00 AM-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.

October through May

Canvas Painting - Water Color Exploration - *New*

Thursdays: 2:30-3:30 PM

Explore the art canvas painting. This class will teach and guide you through all levels of canvas painting landscapes, florals, and still life. All levels of experience are welcome. Come relax for an hour.

Begins: September 25
Cost: \$165 For 6 week session
Registration Required



Senior Programs



Bridge

Mondays 12:00-3:00 PM
Recreation Center Aerobics Room
Intermediate and advanced players can enjoy playing this challenging and mind stimulating game.
September to June
No Registration Required

Chair Yoga

Thursdays 10:15-11:00 AM
Recreation Center Cafeteria
Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. Go through gentle stretches and exercises to relax your mind and body while energizing your day.
Begins September 11th
No Registration Required

Crocheting and Knitting

Tuesdays 10:00 AM-12:00 PM
Recreation Center Room 2
Relax and enjoy conversation with friends while working on or learning the talent of crocheting and knitting.
September to June
No Registration Required

How to Use Your iPhone

Tuesdays 6:00-7:00 PM (Beginners) or 7:00-8:00 PM (Intermediate)
Recreation Center Teen Center
Classes for adults wanting to learn the features, tips and tricks with your iPhone. Please bring your phone and charger to class. No Androids or Google phones. *Please pick one class time only!
Begins October 7th for a 4 week program
Registration Required

Ladies Ceramics

Thursdays 7:00-9:00 PM (Once a month)
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 16th – November 13th – December 4th
\$40 per person
Registration Required

Line Dancing

Tuesdays 12:15-1:15 PM
Recreation Center Front Gym
Social, Latin, Country, Ballroom and up-to-date Line Dancing. Dance to feel fit, fabulous and have fun!
Begins September 9th
No Registration Required

Mahjong

Mondays 11:00 AM-3:00 PM
Recreation Center Teen Center
Intermediate and advanced players can enjoy playing this challenging and mind stimulating game.
September to June
No Registration Required

Meditation

Tuesdays 11:00 AM-12:00 PM
Recreation Center Aerobics Room
Use your own energy to enhance your life through meditation, visualization and healing. There's no experience necessary, only your desire to free yourself from everyday stress. Lower your blood pressure while focusing on the positive aspects of your life.
Begins September 9th
No Registration Required

One River – School of Art *and* Design – Water Color for seniors – *New*

Thursdays: 2:30-3:30 PM
Explore the wonderful world of watercolor painting. Taught by experienced artists, this class will teach and guide you through all levels of painting landscapes, florals, and still life. All levels of experience are welcome. Come relax for an hour.
Begins: September 18th for 6 weeks
Cost: Free
Registration Required



Rummikub

Tuesdays 1:00-3:00 PM
Recreation Center Teen Center
All game lovers are invited to join us for this game combining Rumi with Mahjongg.
Runs September to June
No Registration Required

Senior Arts *and* Crafts

Tuesdays 10:15-11:00 AM (Once a Month)
Recreation Center Cafeteria
Enjoy a morning of camaraderie and creativity once a month as you do arts and crafts with an assortment of items!
Dates: September 16th - October 14th – November 4th – December 9th
Registration Required

Scrabble Club

Tuesdays 12:00-1:00 PM
Come out and Play Scrabble, the crossword game in which 2-4 players score points by placing tiles, each bearing a single letter onto a game board. Make new words and new friends while keeping the mind and brain busy by thinking.
All year
No Registration Required

Senior Bus

Clark Township offers a courtesy shuttle bus to Clark seniors. Please call 732-428-8400 by 4:00 PM the day before to be added to the list.
Mondays:
9:00 AM – ShopRite
11:00 AM – Walmart
Wednesdays: 9:30 AM
1st Wednesday – Aviation Plaza
2nd Wednesday – Clark Commons
3rd Wednesday – Woodbridge Mall
4th Wednesday – Menlo Mall
Fridays: 8:00 AM – ShopRite
11:00 AM – Township Stores

Senior Exercise Class

Tuesdays & Thursdays
9:00-10:00 AM
Recreation Center Cafeteria

Group exercise geared toward the senior population. This class incorporates aerobics exercises, toning and stretching. Exercises may be done while seated.

Begins September 9th & 11th
No Registration Required

Senior Monthly Meetings

1st Thursday of Each
Month – 12:00 PM
Recreation Center Cafeteria

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

September 4th – October 2nd
– November 6th – January 8th –
February 5th – March 5th – April
2nd – June 4th

No Meeting December 4th (Christmas Party) or May 7th (Atlantic City Bus Trip)

No Registration Required – Clark Residents Only

Tai Chi

Mondays 10:00-10:55 AM
Recreation Center Aerobics Room

This class invites people to learn Tai Chi movements and forms that support balance, strength and flexibility. The benefits to your body are many, and you will feel more energetic, stronger and younger! No special clothes are needed, no mats, just flat shoes and comfortable clothes!

Begins September 8th
No Registration Required

Wednesday Bingo Club

Every Wednesday 12:00-2:00 PM
Recreation Center Cafeteria

Make new friends, enjoy entertainment, refreshments and play Bingo! Annual dues are collected in addition to the meeting fee.

Begins September 10th
\$2 per person
Registration Required at
First Meeting

Zumba Gold

Wednesdays 9:30-10:15 AM
Recreation Center Front Gym

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Zumba Gold focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility and balance. Come ready to sweat, and prepare to leave empowered and feeling strong!

Begins September 10th
Registration Required

Rejuvenate Your Retirement

Tuesdays 9:30-11:30 am (October
15th & 22nd)

Thursdays 1:00-3:00 pm (October
17th & 24th)

Recreation Center Room 16

This educational course will review important financial topics.

\$39 per couple
Registration Required - Open to
non-residents as well

Walking Club

Monday through Friday:
7:30 – 9:30 am

Recreation Center Back Gym

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

Open when Senior Center is open
Cost: Free
No Registration Required –
Clark Resident only

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.

Runs All year
Cost: Free



Scrabble Club

Tuesdays 12:00-1:00 PM

Come out and Play Scrabble, the crossword game in which 2-4 players score points by placing tiles, each bearing a single letter onto a game board. Make new words and new friends while keeping the mind and brain busy by thinking.

All year
No Registration Required

Mixed Bowling

Enjoy the great sport of bowling at Linden Lanes – 908-925-3550 – call for information on Fall League availability for senior leagues, mixed doubles and singles. Automatic scoring and Full-Service Pro Shop

Pinochle for Senior Men - *New*

Tuesdays: 11:30 AM

This class is for players experienced with the great and nostalgic game of Pinochle. Relax and enjoy a few hours of playing this classic game

Begins:
September 9th and
runs thru May
Cost: Free to Seniors
No Registration Necessary
Play as you go



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 – Soccer & Softball Fields, Tennis Courts, Basketball Courts, Bocce Court and Pickleball Court.

Curry Field

Reifel Street - Jungle Gym & Lacrosse & Football Fields - Walking Path

Bartell Park

Bartell Place - Jungle Gym & Turf 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.

Caitlin Nelson Park

Westfield Ave - Jungle Gym Play Area - Next to Town Hall

Veterans Park

Lupine Way – Jungle Gym, BallField and Pickleball Courts

Oak Ridge Park

Oak Ridge Road County Park – Walking paths, Archery and Turf Soccer Field. Use of fields by permit from the County



Park Permits

Permits are required for organized activities in any of our parks. Requests for permits can be via email or in person. Request forms may be obtained from the Clark Recreation Center (Brewer). For County Parks contact the County Parks Department at 908-527-4900.

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



Town Events

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 at 9:00 am from Liberty St – down Westfield Ave to ALJ for the ceremony. 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.

Holiday Winter Festival

This annual event has become a wonderful family tradition. Held the Saturday after Thanksgiving, November 29, 2025. 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, ice carving, 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. Rain date is Sunday.



Breakfast with Santa

All children of Clark are invited to have breakfast with Santa held the Sunday after Thanksgiving at the Gran Centurions. Parents and children enjoy a continental breakfast and then get the chance to sit on Santa's lap. **November 30, 2025.** Registration is required

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 overall favorite. 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.



Family Ice Skate Night

Gather your family, friends, and neighbors in January for an evening of fun as the recreation department rents out the newly remodeled Warinanco Park Skating Arena for the Township of Clark. The doors will be closed to the public. Information will be sent home through schools. **January date to be announced**

Devils Night Out

Take the family out to the Prudential Center and enjoy a night with the Jersey Devils! Clark residents will sit all together in one section. After the game we will take a photo on the ice. The game is scheduled for January 29th. Description and information of the night will be forthcoming in December. Tickets will be available on line thru the Jersey Devils. **Save the date!**

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. Held on the 4th at 9:00. 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.

Clark Town Wide Yard Sale

Held September 21, 2025 and 22, 2025, 9:00 am-3:00 PM.

Time to clean out the attic and make some money as the entire township is invited to partake in the sale. Contact the DPW office to register your home. Your address will be put on the participation list.

UNICO Italian Feast - Our 18th Year!!!

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 four days. **October 9-10-11-12, 2025.**

Trunk or Treat

Clark PBA together with Clark Recreation invite you to Trick or Treat at the Clark Recreation Parking lot – 430 Westfield Ave, in car trunks parked and decorated full of candy and treats on **Saturday October 25th, Rain date 20th** from 12:00-2:00 PM. Aside from tons of candy, there is a haunted train ride, corn maze – pumpkin carving plus – prizes will be given for best costume, group costume, and best decorated car. Be sure to bring your camera! Free to Clark children.

Red Bulls Family Night *New!*

Join us at Red Bulls Arena in Harrison, New Jersey, for a community family outing. This is an excellent opportunity to spend time with friends and other Clark residents. The New York Red Bulls will play against the New York City Football Club. The giveaway from this event will be Trading Cards. If you or anyone you know likes to trade cards, this is your chance to get a set. Date to be announced

Clark Street Fair *and* Classic Car Show

Be part of the vibrant community at Rock The Block Clark, a new addition to Clark for the second year. It's not just a fair; it's a day of community bonding along Westfield Ave. Enjoy over 100 exhibitors, a kid-friendly zone, a diverse food choice, beautiful classic cars, and live music. This is the perfect event to unite with family and community, enjoy all the vendors, dance down Westfield Ave, and admire the classic cars. Date to be announced-**May 2026.**

Family Roller Skating Night

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

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. It's a wonderful way for the community to come together to battle this horrible disease. Look for the 2026 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 through the county. Contact the Union County Parks & Recreation department for a complete listing of shows and dates or watch for schedules in various newspapers. Call the county for more information at 908-527-4900.

Dr. William Robinson Museum and Plantation

The Robinson Plantation house is the oldest house in the state of New Jersey. It was built in 1690 and 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.

Senior Citizens' Barbecue

All Clark seniors are invited to a free, delicious Barbecue lunch at the Deutscher Club on Featherbed Lane each September. The lunch will include music, dancing, and dessert. Flu shots will also be available. You won't want to miss this one. Call the Mayor's office to reserve your attendance. This year's date is **Monday, September 15, 2025**.

Annual Pickleball Tournament

This fast growing sport now holds a tournament each July for 2 days. You can play men's and women's singles or doubles – no age level and any gender. Open to non-residents as well. Enjoy this Annual Summer Smackdown. Registration is required, and you can obtain info at the Rec Center.



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.

Holiday Winter Travel Basketball Tourney

This February the Clark Travel Basketball program will be hosting its 19th annual Winter Tourney beginning Presidents' Weekend and running for two additional weekends. The tourney attracts over 130 teams from all over the state for boys and girls ranging from 4th grade to 8th grade. Come out and see some great basketball! Held at the Recreation Center.

Easter Egg Hunt

Come Join the fun and celebrate Spring. Held on the Saturday one week before Easter from 12:00-2:00 PM. Bring your camera and take a picture with the Easter Bunny, decorate your own basket, hunt for prize filled eggs and enjoy cookies, ice cream, 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. Held on Saturday, one week before Easter.

Somerset Patriots Family Night

Take the family out to the ballgame as Clark recreation sponsors family night at the Somerset Patriots ballpark. Clark residents will be all together in one section. The event is held in June and registration forms will be sent home providing details of date, time and cost.

Mayors Wellness Campaign

This new program offers our residents different events throughout the year focusing on wellness techniques and programs to improve your quality of life. This includes physical therapy sessions, mental health awareness, and healthy cooking. Watch for special announcements as to when each event is to take place.



"To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear."
– Buddha

National Night Out

In August, all first responder departments are honored – police-fire and EMS throughout the country. We celebrate our own on this night. The event takes place in the ALJ high school parking lot with food – demonstrations – entertainment and give aways – all free from 6:00 PM until dark **August Date TBD**

Rahway River Clean up

All resident volunteers are invited to celebrate Earth Day in a clean-up of the Rahway River This is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished...it is also a lot of fun...especially for scouts and young adults as they always find something interesting. This adds both education and adventure to the event. The clean-up will generally be between 9-12, but any amount of time or effort that folks can volunteer is appreciated. Takes place on Saturday closest to Earth Day.

911 Ceremony

We remember those that lost their lives on September 11, 2001, especially Clarks own James Nelson-Port Authority Police officer and Clark resident. Jimmy was a friend, coach, father, husband and all around great guy and Clark's hero. Ceremony is at 8:30 am on **September 11th** at Nelson Park on Broadway.

Senior Birthday Breakfast

Twice a year the Mayor and Council invite all seniors of Clark to come out and enjoy a birthday breakfast. January thru June birthdays are gathered together and then July thru December are celebrated at the Gran Centurions. Next breakfast is **October 10th**. Please call the Mayors office to reserve your seat – 732-388-3600 ext 3003.



Opening Day Fishing

All fisherman are invited to the Clark falls on Valley Rd. for opening day fishing. The river is stocked and ready to be challenged in the great sport of fishing the first Saturday in April.



Annual AC Trip (Seniors only)

Calling all gamblers!! The seniors take Atlantic City by storm as buses take to the Garden State Parkway south to Resorts Casino for the day to try their luck to win \$\$\$\$ The bus trip is the first Thursday in May – registration will be done at the prior senior meetings.

Veterans Day Ceremony

We honor our vets each Veterans Day at the ALJ High Schools Veterans Memorial Stone on the front lawn with a short ceremony. Please join us. Ceremony is at 11:00 am **November 11th**.

Morning of Beauty

Back by popular demand! This event is open to all Clark seniors. Enjoy a morning of beauty as L'oreal personnel spend the morning doing make up and nails for free. You will also leave with a goody bag. You won't want to miss this one. Held mid June. Date to be announced.

Senior Christmas Luncheon

This event is held **December 4th** at the Gran Centurions. Enjoy a delicious elegant lunch, dance to music and have fun with a visit from Santa. There is a nominal fee of \$10 to attend.





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 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, balloon Bob, movie night, vendor day and 4th of July party. We have WIFI and all registration can be done on line plus we accept all major credit cards. The Clark pool is open to non residents as well. For more information, contact the recreation department at 732-428-8400 or go on line to www.ourclark.com – click on recreation – pool.

Celebrating 52 Years!



Sports & Organization Contacts

Ballroom Dancing/Water Exercise*	Brandis Reeba	brandisdance@comcast.net	732-388-4605
Basketball* (Recreation)	Recreation Office	rbernardo@ourclark.com	732-428-8400
Basketball (Travel)	Jason Hamm	jasonh919@yahoo.com	908-239-2744
Basketball (Men's 30 & over)	Pete Zimbaro		732-570-6707
Basketball (Men's 40 & over)	Javier Lackinger	jly2knoway@hotmail.com	908-531-1780
Bingo - Wednesday Club	Louise Lippari	weezyGRANDS7@aol.com	908-472-3125
Bowling	Recreation Office	rbernardo@ourclark.com	732-428-8400
Boy Scouts	Bill Bellomo	willimbellomo7666@hotmail.com	908-514-5183
Cheerleading	Karina Khadaran	karinakhadaran@comcast.net	732-809-8169
Cheerleading – Dynasty	Justine Fruzzetti	justa2001@aol.com	551-580-1002
Cub Scouts	Cubmaster Tony DeMarco	cubpack145cm@gmail.com	
Drug Alliance Coordinator	Andrew Calo	ACALO@clarkschools.org	908-380-5926
Fencing*	Aleks Ochoki	aleksochocki@yahoo.com	732-925-6545
Field Hockey* (Recreation)	Uros Nikolic	nikolic7977@gmail.com	732-734-7901
Flag Football	Vincent Gioffre	ClarkFlagFootballLeague@gmail.com	732-236-6011
Clark Youth Football	Gus Kalikas	gkalikas@clarkschools.org	732-221-4982
Girl Scouts Service	Service Unit Mgr	gstroopininfosu53@gmail.com	732-770-0588
Golf (Juniors)*	Recreation Office	rbernardo@ourclark.com	732-428-8400
Lacrosse* (Boys)	Gus Kalikas	www.clarklacrosse.com	908-574-9600
Lacrosse* (Girls)	Uros Nikolic	nikolic7977@gmail.com	732-734-7901
Little League		eboard@clarklittleleague.org	
Martial Arts	Rosario Fico	rosario@shojindojo.org	908-917-3212
Pickleball	John Silvestri	johnnymashmouthpb@gmail.com	908-380-1368
Pool (Clark Community)	Robert Cahill	rcahill@clarkschools.org	732-762-3789
Roller Skating	Recreation Office	rbernardo@ourclark.com	732-428-8400
Roller & Street Hockey (Recreation)	Ryan Sullivan	ryan_sullivan@outlook.com	908-930-2504
Senior Citizen Affairs	Ralph Bernardo	rbernardo@ourclark.com	732-428-8400
Senior Fitness Center	Lori Banta	ibanta@ourclark.com	732-388-0457
Soccer Club (Clark)	Anthony Mamola	amamola@clarksoccerclub.com	732-232-2133
Soccer (Indoor Recreation)*	Recreation Office	rbernardo@ourclark.com	732-428-8400
Soccer (Men's)	Sergio Costa	sergio@clarkmenssoccer@aol.com	732-803-8674
Softball (Men's)	Joe Kilburg	tees4u2@verizon.net	732-713-3458
Softball (Women's)*	Melissa Switzer	melissaswitzer@gmail.com	732-713-8050
Softball (Clark Girls)	Karen Planas	clarkgirlssoftball@gmail.com	908-324-6353
Summer Rec Camp*	Recreation Office	rbernardo@ourclark.com	732-428-8400
Teen Center	Angela DeMarzo	demarzoangela@yahoo.com	732-850-3350
Tennis (Adult Recreation)	US Sports Institute	john@usasportsgroup.com	732-357-0694
Tennis (Kid Recreation)*	US Sports Institute	john@usasportsgroup.com	732-357-0694
UNICO	Joe Arancio	clarkuniconj@gmail.com	732-713-2708
US Sports Summer Camp*	US Sports Institute	john@usasportsgroup.com	732-357-0694
Volleyball (Children)*	Recreation Office	rbernardo@ourclark.com	732-428-8400
Volleyball (Co-ed)	Olga Jendrek	pmrdrj@aol.com	732-388-0598
Volleyball (Women's)	Marianne Serratelli	mizs130@aol.com	732-593-7509
Wrestling (Recreation)*	Leslie Ortega	leslieortega@comcast.net	908-305-5864

*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.

2025-2026 Registration Form

Clark Recreation is proud to present the 2025-2026 programs-sports-and classes. Registration this year can be done immediately upon receipt of this book by mail, online at www.ourclark.com, or drop off in person at the recreation office Monday thru Friday 8:30-4:00. Registration will end 3 days before a class starts.

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. To register online and for credit card use, go to www.ourclark.com under recreation. Call us anytime if you need help or have any questions. We are here to help you.

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: _____-_____-_____

Enhancing Life Through Recreation



