

Clark Recreation

2019-2020



Enhancing Life Through Recreation

Dedicated to the Memory of Larry Russo



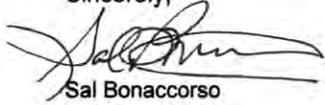
Message from the Mayor

Welcome to the Township of Clark! It gives me great pleasure to present the annual recreation booklet. In this brochure you will find important information to help you select classes and programs and obtain important phone numbers, email addresses, contacts, and special events taking place throughout the year.

The township council and I remain dedicated to improving, maintaining, supporting and enhancing recreational programs, our parks and the recreation center. This year we remodeled fun time junction and have introduced the new state of the art Caitlin Nelson Park which is also handicap accessible. Reports indicate our residents are taking full advantage of the new Civic Rec program allowing you to download your own information when registering for programs and classes and the addition of credit card acceptance for your convenience.

I am happy and proud of the programs our rec director Ralph Bernardo has put together. Enrollment each year in our rec programs continues to grow. Take advantage of all that the recreation department offers and I encourage all residents to participate in our programs and discover why Clark is a great place to live!

Sincerely,


Sal Bonaccorso
Mayor

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
Radio Station Channel: 590AM

This am radio station will be used in conjunction with TV36 which will continue to be Clark's Community Access TV station and operate for non-profit programming and community events.

Township Administration

Mayor: Sal Bonaccorso
Business Administrator: John Laezza
Council Liaison/Recreation/Pool: Bill Smith
Director of Recreation: Ralph Bernardo
Recreation Assistant: Emily Lambert
Night Recreation Supervisor: Pete Zimbardo
Senior Citizen Director: Ralph Bernardo
Clark Pool Director: Mike Kozlowski
Public Works/Shade Tree: Scott McCabe
Teen Center Director: Vic DeMarzo
Municipal Alliance Coordinator: Ralph Bernardo

Recreation Office Hours

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

Facility Hours

Monday thru Friday 8:30 am-10:00 pm
Saturday and Sunday 8:30 am-9:00 pm
Closed on all major holidays





Message from the Director

Welcome to Clark Recreation! We've just completed our first year with many technological improvements to help ease registrations, communication and convenience for our resident's busy lives. We partnered with Civic Rec – a computer and Web Site company that has eased the registrations and communication of all the programs and classes that the recreation department offers including the pool. We also offered for the first time, the acceptance of major credit cards when registering on line and our residents have taken full advantage. We've had fun with our two new reader boards on the front lawn allowing us to change communication within a couple of minutes. Our biggest improvement this year was the building of the new Caitlin Nelson Park replacing Fun time Junction. This state of the art park allows all children of Clark to play and enjoy all that it offers and is also handicap accessible. We hope you enjoy all these benefits and the ease of registration from the convenience of your home.

Please take the time to read thru this brochure and realize all the recreation department has to offer to its residents. Many programs and events are free! We hope you and your families will take advantage and participate in as many activities as time allows. We have done our best to offer a wide variety of activities that appeal to a large audience so that we have something for everyone.

For those of you new to Clark or 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 for our 55 and older residents, an aerobics and exercise room, cafeteria and full functional kitchen, meeting rooms and teen center all air conditioned. On the surrounding grounds outside we have well maintained softball and soccer fields, bocce court and tennis courts (lights on all fields), and the brand new Caitlin Nelson Park.

Our award-winning recreation department is the heartbeat of the township. A vital part of the rec departments are the many volunteers and the valuable time 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 will benefit and enhance the recreation department, please feel free to submit or call to discuss. Have a great year and please stop by the recreation office to pick up brochures, flyers and general information for all that is taking place in town.

Sincerely,

Ralph Bernardo
Director of Recreation



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.



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!

“If bread is the first necessity of life, recreation is a close second”

– Edward Bellamy

Did You Know...

You can go on the townships new 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, Beadleston School, Hillcrest Academy the Crossroads School and St. John's Food Bank.

General Information

4 Ways to Register

1. Mail In Registration Form

Clark Recreation Center
430 Westfield Ave. Clark, NJ 07066

2. After Hours Drop Off

Place form and payment in envelope and drop in the mail box located at the Recreation office or in front of the Municipal building.

3. Walk In

Monday thru Friday 8:30-4:00 at the Recreation office.

- #### 4. **NEW!** On line registration thru our new website!! We strongly encourage registration for all classes and programs, pool registration can be done online through our new website Civic Rec. You can register your entire family from the comfort of your home or workplace 24 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.

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

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.

NOTE: All times and dates are subject to change without notice!

We Love Parents But...

Parents are allowed to attend their child's first day of class (unless specified by the instructor). Please do not remain in the classroom after dropping off your child. This is in your child's best interest, as continual interruptions tend to affect participants' attention spans and inhibit the establishment of peer relationships. Thank you for your cooperation.

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

Permits are required for organized activities in Clark parks. Requests for permits must be made in writing via email. Permits for county parks such as Oak Ridge and Esposito, must be made directly to the county. School field usage must acquire permits through the Clark BOE.

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.

NOTE: All programs and classes will be cancelled on October 9 - 13 due to the UNICO Italian Feast taking place in the parking lot and grounds.



Larry Russo – 1967-2018

Toddler & Preschool Programs

Movin' and Groovin'

Wednesdays:

Ages 3 1/2-6 – 4:15 - 5:15 pm

Ages 6 & Up – 5:15 - 6:15 pm

Thursdays:

Ages 4-7 – 4:15 - 5:15 pm

Ages 8 & Up – 5:15 - 6:15 pm

Recreation Center – Aerobics Room

Join us to build a healthy mind and body. This fun fitness program is great for both mom's 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. This type of energy and self-esteem will be achieved through tumbling, acro, musicality, dance exercise and many other activities. Fitness can be fun! Working and building healthy spirits, minds, and bodies. Ask about different age siblings together in the same class – all are welcome.

September 11 & 12

Cost: \$105 for 12 weeks

Registration Required



Parent & Me Soccer Squirts – US Sports Institute

Recreation Center Grounds or Gym

1st session

Ages 2-3

Sundays: 4:00-4:45 pm

September 15 to November 3 – OR

Wednesdays: 9:30-10:15 am – September 18 to October 30th

Cost: \$114 for 8 weeks

2nd session

Ages 3-5

Mondays: 9:30-10:15 am

November 18 to December 16 – OR

Wednesdays 3:45-4:30 pm –

November 20 to December 19

Cost: \$75 for 5 weeks

3rd session

Ages 2-3

Mondays: 9:30-10:15 am

January 13 to March 2

OR

Wednesdays 3:45-4:30 pm

January 16 to March 4

Cost: \$114 for 8 weeks

Often imitated, never duplicated. Soccer Squirts introduces boys and girls along with parents to the beautiful game of soccer. Learn the fundamentals skills of soccer through a program of structured activities, fun based games and scrimmages.

Registration Required



Mommy and Me Movin' and Groovin' - New!

Thursdays: 11:30 am - 12:30 pm

Recreation Center – Aerobics Room

Join us to build a healthy mind and body. This fun fitness program is great for both mom's 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. This type of energy and self-esteem will be achieved through tumbling, musicality, dance exercise and many other activities. Fitness can be fun! Working and building healthy spirits, minds, and bodies. Siblings are welcome too!

Begins September 12

Cost: \$105 for 10 week session

Registration Required

Soccer Squirts – US Sports Institute

Ages 3-5 – all sessions

Recreation Center Grounds or Gyms

1st session

Sundays: 2:15-3:00 pm or

4:00-4:45 pm

September 15 to November 3

Cost: \$114 for 8 weeks

Tuesdays: 5:15 – 6:00 pm –

September 17 to October 29

Cost: \$100 for 7 weeks

Wednesdays: 10:30 - 11:15 am –

September 18 to October 30

Cost: \$100 for 7 weeks

Thursdays: 3:30 – 4:15 pm or

4:15 – 5:00 pm –

September 12 to October 24

Cost: \$100 for 7 weeks

2nd session

Cost: \$100 for 7 weeks –

Mondays: 10:30 – 11:15 am –

November 18 to December 16

Wednesdays: 5:15 – 6:00 pm

November 20 to December 18

3rd session

Mondays: 10:30 – 11:15 am –

January 13 to March 2

Wednesdays: 4:30 – 5:15 pm –

January 16 to March 4

Cost: \$114 for 8 weeks

Soccer Squirts is your child's perfect introduction to the most popular sport in the world! Skills covered include dribbling, passing, shooting, stealing, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

Registration Required



T-ball Squirts – US Sports Institute

Recreation Center Grounds or Gym

Tuesdays: 3:30 – 4:15 pm or
4:15 – 5:00 pm
Ages – 3-5

Open to both boys and girls, there's no better introduction to the sports of baseball or softball! Skills covered include hitting, throwing, catching, base running, fielding, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

September 17 to October 29
Cost: \$100 for 7 weeks
Registration Required

Multi Sports Squirts – US Sports Institute

Ages – 3-5

Recreation Center Grounds or Gyms



1st session

Wednesdays: 11:15 am – 12:00 pm
or 5:15-6:00 pm
September 18 to October 30
Cost: \$100 for 7 weeks

2nd session

Mondays: 11:15 am – 12:00 pm
November 18 to December 16
Cost: \$75 for 5 weeks

3rd session

Mondays: 11:15 am – 12:00 pm
January 13 to March 2
Cost: \$114 for 8 weeks

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to

ensure learning and most importantly: fun, fun, fun!

Registration Required

Parent & Me Multi Sports – US Sports Institute

Recreation Center Grounds or Gym

1st session

Wednesdays: 12:30 – 1:15 pm or
4:30 – 5:15 pm
Ages 2-3

September 18 to October 30
Cost: \$100 for 7 weeks

2nd session

Mondays: 12:30 – 1:15 pm
Ages 2-3

November 18 to December 16
Cost: \$75 for 5 weeks

3rd session

Mondays: 12:30 – 1:15 pm
Ages 3-5

January 13 to March 2
Cost: \$114 for 8 weeks

Track & Field Squirts– US Sports Institute

Sundays: 2:15 – 3:00 pm
Ages: 4-5

Recreation Center Grounds or Gyms

Squirts Track & Field is a great way to introduce your young athlete to the sport of Track & Field. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!

September 15 to November 3
Cost: \$114 for 8 weeks
Registration Required

Tennis Squirts – US Sports Institute

Ages 3-5

Recreation Center - Tennis Courts

1st session

Wednesdays 3:15-4:00 pm
September 19 to October 31
or

Thursdays: 3:15 - 4:00 pm
September 20 to November 1
Cost: \$105 for 7 weeks

2nd session

Wednesdays: 3:15-4:00 pm
November 21 to December 19
Cost: \$85 for 5 weeks

A fun filled learning adventure that introduces children ages 3 to 5 to the world of tennis. Children will have great fun learning the fundamental skills and tennis strokes in a low pressure, fun environment. Following guidelines set by the US Tennis Association, children will quickly develop their tennis skills using the highly praised 10 and under Tennis model.

Registration Required

Basketball Squirts – US Sports Institute

Ages 4-5

Recreation Center Gyms

1st Session

Wednesdays: 3:30 – 4:15 pm
September 18 to October 30
Cost: \$100 for 7 weeks

2nd Session

Tuesdays: 3:45 – 4:30 pm
November 19 to December 17
Cost: \$75 for 5 weeks

3rd session

Tuesdays: 3:45 – 4:30 pm
January 14 to March 3
Cost: \$114 for 8 weeks

Squirts Basketball is designed to introduce your budding NBA star to the high energy game of basketball! Using proportionately sized basketballs, this program encourages players to develop motor skills and basic techniques in passing, dribbling and shooting.

Registration Required

Tiaras and Tutus

Fridays: 10:30-11:15 am

Ages 3 ½ - 4 ½

Recreation Center - Aerobics Room

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.

Begins September 27

Cost: \$70 for 6-week session
Registration Required

Kinder Ballet

Fridays: 3:30-4:15 pm

Age 5

Recreation Center - Aerobics Room

This class is a ballet class that teaches positions, following basic ballet movement, stretching, jumping, dancing with props and more! Ballet story time is a special treat. These princesses will also learn through dance games, which is always a tiny dancer's favorite part!

September 27 to November 1
Cost: \$70 for 6-week session
Registration Required

Kiddies Kaleidoscope Junior Robotics - *New!*

Wednesdays: 3:30-4:30 pm
Ages 3-5

Recreation Center

Ready, set, code – Featuring: Code and Go Mouse, Botley, Bit Bots, Sphero, Cozmo, Cubetto, Bee Bot, Dash and Dot

By entering into our “Tinker Lab”, young children will be exposed to robotics in a fun, hands-on way. 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! With Robotics being

the wave of the future, children who understand robotics will be at an advantage — literally able to operate the world around them!

4 weeks - \$110

Begins September 25

Registration Required

Kiddies Kaleidoscope Mosaic Story Telling and Art - *New!*

Thursdays: 10:00-11:00 am

Ages 2-4

Recreation Center

We believe that a lifelong passion for learning begins with reading and exploring. Each week will begin with a curated storybook featuring talented children's authors, illustrators, designers or artists as a catalyst for inspiration. Children will then be led through prompts inviting them to make and create their art for the day. Class may include: Painting, Collaging, Crafting, Dioramas

4 weeks - \$110

Begins September 26

Registration Required

Young Rembrandts Preschool Drawing

Thursdays: 4:00-4:45 pm

Ages: 3-5

Recreation Center Room 2

Encourage your preschooler's enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow will introduce our students to the wonderful world of color. An illustration of an airplane will take them to new heights. A delicious-looking drawing of an ice cream sundae will delight those with a sweet tooth, and

learning to draw a friendly lion has never been more fun. These are just a few of the many great lessons our students will learn. There's no better time than NOW to enroll your child into a Young Rembrandts class!

September 26 to November 21

No class October 31

Cost: \$115- 8-week session

Registration Required

Parent & Me Spanish

Thursdays 4:00 - 4:45

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.

Begins September 26

Cost: \$105

Registration Required

Mommy and Me Music - *New!*

Wednesdays: 11:00-11:30 am

Ages: 9 months-2

Recreation Center – Aerobics Room

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.

September 25th to November 6th

Cost: \$95 for 6-week session

Registration Required



Tree of Love Yoga

Mondays: 5:00 - 5:45 pm

Ages 4-8

Recreation Center – Teen Center

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.

September 23 to October 28

Cost: \$75 for 6-week session

Registration Required

Mommy and Me Cooking

Mondays: 9:30-10:30 am

or 12:30-1:30 pm

Preschoolers ages 2-4

Recreation Kitchen

Preschoolers and mommy together with the instructor create a different snack each week. Students work hand in hand with their hands in the mix!

September 23 to October 28

Cost: \$50 for 6-week session

Registration Required

Stretch N Grow

Thursday: 10:30-11:00 am

Ages: 3-5

Recreation Center Aerobics Room

This class focuses on balance, coordination and sports readiness skills. Each class includes warm up, cardio, cool down, and stretching but above all FUN!

September 19 to November 14

Cost: \$105 for 8 week

Registration Required

Kids Ceramics

Fridays: 4:00-5:00 pm

(Once a month)

PreK-6

Recreation Center Cafeteria

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

October 18, November 15,

December 13, January 17

Cost: \$12 per session or \$40 for all 4

Registration Required

Junior Scientists Lab

Mondays: 5:00-5:45 pm

Grades PK-K

Recreation Center - Room 2

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! *

September 23 to October 28

Cost: \$110 for 6-week session

Registration Required



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 dance choreography, as well as, learning stage performance qualities.

September 27 to November 1
Cost: \$70 for 6-week session
Registration Required

Musical Theater Workshop

Fridays: 6:15-7:15 pm
Ages 6-8
Recreation Center Aerobics

Dance technique that is Broadway based and incorporates acting, performance, lip syncing, theatrical skills and choreography. This is the perfect class for your little actress/actor.

September 27 to November 8
Cost: \$70 for 6-week session
Registration Required

Musical Theatre Improv

Tuesdays: 3:30-4:30 pm
Ages: 6 - 10

Have fun singing, acting, and being creative on the spot! Our Musical Theatre Improv workshop is jam packed with fun games and improv activities that will have kids singing, dancing, acting, and making up all sorts of goofy things on the spot!



Think "Whose Line is it Anyway" meets musical theatre!
Begins September 17
Cost: \$70

Intro to Drumline

Thursdays: 4:30-5:30 pm
Ages: 10 - 13

Have you ever wanted to take your drumming to the next level? Thinking about joining drumline in high school but want to get a feel for the activity? Then Intro to Drumline is for you! Middle school drummers will cover the basics of drumline including marching technique, drumline warm ups, and cadences using real marching percussion. Come find your rhythm with us!

Begins September 5
Cost: \$70
Registration Required

Hip Hop Kidz

Fridays: 5:15-6:15 pm
Ages 6-9
Recreation Center Aerobics Room

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!

September 27 to November 8
Cost: \$70 for 6-week session
Registration Required

Future Fashionistas

Tuesdays: 4:00 - 5:30 pm
Ages 7-13
Recreation Center Room 2

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.

September 25 to October 31
Cost: \$80 for 6-week session
Registration Required

Imagination Creations

Wednesdays 4:00 -5:30
Ages 6-12
Recreation Center

Most children have an incredible imagination. In this class we work on projects that tap into their endless creativity. From creating candyland landscapes, designing future cars, superhero; animal mixups, and exploring illustration techniques such as zentangle and pointilism; Students enjoy the fun of knowing: "If I can dream it, I can draw it!"

September 25-October 31
6 weeks-\$80
Registration Required

Tree of Love Yoga

Mondays: 6:00-7:00 pm
Ages 9-13
Recreation Center - Teen Center

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.

September 23 to October 28
Cost: \$75 for 6-week session
Registration Required

Trapeze Yoga - *New!*

Wednesdays: 4:30-5:30 pm
Ages 7-14
Recreation Center - Teen Center

Trapeze is a fun, empowering workout that balances stretch & strengthening movements to help alleviate back and joint pain while hanging upside down; class is open to beginners, no experience necessary. Class is one hour duration mixed with up-right & upside down movements, suggested not to eat 90 minutes prior to class because you're gonna flip.

September 18
Cost: \$120 for 6 weeks
Registration Required



Junior Scientists Lab

Thursdays: 5:00-5:45 pm

Grades 1-5

Recreation Center Room 2

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!*

September 19 to October 31

Cost: \$110 for 6-week session

Registration Required

Mindfulness for the Littles - *New!*

Wednesdays: 10:15-11:00

Ages 3½-6

Recreation Center

Mindfulness provides children with simple, practical tools to help them regulate emotional states and focus attention. It helps children to understand their feelings & become more aware of what they're thinking to enable them to deal with tough emotions, replacing impulsive reactions with thoughtful responses. Providing children with these life tools helps them to slow down, calm down, and feel better in moments of distress. This fun & engaging class will consist of storytime & a craft to support each week's mindful lesson.

September 11

Cost: \$75 for 6 week session

Registration Required

Hobby Quest's "Airplane Builders" - *New!*

Fridays: 4:00-5:00 pm

Grades: K-3

Recreation Center Room 2

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.

September 20 to November 29

Cost: \$17 per class

10-week session for \$170

Registration Required

Hobby Quest's "Magic Masters" - *New!*

Fridays: 5:00 – 6:00 pm

Grades K-5

Recreation Center Room 2

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.

September 20 to November 29

Cost: \$17 per class

10-week session for \$170

Registration Required

Kids Ceramics

Fridays: 4:00-5:30 pm

Grades K-6

Recreation Center Room 2

Have fun with friends creating a themed ceramics piece each month. Crafts are for Halloween, Thanksgiving and Christmas. No repeats.

October 18 / November 15 /

December 13 / January 17

Cost: \$12 per session

\$40 for all 4 sessions

Registration Required



Movin' and Groovin'

Wednesdays:

4:15 - 5:15 pm (Ages 31/2-6)

5:15 - 6:15 pm (Ages 6 & Up)

Thursdays:

4:15 - 5:15 pm (Ages 4-7)

5:15 - 6:15 pm (Ages 8 & Up)

Recreation Center – Aerobics Room

Join us to build a healthy mind and body. This fun fitness program is great for both mom's 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. This type of energy and self-esteem will be achieved through tumbling, acro, musicality, dance exercise and many other ac-

tivities. Fitness can be fun! Working and building healthy spirits, minds, and bodies. Ask about different age siblings together in the same class – all are welcome.

September 11 & 12

Cost: \$105 for 12 week session

Registration Required

Rock FUNDamentals - *New!*

Tuesdays: 6:00 - 6:45 pm

Ages 7-10

Recreation Center Teen Center

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.

September 17

Cost: \$70 for 6-week session

Registration Required



26.09.20

"I believe God created sports for a good reason. It's something we enjoy. It teaches us a lot as well... I believe God is a sports fan" – Luke Scott



Scrapbooking/ Card Making

Tuesdays: 7:00 – 8:30 pm
Open to Children and Adults
Recreation Center Room 2

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

September 10 to November 5
Cost: \$50 for 8-week session –
Supplies included
Registration Required

Young Rembrandts Elementary Drawing

Thursdays 5:00-6:00 pm
Ages: 6-12
Recreation Center Room 2

Back-to-school is in full swing at Young Rembrandts, as we present drawing lessons that encompass a fascinating world of color, pattern,



and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We'll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colorists to warm and cool colors. All this and more await your child in a Young Rembrandts classroom! Sign up today!

September 26 to November 21
(no class Oct. 31)
Cost: \$115 for 8-week session
Registration Required

Chess Club - *New!*

Wednesdays: 6:00-7:30 pm
Grades: 5 – 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!

September 25 thru the year
Cost: Free
No Registration Required

Automotive Maintenance - *New!*

Mondays: 7:00-9:00 pm
Ages: Teenagers –Adult

In this course the participants will learn that is not difficult to perform basic car maintenance. Perfect for new drivers, you will learn how to change a flat, jump start a battery,

check fluids, tire pressure, changing wipers and so much more. Every driver should know the basics and this class is taught by a professional mechanic.

September 23 to October 28
Cost: \$90 for 6-week session
Registration Required

Young Rembrandts Cartooning

Fridays: 4:00-5:00 pm
Ages: 6-12
Recreation Center Room 2

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. We'll get the party started with our drawing of lively, party animals. Ordinary, school items are brought to life as we illustrate and personify inanimate objects. Another challenging lesson will help our students visualize sounds, and what's a cartooning class without learning how to draw expressions? Many of our lessons will introduce students to drawing exciting, dynamic characters. Give your child the gift of learning and artistry. Enroll your student today!!

September 27 to November 15
Cost: \$115 for 7-week session
Registration Required

Cooking for Kids

Mondays: 4:00-5:00 pm
Grades: K-2
Recreation Center Kitchen

Learn the fundamentals of cooking, preparing, measuring snacks, basic dishes, spices and more. Have fun with your friends as you cook together.

September 23 to October 28
Cost: \$50 for 6-week session
Registration Required

Bricks for Kids - Lego Building

Thursdays – 4:00-5:00 pm
Grades: K-3
Recreation Center Room 2

Our one hour class explores science, technology, engineering and math

(STEM) concepts using Lego bricks. Students participate in 6 weeks sessions focusing on exciting motorized creations with weekly themes such as Inventions, Life Science, and Technology. All curriculums have been created and designed by engineers and educators.

September 17 thru October 29
Cost: \$104 for 6-week session
Registration Required

Kiddies Kaleidoscope Robotics 2 - *New!*

Wednesdays: 4:30-5:30 pm
Ages 6-9
Recreation Center

Ready, set, code – Featuring: Code and Go Mouse, Botley, Bit Bots, Sphero, Cozmo, Cubetto, Bee Bot, Dash and Dot

By entering into our "Tinker Lab", young children will be exposed to robotics in a fun, hands-on way. 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. With Robotics being the wave of the future, children who understand robotics will be at an advantage — literally able to operate the world around them!

4 weeks - \$110
Begins September 25
Registration Required

Girls Scouts

Girl Scouts is a great way to have fun, serve the community and make new friends. Girl Scouts is open to all girls in kindergarten through high school. For more information please contact Jamie Hovick at 732-388-7057.

Meetings are up to each individual leader.
Registration Required

Cub Scouts

Cub Scouts is a fun, exciting service organization for boys in the 1st thru 5th grade. You can go further within the scouts by becoming a boy scout

Youth Sports

through high school. Scouting is full of activities such as the Pine Wood Derby, camping, trips, serving the community and making new friends. Flyers will be sent home through the school system. *Visit our website: www.cubpack145.info*

Martial Arts

Wednesday and Fridays
7:00-8:00 pm
Ages 8-14
Recreation Center Gym

Shojin dojo is a Cuong Nhu Martial Arts school. The children's curriculum focuses on the basics of karate movements and their applications to self-defense and safety. Self-defense is just the beginning. Students learn basic mat work such as rolls, falls, and takedowns. Learning martial arts takes dedication & commitment – traits that your child will use in all other areas of life. Our school gives families an opportunity to train together. Plus, every class is FUN. For more information about our style go to ShojinDojo.org and CuongNhu.com Email: ShojinDojoClarkNJ@gmail.com for more information.

All year round
Cost: Free
Registration: All year round

Fencing Club

Tuesdays: 3:15 - 4:15 pm
Ages 7-12
Recreation Center

These classes will consist of learning the technical & tactical aspect of fencing: rules, footwork, offensive and defensive actions. The instructor will be Jerome Guth, former Penn State Assistant Coach, 2014 NCAA National Champion, International Referee, former French National Champion and co-owner/founder of AFFA. Besides learning the extremely dynamic sport of Fencing which requires both mental & physical skills, students will also have a lot of fun fencing in the appropriate and safe environment. Equipment provided in class.

Begins September 24
Cost: \$115 for 6-week session
Registration Required

Indoor Soccer

Saturdays
Pre-K-8
Recreation Center Gym

Indoor soccer is made up of 6 weeks of soccer played inside with no practice, no score, just fun! This popular, fun program is open to all children in grades Pre-K-8 for 1 hour each Saturday. *Registration forms will be distributed through the schools*

Begins January 4
Cost: \$50 (6 week program)
Registration Required

Basketball Squirts Seniors – US Sports Institute

Session 2
Tuesdays: 5:15-6:00 pm
Ages 5-6
Session 3
Tuesdays: 5:15-6:00 pm
Ages 5-7
Recreation Center Gyms

Senior Squirts Basketball is the perfect program for players graduating from Squirts Basketball or for children looking for their first ever basketball experience. Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

Session 2
November 19 to December 17
Cost: \$114 for 8-week session
Session 3
January 13 to March 3
Cost: \$114 for 8-week session
Registration Required

Soccer

The Clark Soccer Club runs the soccer program in Clark. Open to all children grades K-12. Go to www.ClarkSoccerClub.org for more information and all registration is done online.

Fall season: September-November
Spring season: March-May
Cost: Varies depending on grade.
Registration Required

Recreation Roller Hockey

Saturdays
Hehny School Hockey Rink (behind school on Meadow Rd)

Open to all children from 1st-8th grade. All players are responsible for the purchase of their own equipment. Each player will receive a long sleeve hockey tee shirt. Open to Garwood residents as well. *Registration forms will be distributed through the schools in September.*

Dates: October thru December
Cost: \$50
Registration Required

Senior Soccer Squirts – US Sports Institute

Ages 5-7
Recreation Center Grounds or Gyms
Session 1
Sundays: 3:00– 3:45 pm
September 15 to November 3
Cost: \$114 for 8-week session

or
Thursdays: 5:00 – 6:00 pm
September 12 to October 24
Cost: \$139 for 7 weeks

Session 2
Wednesdays: 4:30 – 5:15 pm –
November 20 to December 18
Session 3
Wednesdays: 5:15 – 6:00 pm
January 16 to March 34
Cost: \$114 for 8-week session

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.
Registration Required

Speed, Agility and Quickness Training - New!

Mondays: 5:00-7:00 pm or
Wednesdays: 5:00-7:00 pm
Recreation Center Soccer Field
Ages 10-18

Coach Mike Firestone will cover all the aspects of making you a better athlete – speed, agility quickness, vertical reach and flexibility.

Free demo: October 7, 5:00-7:00
Starts October 14 or 16
Cost: \$60.00 for 3 week session



Foundation Tennis – US Sports Institute

Recreation Center - Tennis Courts

Ages 5-8 –

Wednesdays - 4:00-5:00 pm or
5:00-6:00 pm

September 19 to October 31

Thursdays -

4:00-5:00 pm or 5:00-6:00 pm

September 20 to November 1

Cost: \$139 for 7 weeks

Ages 8-10

Thursdays -4:00 pm-5:00 pm

September 20 to November 1

Cost: \$139 for 7 weeks

Ages 11-14 –

Thursdays - 5:00-6:00 pm

November 21 – December 19

Cost: \$105 for 5 weeks

Foundation Tennis is designed to introduce beginners and those with some experience to the fundamentals of tennis. Each session will focus on a specific skill including stroke technique, serving, court awareness, and rallying. (Please note participants are required to provide their own tennis racquet for this program.)

Registration Required



Development Tennis – US Sports Institute

Wednesdays

Ages 8-10 – 5:00-6:00 pm

Ages 11-14 – 5:00-6:00 pm

Recreation Center - Tennis Courts

Development Tennis ideal for the intermediate to advanced player looking to enhance their skills and decision-making abilities. Participants will work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots. (Please note participants are required to provide their own tennis racquet for this program.)

Wednesdays –

September 19 to October 31

Cost: \$139 for 7 weeks

Registration Required

Basketball Camp – US Sports Institute -

Wednesday to Friday:

9:00 am – 12:30 pm

Ages 5-14

Recreation Center Gyms

This Basketball Camp is designed to keep busy during the holiday break playing the game of basketball! Using proportionately sized basketballs for all age levels, players will be grouped together by age and coached by instructors during this three-day clinic. This camp encourages players to develop their basic techniques in passing, dribbling and shooting. Great program to participate in before the next level of recreation basketball.

December 26 to December 28

Cost: \$95 for three-day camp

Registration Required



Holiday Basketball Camp– US Sports Institute

The US Sports Institute basketball camp will also run during Teachers' Convention, Martin Luther King, and Presidents' Day holidays.

Look for info at the Recreation Center

Registration Required

Track & Field – Seniors – US Sports Institute

Sundays: 3:00-3:45 pm

Ages: 6-8

Recreation Center Outside Fields

Senior Squirts Track & Field is the perfect introduction to Track & Field for your young athlete. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!

September 15

Cost: \$114 for 8 week session

Registration Required



“Enrolling your child in a recreational sport is a great way to keep kids active and off their cell phones” – Lee Haney

Ice Hockey Spring League

Grades 3-8

Clark Recreation has teamed up with the ALJ Ice Hockey coaching staff to bring you Clark's youth ice hockey program. This club will be part of the Union Sports Arena Middle School Spring 2020 League. All Clark and Garwood boys and girls are eligible to participate. The league will consist of 12 practices and 8 games plus playoffs. **Registration forms will be distributed through the schools.**

Begins March
Registration Required

Clark Boys Youth Lacrosse

Grades: K thru 8
Played at ALJ Turf Field

Everyone plays and learns the skills necessary to have a great time. The emphasis is on self confidence, positive attitudes, fair play, development of strengths, and Fun! Open to all children K-8th grade. Winter training available and included with registration. Register on the website: <http://clarklacrosse.com/>.

March-June
Cost: to be determined
Registration Required

Clark Girls Youth Lacrosse - *New!*

Grades: K thru 8
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

Youth Football is Back!

Clark Youth Football

ALJ Turf Field & Curry Field.
Everyone plays and learns the skills necessary to have a great time. The emphasis is on self confidence, positive attitudes, fair play, development of strengths, and Fun! Open to all children 6th-8th grade.

Registration can be found on the website: <https://tshq.bluesombrero.com/default.aspx?portalid=28871>.

August-November
Cost: \$250 for 6th-8th Grade
Registration Required

Clark Flag Football League

Saturdays 9:00AM-12:00PM
Ages 5-13
Esposito Park

The St. Agnes CYO Flag Football League is a non-contact football league that is designed to teach the fundamentals of football in a safe environment led by Rutgers Certified coaches. The League is open to boys and girls in grades 1 through 12. The draft takes place in early August so if you are interested watch for the registration in July. For questions email ClarkFlagFootball-League@gmail.com

September 8 to November 17
Cost: \$35
Registration Required



Pop Warner Cheerleading

Open to girls in grades K-8

The Pop Warner Organization is independently run from the Recreation Dept. If you have any questions, you can contact Justine Petronella at 732-306-5484.

Clark Little League

Little League Complex – Hutchinson St.
Open to all children ages 4-16

The Little League Organization includes what used to be Babe Ruth and is independent from the Recreation Department. Registration starts in September thru February for the following year. If you have any questions, please go on the website at clarklittleleague.org. Various prices depending on age. Please visit clarklittleleague.org website for pricing. Registration is required online.

Dates: Tryouts (ages 10 and up) begin in October.
Season begins in March
Cost: Various prices depending on age.
Registration Required

Clark Girls Softball

Open to girls in grades K-8

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 www.eteamz.com/CGSB.
Regular season begins in March.
Cost: Various prices depending on grade and fund raising responsibility
Registration Required

Fire's Ball Handling & Shooting Basketball Clinic -

Recreation Center Gyms

Fall Session:
1-hour session for each age group
Grade 1-2 / 3-4 / 5-6 / 7-8-9
Saturdays: 9:00-2:00 pm
November 9 & 16

Spring Session:
April 13,14,15,16. Time 9 am-12 pm.

Summer Sessions:
June 22, 23, 24, 25. Time 9 am-1 pm.
Dates: June 29, 30, July 1, 2.
12: 30 pm-3:30 pm. .

This 2-session clinic will stress the FUNDAMENTALS of basketball including footwork & technique, range finder & form shooting, balance drill, shooting off screens and shooting transition. We invite all boys and girls that plan on participating in the recreation basketball season to this first time introductory clinic. Parents are invited to support their child by remaining in the gym during the clinic and which could be beneficial to learn a little more about the game especially if you plan to coach or assist. The clinic is directed by Coach Firestone.

Cost: \$10 per session
Registration Required



Skateboard Clinic

Thursdays: 4:00-5:00 pm
 Grades: 3-9
 Esposito Park – Madison Hill Rd

The clinic is offered to beginners and intermediate skaters. Experienced skate boarders instruct the students on various moves and techniques. Helmet is a must, knee and elbow pads recommended
 September 26 – October 3
 Cost: \$50 for 2 sessions
 Registration Required – forms will be sent thru the schools

Hooked on Fishing

Saturdays: 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
 To be announce in Spring
 Cost: \$50 for 2 sessions
 Registration Required – forms will be distributed thru the schools

Golf for Juniors

Wednesdays: 4:00-5:00 pm
 Hyatt Hills Golf Complex

This popular program invites all beginners, intermediates and advanced golfers to learn the fundamentals of the game, brush up on what you already know and receive tips from a golf pro.
 September 18 to October 9
 Cost: \$50 for 4 sessions
 Registration Required – forms will be mailed thru the schools

Spring into Volleyball

Tuesdays: 3:30-4:30 pm
 Grades: 3-8
 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.
 Mid-April for 3 weeks – dates TBD
 Cost: \$55 for 3 sessions
 Registration Required – forms will be mailed thru the schools

Recreation Field Hockey

Thursdays 6:30-8:30 pm
 Grades: 4 thru 8
 ALJ High School Turf Field

This program introduces individuals to this popular sport. Participants will have the opportunity to learn the different skills and rules of the game.
 Late April -May for 3 weeks
 Cost: Varies depending on needs.
 \$30 – mouth piece, ball, T-shirts / \$50 – mouth piece, ball, shin guards, T-shirts / \$70 mouth piece, ball, shin guards, stick, T-shirts.
 Registration Required - Registration forms will be sent thru the schools

Jr. Crusader Recreation Wrestling

This is an exciting program for youngsters in grades K-6. We provide the fundamentals of wrestling while building confidence, strength and agility. Practice will be held two days a week in the high school wrestling room. Wrestlers also have

the opportunity to compete in area tournaments. *Registration forms will be distributed through the schools.*

November thru February
 Cost: \$125 for the first child and \$75 for each additional sibling
 Registration Required

Recreation Basketball

The Recreation basketball league is open to all girls and boys in grades K-8. *Registration forms will be distributed through the schools.*
 Practice begins November.
 Weekly games played thru February
 Cost: \$50 and includes a basketball for grades K, 1 & 2 only.
 Registration Required

Clark Fit Hiking Club - New!

Sundays: 9:15 am
 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 bag of lunch and extra water if needed and enjoy a picnic afterwards. Also, if possible we can car pool – we will reach out 1 week before to coordinate with you. Beginners or any experience levels are welcome.

September 15 thru October 27
 Cost: \$20 per individual, \$30 per family
 Registration Required

Bowling

Mondays: 6:00 PM
 Enjoy the great sport of bowling at Linden Lanes – 908-925-3550 – call for information on Fall League availability and also birthday parties, bumper bowling, automatic scoring, Arcade Games, Full Service Pro Shop.



Teen Center

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.

September to November
Cost: \$185 for 10 weeks
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 roller blading. No heeleys please. Children must be accompanied by adult.

Starts January
Cost: Free
No Registration Required

Wednesdays: Gr. 5-8
6:00-7:30 Gr. 9-12 – 7:30-9:00
Fridays: Gr. 5-8 – 6:00-8:30
Gr. 9-12 – 8:30-10 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



Heart & Sole - New!

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.

September thru mid-November
Cost: \$199 for 10 weeks
Registration Required

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.USsportsInstitute.com.

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

Registration forms will be sent home. Takes place for the same 6 weeks of summer camp.



Summer Camp

Monday-Thursday 9 am-12 pm

July-August - 6 weeks at Recreation Center

Cost: \$35 for all 6 weeks • Registration Required

The Camp is open to all **Clark** children entering their second year of Pre-K thru students entering 9th Grade. Daily activities include arts and crafts, games, sports and special entertainment programs. Weekly splashdowns cool off the kids as our fire department visits every Thursday along with giant water slides. .

Registration forms will be distributed through the schools in March.



Camp attendees will enjoy ice pops, making their own ice cream sundae, a watermelon eating contest, tournaments with their counselors, rides, shows, and so much more!



Adult Programs

An Autumn Taste of Ballroom, Latin & Swing Dancing

Thursday: 8:00-9:30 pm
Recreation Center Cafeteria

Join us for a fun night of dance! Couples and singles are welcome! Learn to dance at weddings, parties, class reunions and more!

Oct 17 - Dec 5
no class 10/31 or 11/28
Cost: \$50 Residents (6 weeks)
\$65 non-residents -
\$13 per class walk-in
No 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
Cost: Free
No Registration Required –
Non-residents welcome as well.

Cardio Kickboxing

Mondays: 7:00 – 8:00 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.

September 10 to June
Cost: Free
No Registration Required

Co-Ed Volleyball

Tuesdays: 7:00 – 9:00 pm
Recreation Center Gym

Men and women are invited to participate in the great sport of volleyball. Open gym, must be 18 years or older.

April to September
Cost: Free to Clark residents,
\$25 non-residents
No Registration Required

Men's Volleyball *New!*

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

Come with a full team (6 players) or individual to form a team, this newly offered program is just starting. Open gym to start and will hopefully progress to play into an organized league complete with referee.

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

Essential Oils

Thursdays: 7:30 - 9:00 pm
Recreation Center Room 2

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 home and body. This course will teach you about essential oils, aromatherapy and how to replace harmful toxins you use every day. Includes notebook, plant based cleaner, essential oils and recipes.

September – November
Cost: \$35 for 6 weeks

Meditation

Tuesdays: 11:00 – 12:00 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.

September 10 to June
Cost: Free
No Registration Required

Men's Basketball (30 & Over)

Mondays: 7:00 – 9:30 pm &
Thursdays: 6:00 – 7:30 pm
Recreation Center Gyms

This is an organized league and you must register to be put on a team. There is limited space. Games are played on Mondays and open gym is available on Thursdays.

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

Men's Basketball (40 & Over)

Mondays and Thursdays:
5:30 – 8:30 pm
Kumpf Middle School 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.

September to June
Cost: Free to Residents /
\$50 for Non-Residents
Registration Required

Men's Softball

Monday through Thursday:
6:00 pm until Dusk
Kumpf & Hehny School Fields

This is an organized league and you must register to be put on a team. There is limited space. For more information, please call Joe Kilburg at 732-340-1506.

March to August
Registration Required

Mens Soccer (30 & Over)

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

This is a pick up style game in which different teams are chosen each week. There is limited space so participants must register. Games are played on Tuesdays.

All year
(Registration is in September)
Cost: Free to Clark residents /
\$50 for Non-Residents
Registration Required

Pickleball

Tuesdays: 9:00-11:00 pm
Wednesdays: 8:30-11:30 pm
Recreation Center Gym in winter
Outside tennis courts fall, spring
and summer

Pickleball is one of the fastest-growing games in the nation. This up-tempo game is an entertaining mix of tennis, badminton, ping pong, and racquetball. It's fast-paced, easy to learn, great exercise, and lots of fun!

September 10 -11 on going
Cost Evening session:
Residents – \$5, non-residents \$8
Cost Day time session:
Residents \$3, non-residents \$5
No Registration Required

**“If you watch a game, it’s fun. If you play it, it’s recreation.
If you work at it, it’s golf” – Bob Hope**

Wheelchair Basketball

Saturdays: 8:30 – 10:00 am

Open to anyone who would like to participate in this fun and challenging sport. Equipment can be supplied if needed.

September 8 to December
Spring – date to be determined
Cost: Free
No Registration Required

Women’s Softball

Mondays: 6:30 – 8:00 pm
Wednesdays: 6:30 – 8:00 pm
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.

Summer – June thru August
Fall – September and October
Cost: \$50 – 8 games played.
Non-residents welcome as well.
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.

September to April
Cost: Free
No Registration Required –
Clark Residents only

Martial Arts

Monday, Wednesday and Friday
7:00-9:00 pm
Ages 15-99
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
Registration: All year

Tai Chi

Beginners
Mondays: 10:30 - 11:25 a.m.

Intermediate students
Mondays: 11:30 a.m. - 12:25 p.m.
Recreation Center Aerobics Room

This class invites people to learn Tai Chi movements and forms that support balance, strength and flexibility; 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!

Cost: Free to Clark Residents /
\$10 for Non-Residents
No Registration Required

Yoga

Monday 6:00-7:00 pm
Recreation Center Aerobics Room

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

September 9 to June
Cost: Free
No Registration Required

Aerobics

Tuesday and Thursday 7:00-8:00 pm
Recreation Center Aerobics Room

This class moves to the sound of music at a slightly slower pace than rigorous kickboxing type exercise. The instructor will go through various exercises concentrating on specific areas of the body. One of

our most popular classes, this program will leave you sweating as you move during the entire hour. Geared to a more mature audience.

September 10 to June
Cost: Free
No Registration Required

Body Conditioning

Wednesday: 6:30-7:30 pm
Recreation Center Aerobics Room

Strengthen and tone all the major muscle groups using light weights with an emphasis on the core. Each class ends with a relaxing stretch. Mats and weights are provided, however feel free to bring your own.

September 11 to June
Cost: Free
No Registration Required

Pilates

Wednesday: 7:30-8:30 pm
Recreation Center Aerobics Room

Strengthen all your muscles, even ones you never knew about, relieve back, neck and shoulder pain and melt away stress. Energize flow of calisthenic style exercise that increase strength, flexibility endurance and posture.

September 11 to June
Cost: Free
No Registration Required



You Me Trapeze Yoga - New!

Wednesday: 4:30-5:30 pm
Ages: adult
Recreation Center Teen Center

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



04.11

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.

September 18 to November 6

Cost: \$110

Registration required - class space is limited – first come first serve.

Zumba

Tuesday: 6:00-7:00 pm

Recreation Center Cafeteria

This class moves to the sound of music at a fast pace. High energy, low impact, fun, easy to follow Latin Dance workout. Zumba combines exercise and dance concentrating on specific areas of the body. One of the most popular classes, this class will leave you sweating as you move the entire hour. Winter and Spring session as well.

Fall Session:

September 17 to November 26

Additional sessions:

Winter and Spring

Cost: \$60 for 10-week session

Registration Required

Clark Fit Hiking Club - *New!*

Sunday: 9:15 am

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 bag of lunch and extra water if needed and enjoy a picnic afterwards. Also, if possible we can car pool – we will reach out 1 week before to coordinate with you. Beginners or any experience levels are welcome.

September 15 to October 27

Cost: \$20 per individual,

\$30 per family

Registration Required

Automotive Maintenance - *New!*

Mondays: 7:00-9:00 pm

Ages: Teenagers – adult

In this course the participants will learn that is not difficult to perform basic car maintenance. Perfect for new drivers, you will learn how to change a flat, jump start a battery, check fluids, tire pressure, changing wipers and so much more. Every driver should know the basics and this class is taught by a professional mechanic.

September 24 to October 29

Cost: \$90 for 6-week session

Registration Required



Men's & Women's Rugby - *New!*

Men's - Tuesday and Thursday

7:00-9:00 pm,

Women's: Monday and Wednesday

6:30-8:30 pm

Ages: 18 and up

Curry Field – Reifel St. (Behind Friendly's)

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: mudturtlewomen-srugby@gmail.com

Men contact: <https://www.mudturtlelfc.com/clubs/men/>

Registration Required – Non-Residents as well

Billiards & Ping Pong

Monday through Friday:

10:00AM-4:00 pm

Recreation Center

Teen Center

Beginners and/or advanced players can learn, practice and play pool or ping pong in a safe, clean environment.

October through May

Cost: Free

Ladies Ceramics

Thursdays: 7:00 – 9:00 pm

(Once a month)

Recreation Center Room 2

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.

October 17–November 14–

December 12, January 16

Cost: \$12 per session -

\$40 for all 4 sessions

Registration Required

Scrapbooking

Tuesdays: 7:00-8:30 pm

Open To Children And Adults

Recreation Center Room 2

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

September 10 to November 5

Cost: \$50 for 8 weeks-

Supplies included

Registration Required

Creative Appetizers

Wednesdays: 7:00-9:00 pm

Recreation Center – Kitchen

Want to be the talk of your next dinner party? Enjoy being social as you learn a variety of appetizers during this course. Each week the instructor will introduce and teach the preparation of two new appetizers. Open to adults only. Clark residents only.

October 8 thru November 6

Cost: \$40 (4 weeks)

Registration Required

Bake and Take Cookies

Wednesdays: 7:00-9:00 pm

Recreation Center – Kitchen

Just in time for the holidays to help take the stress out of baking. Learn how to bake a different assortment of holiday cookies each week of the class. You will bake two varieties of cookies each week. Please no children allowed. Clark residents only.

November 12 thru December 3

Cost: \$40 (4 weeks)

Registration Required

Soup and a Sandwich

Wednesdays: 7:00-8:30 pm

Recreation Center – Kitchen

Just in time for fall. Learn how to make a different soup and sandwich each week. Open to adults only, no children allowed. Clark residents only.

Begins January 10

Cost: \$35 (4 weeks)

Registration Required

Square Dancing

Tuesday: 7:30 -9:00pm

Hehnlly School - Raritan Road

Ages: 14 – Adult

Y Squares Dance Club invites you to come and try one of three free intro lessons where you will learn the Mainstream calls of Square Dancing. Explore a fun way to add to your Fitbit steps, sharpen your mind and socialize with a friendly group!

September. 17 - October 1

Cost: \$5 per class for future lessons

Ladies Golf - *New!*

Hyatt Hills golf complex offers ladies golf classes. Contact them directly to find out cost, time and level of play. They are always looking for women interested in joining their leagues. For any other questions contact the rec department.

Contact Jean Power at

732-669-9100

Senior Programs

Aqua Zumba

Ages 14 up

Offered at the Clark pool during July and August, aqua Zumba moves to the music only you are in the water. An experienced instructor gets you through the different moves under water. It's fun and great for increasing mobility. You do not have to be a Clark pool member to take this class.

Runs 5 weeks at the Clark pool during July-August
Registration Required



AARP Meetings

2nd Friday of each month: 12:00 pm
Recreation Center Cafeteria

General meeting of AARP is held at the Recreation Center each month. See old friends, make new friends, enjoy speeches, presentations, entertainment and refreshments are always served.

September to June
Cost: \$1

No Registration Required –
Open to non-residents

Shallow Water Workout-*New!*

Ages 14 up
Mondays: 6:45 pm

This course uses water weights, noodles and fun and fluid water movements, stretching techniques and more! Great for the arms, legs and core.

Runs 5 weeks at the Clark pool during July-August
Registration Required

Deep Water Workout-*New!*

Ages 14 up
Thursdays: 6:45 pm

No swimming ability is needed for this course. Flotation belts, water weights, and noodles offers a no impact workout including aqua jogging, cross country movements, water jacks and more.

Runs 5 weeks at the Clark pool during July-August
Registration Required

Brain Power

Fridays: 11:15 – 12:00 pm
Recreation Center Aerobics Room

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.

September 14 to June
Cost: Free to Clark residents – non-resident \$5
No Registration Required

Crocheting and Knitting

Tuesdays: 10:00 – 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
Cost: Free
No Registration Required



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
Cost: Free
No Registration Required –
Open to non-resident

Meditation

Tuesdays: 11:00 – 12:00 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.

Begins September 12 to June
No Registration Required

Ladies Ceramics

Thursdays: 7:00–9:00 pm
(Once a month)
Recreation Center Room 2

Enjoy a night out with the girls as you create a holiday themed ceramic piece each month. You can choose from a wide assortment of pre-fired pieces. Sorry, no children.

Dates: October 17–November 14–
December 12, January 16
Cost: \$12 per session -
\$40 for all 4 sessions
Registration Required

Learn to Play Mahjong in 6 weeks -*New!*

Tuesdays: 10:00 am -12:30 pm
Recreation Center

Join us for lots of fun and laughs. Gain a basic understanding of the game, including fundamental components and rules. Learn about deciding on hands and strategies. This class is for beginners only.

September to June
Cost: \$20 for entire 6-weeks
Registration Required

Chair Yoga - *New!*

Fridays: 9:15-10:00 am
Recreation Center Aerobics Room

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.

September 13
Cost: Free to Clark residents
No Registration Required



“Old minds are like old horses; you must exercise them if you wish to keep them in working order” – John Adams

Rejuvenate Your Retirement

Recreation Center Room 2

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.

Held in January

Cost: \$39 per couple

Registration Required

Open to non-residents as well

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.

September 11 all year

Cost: Free

No Registration Required

Scrabble Club - *New!*

Tuesdays: 12:00-1:00 pm

Recreation Center Teen Center

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.

September 25 - All year

Cost: Free

No Registration Required



Senior Exercise Class

Tuesdays & Thursdays:

9:00 – 10:00 am

Recreation Center

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

September 12 to June

Cost: Free

No Registration Required

Movies

Wednesdays: 12:00-2:00 pm

Clark Library-Westfield Ave.
(next to the police station)

Pack your lunch and head on over to the Library to enjoy a popular afternoon movie. Bring a friend.

Dates: All year

Cost: Free

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 to June

Cost: Free

No Registration Required –

Clark Resident only

Wednesday Club Bingo

Every Wednesday: 12:00 pm

Recreation Center Cafeteria

Attend the Senior Meetings every Wednesday of the month. Make new friends, enjoy presentations, entertainment, refreshments and play Bingo.

September through June

Cost: \$1

No Registration Required –

Open to non-residents

Tai Chi

Beginners

Mondays: 10:30 - 11:25 a.m.

Intermediate students

Mondays: 11:30 a.m. - 12:25 p.m.

Recreation Center Aerobics Room

Designed for people who want to maintain and/or improve their physical abilities: strength, general health, and in particular balance. We will use traditional Tai Chi exercises and forms to accomplish our goals. Tai Chi is a gentle system of exercise that has proven its health benefits, and the Center for Disease Control recommends it as an effective fall prevention exercise. No special clothes needed, just a desire to feel better and enjoy greater health.

September 10 - May

Cost: Free to Clark Residents /

\$10 for Non-Residents

No Registration Required

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

Zumba Gold

Wednesdays: 9:30 – 10:15 am

Recreation Center Front Gym

Zumba Gold takes the Zumba formula and modifies the moves and pace to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zumba Gold is the perfect fit for active adults who want camaraderie, excitement and fitness as a regular part of their weekly schedule.

September 18 to June

Cost: Free

No Registration Required

Square Dancing

Tuesday: 7:30 -9:00pm

Hehnlly School - Raritan Road

Ages: 14 – Adult

Y Squares Dance Club invites you to come and try one of three free intro lessons where you will learn the Mainstream calls of Square Dancing. Explore a fun way to add to your Fitbit steps, sharpen your mind and socialize with a friendly group!

September 17 - October 1

Cost: \$5 per class for future lessons



“Reading is to the mind what exercise is to the body”
– Joseph Addison



Senior Line/Social Dancing

Fridays: 10:00-11:00 AM

A dance instructor teaches popular dance steps to beginner or advanced dancers. Put on your dancing shoes! You don't need a partner to enjoy this class.

Dates: September 21 to November 23

Cost: Free to Clark Residents

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.



Senior Fitness Center

Monday to Friday: 8:30 am-12:30 pm
Recreation Center – Enter thru the front gym

Keep fit in our state of the art fitness center. Stationary machines, free weights and tread mills will make you feel great in a clean, safe environment. Doctor's permission note required. You must be 55 years or older.

Open all year
Cost: Free to Clark Seniors Only
No Registration Required –
Clark Resident only



Special Programs

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
- Madison
- Maplewood
- Millburn
- Mountainside
- New Providence
- South Orange
- Springfield
- Summit
- Union

For more information,
contact dguidajr@cityofsummit.org

Drug Alliance

The Clark Drug Alliance is a community based organization, headed by Ralph Bernardo, dedicated to a comprehensive and coordinated effort to reduce and prevent illegal use of alcohol and drugs. Clark's main focus is on alcohol 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.



School Fields/Parks/Playgrounds



Valley Road School

Valley Road - Jungle gym & Ball fields

Hehnlly 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 and Bocce court

Curry Field

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

Bartell Park

Bartell Place - Jungle gym & newly remodeled 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 - *New!*

Westfield Ave - Jungle gym play area

Veterans Park

Lupine Way – Jungle gym & ball field

Oak Ridge Park

Oak Ridge Road County Park – Walking paths & Archery.
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

Holiday Winter Festival

This annual event has become a wonderful family tradition. Held the Sunday after Thanksgiving, the day is full from start to finish. Horse drawn hay and buggy rides line Westfield Ave in preparation for the tree and menorah lighting ceremony at dusk. Sweet treats, hot chocolate, 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.

Breakfast with Santa

All children of Clark are invited to have breakfast with Santa held the Sunday after Thanksgiving at the Gran Centurions. For a minimal price, parents and children enjoy a full buffet breakfast and then get the chance to sit on Santa's lap. Grandparents are welcome for an additional fee.



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 on January 18 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.

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.



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 9:15. 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.

1st Annual Dodgeball Tournament - *New!*

Look for flyers and notification this fall as we get closer to the date. Location will be in the large gym of the recreation center.

All in a Bubble Ballin Tournament - *New!*

The latest craze in Europe has made its way to the US. Geared toward High school and college students – this first ever unique sport introduction to Clark recreation. Pre-selected teams will be incased in an air-filled bubble as a referee runs the game of soccer in a bubble! You will be knocked around silly, but safe and protected from injury. Are you Bumpin Ready to Go All in? Check it out on line – www.all-inbb.com

Date to be announced this winter – will be held at the recreation center large gym.

UNICO Italian Feast – Our 13th 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 10th-11th-12th-13th.





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 Sunday October 27th 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.

Family Roller Skating

All residents are invited to attend the first 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 2020 date in early June.

Concerts in the Park

Enjoy summer nights in Oak Ridge Park taking in a concert. Well known artists perform all through the summer months. This program is run thru the county. Contact the Union County Parks & Recreation department for a complete listing of shows and dates or watch for schedules in various newspapers. 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 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 Clarks best kept secrets as you step back in time.

Senior Citizens’ Barbecue

Held each September, all Clark seniors are invited to a free delicious Barbecue lunch at the Deutcher Club on Featherbed Ln. Complete with music, dancing and dessert. Flu shots will also be available. You won’t want to miss this one. Call the Mayors office to reserve your attendance. Date is September 11, 2019

Annual Pickleball Tournament - *New!*

This fast growing sport now holds a tournament each June 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 15th 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.

Somerset Patriots Family Night Take me out to the ball game.

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.

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.



Mayor's Annual Golf Outing

Held each June at the Echo Lake Country Club. Come on out and play a round of golf in a beautiful environment. Start off with a delicious breakfast, play 18 holes of golf, take a chance on door prizes and receive complimentary gifts, and end the day with a barbecue supper. Proceeds from this fund raiser goes to help pay for town events such as the 4th of July fireworks, Breakfast with Santa and the Memorial Day Parade to name a few.

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 Clarks hero. Ceremony is at 8:30 am on September 11th at Nelson Park on Broadway.



National Night Out

On August 6 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.





Tickets

Discount tickets are available through the Recreation Department for Great Adventure, Morey's Pier Wildwood, Hershey Park and Dorney Park just to name a few. During the winter months, residents can also order discount ski tickets thru the Recreation Department for the areas finest Ski Lodges. Call the Recreation Department for details.

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. Please call the Mayor's office to reserve your seat – 732-388-3600 ext 3015.

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. Date to be announced.

Opening Day Fishing

All fishermen 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 in early 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 \$\$\$\$\$. Held the first Thursday in May – registration will be done at the prior senior meetings.

St Johns Food Bank

The 3rd Tuesday of each month St. John's Food Bank visits the Recreation Center in the cafe and hands out bags of food to our Union County residents. You will need to fill out a brief form, stand in line and leave with a bag of groceries.



Morning of Beauty – *New!*

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 the first Thursday of December 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.



Sports & Organization Contacts

| | | | |
|----------------------------------|---------------------|-----------------------------------|--------------|
| AARP | Mike Sheridan | | 732-396-4598 |
| Ballroom Dancing/Water Exercise* | Brandis Reebea | brandisdance@comcast.net | 732-388-4605 |
| Basketball* (Recreation) | Recreation Office | rbernardo@ourclark.com | 732-428-8400 |
| Basketball (Travel) | Steve Hund | stevenmhund@gmail.com | 732-910-2928 |
| Basketball (Men's 30 & over) | Pete Zimbardo | | 732-570-6707 |
| Basketball (Men's 40 & over) | Javier Lackinger | jly2knoway@hotmail.com | 908-531-1780 |
| Bingo - Wednesday Club | Dorothy Grysko | dotgrysko@verizon.net | 732-428-8400 |
| Bowling | Linden Lanes | | 908-925-3550 |
| Cheerleading (Pop Warner) | Justine Petronella | jpetronellacpw@yahoo.com | 732-306-5484 |
| Cub/Boy Scouts | Joe Limone | | 908-403-8460 |
| Drug Alliance Coordinator | Ralph Bernardo | rbernardo@ourclark.com | 732-428-8400 |
| Fencing* | Aleks Ochocki | jerom.guth@gmail.com | 732-428-8400 |
| Field Hockey* (Recreation) | Recreation Office | rbernardo@ourclark.com | 732-428-8400 |
| Flag Football | Vincent Gioffre | ClarkFlagFootballLeague@gmail.com | 732-236-6011 |
| Girl Scouts | Jamie Hovick | jhovick1@comcast.net | 732-388-7057 |
| Golf (Juniors)* | Recreation Office | rbernardo@ourclark.com | 732-428-8400 |
| Golf (Ladies) | Jean Power | | 732-669-9100 |
| Ice Hockey* | Gerard Sachewicz | clarknjhockey@gmail.com | 908-447-3090 |
| Lacrosse* (Boys) | Gus Kalikas | www.clarklacrosse.com | 908-574-9600 |
| Lacrosse* (Girls) | | | |
| Little League | Wally Alicea | wally1919@gmail.com | 732-668-8480 |
| Martial Arts | Rosario Fico | rosario@shojindojo.org | 908-917-3212 |
| Pickleball | John Silvestri | 7pips2p@gmail.com | 908-380-1368 |
| Pool (Clark Community) | Michael Kozlowski | Mikekoz725@gmail.com | 848-467-4209 |
| Roller Skating | Recreation Office | rbernardo@ourclark.com | 732-428-8400 |
| Roller Hockey (Recreation) | Recreation Office | rbernardo@ourclark.com | 732-428-8400 |
| Senior Citizen Affairs | Lori Banta | downforty@comcast.net | 732-428-8400 |
| Senior Fitness Center | Lori Banta | bantje01@gmail.com | 732-388-0457 |
| Soccer Club (Clark) | Ray Gunsiorowski | rgunsiorowski@clarksoccerclub.com | 732-382-2051 |
| Soccer (Indoor Recreation)* | Recreation Office | rbernardo@ourclark.com | 732-428-8400 |
| Soccer (Men's) | Sergio DaCosta | sergio@cdsiagency.com | 732-803-8674 |
| Softball (Men's) | Joe Kilburg | tees4u2@verizon.net | 732-340-1506 |
| Softball (Women's)* | Recreation Office | rbernardo@ourclark.com | 732-428-8400 |
| Softball (Clark Girls) | Mark Conforti | mconforti55@gmail.com | 848-203-7856 |
| Summer Rec Camp* | Recreation Office | rbernardo@ourclark.com | 732-428-8400 |
| Teen Center | Vic DeMarzo | demarzoangela@yahoo.com | 732-925-6532 |
| Tennis (Adult Recreation) | US Sports Institute | john@usasportsgroup.com | 732-357-0694 |
| Tennis (Kid Recreation)* | US Sports Institute | john@usasportsgroup.com | 732-357-0694 |
| 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) | Sue Lynne | slynn@westfieldnj12.org | 732-388-3856 |
| Volleyball (Women's) | Marianne Serratelli | rbernardo@ourclark.com | 732-381-6731 |
| Wrestling (Recreation)* | Ralph Talarico | ralph@rjtelectrical.com | 908-591-4728 |

*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.

2019-2020 Registration Form

Clark Recreation is proud to present the 2019-20 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.

PLEASE PRINT CLEARLY

Program Name: _____ Time: _____ Cost: _____
Program Name: _____ Time: _____ Cost: _____
Program Name: _____ Time: _____ Cost: _____
Program Name: _____ Time: _____ Cost: _____

CHECK NUMBER _____

Participant: _____ Phone: _____

Address: _____ Age: _____ Sex: _____

School: _____ Grade: _____

Parent or Guardian Signature: _____

Email Address: _____

Emergency/Cell number: _____-_____-_____

PRESORT
STANDARD
US POSTAGE
PAID
Rahway, NJ
Permit #313

Postal Customer

