

Clark Recreation Registration Spring-Summer 2018 Programs

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

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

The following courses **require a registration form** for the Spring-Summer 2018 programs. All other classes not listed below remain on the same schedule as Fall 2017. Registration begins as soon as you receive this. **Classes are subject to cancellation if not enough interest.**

SIGN UP EARLY!!!!

PRESCHOOL PROGRAMS

- **Junior Scientists** – Mondays 5:00-5:45 PM (PreK-K) Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, earth science and more! \$99 for a 6 week program. Begins March 19th.
- **Kinderdance** – Fridays 3:45-4:30 PM (must be in Kindergarten). This ballet class will consist of strength, musicability, improvisation, creative movement and class etiquette. \$65 for a 6 week program. Begins April 13th.
- **Movin and Groovin** – Wednesdays 4:15-5:15 PM (ages 3-6) or 5:15-6:15 PM (ages 6&up) Thursdays 4:15-5:15 PM (ages 4-7) or 5:15-6:15 PM (ages 8&up) This class will build endurance, core strength, coordination, flexibility, and better focus and self-esteem. We will achieve this through tumbling, dance, exercise, and many other activities. \$95 for a 10 week program. Begins March 28th & 29th.
- **Parent & Me Soccer Squirts** – Tuesdays 9:30-10:15 AM (Ages 2-3) Parent & Me Soccer Squirts is a fun and positive introduction to soccer for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through structured activities, fun-based games and scrimmages. \$114 for an 8 week program. Begins April 17th.
- **Recreation Summer Camp** – Registration and information will be sent through the schools in March.
- **Stretch & Grow** – Thursdays 10:30-11:00 AM (ages 2-5) This class focuses on balance, coordination and sports readiness. \$100 for an 8 week program. Begins March 8th.

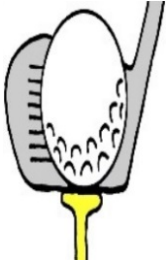


- **Squirts Basketball** – Mondays 3:30-4:15 PM (Ages 4-5) This class is designed to introduce your budding NBA star to the high energy game of basketball! Using proportionately sized basketballs, this program encourages players to develop motor skills and basic techniques in passing, dribbling and shooting. \$100 for an 8 week program. Begins April 16th.
- **Squirts Multi Sports** – Tuesdays 11:15-12:00 PM (Ages 3-5) The 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! \$114 for an 8 week program. Begins April 17th.
- **Squirts Soccer** – Tuesdays 10:30-11:15 AM or 12:30-1:15 PM (Ages 3-5) 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! \$114 for an 8 week program. Begins April 17th.
- **Squirts Soccer** – Thursdays 3:45-4:30 PM, 4:30-5:15 PM or 5:15-6:00 PM (Ages 3-5) 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! \$114 for an 8 week program. Begins April 19th.
- **Squirts T-Ball** – 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! \$114 for an 8 week program. Begins April 17th.
- **Squirts Tennis** – Wednesdays 3:15-4:00 PM (Ages 3-5) Squirts Tennis is a fun-filled learning adventure that introduces children to the world of tennis. Topics covered include boundaries, balance, hand-eye coordination, racquet skills and grip. Each session is taught through structured activities, fun games and scrimmages designed to ensure learning and most importantly, fun! \$114 for an 8 week program. Begins April 18th.
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- **Squirts Track & Field** – Sundays 2:15-3:00 PM (Ages 4-5) This class 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 sport including throwing, jumping, sprinting, distance running and more! \$114 for a 9 week program. Begins April 15th.
- **Tiaras & Tutus** – Fridays 11:15-12:00 PM (Ages 3-4 1/2) This is a classical ballet and creative movement class. We will do ballet barre, stretches, strengthening exercises, positions and balancing. \$65 for a 6 week program. Begins April 13th.
- **Tooty Tots** – Wednesdays 9:00-9:40 AM (3 months-2 years) This class is an interactive music activity for infant and caregiver designed for cognitive physical and social skills. \$100 for a 7 week program. Begins April 18th.



- **Tree of Love Yoga** – Thursdays 5:00-6:00 PM (Ages 4-7) This class is a wonderful, fun experience for kids to be empowered and honored to be who they truly are! \$50 for a 6 week program. Begins March 29th.

YOUTH PROGRAMS



- **Ballet Lyrical** – Fridays 5:15-6:00 PM (Ages 6-8) This class is a traditional age appropriate ballet class that combines fluid movement of ballet and jazz. \$65 for a 6 week program. Begins April 13th.
- **Bowling** – Saturdays at Linden Lanes, 12:00 PM. Contact Linden Lanes to register and for more details – 908-925-3550.
- **Bricks 4 Kidz Advanced Robotics** – Wednesdays 4:00-5:15 PM (Grades 3rd-7th) This class, students incorporate the newest generation of motors, sensors and software by programming their commands directly into the intelligent brick. Test their capabilities by moving an object with a robotic claw, building a robot that draws and more! \$99 for a 5 week program. Begins March 21st.
- **Clark Girls Softball** – Please visit www.eteamz.com/CGSB for any questions and for more information.
- **Clark Little League** – Please visit www.clarklittleleague.org for any questions and for more information.
- **Clark Youth Lacrosse** – Go to clarklacrosse.com to begin registration and for more information. Open to boys in grades Pre-K to 6th.
- **Development Tennis** – Wednesdays 4:00-5:00 PM (Ages 5-8), 5:00-6:00 PM (Ages 8-10), 6:00-7:00 PM (Ages 8-10) or 6:00-7:00 PM (Ages 11-14) Development Tennis is 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.) \$154 for an 8 week program. Begins April 18th.
- **Development Tennis** – Thursdays 4:00-5:00 PM (Ages 5-8), 5:00-6:00 PM (Ages 8-10), 6:00-7:00 PM (Ages 8-10) or 6:00-7:00 PM (Ages 11-14) Development Tennis is 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.) \$154 for an 8 week program. Begins April 19th.
- **Fencing** – Tuesdays 3:15-4:15 PM for Valley Road School (Grades 2nd-5th) or Thursdays 3:15-4:15 PM for Hehnly (Grades 2nd-5th) These classes will consist of learning the technical and tactical aspect of fencing. \$110 for a 6 week program. Begins March 20th & 22nd.
- **Field Hockey** – Thursdays 6:30-8:30 PM. One hour will be devoted to instruction followed by an hour of game play. This class will take place at the ALJ turf field. Flyers will be sent home through the schools. Cost is determined by the package you select. Begins April 26th for three Thursdays.
- **Foundation Basketball** – Mondays 5:30-6:30 PM (Ages 8-10) This class is designed to introduce beginners and those with some experience to the fundamentals of basketball.



Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting. \$134 for an 8 week program. Begins April 16th.

- **Foundation Tennis** – Wednesdays 4:00-5:00 PM (Ages 5-8) or 5:00-6:00 PM (Ages 8-10) 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.) \$154 for an 8 week program. Begins April 18th.
- **Foundation Tennis** – Thursdays 4:00-5:00 PM (Ages 5-8) or 5:00-6:00 PM (Ages 8-10) 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.) \$154 for an 8 week program. Begins April 19th.
- **Future Fashionistas** – Mondays 4:00-5:30 PM (Ages 7-12) Students learn how the process of design works in the real world and they get to learn valuable skills. \$75 for a 6 week program. Begins March 19th.
- **Golf For Juniors** – Wednesdays at Hyatt Hills. 4:00-5:00 (Grades 2nd & 3rd) 5:00-6:00 PM (Grades 4th & 5th) 6:00-7:00 PM (Grades 6th-8th) Golf clubs and balls will be supplied by the golf course, however, please bring your set if you own one. \$65 for a 4 week session. Begins April 11th.
- **Hip Hop** – Fridays 6:45-7:30 PM (Ages 5-8) Students will learn the hottest age appropriate dance moves with the most popular music. This high-energy class is great for self-confidence building and fun! \$65 for a 6 week session. Begins April 13th.
- **Hip Hop Boys** – Fridays 4:30-5:15 PM (Ages 5-8) Students will learn the hottest age appropriate dance moves with the most popular music. This high-energy class is great for self-confidence building and fun! \$65 for a 6 week session. Begins April 13th.
- **Hooked On Fishing** – Saturdays 9:00-1:00 PM (Ages 7 & Up) Introduction to the great sport of fishing. Learn how to cast, reel in your catch, hook a worm and other fishing techniques. Held at Tamaques Park in Westfield. \$50 for 2 Saturdays. April 28th and May 5th. Rain date is May 12th.
- **Intro to Rock** – Tuesdays 4:00-4:45 PM (Ages 4-6) This class is designed to teach young students the basics of playing together as a band. Basic skills will be taught while working with instruments. \$65 for a 6 week program. Begins March 27th.
- **Junior Scientists** – Thursdays 5:00-5:45 PM (Grades 1st-5th) Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, earth science and more! \$99 for a 6 week program. Begins March 22nd.
- **Kids Ceramics** – Fridays 4:00-5:30 PM (Grades K-6th) Have fun with friends creating a themed ceramics piece each month. No repeats. February 9th, March 9th and April 13th.
- **Middle School Spring Ice Hockey League** – Grades 3rd to 8th. Players are responsible for their own equipment and USA hockey dues. For more information, please reach out to Gerard Sachewicz at (908)-447-3090 or email at clarknjhockey@gmail.com. Begins in April. Cost is \$350.
- **Movin & Groovin** – Wednesdays 4:15-5:15 PM (Ages 3-6) 5:15-6:15 PM (Ages 6 & Up) or Thursdays 4:15-5:15 PM (Ages 4-7) 5:15-6:15 PM (Ages 8 & Up) Join us to build



a healthy mind and body. This fun fitness program is great for both boys and girls. This class will build coordination, strength and focus. \$100 for a 12 week program. Begins March 28th & 29th.

- **Musical Theatre** – Fridays 6:00-6:45 PM (Ages 6-9) This is the perfect class for your little actor or actress. They will learn acting, performing, theatrical skill and choreography. \$65 for a 6 week program. Begins April 13th.
- **Recreation Summer Camp** – Registration and information will be sent through the schools in April.
- **Roller Skating** – Fridays 6:00-8:00 PM (Ages 4-10) Front Gym. We do not provide roller-skates. Adult must be present. Free to Clark Residents. Runs until May.
- **Scrapbooking** – Tuesdays 7:00-8:30 PM. Open to children 5th grade and up and adults. This course will teach you how to make handmade greeting cards, scrapbooking and hand crafted cards. \$40 for an 8 week program. Begins March 13th.
- **Senior Soccer Squirts** – Thursdays 6:00-7:00 PM (Ages 5-7) This class is the perfect program for players graduating from Soccer Squirts or for children looking for their first ever soccer experience. Each session will focus on developing a particular skill or technique including dribbling, passing, ball control, moves, turns, positioning and more. \$154 for an 8 week program. Begins April 19th.
- **Senior Squirts Basketball** – This class 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. \$134 for an 8 week program. Begins April 16th.
- **Senior Squirts T-Ball** – Tuesdays 5:00-6:00 PM (Ages 5-7) Senior Squirts T-Ball is a great way to introduce your young slugger to this exciting game. Players will focus on learning the rules and developing their skills in hitting, throwing, base running and fielding. Each session, players will apply what they have learned into a T-Ball scrimmage. (Please note participants are required to provide their own glove for this program.) \$154 for an 8 week program. Begins April 17th.
- **Senior Squirts Track & Field** – Sundays 3:00-4:00 PM (Ages 6-8) This class 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 sport including throwing, jumping, sprinting, distance running and more! \$114 for a 9 week program. Begins April 15th.
- **Skateboarding Clinic** – Monday April 9th & Thursday April 12th, 4:00-5:00 PM (open to boys and girls in grades 3rd to 9th) \$45 for a 2 session clinic. Rain dates are April 16th and 17th.
- **Spring Into Volleyball** – Tuesdays 3:30-4:30 PM (Grades 4th-8th) Come out and have fun learning the fundamentals of playing volleyball. Open to boys and girls. \$40 for a 6 week program. Begins April 17th.
- **Tree of Love Yoga** – Fridays 5:00-6:00 PM (Ages 8-12) This class is a wonderful, fun experience for kids to be empowered and honored to be who they truly are! \$50 for a 6 week program. Begins March 29th.
- **Young Illustrators** – Wednesdays 4:00-5:30 PM (Ages 6-11) Students will create their own superhero, design a toy, experiment with art techniques, illustrate a sweet candyland landscape and more! \$75 for a 6 week program. Begins March 21st.



- **Young Rembrandts Cartooning** – Fridays 4:00-5:00 PM (Ages 6-12) Students will build on their skills and have a ton of fun while drawing colorful pop art dogs, powerful unicorns and more! \$115 for a 8 week program. Begins March 16th.
- **Young Rembrandts Drawing** – Thursdays 4:00-5:00 PM (Ages 6-12) Students will build on their skills and have a ton of fun while drawing colorful pop art dogs, powerful unicorns and more! \$115 for a 8 week program. Begins March 15th.

ADULT PROGRAMS

- **Aerobics** – Tuesdays & Thursdays 7:00-8:00 PM. This class moves to the sound of music at a slightly slower pace than rigorous kickboxing type exercises. Loose fitting clothing is recommended. Free to Clark Residents. \$75 for Non-Residents. Runs until June.
- **Ballroom, Latin and Dance** – Thursdays 8:00-9:30 PM. Join us for a fun-filled night of dance! Couples or singles, you will learn to dance at weddings, parties and class reunions. We will include a mix of Salsa, Tango, Swing and a bit of Latin. \$50 per person (Clark Residents) for a 6 week program. \$60 per non-resident. \$12 per walk-in a night. Begins April 5th.
- **Body Conditioning** – Wednesdays 6:30-7:30 PM. Strengthen and tone all the major muscle groups using light weights and resistance bands with an emphasis on “the core”. Bring a mat and a pair of 3-5 pound weights. Free to Clark Residents. \$75 for Non-Residents. Runs until June.
- **Essential Oils** – Thursdays 7:30-9:00 PM. Ready to ditch toxins from your home? Want more energy, a stronger immune system, feel happier and less stressed? Register now to learn little steps you can take to a healthier mind and body. \$30 for a 6 week program. Begins March 22nd.
- **Kickboxing** – Mondays 7:00-8:00 PM. Get a great workout with this high energy cardio class that incorporates martial arts techniques. Build stamina, burn calories, improve coordination, flexibility and strength with this fun and challenging. Free to Clark Residents. \$75 for Non-Residents. Runs until June.
- **Ladies Ceramics** – Thursdays 7:00-9:00 PM. Enjoy a night out with the girls as you create a holiday themed ceramic piece each month. February 8th, March 8th and April 12th.
- **Meditation** – Tuesdays 11:00-12:00 PM. Free yourself from everyday stress. Free to Clark Residents. \$75 for Non-Residents. Begins April 3rd.
- **Pickleball** – Pickleball is one of the fastest growing sports in the nation. This up-tempo game is an entertaining mix of tennis, badminton, ping pong and racquetball. Beginners – Wednesdays 2:00-4:30 PM. \$3 for Residents, \$5 for Non-Residents. Advanced – Tuesdays 9:00-11:00 PM. \$5 for Residents, \$8 for Non-Residents. Runs through May.
- **Pilates** – Wednesdays 7:30-8:30 PM. Strengthen all your muscles, even ones you never knew about. Relieve back, neck and shoulder pain and melt away stress. Free to Clark Residents. \$75 for Non-Residents. Runs until June.
- **PLYOGA** – Wednesdays 4:30-5:30 PM. Each class focuses on core stability, power, agility, balance and flexibility. PLYOGA is for EVERYONE trying to connect with their inner athlete. \$72 for an 8 week program. Begins March 21st.





- **Scrapbooking** – Tuesdays 7:00-8:30 PM. Open to children 5th grade and up and adults. This course will teach you how to make handmade greeting cards, scrapbooking and hand crafted cards. \$40 for an 8 week program. Begins March 13th.
- **Wheelchair Basketball** – Saturdays 8:30-11:00 AM. If any adult or child is interested in or know of anyone interested in giving wheelchair basketball a try, call Matt Darlow at 908-208-2767. Begins March 17th.
- **Yoga** – Mondays 6:00-7:00 PM. Relax, unwind and increase your circulation, stress management as well as revitalizing, breathing techniques and flexibility of the joints. Free to Clark Residents. \$75 for Non-Residents. Runs all year.
- **NEW! Yoga Trapeze** – Tuesdays 4:30-5:30 PM. Student and teacher work together using the yoga trapeze to positively manage your body. It is most important to work together focused on creating a routine that works for your skill level and help manage back pain, flexibility, posture, upper body/core strength or even relaxation. \$60 for a 6 week program. Begins March 20th.
- **Zumba** – Tuesdays 6:00-7:00 PM. This class moves to the sound of music at a fast pace. A fun, easy to follow Latin dance workout, Zumba combines exercise and dance. \$50 for a 10 week program. Begins April 3rd.

SENIOR PROGRAMS

- **Bridge** – Mondays 12:00-3:00 PM. Intermediate and advanced players can enjoy playing this challenging and mind stimulating game. Free. Runs September to June.
- **Brain Power** – Fridays 11:15-12:00 PM. This class is designed for the older adult population. Challenge your brain power with puzzles, riddles and coordination exercises while incorporating physical activity to stimulate the many amazing functions of your brain. Free to Clark Residents. \$75 for Non-Residents. Begins March 23rd.
- **Crocheting & Knitting** – Tuesdays 10:00-12:00 PM. Relax and enjoy conversation with friends while working on or learning the talent of crocheting and knitting. Runs September to June. Free.
- **How to Use Your Apple Iphone** – Mondays 7:00-8:00 PM. Adults and seniors wanting to learn iPhone features, tips and tricks. Please bring your iPhone and charger. No Android or Google Devices. \$75 for a 5 week program. Begins March 19th.
- **Line Dancing** – Fridays 10:00-11:00 AM. Dance to feel fit, fabulous and have fun! Taught by Joan Wright, Colorado Café instructor, ballroom dance competitor, and member of the NJ/Brooklyn Nets Senior Dance Team. Begins March 23rd.
- **Mahjongg** – Mondays 11:30-3:00 PM. Come have fun learning and playing the great game of Mahjongg! Runs September to June. Free.
- **Meditation** – Tuesdays 11:00-12:00 PM. Free yourself from everyday stress. Free to Clark Residents. \$75 for Non-Residents. Begins April 3rd.
- **RUMMIKUB** – Tuesdays 1:00-3:00 PM. All game lovers are invited to join for this game combining Rumi with Mahjongg. Free.
- **Senior Exercise Class** – Tuesdays and Thursdays 9:00-10:00 AM. Group exercise geared toward the senior population. This class incorporates aerobic exercises, toning and stretching. Exercises may sometimes be done while seated. Free to Clark Residents. \$75 for Non-Residents. Runs September to June.



- **Senior Fitness Center** – Monday to Friday 8:30-12:30 PM. Keep fit in our state of the art fitness center! Stationary machines, free weights and treadmills will make you feel great in a clean, safe environment. A doctor's permission note is required. You must be 55 years or older. Open all year. Free to Clark Seniors only.
- **Tai Chi** – Mondays 10:30-11:30 AM. Designed for people who want to maintain and/or improve their physical abilities: strength, general health and balance. Free to Clark Residents. \$75 for Non-Residents. Runs until May.
- **Zumba Gold** – Wednesdays 9:30-10:15 AM. Zumba Gold is the perfect fit for active adults who want camaraderie, excitement and fitness as a regular part of their weekly schedule. Free for Clark Seniors only. \$20 for Non-Residents. Runs September to May.

Registration Form

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

Participant: _____

Phone: _____ - _____ - _____

Address: _____

Age: _____ **Grade:** _____

Sex: Male / Female

School: _____

Parent / Guardian Signature: _____

Cell Number: _____ - _____ - _____

E-Mail address (mandatory): _____

Program Name: _____ **Time:** _____

Cost: _____

Program Name: _____ **Time:** _____

Cost: _____

Program Name: _____ **Time:** _____

Cost: _____

Additional Participant: _____

Age: _____ **Grade:** _____

Sex: Male / Female

School: _____

Program Name: _____ **Time:** _____

Cost: _____

Program Name: _____ **Time:** _____

Cost: _____

Program Name: _____ **Time:** _____

Cost: _____

Program Name: _____ **Time:** _____

Cost: _____