

# Clark Recreation Registration Spring-Summer 2019 Programs

Clark Recreation introduces the spring-summer session of the programs offered. Complete description of courses can be found in the Recreation brochure that came out in September. It briefly describes each course or program being offered. Information is available at the Rec Center for all of the new and existing courses and programs. Please stop by the Rec Department to pick up information.

Registration forms for each program or class can be dropped off at the Recreation office 9:00-4:00 daily or mail to Clark Recreation 430 Westfield Ave – Attn: Ralph Bernardo. **All registration forms must be submitted by March 8<sup>th</sup>.**

The following courses **require a registration form** for the Spring-Summer 2019 programs. All other classes **not listed below** remain on the same schedule as Fall 2018. Registration begins as soon as you receive this. **Classes are subject to cancellation if not enough interest.**

**SIGN UP EARLY!!!!**

## **PRESCHOOL PROGRAMS**

- **Stretch & Grow** – Thursdays 10:30-11:00 AM (ages 2-5) This class focuses on balance, coordination and sports readiness. \$105 for an 8-week program. Begins April 4<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. Singing, playing and cooking are all tied in together. \$50 for a 6-week program. Begins April 1<sup>st</sup>.
- **Kinder Ballet**– Fridays 3:30-4:10 PM (ages 3-5). This ballet class will consist of strength, musicability, improvisation, creative movement and class etiquette. \$70 for a 6-week program. Begins March 22<sup>nd</sup>.
- **Mommy and Me Movin and Groovin** – Thursdays 11:30AM-12:30 PM (ages 2-5) Join us to build a healthy mind and body. This fun fitness program is great for mom's boys and girls. This class will build endurance, arms, legs, core strength and all-around better focus. We will achieve this through tumbling, dance, exercise, and many other activities. \$105 for a 10-week program. Begins March 14<sup>th</sup>.
- **Junior Scientist** - Mondays 5:00-5:45 PM (Grades PK-K) This program is all about making learning science fun! Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, technology, earth science and green science. If your child would enjoy creating fun and safe chemical reactions, designing and constructing structures, experimenting with physical forces, and tinkering with technology, then this is the program for them! **\*All new lessons and projects for returning participants!** Begins March 25<sup>th</sup> - \$99 for 6-week session

- **Tiaras & 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– ballet barre, stretches, strengthening exercises, positions and balancing. We will also have creative dance fun time, which will incorporate dance games, freeze dance, and basic jazz and hip hop moves to keep your little dancer interested and happy. March 22<sup>nd</sup> - \$70 for 6-week session.
- **Tree of Love** - 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! Children are encouraged to be themselves as they practice yoga and meditation to promote control of body and mind. March 7<sup>th</sup> - \$75 for 6-week session.
- **Kids Ceramics** - Fridays: 4:00-5:00 PM (Once a month) (Pre-K-6<sup>th</sup> grade) Have fun painting a themed ceramics piece each month celebrating Easter and Mother's Day. No repeats. March 8<sup>th</sup> and April 5<sup>th</sup>-\$12 per session.
- **Kindertots** - Tuesdays 10:00-10:30 AM (ages 20 months through 2 years) This class is designed to develop gross motor skills, movement creativity, physical development, mat skills and communication while learning numbers, colors, shapes and songs. \$90 for an 6 weeks. Begins March 26<sup>th</sup> – May 7<sup>th</sup> – no class April 16<sup>th</sup>.
- Young Rembrandts Preschool Drawing – Thursdays 4:00-4:45 PM (Ages 3-5) This spring, Young Rembrandts introduces a variety of artistic lessons that will challenge and excite your child. A wonderfully illustrated flower pot will capture the spirit of the spring season. A cuddly teddy bear drawing will introduce our students to basic figure drawing. If your student has a curiosity for nature, he or she will love our bird bath and snail to help strengthen their art and compositional skills. There's no better time than NOW to enroll your child into a Young Rembrandts class. All this and more await your budding young artist. Begins March 14. &106 for an 8 week session.
- **Mommy and Me Music** - Wednesdays 11:00-11:30 AM (Ages: 9 months-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. March 6<sup>th</sup> - \$95 for 8 weeks.
- **Squirts Multi Sports** - Wednesdays 11:15-12:00 PM (ages 3-5) Experience a new sport each week of the program. The participants have the opportunity to try lacrosse, soccer, basketball, t-ball, floor hockey, flag football and parachute games. \$114 for an 8-week program. Begins April 24<sup>th</sup>.
- **T-Ball Squirts** – Tuesdays 3:30-4:15 PM or 4:15-5:00 PM (ages 3-5) Utilizing fun games and activities, players will develop their skills in hitting, throwing and fielding. At the end of each session, participants will apply these skills into a scrimmage. \$114 for an 8-week program. Begins April 23<sup>rd</sup>.
- **Senior T-Ball Squirts** – Tuesdays 5:00-6:00 PM (Ages 5-7) Utilizing fun games and activities, players will develop their skills in hitting, throwing and fielding. At the end of each session, participants will apply these skills into a scrimmage. \$154 for an 8-week program. Begins April 23<sup>rd</sup>.
- **Soccer Squirts** - Sundays 2:15-3:00 PM or Wednesdays 10:30-11:15 AM or 12:30-1:15 PM (Ages 3-5) Introduces boys and girls to the beautiful game of soccer. Learn the fundamentals skills of soccer through a program of structured activities, fun based games and scrimmages. \$114 for a 8-week program. Begins April 14<sup>th</sup> and/or April 24<sup>th</sup>.
- **Soccer Senior Squirts** - Sundays 3:00-4:00 PM (Ages 5-6) Senior Squirts Soccer is the perfect program for players graduating from Soccer Squirts or for children looking for

their first ever soccer experience. Each session will focus on developing a particular skill or technique including dribbling, passing, ball control, moves & turns, positioning, and more. \$154 for an 8-week program. Begins April 14<sup>th</sup>.

- **Soccer Squirts** – Thursdays 3:45-4:30 PM, 4:30-5:15 PM or 5:15-6:00 PM (Ages 3-5). Introduces boys and girls to the beautiful game of soccer. Learn the fundamentals skills of soccer through a program of structured activities, fun based games and scrimmages \$114 for a 8-week program. Begins April 25<sup>th</sup>.
- **Parent and Me Soccer Squirts** – Wednesdays 9:30-10:15 AM or Sundays 4:00-4:45 PM (Ages 2-3) With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. \$114 for 8-week program. Begins April 24<sup>th</sup> and/or April 14<sup>th</sup>.
- **Basketball Squirts** – Wednesdays 3:30-4:30 PM (ages 4-5) Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting. \$114 for an 8-week program. Begins April 24<sup>th</sup>.
- **Senior Basketball Squirts** – Wednesdays 4:30-5:30 PM (ages 6-7) Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting. \$154 for an 8-week program. Begins April 24<sup>th</sup>.
- **Foundation Basketball** – Wednesdays 5:30-6:30 PM (ages 8-10) Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting. \$154 for an 8-week program. Begins April 24<sup>th</sup>.
- **Basketball Squirts Camp** – Monday-Friday 4:00-5:00 PM (ages 4-5) \$90 for the week. Begins July 15<sup>th</sup>.
- **Squirts Track and Field** – Sundays 2:15-3:00 PM (ages 4-5) Begins April 14<sup>th</sup> \$114 for 8-week session.
- **Senior Squirts Track and Field** – Sundays 3:00-4:00 PM (ages 6-8) Begins April 14<sup>th</sup> \$154 for an 8-week session.
- **Tennis Squirts** – Wednesdays 3:15-4:00 PM or Thursdays 3:15-4:00 PM (ages 3-5) Tennis Squirts is a learning adventure that introduces children to the world of Tennis. They will have a great time learning the basic skills and strokes. \$114 for an 8-week program. Starts April 24<sup>th</sup>.
- **Recreation Summer Camp** – Registration and information forms will be sent thru the schools in March.
- **US SPORTS Summer Camp** – Afternoon camp following the rec camp from 12:00-4:30 PM. Registration and information forms will be sent thru the schools in March.

## **YOUTH PROGRAMS**

- **Scrap Booking** – Tuesdays 7:00-8:30 PM Open to children 5<sup>th</sup> grade up and adults – This course will teach you how to make handmade greeting cards, scrap booking, and handcrafted gifts. \$50 for an 8-week program. Begins April 2<sup>nd</sup>.
- **Tree of Love Yoga** – Friday: 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! Children are encouraged to be themselves as they practice yoga and meditation to promote control of body and mind. Begins March 8<sup>th</sup> - \$75 for 6-week session.
- **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>) or 6:00-6:45 PM (grades 5<sup>th</sup>&6<sup>th</sup>) Learn the fundamentals of cooking, preparing snacks, basic dishes, spices and measurement. \$50 for a 6 week program. Begins April 1<sup>st</sup>.
- **Kids Ceramics** - Fridays: 4:00-5:00 PM (Once a month) (Pre-K-6<sup>th</sup> grade) Have fun painting a themed ceramics piece each month celebrating Easter and Mother's Day. No repeats. March 8<sup>th</sup> and April 5<sup>th</sup> - \$12 per session.
- **Hip Hop Boyz** – Fridays 6:00-6:45 PM (ages 6-9) Influenced by B boys, MTV, Funk SYTYCD and much more! \$70 for a 6-week session. Begins March 22<sup>nd</sup>.
- **Movin and Groovin** – Wednesdays 4:15-5:15 PM (ages 3 1/2-6) 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) This class will build endurance, core strength, coordination, flexibility, and better focus and self-esteem. We will achieve this through tumbling, dance, exercise, and many other activities. \$105 for a 12-week session. Begins March 27<sup>th</sup> & 28<sup>th</sup>.
- **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 dance choreography, as well as, learning stage performance qualities. Begins March 22<sup>nd</sup> - \$70 for 6-week session.
- **Recreation Fencing** – Tuesdays 3:00-4:00 PM (Grades 2<sup>nd</sup>-5<sup>th</sup> for Valley Road School children) and Thursdays 3:00-4:00 PM (grades 2<sup>nd</sup>-5<sup>th</sup> for Hehnly School children) This sport is run by the Advanced Fencing and Fitness Academy teaching the basics of this unique sport. Class will pick up where it left off although new students welcome as well to be taught the basics without repeating. \$115 for a 6-week session. Begins March 25<sup>th</sup> for VR & 28<sup>th</sup> for H.
- **Motorized Lego Building** – Thursdays 4:00-5:00 PM (Grades K-5) Explore architecture, engineering and technological concepts using Lego bricks. \$104 for a 6-week session. Begins April 4<sup>th</sup> – no class on April 18<sup>th</sup>.
- **Junior Scientists Lab** - Thursdays: 5:00-5:45 PM (Grades 1-5) This program is all about making learning science fun! Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, technology, earth science and green science. If your child would enjoy creating fun and safe chemical reactions, designing and constructing structures, experimenting with physical forces, and tinkering with technology, then this is the program for them! \*All new lessons and projects for returning participants! Begins March 28<sup>th</sup> - \$99 for 6-week session
- **Junior Engineering Adventure** - Thursdays: 4:00-5:00 PM (Grades: 2-5) Students are captivated in this super fun and hands-on class as we explore various STEM projects such as creating exciting gadgets, exploring electricity, building a circuit for a buzzer and constructing an electromagnet. Kids become engineers as they discover marvelous machines

and discover how they make work easier and more fun! The knowledge and learning experience from the class not only help students build a strong foundation in STEM, but also strengthen their critical thinking and problem-solving skills. Begins March 28<sup>th</sup> - \$99 for 6-week session

- **Young Rembrandts Drawing** - Thursdays 5:00-6:00 PM (Ages: 6-12) The season of Spring gives our artists new inspiration and lessons like the Bee Graphic and historical Model T. Every child will draw their lesson in detail and learn new techniques like how to add a little whimsy to our version of Aladdin's Lamp and some adorable Baby Dragons. Creativity, imagination and whole brain learning are all happening every week. Sign up today! Begins March 14 - May 2<sup>nd</sup> - \$115 for an 8-week session
- **Young Rembrandts Cartooning** - Fridays: 4:00-5:00 PM (Ages: 6-12) Does your child have a great sense of humor to complement his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. Our students will learn how to personify inanimate objects, as they breathe life into the sun and moon, transforming them into funny cartoon characters. A humorous bird feeding sequence will teach your child visual and sequential story telling. We'll also create drawings that feature colorful and expressive forest animals. Give your child the gift of learning and artistry. Enroll your student today! March 15<sup>th</sup> - May 3<sup>rd</sup> \$115 for an 8-week session
- **Chess Club** - Wednesdays: 6:00-7:30 PM (Grades: 5<sup>th</sup> – high school) Recreation Center Teen Center Come out and have fun learning the great game of Chess or play experienced players. Strategic moves, tips and suggestions on how to say check mate! March thru May. Cost: Free
- **Future Fashionistas** – Tuesdays - 4:00 – 5:30 PM (Ages 7-13) The importance of Inspiration and Conceptual thinking is the starting point of the creative process for developing fashion collections. Embracing the passion of finding exciting ideas and turning them into wearables takes students down a road to their self-discovery! My classes are designed to take students through the same process from my real-world experiences, learning valuable skills along the way. Begins March 26<sup>th</sup> - \$80 for 6-week session
- **Imagination Creation** – Wednesdays 4:00-5:30 (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 candy land landscape, students enjoy the fun of knowing, “If I can dream it, I can draw it”. Begins March 27<sup>th</sup> - \$80 for 6-week session.
- **Design Divas** – Wednesdays 6:30-8:00 PM (ages 13-18) Be a designer! Explore the world of fashion and take your imagination and ideas to a new level! Yes you can create! Students learn how the process in the real world happens and try out valuable skills, fashion illustrations, design clothing, accessories, hair, etc. It's never too early to start to build your portfolio for future college interviews! Begins March 27<sup>th</sup> - \$85 for 6-week session.
- **Hip Hop Kidz** - 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! Begins March 22<sup>nd</sup> - \$70 for 6-week session.
- **Hobby Quest's "Airplane Builders"** - Fridays: 4:00 – 5:00 PM (Grades: K-3) UFO, Sky Rocket, and Arrow Quest are just a few of the planes models you'll get to build in this STEM focused program. Learn what makes an airplane take off and continue to fly and then build some more. All materials included. Begins March 22<sup>nd</sup> - \$17.50 per class 10-week session for

\$175

- **Hobby Quest's "Magic Masters"** - Fridays: 5:00 – 6:00 PM (Grades K-5<sup>th</sup>) You will be transformed when you learn to perform all new tricks this fall. The disappearing deck, 3 Magic Wands and Coin Increasing Bag are just a few of the tricks you will learn. You get to keep all of the tricks. Begins March 22<sup>nd</sup> - \$17.50 per class - 10-week session for \$175.
- **You Me Trapeze Yoga** - Wednesdays, 4:30-5:30 PM - Recreation Center Teen Center (Ages: Teens thru Adult) Trapeze is a workout that balances stretch and strengthening postures to help alleviate back and joint pain through inversions and releasing weight bearing limits. Class is one-hour duration, the movements are designed to increase body strength of both major and minor muscles through several variations complimenting the beginner to advanced practitioner. Everyone is encouraged to meet themselves where they are. Absolutely no yoga experience is necessary, only an open mind and open heart. Suggested not to eat 90 minutes prior to class, bring a yoga mat and a bottle of water. Come as YOU are. March 20<sup>th</sup> - Cost: \$110 for 6-week session – drop ins are welcome!
- **Hooked on Fishing** – Saturday 9:00-12:00 AM (ages 7 & up) Introduction to the great sport of fishing. Learn how to cast, reel in your catch, hook a worm and other fishing techniques. Held at Tamaquas Park in Scotch Plains. \$50 - Saturday May 11<sup>th</sup> – rain date May 18.
- **Foundation Tennis** – Wednesdays 4:00-5:00 PM or Thursdays 4:00-5:00 PM (ages 5-8) & Thursdays 5:00-6:00 PM. (8-10). Foundation Tennis teaches the basic skills of stroke production, court movement and footwork skills. More importantly, it's all about fun! \$154 for a 8-week session. Begins April 24<sup>th</sup> or April 25<sup>th</sup>.
- **Development Tennis** – Wednesdays 5:00-6:00 or Thursdays 5:00-6:00 PM (ages 8-10) or 6:00-7:00 (ages 11-14) or Thursdays 4:00-5:00 (ages 5-8) Development Tennis caters to intermediate players looking to take their game to the next level. \$154 for a 8-week session. Begins April 24<sup>th</sup> and/or April 25<sup>th</sup>.
- **Senior Soccer Squirts** – Thursdays 6:00-7:00 PM (ages 5-7) Players learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. All Senior Squirt curriculums create an environment which allows players to develop and progress within sport. \$154 for an 8-week program. Begins April 25<sup>th</sup>.
- **Bowling** – Saturdays at Linden Lanes – 12:00 noon. Contact Linden Lanes to register and for more details – 908-925-3550.
- **Golf for Juniors** – Wednesdays 4:00-5:00 PM (grades 2 – 3) Wednesdays 5:00-6:00 PM (grades 4 – 5) Wednesdays 6:00-7:00 PM (grades 6 – 8) \$50 for a 4-week session – Hyatt Hills Golf Course – Begins April 12<sup>th</sup>. Golf clubs and balls will be supplied by the golf course, however please bring your set if you own one.
- **Skateboard Clinic** – Thursdays 4:30-6:00 PM (open to boys and girls in grades 3 to 9<sup>th</sup>) \$50 for 2 session clinic. Meets at Esposito Park (Skate Park). Two sessions May 2<sup>nd</sup> & May 9<sup>th</sup>.
- **Spring into Volleyball** – Mondays 3:30-4:30 PM (grades 7-8) Tuesdays 3:30-4:30 PM (grades 4-5-6) \$55 for a 6-week session. Begins April 8<sup>th</sup>.
- **Field Hockey** – Thursdays 6:30-8:30 PM. One hour will be devoted to instruction followed by an hour of game play. ALJ Turf field – Begins April 4<sup>th</sup>-11<sup>th</sup>-25<sup>th</sup> for three Thursdays. Cost is determined by package selection of equipment needed anywhere from \$30 - \$70. Flyers will be sent home.
- **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.

- **Middle School Spring Ice Hockey League** – (Grades 3-8) Clark has successfully participated in this league for the past six years. This club is part of the Union Sports Arena Middle School Spring 2019 league. Players are responsible for their own equipment and USA hockey dues. For more information please contact [clarkhockeynj@gmail.com](mailto:clarkhockeynj@gmail.com). Cost \$350.
- **Recreation Tennis Camp** – \$100 for June 26<sup>th</sup>-30<sup>th</sup>. \$80 for July 3<sup>rd</sup>-7<sup>th</sup>. \$100 for July 17<sup>th</sup>-21<sup>st</sup>. Registration and information forms will be sent through the schools in April.
- **Recreation Summer Camp** - Registration and information forms will be sent through the schools in April. Camp runs July 1<sup>st</sup> thru August 8<sup>th</sup> – Monday thru Thursday 9:00 AM-12:00.
- **Basketball Camp** – Monday-Friday 5:00-6:30 (ages 5-8) or 6:30-8:00 PM (ages 8-13) \$105 for the week. Begins July 15<sup>th</sup>.
- **Girls on the Run** - Tuesdays & Thursdays 3:45-5:00 PM (Ages 11-13)
- Girls on the run is an experiential self-esteem development program which creatively integrates running with self-actualization activities, team building and community service. Begins March 26<sup>th</sup> \$199 for 10 weeks
- **Heart & Sole** – Mondays & Wednesdays 3:45-5:00 PM - Grades 6 thru 8 - The Heart & Sole curriculum was developed by Girls on the run to meet the unique needs of middle school girls. Rich with themes girls can relate to, the curriculum addresses the whole girl – body, brain, heart, spirit and social connection – and builds important life skills, while integrating running games and activities. The program ends with the girls participating in a celebratory 5K event with other Girls on the Run teams from Union, Morris and Essex counties. Begins – March 25<sup>th</sup> \$199 for 10 weeks
- **Fire's Ball handling & Shooting Basketball Clinics** – June 24-25-26-27<sup>th</sup> – 9:00 am-1:00 pm-\$150. July 1-2-3<sup>rd</sup> – 12:30-3:30 pm - \$90. July 29-30-31, Aug 1<sup>st</sup> – 12:30-3:30pm - \$120. Grouped together by Grade. These camps will stress the FUNDAMENTALS of basketball including footwork & technique, range finder & form shooting, balance drill, shooting off screens and shooting transition. The clinic is directed by Coach Firestone.
- **ROCK 101 Summer Camp** - Want to play in a band on stage? Our Rock 101 camp is designed for beginners 8-12 years of age. No experience necessary! Students will explore their instruments through musical games and activities. Our nurturing environment makes this the perfect camp for budding musicians. Students will work on songs Monday through Thursday and the camp will culminate in a concert at the end of week for family and friends. Enroll online at [clark.schoolofrock.com](http://clark.schoolofrock.com) by clicking "Our Camps". Cost is \$399 for the weeklong camp during the following weeks: 10:00am - 3:00pm daily, June 24<sup>th</sup> - June 27<sup>th</sup>, July 15<sup>th</sup>- July 18<sup>th</sup>, July 29<sup>th</sup> - Aug 1<sup>st</sup>, Aug 26<sup>th</sup> - Aug 29<sup>th</sup>
- **ROCK ROOKIES Summer Camp \$199** - Ear training, song structure, rhythm patterns and group playing are all part of this 4-Day introduction to music. In this camp, students will learn about all the different rock instruments and begin their introduction to music theory and music appreciation. This summer camp is designed for 6 to 7-year-old students who have little to no experience with music. This four-day camp runs Monday through Thursday with a performance at the end of the last day. Enroll online at [clark.schoolofrock.com](http://clark.schoolofrock.com) by clicking "Our Camps". Cost is \$199 for the weeklong camp during the following weeks: 10:00am - 12:30pm daily, June 24<sup>th</sup> - 27<sup>th</sup>, July 8<sup>th</sup> - 11<sup>th</sup>, July 15<sup>th</sup> - 18<sup>th</sup>, Aug 26<sup>th</sup> - 19<sup>th</sup>.

## **Young Rembrandts Summer 2019 Week Workshops & Camps**

### **Junior Workshops- (Ages 3 to 6)**

#### **JUNIOR UNDER THE SEA WORKSHOP**

***August 12 to August 16 -(1:00pm to 2:30pm) -5 day camp-\$108***

Under the sea makes us think of mermaids, fish, shipwrecks and even sharks. All of these will inspire our work as we draw many animal and human characters found under the sea. Our last day will be exciting as we combine the subject matter we have learned into one larger drawing with a story of its own. Media used will include pencils, color pencils and markers. Don't miss out and sign up today!

#### **ANIME & MANGA DRAWING WORKSHOP**

***August 12 to August 16 -(9:00am to 11:30am) - 5 day camp-\$179***

Why sit in front of the TV and watch cartoons when you can draw amazing characters and awesome scenes of your very own? Join us for five, action-packed days as Young Rembrandts hosts a wonderful *Anime and Manga Drawing Workshop*. Our students will create dazzling illustrations that are influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page. Our students will be delighted as we create drawings that emulate the popular anime and manga art styles. Don't miss out on an exciting opportunity to produce wonderful artwork. Sign up today!

### **Preschool Drawing with Young Rembrandts (Ages 3 to 5)**

***6 week session \$82***

***Thursdays- July 11 to Aug 15 (3:45pm to 4:30pm)***

Jump into creativity and expand your child's horizons with Young Rembrandts. Our student's imaginations will take a trip to the rainforest. Drawing toucans, jaguars and a rainforest scene are just some of the drawings our students will create. Students will explore visual wonders from Under the Sea. Brightly colored seahorses and a playful walrus will excite your child. Reveal an imaginative world of drawing to your budding artist. Enroll your child today!

### **Elementary Drawing with Young Rembrandts (Ages 6 to 12)**

***6 week session \$89***

***Thursdays- July 11 to Aug 15 (4:45pm to 5:45pm)***

Young Rembrandts is getting up close and personal with everyone's favorite family member, the household pet. A bird, a horse and a detailed image of a cat are just some of the drawings our students will learn to draw. Grab your goggles; Young Rembrandts is taking imaginations Under the Sea. Students will draw the creatures you find in the big blue sea. A friendly sea turtle, ominous hammerhead shark, and a detailed scuba diving scene are just some of the drawings our students will create. A sea filled with fun awaits. Enroll your artist today!

### **Cartooning with Young Rembrandts (Ages 6 to 12)**

***6 week session \$89***

***Fridays- July 12 to Aug 16 (4:00pm to 5:00pm)***



Our students will create cartoon illustrations inspired by our household pets. Ant farms, a trip to the groomers and fun on the teeter totter are just some of the drawings our students will illustrate. Students will create cartoon illustrations inspired by creatures under the sea. Funny snorkeler expressions, fish word play and a humorous sequence of events are just some of the drawings our students will illustrate. Enroll your child today!

**TryCAN** – Clark Recreation is proud to participate in the **TryCAN** Collaboration, a collaboration of nearby communities to offer an array of recreation opportunities for both youth with special needs or those who need special accommodation.

Clark residents can now enroll in **TryCAN** programs. Past programs have included the gamut of sports, basketball, baseball, soccer, tennis, lacrosse, flag football and golf. Non sports classes include social skills, dance, art, music, martial arts, study skills and reading. All classes are lead by experienced adult instructors or coaches. However, critical to the **TryCAN** success is the use of volunteer teen Peer Mentors who provide more dedicated support and serve as buddies and cheerleaders for program participants. Program flyers and related materials are available at the Recreation Center. Feel free to call with any questions – 732-428-8400.

## **ADULT PROGRAMS**

- **ZUMBA** – Tuesdays – 6:00-7:00 PM at the Recreation Center. \$50 for a 10-week session. Begins April 4<sup>th</sup>.
- **Co-Ed Volleyball** – Tuesdays 7:30-9:00 PM. Begins April 11<sup>th</sup>. Free to Clark residents.
- **Women’s Softball** - Mondays 6:30-8:00 PM Games played at ALJ or Clark Recreation fields. \$50 for 8 weeks. Runs June-August.
- **Men’s Softball** – Summer league signups – contact Joe Kilburg - [tees4u2@verizon.net](mailto:tees4u2@verizon.net)
- **Ladies Adult Instructional Tennis** – Thursdays 7:00-8:00 PM (ages 18-80) This class is for beginner to intermediate level players. Adult Tennis allows players to work towards refining the fundamental skills of stroke production, rally consistency and court awareness. All players must provide their own racquet. \$154 for an 8 week program. Begins April 25<sup>th</sup>.
- **Ladies Golf** – Held at Hyatt Hills Golf Complex in Clark – the ladies Hyatt Hills Golf League plays weekly. For more information email Marlane Deara at [angeldeergolf@gmail.com](mailto:angeldeergolf@gmail.com)
- **Bocce** - Bocce balls can be obtained anytime day or evening. Watch for tournament sign ups this spring and summer. Located behind the Recreation Center. Open to everyone.
- **Scrap Booking** – Tuesdays 7:00-8:30 PM Open to children 5<sup>th</sup> grade up and adults. This course will teach you how to make handmade greeting cards, scrap booking, and handcrafted gifts. \$40 for an 8 week program. Begins April 2<sup>nd</sup>.
- **Cake Decorating** – Monday’s – 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 a 6-week session. Begins April 1<sup>st</sup>.

- **Ladies Night Out Ceramic Class** – Thursdays, March 7<sup>th</sup> & April 4<sup>th</sup> - 7:00-9:00 PM. You must register and pre-pay the \$12 for each session.
- **A Taste of Ballroom, Latin & Swing**– Thursdays 8:00-9:30 PM – start date to be announced (Either March 14<sup>th</sup> or 21<sup>st</sup>) Those interested can contact the instructor ahead of time at [BrandisDance@comcast.net](mailto:BrandisDance@comcast.net)
- **Pickleball** – Tuesdays 6:30-7:30 PM This up-tempo is an entertaining mix of tennis, badminton, ping pong and racquetball. Free. Date to be determined.
- **Wheelchair Basketball** – Sundays 9:00-10:30 AM. If any adult or child is interested in or know of anyone interested in giving wheelchair basketball a try, then call Tom McDonald at 732-396-0837. Begins April 2<sup>nd</sup>.
- **You Me Trapeze Yoga** - Wednesdays, 4:30-5:30 PM - Recreation Center Teen Center (Ages: Teens thru Adult) Trapeze is a workout that balances stretch and strengthening postures to help alleviate back and joint pain through inversions and releasing weight bearing limits. Class is one-hour duration, the movements are designed to increase body strength of both major and minor muscles through several variations complimenting the beginner to advanced practitioner. Everyone is encouraged to meet themselves where they are. Absolutely no yoga experience is necessary, only an open mind and open heart. Suggested not to eat 90 minutes prior to class, bring a yoga mat and a bottle of water. Come as YOU are. March 20<sup>th</sup> - Cost: \$110 for 6-week session – drop ins are welcome!  
Monday: 10:00 a.m. to 10:50 a.m. Beginners
- **Beginners Tai Chi** - This class offers the opportunity for people with no or little experience in Tai Chi exercises and forms to begin a program of improvement in physical health, strength, and balance. Each class will include exercises, some of which will be in response to students' requests for help with specific balance or movement problems. The Tai Chi form that will also be taught is known as the 24 form, and it is the most popular of all Tai Chi forms worldwide. Monday - 11:00 a.m. to 11:50 a.m. No special clothing or equipment needed. Begins March 11<sup>th</sup>.
- **Intermediate Tai Chi** - Intermediate Tai Chi will begin with a set of exercises designed to "warm-up" the major joints of the body. Exercises will be followed by instruction in Tai Chi forms beyond those learned in the Beginners' class: the form 37 and, if time allows, the form 73. Monday - 12:00 a.m. to 12:50 a.m. No special clothing or equipment needed. Begins March 11<sup>th</sup>.

**ALL OTHER ADULT AND / OR SENIOR CLASSES NOT LISTED ABOVE  
REMAIN ON THE SCHEDULE THEY HAVE FOLLOWED SINCE SEPTEMBER.  
REFER TO THE FALL BROCHURE FOR EXACT TIMES, CLASS DESCRIPTIONS  
AND LOCATION.**

# 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:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Sex:** Male / Female

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

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

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

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

**Age:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Sex:** Male / Female

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

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

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

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

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

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

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

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