



## Clark Recreation Registration



# Winter 2019 Programs

Clark Recreation introduces the winter session of the programs offered. Complete listing and descriptions of all offered classes and sports can be found in the Recreation brochure that came out in September. Information is available at the Recreation Center for all of the new and existing courses and programs. Please stop by the Recreation Department to pick up all information.

Registration forms for each program or class can be dropped off at the Recreation office between 9:00 AM to 4:00 PM or mailed to Clark Recreation, 430 Westfield Avenue – Attn: Ralph Bernardo. Registration can also be done online at our website [www.ourclark.com](http://www.ourclark.com). All registration forms must be submitted by **December 28<sup>th</sup>**.

Registration begins as soon as you receive this. **Classes are subject to cancellation if there is not enough interest.**

## **SIGN UP EARLY!!!!**

### **PRESCHOOL PROGRAMS**

- **Junior Scientists** – Mondays 5:00-5:45 PM (Grades PK-K) This program is all about making science fun! Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, technology, earth science and green science. All new lessons and projects for returning students! \$99 for a 6 week session. Begins January 28<sup>th</sup>.
- **Kinder Ballet** – Fridays 3:30-4:10 PM (Ages 4-5 ) This ballet class will consist of strength exercises, musicality, improvisation, creative movement and class etiquette. We will end the class with high energy and fun choreography with the most popular songs. \$70 for a 6 week program. Begins January 18<sup>th</sup>.
- **Kindertots** – Tuesdays 10:00-10:30 AM (Ages 20 months-2 years) Kindertots is a movement class designed to develop gross motor skills, physical development, balance, coordination, flexibility and strength while learning numbers, colors, dances and songs. \$90 for a 6 week program. Begins January 15<sup>th</sup>.
- **Mommy & Me Cooking** – Mondays 9:30-10:30 AM or 12:30-1:30 PM (Ages 2-4) Mommy and child work hand in hand to create the snack for the theme of the week.



Playing and cooking are all tied in together. \$50 for a 6 week program. Begins January 14<sup>th</sup>.

- **Mommy & Me Movin & Groovin** - Thursdays 11:30 AM-12:30 PM (Ages 1-3) This class will build endurance, arms, legs, core strength and all around better focus. This type of energy and self-esteem will be achieved through tumbling, musicality, dance exercise and many other activities. \$105 for an 8 week session. Begins January 3<sup>rd</sup>.
- **Tiaras and Tutus** – Fridays 10:30-11:15 AM (Ages 3 ½-4 ½) This is a classical ballet and creative movement class. We will do all the basics. We will also have creative dance fun time. \$70 for 6 week session. Begins January 18<sup>th</sup>.
- **Kids Ceramics** – Fridays 4:00-5:00 once a month (Ages PreK-K) Have fun painting a themed ceramic piece each month celebrating Valentines Day, Easter, and Spring. \$12 per session or \$36 for all 3. February 8<sup>th</sup>, March 8<sup>th</sup>, April 5<sup>th</sup>
- **Mommy & Me Music** – Wednesdays 11:00-11:30 AM (Ages 1-3) Children are introduced to instrument play, interactive songs, live music, dancing with colorful scarves, puppets, picture song books, world music, rhythm and movement together with mommy or guardian. \$95 for an 8 week session. Begins January 9<sup>th</sup>.
- **Movin' & Groovin'** – Wednesdays 4:15-5:15 PM (Ages 3 ½ -6) or 5:15-6:15 PM (Ages 6 & up or 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 is great for both boys and girls. This class will build endurance, arms, legs, core strength and all around better focus. Better coordination, more flexibility and agility skills will also be obtained. \$105 for 12 weeks. Begins January 2<sup>nd</sup>.
- **Parent & Me Soccer Squirts** – Mondays 9:30-10:15 AM (2-3) With a parent participating by their side, kids will have fun learning the fundamentals skills of soccer through fun activities and games. \$100 for an 8 week program. Begins January 15<sup>th</sup>.
- **Parent & Me Spanish Class** – Thursdays 4:00-4:45 PM (Ages 3-5) Research shows children who are exposed to multiple languages at a young age have a profound academic advantage over their peers throughout life. Get your child a head start in the classroom with our Parent & Me Learn to Speak Spanish Class! The class will run for six weeks at the recreation center and is taught by a certified Bilingual Education teacher. Class activities will include, but are not limited to, bilingual stories, music and learning basic communication principles in Spanish. \$105 for a 6 week session. Begins January 10<sup>th</sup>.
- **Soccer Squirts** – Mondays 10:30-11:15 AM or 12:30-1:15 PM (Ages 3-5) The perfect introduction to the most popular sport in the world! Learn the basics of soccer including dribbling, passing, shooting and boundaries. \$100 for an 8 week program. Begins January 15<sup>th</sup>.
- **Squirts Multi Sports** – Mondays 11:15-12:00 PM (Ages 3-5) Try a new sport in each session of the program including lacrosse, soccer, basketball, t-ball, track & field, hockey and flag football! \$100 for an 8 week program. Begins January 15<sup>th</sup>.
- **Basketball Squirts** – Tuesdays 4:00-5:00 PM (Ages 4-5) or 5:00-6:00 PM (Ages 5-6) or 6:00-7:00 PM (Ages 5-6). Designed to introduce your budding NBA star to the high energy game of basketball. Using appropriate sized basketballs, this program



will encourage players to develop motor skills and basic techniques in passing, dribbling and shooting. \$95 for a 5 week session. Begins January 15<sup>th</sup>.

- **Stretch & Grow** – Thursdays 10:30-11:00 AM (Ages 2-6) This class focuses on balance, coordination and sports readiness. \$105 for an 8 week program. Begins January 17<sup>th</sup>.
- **Tree of Love Yoga** – Thursdays 5:00-6:00 PM (Ages 4-8) Tree of Love Yoga is a wonderful, fun, joyful experience for kids to be empowered and honored to be who they truly are! \$75 for a 6 week program. Begins January 17<sup>th</sup>.
- **Young Rembrandts Preschool Drawing** – Thursdays 4:00-4:45 PM (Ages 3-5) The long winter months can easily lead to boredom or restlessness. Alleviate any creative dormancy with a fun-filled Young Rembrandts class! We begin the season with a lesson that teaches our students about simple figure drawing as they create a snowman using basic geometric shapes. \$106 for an 8 week session. Begins January 10<sup>th</sup>.



## **YOUTH PROGRAMS**

- **Ballet Lyrical** – Fridays 4:15-5:15 PM (Ages 6-8) This class is a traditional age appropriate ballet class that combines fluid movement of ballet and jazz. It incorporates interpretive and beautiful expressive choreography, as well as learning stage performance qualities. \$70 for a 6 week session. Begins January 18<sup>th</sup>.
- **Lego Motorized Building** – Thursdays 4:00-5:00 PM (Grades K-3<sup>rd</sup>) This one hour class explores science, technology, engineering and math (STEM) concepts using Lego bricks. Students participate in focusing on exciting motorized creations with weekly themes such as Inventions, Life Science and Technology. \$104 for a 6 week session. Begins January 17<sup>th</sup>.
- **Chess Club** – Wednesdays 6:00-7:30 PM (Grades 5<sup>th</sup>-High School) Come out and have fun learning the great game of Chess or play experienced learners. Strategic moves, tips and suggestions on how to say check mate! Runs through April.
- **Cooking For Kids** – Mondays 4:00-4:45 PM (Grades K-2<sup>nd</sup>), 5:00-5:45 PM (Grades 3<sup>rd</sup>&4<sup>th</sup>) Learn the fundamentals of cooking, preparing snacks, basic dishes, spices and measurements. \$50 for a 6 week session. Begins January 14<sup>th</sup>.
- **Design Divas** – Wednesdays 6:30-8:00 PM (Ages 13-18) Explore the world of fashion and take your imagination and ideas to a new level! Students learn how the process in the real world happens and try out valuable skills. \$85 for a 6 week session. Begins January 16<sup>th</sup>.
- **Fencing** – Tuesdays 3:15-4:15 PM for Valley Road (Grades 2<sup>nd</sup>-5<sup>th</sup>) Thursdays 3:15-4:15 PM for Hehnly (Grades 2<sup>nd</sup>-5<sup>th</sup>) These classes will consist of learning the technical & tactical aspect of fencing: rules, footwork, offensive and defensive actions. \$115 for a 6 week session. Begins January 15<sup>th</sup> & 17<sup>th</sup>.
- **Future Fashionistas** – Tuesdays 4:00-5:30 PM (Ages 6-12) Welcome to the world of style where ideas & inspiration are starting points for young designers! Students learn how the process of design works in the real world and get to learn valuable skills. Every student will have the chance to see one of their concepts as a computer assisted design. \$80 for a 6 week session. Begins January 15<sup>th</sup>.



- **Hip Hop** – Fridays 5:15-6:00 PM (Ages 6-9) Students will learn the hottest age appropriate dance moves with the most popular music. They will get waving, popping, gliding, floor work, rocking, locking and more. This high energy class is great for self-confidence building, coordination and fun! \$70 for a 6 week session. Begins January 25<sup>th</sup>.
- **Hip Hop Boyz** - Fridays 6:00-6:45 PM (Ages 5-8) Students will learn the hottest age appropriate dance moves with the most popular music. They will get waving, popping, gliding, floor work, rocking, locking and more. This high energy class is great for self-confidence building, coordination and fun! \$70 for a 6 week session. Begins January 25<sup>th</sup>.
- **Hobby Quest’s “Airplane Engineers”** – Fridays 4:00-5:00 PM (Grades K-8<sup>th</sup>) Do you question how a machine as heavy as an airplane can fly? Do you want to learn how air pressure works perfectly to create airplane lift? You’ll use this newly-learned knowledge to build your own airplane and then fly it in the ultimate test flight! \$124 for a 8 week session. Begins January 18<sup>th</sup>.
- **Hobby Quest’s “Fashion Fleece”** – Tuesdays 4:00-5:00 PM (Grades 1<sup>st</sup>-5<sup>th</sup>) Sign up for Hobby Quest’s Fashionable Fleece class, and create some one of a kind chic pieces perfect for your cold weather wardrobe! \$124 for an 8 week session. Begins January 15<sup>th</sup>.
- **Hobby Quest’s “Magic Wizards”** – Fridays 5:00-6:00 PM (Grades K-5<sup>th</sup>) If you’ve always wanted to perform magic tricks and illusions, you could be a magic wizard! You’ll be transformed, when you learn seemingly impossible illusions! \$124 for a 8 week program. Begins January 18<sup>th</sup>.
- **Imagination Creations** – Wednesdays 4:00-5:30 PM (Ages 6-12) Most children have an incredible mind that is full of ideas and designs. All they need are projects that tap into their energy. From creating their own superhero or designing a toy, experimenting with art techniques or illustrating a sweet candyland landscape, students enjoy the fun of knowing, “If I can dream it, I can draw it!” \$80 for a 6 week session. Begins January 16<sup>th</sup>.
- **Indoor Soccer** – Fridays, Saturdays and Sundays (Grades PK-8<sup>th</sup>) This popular, fun program is open to all children in grades PK-8<sup>th</sup>. \$45 per child. Begins January 5<sup>th</sup>.
- **Junior Scientists** – Thursdays 5:00-5:45 PM (Grades 1<sup>st</sup>-5<sup>th</sup>) This program is all about making science fun! Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, technology, earth science and green science. \*All new lessons and projects for returning students! \$99 for a 6 week session. Begins January 31<sup>st</sup>.
- **Kids Ceramics** – Fridays 4:00-5:30 PM (Grades PK-6<sup>th</sup>) Have fun with friends creating a themed ceramics piece each month. No repeats. Dates – February 8<sup>th</sup>, March 8<sup>th</sup> & April 5<sup>th</sup>. \$12 per session - \$36 for all 3 sessions.
- **Movin’ & Groovin’** – Wednesdays 4:15-5:15 PM (Ages 3 ½-6) 5:15-6:15 PM (Ages 6 & Up) or Thursdays 4:15-5:15 PM (Ages 4-7) 5:15-6:15 PM (Ages 8&Up) Join us to build a healthy mind and body. This fun fitness program is great for both boys and girls. This class will build endurance, arms, legs, core strength and all around better focus. Better coordination, more flexibility and agility skills will also be obtained. \$ 105 for a 12 week program. Begins January 2<sup>nd</sup>.
- **Rock FUNDamentals** – Tuesdays 6:00-6:45 PM (Ages 7-10) This high energy class is perfect for the curious and enthusiastic young learner. Students will explore basic music fundamentals such as pitch and rhythm as well as have the opportunity to experiment with different instruments commonly found in popular music. \$70 for a 6 week session. Begin January 15<sup>th</sup>



- **Roller Skating** – Fridays 6:00-8:00 PM (Ages 4-10) Front gym. We do not provide roller-skates. Adult must be present. Free to Clark Residents. Runs through April.
- **Senior Soccer Squirts** – Thursdays 6:30-7:15 PM (Ages 5-7) Each session focuses on developing particular skills associated with soccer including dribbling, passing, shooting, turning and more! \$115 for an 8 week program. Begins January 18<sup>th</sup>.
- **Soccer Squirts** – Thursdays 3:30-4:15 PM, 4:30-5:15 PM or 5:30-6:15 PM (Ages 3-5) The perfect introduction to the most popular sport in the world! Learn the basics of soccer including dribbling, passing, shooting and boundaries. \$115 for an 8 week program. Begins January 18<sup>th</sup>.
- **Tree of Love Yoga** – Fridays 5:00-6:00 PM (Ages 9-13) Tree of Love Yoga is a wonderful, fun. Joyful experience for kids to be empowered and honored to be who they truly are! \$75 for a 6 week session. Begins January 18<sup>th</sup>.
- **Young Rembrandts Cartooning** – Fridays 4:00-5:00 PM (6-12) Encourage your child's enthusiasm for art and help develop his or her drawing skills with a Young Rembrandts drawing class. Our cartoon drawing lessons will stoke your child's artistic fire. Your child will learn about exaggeration and drawing facial expressions in our lessons entitled "Cold Faces" and "Dad Expressions." Our students will learn how to create fully realized cartoon characters by personifying cuddly polar bears in our "Cold Weather Friends" lesson. Learning to tell a story through a series of drawings will be the focus in our illustrations featuring a humorous shaving sequence. Encourage your child's creativity. Enroll today! \$115 for a 8 week program. Begins January 11<sup>th</sup>.
- **Young Rembrandts Drawing** – Thursdays 5:00-6:00 PM (Ages 6-12) Make this a memorable winter by signing up your elementary child in a Young Rembrandts drawing class. Your child will learn about basic design and composition as they draw the Fish Below Ice and Great Wall of China. If your child is fond of sports, they will enjoy drawing our illustration featuring a Hockey Player. Besides strengthening your child's drawing and coloring skills, he or she will also learn about art history as we present lessons featuring master artists Leonardo Da Vinci and Franz Marc. Enroll your child today! \$115 for a 8 week program. Begins January 10<sup>th</sup>.



## **ADULT PROGRAMS**

- **Aerobics** – Tuesdays & Thursdays 7:00-8:00 PM – This class moves to the sound of music at a slightly slower pace than rigorous kickboxing type exercises. The instructor will go through various exercises concentrating on specific areas of the body. Loose-fitting clothing is recommended. Free to Clark Residents. \$75 for Non-Residents. Runs all year.
- **Ballroom, Latin and Swing Dancing** – Thursdays 8:00-9:30 PM – Join us for fun nights of dance! Couples and singles are welcome! Learn to dance at weddings, parties, class reunions and more! \$50 per Clark Resident, \$60 per Non-Resident & \$12 per Walk In. Begins January 24<sup>th</sup>.
- **Body Conditioning** – Wednesdays 6:30-7:30 PM – Strengthen and tone all the major muscle groups using light weights and resistance bands with an emphasis on "the core". Each class ends with a relaxing stretch. Bring a mat and a pair of 3-5 pound weights. Free to Clark Residents. \$75 for Non-Residents. Runs until June.



- **Cake Decorating 101** – Mondays 7:00-8:30 PM – Learn how to prep a cake pan, torte and frost a cake. Also learn basic piping techniques and more. \$50 for an 8 week session. Begins January 14<sup>th</sup>
- **Essential Oils** – Thursday 7:30-9:00 PM – Ready to ditch toxins from your home? Want more energy, a stronger immune system, feel happier and less stressed? Register now to learn little steps you can take to a healthier mind and body. \$35 for a 6 week program. Begins January 24<sup>th</sup>.
- **Kickboxing** – Mondays 7:00-8:00 PM – Get a great workout with this high energy cardio class that incorporates martial arts techniques. This 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. Free to Clark Residents. \$75 for non-residents. Runs all year.
- **Ladies Ceramics** – Thursdays 7:00-9:00 PM – Enjoy a night out with the girls as you create a holiday themed ceramic piece each month. Dates – February 7<sup>th</sup>, March 7<sup>th</sup> & April 4<sup>th</sup>. \$12 per session. \$36 for all 3 sessions.
- **Meditation** – Tuesdays 11:00-12:00 PM – Use your own energy to enhance your life through meditation, visualization and healing. Taught by experienced RN Teresa LaStella, there is 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. Runs from September to June. Free to Clark residents. \$75 for non-residents.
- **Pickleball** – Pickleball is one of the fastest growing sports in the nation. This up-tempo game is an entertaining mix of tennis, badminton, ping pong and racquetball. It's easy to learn, fast-paced, great exercise and a fun sport! Beginners/Intermediate/Advanced – Wednesdays 8:30-11:30 AM, \$3 for Residents - \$5 for Non-Residents. Advanced – Tuesdays 9:00-11:00 PM or Thursdays 9:00-11:00 PM, \$5 for Residents - \$8 for Non-Residents. Begins January 8<sup>th</sup>.
- **Pilates** – Wednesdays 7:30-8:30 PM – Strengthen all your muscles, even ones you never knew about, relieve back, neck and shoulder pain and melt away stress. Energize flow of callisthenic style exercises that increase strength, flexibility, endurance, and posture while toning your whole body. Free to Clark Residents. \$75 for Non-Residents. Runs until June.
- **Rejuvenate Your Retirement** – Thursday Mornings 9:00-11:00 AM or Tuesday Afternoons 1:00-3:00 PM – This educational course will help you discover new ways to stay mentally, physically and socially active and learn about important financial topics such as tax reduction, investment risk management, health care planning and more. \$39 per couple. January 24<sup>th</sup> and January 31<sup>st</sup> or January 29<sup>th</sup> and February 5<sup>th</sup>.
- **Scrapbooking** – Tuesdays 7:00-8:30 PM – Open to children 5<sup>th</sup> grade and up and adults. This course will teach you how to make handmade greeting cards, scrapbooking, and hand crafted gifts. \$45 for an 8 week program. Begins January 8<sup>th</sup>.
- **Soup and a Sandwich** – Thursdays 7:00-9:00 PM – Just in time for winter. Learn how to make a different soup and sandwich every week. Open to adults only, please no children. The best part of the class is eating each new soup and sandwich each week. \$35 for a 4 week program. Begins January 16<sup>th</sup>.
- **Yoga** – Mondays 6:00-7:00 PM – Relax, unwind and increase your circulation, stress management, as well as revitalizing breathing techniques and flexibility of the joints.

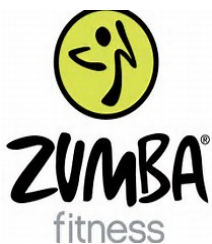


Yoga consists of slow gradual stretching postures designed to increase body strength and flexibility. Free to Clark Residents. \$75 for Non-Residents. Runs all year.

- **You & Me Trapeze** – Tuesdays 4:00-5:00 PM – Learn how to properly & positively manage your body using trapeze yoga. This unique suspension system is well-known to relieve back pain, increase flexibility and build upper body and core strength. \$120 for a 6 week session. Begins January 15<sup>th</sup>.
- **ZUMBA** – Tuesday 6:00-7:00 PM - This class moves to the sound of music at a fast pace. A fun, easy to follow Latin dance workout, Zumba combines exercise and dance concentration on specific areas of the body. One of our most popular classes, this program will leave you sweating as you move during the entire hour. \$60 for a 10 week program. Begins January 8<sup>th</sup>.

## **SENIOR PROGRAMS**

- **Bridge** – Mondays 12:00-3:00 PM – Intermediate and advanced players can enjoy playing this challenging and mind stimulating game. Runs September through June. Free.
- **Brain Power** – Fridays 11:15-12:00 PM – This class is designed for the older adult population. Challenge your brain power with puzzles, riddles and coordination exercises while incorporating physical activity to stimulate the many amazing functions of your brain. Free to Clark Residents. \$75 for non-residents. Begins January 11<sup>th</sup>.
- **Crocheting & Knitting** – Tuesdays 10:00-12:00 PM – Relax and enjoy conversation with friends while working on or learning the talent of crocheting and knitting. Runs September through June. Class is free.
- **Line Dancing** – Fridays 10:00-11:00 AM – Dance to feel fit, fabulous and have fun! Taught by Joan Wright, Colorado Café instructor, Ballroom Dance competitor, and member of the NJ/Brooklyn Nets Senior Dance Team. Begins January 4<sup>th</sup>.
- **Mahjongg** – Mondays 11:30-3:00 PM – Come have fun learning and playing the great game of Mahjongg! Runs September through June. Free.
- **Meditation** – Tuesdays 11:00-12:00 PM – Use your own energy to enhance your life through meditation, visualization and healing. Taught by experienced RN Teresa LaStella, there is 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. Runs from September to June. Free to Clark residents. \$75 for non-residents.
- **RUMMIKUB** – Tuesdays 1:00-3:00 PM – All game lovers are invited to join us for this game combining Rumi with Mahjongg. Free.
- **Senior Exercise Class** – Tuesdays and Thursdays 9:00-10:00 AM – Group exercise geared toward the senior population. This class incorporates aerobic exercises, toning and stretching. Exercises may sometimes be done while seated. Runs September to June. Free to Clark residents. \$75 for non-residents.
- **Senior Fitness Center** – Monday to Friday 8:30-12:30 PM – Keep fit in our state of the art fitness center! Stationary machines, free weights and treadmills will make you feel great in a clean, safe environment. A doctor's permission note required. You must be 55 years or older. Open all year. Free to Clark Seniors only.
- **Tai Chi** – Mondays 10:30-11:30 AM – Designed for people who want to maintain and/or improve their physical abilities: strength, general health and balance. Tai Chi is a gentle form of exercise that has proven its health benefits, and the Center for Disease Control



recommends it as an effective fall prevention exercise. Free to Clark Residents. \$75 for Non-Residents. Runs until May.

- **ZUMBA Gold** – Wednesdays 9:30-10:15 AM – Zumba Gold is the perfect fit for active adults who want camaraderie, excitement and fitness as a regular part of their weekly schedule. \$20 for Clark Seniors only. Runs September to June.

## Registration Form

Please fill out the registration form below for yourself, one child or additional children, listing each of the selected courses and mail in with check to Clark Recreation – 430 Westfield Ave., or drop off at the recreation office.

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**Participant:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Address:** \_\_\_\_\_

**Age (if applicable):** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Sex:** Male / Female      **DOB:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**School:** \_\_\_\_\_

**Parent / Guardian Signature:** \_\_\_\_\_

**Cell Number:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**E-Mail address (mandatory):** \_\_\_\_\_

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**Program Name:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Cost:** \_\_\_\_\_

**Program Name:** \_\_\_\_\_ **Time:** \_\_\_\_\_



**Cost:** \_\_\_\_\_

**Program Name:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Cost:** \_\_\_\_\_