

Spring Program 2009



REGISTRATION UPDATES

In an effort to help with the tough economic times, Berkeley Heights Recreation has lowered its fee structure for all recreation programs.

Our Parks and Recreation Department is committed to serve all people. To better prepare our staff, please inform us if you or your child needs any assistance while participating in our programs. Please make a note of this on your registration form under special considerations.

MAKE 1 CHECK PER HOUSEHOLD & Payable to B. H. REC. PLEASE MAIL registration forms to Berkeley Heights Recreation, 56 Columbus Avenue, Berkeley Heights, NJ 07922. Recreation office hours: 8:30AM-4PM, Monday to Friday. This program information and additional registration forms are available on the Township of Berkeley Heights Website at www.berkeleyheightstwp.com. If you have any questions please email Lena Bendush, Program Director or Nicole Ur, Program Assistant. **IMPORTANT POLICY: NO REFUNDS OR CREDITS FOR ANY REGISTERED PROGRAM. IF BERKELEY HEIGHTS RECREATION CANCELS A CLASS BEFORE THE SESSION BEGINS, THE HOUSEHOLD WILL BE CREDITED, NOT REFUNDED.**

*****RESIDENT MAIL IN REGISTRATION WILL BE OPENED STARTING March 17th for all programs.*****

We will record all registration forms received via the U.S. postal mail service only. Residents have first preference of classes during this time. All programs start the week of April 13th unless otherwise noted. Our Program schedule follows the Berkeley Heights Public schools calendar. **Remember when schools are closed our programs don't take place.** All children must be the correct age the day the program begins. For all sport activities, proper gym attire and sneakers must be worn. All programs are coed, unless otherwise noted. It is suggested to indicate your 2nd choice on your registration form, this will assist us during registration. **The Recreation office will only contact you if you don't get in the program; you should attend the program as scheduled. Walk-in and non-resident registration begins April 7th.** All non-residents may register at this time for an additional \$10.00 fee. You may register for any program after the start date, if space is available. Please be prompt when picking up your children from programs.

Only call #464-0625 for a recorded message of field use status, program updates and weather cancellations. If there is no updated message, there is no change to the normal scheduled programs.

Program Locations:

Community Center is an Air Conditioned Facility located at 29 Park Avenue.

Columbia Park & Courts are located at Hamilton Avenue (off Plainfield Ave.)

Columbia Middle School is located at 345 Plainfield Avenue.

Hamilton Terrace-The Early Childhood Center is located at 651 Mountain Avenue.

Memorial Field is located at the corner of Park & Plainfield Ave.

Berkeley Aquatics is located at 649 Springfield Avenue.

Please note: the Community Center is a snack and Peanut Free Area. Please do not send children with snacks containing nuts. Children who are not registered in programs are not allowed to remain in the Community Center.

Memorial Day Parade

Monday, May 25 - Make a bicentennial float for the Memorial Day Parade and win a prize! Forms at the Recreation Office.

Spring Crafts Day

Monday, April 6 1:00PM-3:00PM at the Community Center

Children (ages 4-10) have fun making crafts with their parents and friends (music, crafts and refreshments are provided). Free to all residents. Volunteers needed call Lena Bendush at 908-464-0550 ext. 13.

Spring Break Programs

Cardio Combo & Traditional Pilates

Advanced Certified Personal Trainer: Joanne Nordgren
Place: Community Center

Pilates- Typical core conditioning to gain a flat stomach. **Cardio Combo-** A total body workout featuring low impact cardio routines varied with weights, steps, and flex bands.

Tues. April 7 & Thurs. April 9 9:15AM-10:15AM
Section: A1 Fee: \$10.00 2 Sessions

Open Circuit Training

Place: Community Center Fitness Room (No Instructor)

Tues. April 7 & Thurs. April 9 9:15AM-10:15AM
Section: A2 Fee: \$5.00 2 Sessions

Child Care

Place: Community Center- Child Care Room

Tues. April 7 & Thurs. April 9 9:15AM-10:15AM
Ages: 9 mon.-6yrs Section: A3 Fee: \$5.00 2 Sessions

Youth Speed & Agility Camp

Advanced Certified Personal Trainer: Joanne Nordgren
Place: Community Center

Stay in shape through the off season or get in shape for the next season. Increase coordination, agility, and quickness through a systematic approach. This will improve your speed, skill and strength on the field.

Tues. April 7, Wed. April 8 & Thurs. April 9
10:30AM-12:00PM

Grades: 5-9 Section: A4 Fee: \$25.00 3 Sessions

Summer Program Preview:

Berkeley Heights Recreation will be offering many exciting programs this summer. Additional information, including fees, will be available in the Summer Program Booklet. This booklet will be posted in May on the township website at www.berkeleyheightstwp.com under the Recreation link. The following are programs offered by Berkeley Heights Recreation.

The **Summer Recreation Playground Camp** runs June 29th through August 14th at Lower Columbia Park for children entering Grades 1-7 in the Fall. The camp operates Monday through Friday from 9:00AM-3:30PM.

Brazilian Soccer Camp will run June 22nd-June 16th at Passaic Field for boys and girls at 2-5pm for U 7/8-U9/10. For details contact BFUT NJ 908-233-5522 or khertell@aol.com.

Gymnastics Camps for children ages 3 ½ years up to 6th Grade will run Monday through Thursday, 10:30AM-1:30PM at the Community Center. Camps will be offered the weeks of July 13, July 20 and July 27. Children bring a peanut-free lunch.

The **Ponyshare Camp** which involves pony grooming, riding and horsemanship will be offered the week of July 27th at Lower Columbia Park from 9:30AM-11AM for ages 7-12 years and 11:30AM-12:30AM for ages 3-6 years.

Boot Camp fitness program for adults the week of July 13th from 6-8AM at Memorial Field.

Morning **Senior Circuit Training** and **Morning & Evening Adult Fitness** classes will be offered, along with morning **Child Care**.

Independent Camps offered in Berkeley Heights

More info about the camps below can be found on page 8.

T3 Lacrosse Camp at Lower Columbia Field week of July 13th from 9am-3pm.

Sum It Up for Girls Lacrosse Camp at Lower Columbia Field week of June 29th from 8:30am-1:00pm.

Soccer for Life- runs the weeks of July 27th & Aug 10th at Memorial Field.

Children's Technology Workshop iCamp runs the week of July 6th, 10:30am to 5:30pm at the Community Center.

Berkeley Heights Recreation – Registration Forms

Please update all emergency phone numbers (Home, Cell, Work, Emergency Contact)

Make checks payable to B.H. Rec & mail to 56 Columbus Ave., Berkeley Heights, NJ 07922

HOUSEHOLD INFORMATION

Parent/Adult's Name: _____ Address: _____

Town: (circle one) Berkeley Heights Murray Hill Other: _____ Zip: _____

Phone:(Home) _____ (Work) _____ (Cell) _____

Email: _____

Emergency Contact: Name: _____ Phone: _____

MEDICAL RELEASE: I recognize that participation in contact sports may occasionally lead to injury. The most common injuries are abrasions, bruises, sprains, and strains. Less common injuries, but perhaps more serious may occur. I hereby authorize emergency medical care for my child. If, in the judgment of the staff, treatment is required for an injury or illness, I hereby also authorize the administering of anesthetics and recourse to other procedures deemed necessary by the attending physician. I understand that whenever possible I will be notified prior to medical treatment of my child, or at the earliest possible time should prior notice prove impossible. I am financially responsible for expenses for medical care or transportation incurred.

Doctor's Name: _____ Phone: _____

HOLD HARMLESS AGREEMENT: I agree to abide by the conditions herein and agree to hold harmless, waive and release any and all rights to claims for damages against the Recreation Commission, Township of Berkeley Heights, and its agents and employees and other such individuals who may be involved in the planning and implementation of this program.

All information will be passed along to the instructors/coaches to better prepare them during programs.

Signature: _____ Date: _____

PARTICIPANT #1

Participant's Name: _____ Grade _____ Birth Date ____/____/____ Gender: M / F

1st Program Name _____ Day/Time _____ Section _____

Please select one of the following that will reflect your 2nd Choice: If the above program is full, In addition to the above program.

2nd Program Name _____ Day/Time _____ Section _____

Special Considerations: _____ -Parent Volunteer: Name: _____
(Attention Situations, Hearing or Balance Impairment, Allergies) Parent Volunteer: Contact Number: _____

PARTICIPANT #2

Participant's Name: _____ Grade _____ Birth Date ____/____/____ Gender: M / F

1st Program Name _____ Day/Time _____ Section _____

Please select one of the following that will reflect your 2nd Choice: If the above program is full, In addition to the above program.

2nd Program Name _____ Day/Time _____ Section _____

Special Considerations: _____ -Parent Volunteer: Name: _____
(Attention Situations, Hearing or Balance Impairment, Allergies) Parent Volunteer: Contact Number: _____

PARTICIPANT #3

Participant's Name: _____ Grade _____ Birth Date ____/____/____ Gender: M / F

1st Program Name _____ Day/Time _____ Section _____

Please select one of the following that will reflect your 2nd Choice: If the above program is full, In addition to the above program.

2nd Program Name _____ Day/Time _____ Section _____

Special Considerations: _____ -Parent Volunteer: Name: _____
(Attention Situations, Hearing or Balance Impairment, Allergies) Parent Volunteer: Contact Number: _____

PARTICIPANT #4

Participant's Name: _____ Grade _____ Birth Date ____/____/____ Gender: M / F

1st Program Name _____ Day/Time _____ Section _____

Please select one of the following that will reflect your 2nd Choice: If the above program is full, In addition to the above program.

2nd Program Name _____ Day/Time _____ Section _____

Special Considerations: _____ -Parent Volunteer: Name: _____
(Attention Situations, Hearing or Balance Impairment, Allergies) Parent Volunteer: Contact Number: _____

After School & Evening Programs

All of our facilities are "nut free"! Snacks are not permitted inside the facilities.

NEW POLICY! Students in grades 5 and up may join any adult fitness class if accompanied by an adult or parent. Please refer to the Adult Programs page for available classes.

To avoid distractions in class, all indoor recreation classes have a no parent policy (unless otherwise stated). Parents may attend the first class only.

Middle School Zumba

Certified Zumba Instructor: Tonya Neville
Location: Columbia Middle School Gym
Zumba is a combination of dance and aerobics. With the added flair of Latin and international music. Zumba is more like being at a party than an exercise class. Building up your cardio and toning up your body has never been so much fun! Class runs immediately after school! The fee structure of this class has been lowered to account for 2 dates which will be excluded from this calendar. The instructor will notify the class of these dates.
No Classes May 28th & June 2nd.
Last Class June 11th.



Tuesday & Thursday 3:15PM-4:30PM

Grades: 6-8 14 Sessions
Section: A3 Fee: \$75.00

Ball Hockey at Hamilton Terrace

Instructor: Lena Bendush & Rec Staff
Location: Hamilton Terrace School
First Grade children and PM Kindergarteners go directly from school dismissal to the hall in front of the gym. Parents must provide the child's teacher with a note prior to the beginning of this program. Children are not allowed to bring snacks to class. AM Kindergarteners should arrive at class at 3:15PM. **AM Kindergarteners receive a \$15 discount on the program fee.** Please indicate on your form if your child is attending AM Kindergarten. This program is coed, however 98% of participants are typically boys. Important: if your child is attending school but will NOT be attending Ball Hockey, please provide the teacher with a note.
Last Class May 28th!

Thursday 3:00PM-4:00PM

Grade: K-1 7 Sessions
Section: A1 Fee: \$50.00

Tennis Lessons

Place: Columbia Park Upper Courts 1 & 2
See page 5 for Daytime Classes ages 4-6 1/2 years.

Wednesday 3:15PM-4:00PM

Instructor: Lena Bendush & Carolyn George
Grades: 1-3 10 Sessions No Make-ups!
Section: A3 Fee: \$50.00

Friday 7:00PM-8:00PM

Instructor: Howard Lee-STA Certified
Dates: April 17, 24 May 1, 8, 15
Grades: 4-8 5 Sessions No Make-ups!
Section: A4 Fee: \$35.00

Irish Step Dancing

Instructor: Alexa Dryer, Experienced Dancer
Location: Community Center
Attire: Shorts, tee shirt, socks and sneakers. Please pull hair off of face (if possible). The basics of Irish Dance are taught in a fun, non-competitive environment. "Riverdance" made this form of dance popular!

Wednesday 3:30PM-4:15PM

Grades: K-5 10 Sessions
Section: B2 Fee: \$40.00

Chess Club

Instructor: Carolyn George
Location: Community Center
Strategies and writing moves. New players must know basic chess moves. Advanced players are very welcome!
NO SNACKS ALLOWED!

Monday 3:15PM-4:00PM

Grades: 1-3 9 Sessions
Section: A1 Fee: \$35.00

Monday 4:15PM-5:15PM

Grades: 3-8 9 Sessions
Section: A2 Fee: \$45.00



All Sports

Instructor: Lena Bendush & Carolyn George
Location: Memorial Field
Sneakers required. Fun Warm Ups, Games and Drills are used to introduce Soccer, Ball Hockey, Track and Field, Olympic Games, Relay Races, Tennis, Kickball, Tee Ball and more! Basic skills, rules and sportsmanship will be taught while having fun.
No Make-ups!

Tuesday 3:15PM-4:00PM

Ages: 5-7 1/2 years 10 Sessions
Section: A7 Fee: \$50.00

Family Circuit Training

Personal Trainer: Tonya Neville
Location: Community Center Fitness Room
Full body strength training and cardio will be completed using strength training machines along with cardio equipment. Parents and children exercise together. This program is open for registration with or without a family member. **No Class May 27th.**

Wednesday 6:45PM-7:30PM

Ages: 3rd Grade-Adult 9 Sessions
Section: A5 Fee: \$40.00

Middle School Punk Rope

Certified Punk Rope Instructors:
Tonya Neville & Cheri D'zio
Location: Columbia Middle School Gym
Punk Rope combines recess with boot camp with calisthenics, group drills, relay races, rope jumping and core training. Classes are themed to celebrate everything from super heros to super bowl. Punk Rope is included in the alliance for healthier generations "Healthy school program resource database. High Impact! Class runs immediately after school!
Last Class May 22nd!



Friday 3:15PM-4:30PM

Grades: 6-8 6 Sessions
Section: A4 Fee: \$45.00

Kids Yoga (COED)

Certified Yoga Instructor: Joanne Bruno
Location: Hamilton Terrace Gymnasium
Let's have fun stretching into animal shapes! Children become aware of their own bodies while stretching to benefit stronger bones and growth. Yoga teaches how to breathe and helps maintain better well-being for life. Children are not allowed to bring snacks to class. Come with a smile and an empty stomach. (No Jeans or skirts).
Last Class May 26th!

Tuesday 3:00PM-4:15PM

Children go from school dismissal directly to Yoga. Parents *must* provide child's teacher with a note at the beginning of this program.
Grades: K-1 7 Sessions
Section: A1 Fee: \$40.00

Youth Yoga

Certified Yoga Instructor: Joanne Bruno
Location: Community Center
Children increase body awareness through stretch and breath control while stretching into animal shapes. Creative energy is increased while children strengthen and tone their bodies. Come with an empty stomach. Wear shorts, leggings, footless tights or comfy clothes.



Friday 3:15PM-4:00PM

Grades: 2-6 10 Sessions
Section: A2 Fee: \$45.00

2009 Summer Concerts

7:30-9:00PM at Memorial Park-

Wednesdays July 1, 8, 15, 22, 29

Movies in the Park

8:30 or Dusk at Memorial Park
Free Popcorn & Water!

Thursdays July 9 & July 23

Recreation Department Directory

Phone: 908-464-0550

Fax: 908-464-7247

Program Updates/Weather Cancellations: 908-464-0625

Tom Barton, Recreation Director	tbarton@bhtwp.com	ext. 11
Lena Bendush, Program Director	lbendush@bhtwp.com	ext. 13
Nicole Ur, Program Assistant	nur@bhtwp.com	ext. 12
Adrienne Trivella, Office Assistant	atrivella@bhtwp.com	ext. 10

To avoid distractions in class, all indoor recreation classes have a no parent policy (unless otherwise stated). Parents may attend the first class only.

Gymnastics

Certified Gym. Instructor: Ed Saavedra & Staff
Place: Community Center

No Parent Policy: Parents are not permitted to stay during these classes. (May attend the first and last classes only.)

Forming & Improving: Strength, Flexibility, Coordination, Courage, Perseverance, Self Discipline, Self Esteem, Balance & Agility.

Equipment Utilized—"Just for Kids": 4 Station Circuit System, Vault, Parallel Bars, High Bar, Uneven Bars, 2 Balance Beams, Trampolines, Pommel Horse, Tumble Mats & Adjustable Rings

Saturday 9:00AM-10:00AM

Ages: 5-7 ½yrs 8 Sessions
Section: A1 Fee: \$50.00

Saturday 10:15AM-11:15AM

Ages: 3-5 yrs 8 Sessions
Section: A2 Fee: \$50.00

Saturday 11:30AM-12:30PM

Ages: 3 years- 6th Grade 8 Sessions
Section: A3 Fee: \$50.00

Half Price Policy

If enrollment space is still available in a program half-way through the session, you may register for half of the original fee. This discount will only apply if half of the session has passed. Discounts are not given at any other time during the session.

Tee Ball

Instructor: Rec. Staff & Parent Volunteers
The success of this program relies on parent volunteers (Please check the box on the registration form).

Place: Memorial Field Baseball Diamond
T-shirt is included. No Make-ups!

Saturday 9:00AM-9:45AM

Age: 4-5½ years 8 Sessions
Section: A1 Fee:\$45.00 Includes a T-shirt!

Saturday 9:45AM-10:30AM

Age: 5-7½ years 8 Sessions
Section: A2 Fee: \$45.00 Includes a T-shirt!

Saturday 10:30AM-11:15AM

Age: 5-7½ years 8 Sessions
Section: A3 Fee: \$45.00 Includes a T-shirt!

Saturday Soccer-(Residents Only)

Instructor: Rec. Staff & Parent Assisted).
Place: Memorial Field (Outdoors Only)

T-shirt is included. No Make-ups!
Soccer starts on April 25th.

Saturday 11:30AM-12:15PM

Ages: 5-7½ years 7 Sessions
Section: A1 Fee:\$40.00 Includes a T-shirt!

Saturday 12:15PM-1:00PM

Ages: 3-4½ years 7 Sessions
Section: A2 Fee:\$40.00 Includes a T-shirt

Saturday Zumba

Certified Zumba Instructor: Tonya Neville
Location: Community Center
Zumba is a combination of dance and aerobics. With the added flair of Latin and international music. Zumba is more like being at a party than an exercise class. Building up your cardio and toning up your body has never been so much fun! Parents and children can exercise together.

Dates: April 11, 25 May 9, 23 June 6, 20

Saturday 3:00PM-4:30PM

Ages: 8years – Adult 6 Sessions
Section: B1 Fee: \$45.00



Table Tennis

Instructor: Howard Lee, USTTA
Location: Community Center
Howard is a USTTA member and formerly nationally ranked player (in the top 50) with 30 years of tournament experience. He will explain the rules, demonstrate strokes and develop players' footwork & speed. Racquets are supplied. If you bring your own racket, sponge rackets are required. No sandpaper rackets. A class is available for Adults: Info on pg 7.

Dates: March 14, 21, 28 April 4, 18, 25

REGISTER NOW FOR THIS PROGRAM!

Saturday 6:00PM-7:00PM

Grades: 4-6 6 Sessions
Section: B1 Fee: \$45.00

Saturday 7:00PM-8:00PM

Grades: 4-9 6 Sessions
Section: B2 Fee: \$45.00



PLEASE NOTE THE EXCLUSIONS TO THE CALENDAR ARE NOTED BELOW! This symbol (around a date) means only a certain program is excluded from this date. Check the excluded dates below to see if they affect your program. If the exclusion does not pertain to your program, your program will take place as scheduled. Days off reflect the Berkeley Heights Board of Education's School Calendar.

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
April	13,20,27	14,21,28	15,22,29	16,23,30	17,24	18,25
May	4,11,18	5,12,19,26	6,13,20,27	7,14,21,28	1,8,15,22,29	2,9,16,30
June	1,8,15	2,9,16	3,10,17	4,11,18	5,12,19	6,13
No Classes	May 25					May 23

Important Dates which are excluded from the above calendar- Only if they apply to your program!

This symbol (around a date) means only a certain program is excluded from this date.

April 13th	First Day of Programs	May 28th	Last Ball Hockey Class at Hamilton Terrace. No Body Sculpting, Middle School Zumba and Evening Zumba Classes.
April 18th	No Saturday Soccer Classes.	May 29th	No Boot Camp Class.
April 24th	No Creative Movement Classes.	June 1st	No Body Sculpting Class.
May 22nd	Last Punk Rope Class.	June 2nd	No Middle School Zumba and Evening Body Sculpting Classes.
May 26th	Last Kids Yoga Class at Hamilton Terrace.	June 9th	Last Traditional Pilates & Cardio Combo Classes.
May 27th	No Boot Camp, Zumba, Body Sculpting, Evening Open Circuit, and Family Circuit Training Classes. AM Open Circuit Training and Child Care are available for drop-ins at \$3 each.	June 11th	Last Middle School Zumba Class.
		June 19th	Last Day of Programs.

To avoid distractions in class, all indoor recreation classes have a no parent policy (unless otherwise stated). Parents may attend the first class only.

Morning Fun Bunch & Lunch

Instructor: Carolyn George & Nicole Ur
 Location: Community Center
 This program is a great opportunity for children to socialize and have fun in a group setting. Children learn to interact with their peers, listen to directions and teamwork. Children should wear socks as they often remove their shoes. The class includes 45 minutes of Craft Care Projects and 45 minutes of Obstacle Course or Fun & Games class. Children eat lunch at 11:15 and finish the class off with more fun on the mats or coloring! Children bring their own peanut free lunch. Class finishes at 12:00, just in time for afternoon Pre-K / Kindergarteners to head to school!

Tuesday 9:15AM-12:00PM

Ages: 4-7years 10 Sessions Section: A1
 Fee: \$125-Residents \$155-Non-Residents

Thursday 9:15AM-12:00PM

Ages: 4-7years 10 Sessions Section: A3
 Fee: \$125-Residents \$155-Non-Residents

Afternoon Fun Bunch & Lunch

Instructor: Carolyn George & Nicole Ur
 Location: Community Center
 This program is a great opportunity for children to socialize and have fun in a group setting. Children learn to interact with their peers, listen to directions and teamwork. Children should wear socks as they often remove their shoes (indoors). The class includes lunch time and follows with 45 minutes of playing in Obstacle Course Class or Fun & Games Class. Time is allotted for clean-up and bathroom/water breaks. Children bring their own peanut free lunch. Class starts just in time for morning Pre-K / Kindergarteners to have lunch!

Tuesday 12:30PM-2:00PM

Ages: 4-7years 10 Sessions Section: A2
 Fee: \$100-Residents \$120-Non-Residents
 This class takes place before All Sports held at Memorial Field(outdoors only). *Children who register for both classes can be escorted by our staff for an additional fee of \$10. Please make a note of this on your registration form. In the event of All Sports weather cancellation, your child must be picked up at 2PM from the Community Center.*

Thursday 12:30PM-2:00PM

Ages: 4-7years 10 Sessions Section: A4
 Fee: \$100-Residents \$120-Non-Residents

Creative Movement

Experienced Dance Instructor: Lois Garbowsky
 Location: Community Center
 Dance and music are used to interpret story ideas. Develop poise, balance & flexibility. Children need ballet shoes. No Parent Policy-Parents are not permitted to stay during these classes. May attend the first class and are invited to a performance on the last class.
No Class April 24th.

Friday 11:00AM-11:45AM

Ages: 3-5 years 9 Sessions
 Section: A1 Fee: \$35.00

Friday 12:00PM-12:45PM

Ages: 4-6 years 9 Sessions
 Section: A2 Fee: \$35.00



Fun and Games

Instructor: Carolyn George & Nicole Ur
 Place: Community Center
 Warm-ups, Hula Hoop Chase, Bucket Relay, Relay Races, Simon Says, Red Light/Green Light, Duck, Duck, Goose, Musical Hula Hoops, Musical Obstacle Course. Children should wear socks as they often remove their shoes. A coordinating Lunch Bunch is available for both classes. Information is listed under Morning and Afternoon Fun Bunch & Lunch. Space is Limited. Register Early.

Thursday 10:30AM-11:15AM

Ages: 3 1/2-6 years 10 Sessions
 Section: A3 Fee: \$50.00

Thursday 1:15PM-2:00PM

Age: 3 1/2-6 years 10 Sessions
 Section: A4 Fee: \$50.00

Obstacle Course & Games

Instructor: Carolyn George & Nicole Ur
 Location: Community Center
 Children will have fun using crawling tunnels, slides and trampolines to maneuver through while listening to fun music. The class may include a fun game like Duck, Duck, Goose, Red Light/Green Light, Parachute Games, Simon Says, Hula Hoop Chase. A coordinating Lunch Bunch is available for both classes. Information is listed under Morning and Afternoon Fun Bunch & Lunch. Children should wear socks as they often remove their shoes.

Tuesday 10:30AM-11:15AM

Ages: 3 1/2 - 6 1/2 years 10 Sessions
 Section: A1 Fee: \$50.00

Tuesday 1:15PM-2:00PM

Ages: 3 1/2 -6 1/2 years 10 Sessions
 Section: A2 Fee: \$50.00
 This class takes place before All Sports held at Memorial Field(outdoors only). *Children who register for both classes can be escorted by our staff for an additional fee of \$10. Please make a note of this on your registration form. In the event of weather cancellation, your child must be picked up at 2PM from the Community Center.*

All Sports

Instructor: Lena Bendush & Carolyn George
 Location: Memorial Field (Outdoors Only)
 Sneakers required. Fun Warm Ups, Games and Drills are used to introduce Soccer, Ball Hockey, Track and Field, Olympic Games, Relay Races, Tennis, Kickball, Tee Ball and more! Basic skills, rules and sportsmanship will be taught while having fun. This class follows the Afternoon Fun Bunch & Obstacle Course classes held at the Community Center. *Children who register for both classes can be escorted by our staff for an additional fee of \$10. Please make a note of this on your registration form.*

No Make-ups!

Tuesday 2:15PM-3:00PM

Ages: 4-6 1/2 years 10 Sessions
 Section: A6 Fee: \$50.00

Crafts and Care

Instructor: Carolyn George
 Location: Community Center Art Room
Parents can enroll in coordinating Adult fitness programs. Space is Limited. Supplies are included.

Tuesday 9:15AM-10:00AM

Ages: 4-7 years 10 Sessions
 Section: A1 Fee: \$25.00

Thursday 9:15AM-10:15 AM

Ages: 4-7 years 10 Sessions
 Section: A2 Fee: \$25.00



Child Care

Ages: 9 months -6 years
 Instructor: Carolyn George
 Location: Community Center Child Care Room
 Parents can enroll in coordinating Adult fitness programs. Classes are small. Children will have soft mats to play on, puzzles and soft toys to play with. Instructors are NOT responsible for changing diapers!

Monday 9:15AM-10:00AM

Section: A1 Fee: \$20.00 9 Sessions

Monday 10:00AM-10:45AM

Section: A2 Fee: \$20.00 9 Sessions

Tuesday 8:30AM-9:15AM

Section: A3 Fee: \$20.00 10 Sessions

Wednesday 8:30AM-9:15AM

Section: A4 Fee: \$20.00 10 Sessions

Wednesday 9:15AM-10:00AM

Section: A5 Fee: \$20.00 10 Sessions

Wee-Play

Instructor: Nicole Ur (parent assisted)
 Location: Community Center
 In this free-play style class, children will increase parallel play & enjoy the soft mat obstacle course while climbing, jumping and listening to fun kid's music. Soft block building and bubbles. *(Parents may enroll in Friday's Circuit Training at the same time. There is an additional fee of \$5 for this program if a parent is not assisting the class). \$5 additional fee for each sibling (ages 4-7 years only). Please make a note of this on the registration form.*

Friday 9:45AM-10:30AM

Ages: 9 months-3 years 10 Sessions
 Section: A5 Fee: \$35.00

Youth Tennis

Instructor: Lena Bendush & Carolyn George
 Place: Columbia Park Courts(Outdoors Only)
Sneakers required. Basic skills, drills and introduction to rules of the game are taught. Grip, swing and stance/form. Racquets and balls supplied. Class size is limited. Afterschool classes can be found on page 3.

Wednesday 10:15AM-11:00AM

Age: 5 -6 1/2 years 10 Sessions No Make-ups
 Section: A1 Fee: \$50.00

Wednesday 2:15PM-3:00PM

Age: 4-6 1/2 years 10 Sessions No Make-ups
 Section: A2 Fee: \$50.00

Child Care & Craft Care are available for most AM Fitness Classes. Information can be found on page 5.

Body Sculpting

Certified Personal Trainer: Tonya Neville
 Location: Community Center
 Start Sculpting and defining a brand new you! Body Sculpting is a combination of weight training and total body conditioning. Using controlled movements, weights and stretching that will help improve your fat burning abilities, and sculpt a beautiful you! This class will teach you the proper exercises and movements to help you tighten and tone your entire body. Benefits of weight training are: decrease total body fat, reduce your risk of cardiovascular diseases, reduce blood pressure, increase muscular strength & endurance, increase bone strength, help burn calories 24 hours a day.

Monday 10:00AM-11:00AM No Class June 1
 Section: A2 Fee: \$45.00 8 Sessions

Tuesday 5:45PM-6:45PM No Class June 2
 Section: A3 Fee: \$50.00 9 Sessions

Wednesday 6:00-6:45PM No Class May 27
 Section: A4 Fee: \$40.00 9 Sessions

Thursday 9:15AM-10:15AM No Class May 28
 Section: A5 Fee: \$50.00 9 Sessions

Zumba

Certified Zumba Instructor: Tonya Neville
 Location: Community Center
 Zumba is a combination of dance and aerobics. With the added flair of Latin and international music. Zumba is more like being at a party than an exercise class. Building up your cardio and toning up your body has never been so much fun!

Wednesday 9:15-10:00AM No Class May 27
 Section: A8 Fee: \$40.00 9 Sessions

Thursday 5:45PM-6:45PM No Class May 28
 Section: A9 Fee: \$50.00 9 Sessions

Family Circuit Training

Personal Trainer: Tonya Neville
 Location: Community Center Fitness Room
 Full body strength training and cardio will be completed using strength training machines along with cardio equipment. Parents and children exercise together. This program is open for registration with or without a family member.

Wednesday 6:45PM-7:30PM No Class May 27
 Ages: 3rd Grade-Adult Section: A5
 Fee: \$40.00 9 Sessions

Jazzercise

Cert. Jazzercise Instructor: Daniele Dorcelly
 Location: Community Center
 The original dance exercise phenomenon! Each 60-minute workout is a fusion of dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk and classics. The routines are fun and easy-to-follow. Wear comfortable workout attire and supportive sneakers. Bring an exercise mat or towel for floor work.

Tuesday 7:00PM-8:00PM
 Section: A2 Fee: \$50.00 10 Sessions

Thursday 7:00PM-8:00PM
 Section: A3 Fee: \$50.00 10 Sessions

Circuit Challenge

Adv. Certified Personal Trainer: Joanne Nordgren
 Location: Community Center Fitness Room
 Spice up Circuit Training with "Circuit Challenge"-high impact workout. Sweat, burn more calories and build bigger muscle mass faster!

Thursday 9:15AM-10:00AM
 Section: A1 Fee: \$45.00 10 Sessions



Cardio Combo/ Step

Certified Personal Trainer: Joanne Nordgren
 Place: Community Center
 A total body workout featuring low impact cardio routines varied with weights, steps, and flex bands. Strength training with Cardio Balance Ball, basic training & includes Pilates techniques. **Last Class June 9th**

Tuesday 9:15AM-10:00AM
 Section: A1 Fee: \$40.00 9 Sessions

Senior Circuit Training

Personal Trainers: Lois Garbowsky
 Tonya Neville & Joanne Nordgren
 Place: Community Center Fitness Room
 Full body strength training and cardio will be completed using strength training machines along with cardio equipment.

Monday & Wednesday 10:00AM-10:45AM
 Ages: 59years and Up 19 Sessions
 Section: A1 Fee: \$55.00

Monday 10:45AM-11:45AM
& Thursday 10:00AM-11:00AM

This section includes a 15 minute Stretch.
 Ages: 59years and Up 19 Sessions
 Section: A2 Fee: \$70.00

Open Circuit Training

Location: Community Center Fitness Room
 These are "Open" Circuit Training classes, which means there is no instructor present. Full body strength training and cardio will be completed using treadmills, elliptical training, stationary bikes with inner/outer thigh machines and nautilus.

Monday 9:15AM-10:00AM
 Section: B1 Fee: \$20.00 9 Sessions

Monday 6:45PM-7:30PM
 Section: B2 Fee: \$20.00 9 Sessions

Tuesday 8:30AM-9:15AM
 Section: B3 Fee: \$25.00 10 Sessions

Tuesday 9:15AM-10:00AM
 Section: B4 Fee: \$25.00 10 Sessions

Tuesday 10:00AM-10:45AM
 Section: B5 Fee: \$25.00 10 Sessions

Wednesday 8:30AM-9:15AM
 Section: B6 Fee: \$25.00 10 Sessions

Wednesday 9:15AM-10:00AM
 Section: B7 Fee: \$25.00 10 Sessions

Wednesday 6:00-6:45PM No Class May 27
 Section: B8 Fee: \$20.00 9 Sessions

Friday 9:30AM-10:30AM
 Section: B9 Fee: \$25.00 10 Sessions

DROP-IN POLICY

Applies to Fitness Classes with their coordinating Child Care and Crafts & Care Only. You must be registered in a fitness program during the current season, to use the drop-in. Drop-in fees for an Adult Fitness class (taught by an instructor) will be \$5.00 each. Open Circuit Training and Child/Craft Care drop in is \$3.00 each. Payment & Registration must be done in the Rec Office (except for evening classes) *before* the program begins.

Look for Saturday Zumba (8 years to Adult) information on page 4!

Aerobics & Toning- High Impact

Experienced Aerobics Instructor: Lois Garbowsky
 Location: Community Center
 Join us for a fun fat burning aerobic class along with upper and lower body toning and stretching.

Monday 9:15AM-10:00AM
 Section: A4 Fee: \$40.00 9 Sessions

Monday 6:45PM-7:30PM
 Section: A5 Fee: \$40.00 9 Sessions

Traditional Pilates: Low Impact

Certified Pilates Instructor: Joanne Nordgren
 Location: Community Center
 Pilates is a unique system of stretching and strengthening exercises that tones muscles, improves posture, and provides flexibility and balance. Balance balls, weights and bands are used. Typical core conditioning to gain a flat stomach. All levels & abilities accommodated. **Last Class June 9th**

Tuesday 8:30AM-9:15AM
 Section: A1 Fee: \$40.00 9 Sessions

Boot Camp

Certified Personal Trainer: Tonya Neville
 Location: Community Center
 Time to challenge yourself! Are you ready to take your fitness to the next level? Boot camp is a class designed to push you to your max. Here you will reach your cardio, endurance and strength training goals. If you are looking for a serious workout and have fun with friends then this is the class for you.

Wednesday 8:30-9:15AM No Class May 27
 Section: A6 Fee: \$40.00 9 Sessions

Friday 8:30AM-9:15AM No Class May 29
 Section: A7 Fee: \$40.00 9 Sessions

Beginner Yoga

Certified Yoga Instructor: Joanne Bruno
 Location: Community Center
 Increase your sense of well-being through the slow, gentle, yet challenging movements of Hatha Yoga. Practiced with breath control and meditative attitude, these exercises increase body awareness, stretch, strengthen, and tone your body, release muscular tension, calm your mind and emotions, and increase creative energy. Come with an empty stomach and wear shorts, leggings or footless tights.
Suggested equipment: Sticky mat and belt
 Children's Yoga Gr. K-6 info on page 3.

Friday 1:00PM-2:00PM
 Section: A1 Fee: \$55.00 10 Sessions

Intermediate Yoga

Certified Yoga Instructor: Joanne Bruno
 Location: Community Center
 Challenge yourself to move to the next level!

Wednesday 12:00PM-1:00PM
 Section: A2 Fee: \$55.00 10 Sessions

Adult Men's Basketball

Place: Columbia Middle School
Dates: Mar 4,11,18,25 Apr 1,15,22,29
 May 6,13,20,27

Wednesday 8:00-9:30PM
 Section: A1 Fee: \$35.00 -Residents Only
 Time Changes to 8:30-10:00PM Nov- Mar

Adult Programs (continued)

Children will not be allowed to remain unattended (at tables) during programs.

<p><u>Morning Tennis Lessons</u> Instructor: Maria Mahon, experienced player Place: Columbia Park Lower Courts Classes Start on April 28th. No Make-ups!</p> <p><u>Intermediate</u> Tuesday & Thursday 9:30AM-11:00AM Section: B1 Fee: \$150.00 16 Sessions</p> <p><u>Advanced Beginner</u> Tuesday & Thursday 11:00AM-12:00PM Section: B2 Fee: \$100.00 16 Sessions</p> <p><u>Beginner</u> Tuesday & Thursday 12:00PM-1:00PM Section: B3 Fee: \$100.00 16 Sessions</p>	<p><u>Evening Tennis Lessons</u> Instructor: Howard Lee-USTA Certified Place: Columbia Park Upper Courts 1 & 2 Dates: April 17, 24 May 1, 8, 15 No Make-ups!</p> <p><u>Friday 8:00PM-9:00PM</u> Section: A5 Fee: \$35.00 5 sessions</p>	<p><u>Table Tennis</u> Instructor: Howard Lee Location: Community Center Howard is a USTTA member and formerly nationally ranked player (in the top 50) with 30 years of tournament experience. Rules, demonstrate strokes and develop players' footwork & speed. Racquets are supplied. If you bring your own racket, sponge rackets are required. No sandpaper rackets. Parents may register a child 10 years or older for this session and play together. <u>A class is available for Grades: 4-9. Info on page 4.</u></p> <p>Dates: March 14, 21, 28 April 4, 18, 25 REGISTER NOW FOR THIS PROGRAM! Saturday 8:00PM-10:00PM Section: B3 Fee: \$90.00 6 Sessions</p>
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<p style="text-align: center;"><u>Winter Coloring Contest Winner</u></p> <p>Berkeley Heights Recreation would like to Congratulate Sarah Lalavee (8 years old) on winning the "Winter Coloring Contest". She received a gift certificate for \$50 towards a Recreation program for her great effort!</p>	<p style="text-align: center;">Good Luck to all the Olympians who are competing in the Special Olympics "Get Into Our Game" track and field events this Spring at G. L.!</p> <p style="text-align: center;">8 week class runs Sundays 11:30am-12:30pm beginning March 22nd.</p> <p style="text-align: center;"><i>Information is available at the Recreation Office.</i></p>
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BERKELEY HEIGHTS RECREATION - 2009 TENNIS LEAGUE APPLICATION

NAME: _____ ADDRESS: _____ TOWN: _____ ZIP: _____ PHONE:(HOME) _____ (WORK): _____ (CELL): _____ EMAIL: _____ TENNIS PERMIT NUMBER _____ (IF AVAILABLE)	PLEASE PRINT NEATLY!
LEVEL OF PLAY: A-ADVANCED B-HIGH INTERMEDIATE C-INTERMEDIATE D-NOVICE & LOWER	

LEAGUE PLAY WILL COMMENCE ON MAY 9, 2009. ENTRIES WILL BE ACCEPTED UNTIL APRIL 3rd. ALL LEAGUE PARTICIPANTS MUST HAVE A TENNIS PERMIT, WHICH CAN BE OBTAINED, AT THE RECREATION OFFICE OR BY MAIL. NEW PLAYERS WILL BE REQUIRED TO TRY OUT FOR CERTAIN LEVELS OF PLAY. THE LEAGUE DIRECTOR WILL HAVE THE FINAL DECISION AS TO THE PLAYER GROUPING.

PLEASE EMAIL: Howard Lee on or after April 28, 2009 to get your schedule by email reply! howardelee@hotmail.com

LEAGUE FEE BREAKDOWN:

\$50.00 LEAGUE FEE PER PLAYER	ONE CHECK
\$30.00 FORFEIT FEE	ONE CHECK
TENNIS PERMIT FEE	ONE CHECK

THREE SEPARATE CHECKS REQUIRED!
 (forfeit check will be destroyed upon completion of tournament)

CASH WILL NOT BE ACCEPTED FOR LEAGUE FEES. MAKE ALL CHECKS PAYABLE TO BERKELEY HEIGHTS RECREATION. PLEASE MAIL ALL LEAGUE APPLICATIONS TO: HOWARD LEE, 5 FERNDAL DRIVE, BERKELEY HEIGHTS., N.J. 07922. IF YOU NEED ANY ADDITIONAL INFORMATION, PLEASE CALL HOWARD LEE AT (908) 771-0312, AFTER 8PM. PLEASE REMEMBER TO ISSUE SEPARATE CHECKS FOR THE LEAGUE, PERMIT & FORFEIT FEES.

RESIDENT PERMIT FEES		
CHILD	Age 5 – 12	FREE
YOUTH	Age 13 – 17	\$10.00
ADULT	18 years and older	\$30.00
SINGLE PARENT FAMILY		\$30.00
FAMILY		\$45.00
SENIOR CITIZEN	62 years and older	FREE
NON-RESIDENT PERMIT FEES		
CHILD	Age 5 – 12	\$10.00
YOUTH	Age 13 – 17	\$15.00
ADULT	18 years and older	\$50.00
SINGLE PARENT FAMILY		\$60.00
FAMILY		\$70.00
SENIOR CITIZEN	62 years and older	\$40.00

May 16th - Begins reservations and court lights.

Permits may be obtained by either coming into the Recreation Office or by mailing proof of residency and names and birthdates of all family members to Berkeley Heights Recreation -Tennis Permits, 56 Columbus Avenue, Berkeley Heights, NJ 07922. Make checks payable to B.H. Rec. The Office is open Monday-Friday, 8:30am-4pm.

FAMILY: Two adults & children ages 5-17. Age 18 & still in high school does apply. **SINGLE PARENT FAMILY:** One parent and children ages 5-17. Age 18 & still in High School can receive a youth permit. Age 18 & in college must purchase an adult permit.

FOR PERMITS, PLEASE SUPPLY ALL INFORMATION: ALL NAMES WITH BIRTH DATES, ADDRESS, PHONE NUMBER.

<p>Heights Football School Entering grades 1 thru 9 June 29, 30, July 1, 2 (raindate 7/3) Memorial Field Registration forms on BHPAL.org</p>	<p>Berkeley Basketball School Entering grades 3 thru 9 June 29, 30, July 1, 2, 3 July 13, 14, 15, 16, 17 Governor Livingston High School Registration forms on BHPAL.org</p>	<p>Soccer for Life Afterschool at Hamilton Terrace Outdoors & Indoors on Rain Days April 13-May 27 Mondays: 3:15 Gr. K, Wednesdays: 3:15 Gr. 1, Soccer for Life Summer Camp Weeks of July 27th & August 10th at Memorial Field Register through Soccer for Life. Forms available at the Rec. Office. For additional info. call Soccer for Life at 973-912-9002</p>	<p>US Sports Institute Summer Camps-Memorial Field Golf Camp August 3rd through July 9th 9AM-10:30AM- 5-7 years 10:30AM-12:00PM 8-11 years Multi Sports Camp August 17th through August 21st 9AM-1PM- 5-7 years 9AM-3PM- 7-14 years Sports Squirts August 17th through August 21st 4PM-5:30PM- 3-5 years For complete information or to register visit www.ussportsinstitute.com</p>
<p>Heights Softball School Entering grades 1 thru 9 July 6, 7, 8 9 (raindate 7/10) Memorial Field Registration forms on BHPAL.org</p>	<p>T3 Lacrosse Spring Girls Clinic April 25, May 2, 9, 16, June 6 Woodruff School 12:30-1:30PM (PreK- Grade 2) 1:30-3:30PM (Grades 3-4) Summer Day Camp July 13th through July 17th Lower Columbia Field 9:00AM-3:00PM www.T3lacrosse.com</p>	<p>Children's Technology Workshop Club at BH Community Center Video Game Creation Fridays, April 14- May 8 4:30-6:30pm Summer iCamp Grades 2-6 Week of July 6th 10:30-5:30PM For complete information or to register call 908-264-9147 or visit www.ctworkshop.com/MNJ.</p>	<p>Girls Softball Fastpitch General Softball Clinics Grades: 2-12/all levels For additional information call Jody D'Amato at 908-276-0680 or email fastpitch@comcast.net</p>
<p>Heights All-Sports Camp Entering grades 1 thru 5 July 13, 14, 15, 16 (raindate 7/17) Memorial Field Registration forms on BHPAL.org</p>	<p>SUM it up For Girls Summer Lacrosse Camp June 29 through July 2nd Lower Columbia Field 8:30AM-1:00PM www.sumitupforgirls.org</p>		
<p>Heights Baseball School Entering grades 1 thru 9 July 6, 7, 8 and 9 July 20, 21, 22 and 23 Lower Columbia Ballfields Registration forms on BHPAL.org</p>			
<p>Berkeley Hts. Soccer Camp Entering grades 1 thru 9 Girls: July 20-24 Boys: July 27-31 Passaic River Park</p>			

GIRLS RECREATION SOFTBALL

All girls in Grades **2-8** are welcome to participate in the Recreation Commission softball league (a competitive in-town league). Teams will be made up of Berkeley Heights residents with practices and games held twice a week. All girls are given equal playing time. Volunteer Coaches are needed.

Grades: 2 & 3 (Mon.& Wed.)
Grades: 4 & 5(Tues. & Fri.)
Grades: 6-8 (Tuesday & Thursday)

Registration Deadlines:
March 6th for 2nd – 6th grade
March 19th for 7th and 8th grade
\$10 late fee after deadline if space is still available!
Rutgers Safety Clinic- March 11th for all Coaches – *Location Changed to Columbia Middle School Cafeteria* call 908-464-0550 to register.

Register Now! Forms are available online at
www.berkeleyheightstwp.com



REBELS LACROSSE CLUB

Beginners Welcome! Competitive travel lacrosse program open to girls in grades 5 – 8 who are residents of Berkeley Heights, New Providence and Mountainside. The season runs from March through the beginning of June and includes practices and games on Monday, Wednesday and Saturday. Coaches are flexible with other sport schedules. Learning clinics are free. Sticks can be borrowed from Berkeley Heights Recreation.

Registration forms can be accessed **NOW**
via the Recreation link on www.berkeleyheightstwp.com

Relay for Life – In Berkeley Heights

Saturday, May 30th – Sunday, May 31st
Governor Livingston High School

Come join us for a fun filled day for kids/teen & Adults. Activities include: Olympic games, food and games of chance. Form a team or come walk the GL track with a friend to support this cause. Relay For Life® is a fun-filled overnight event designed to bring together those who have been touched by cancer in our community. At the event, we celebrate survivorship and raise money to help the American Cancer Society in its mission to save lives, help those who have been touched by cancer, and empower individuals to fight back.

www.relayforlife.org/berkeleyheightsNJ

For your information!

Berkeley Heights Education Foundation
12th Annual All-Star Faculty Basketball Game
Starring Berkeley Heights Public School's faculty and staff!
March 19th at 7:00pm at GLHS
www.bhef.info

Governor Livingston PTO Clothing Drive
Saturday, May 9, 2009 9:00am – 1:00pm
Governor Livingston High School – main entrance
The PTO is collecting usable/wearable clothing including shoes, belts, handbags, hats, tablecloths, bedspreads, sheets, towels & stuffed animals.
Donations **must** be in plastic bags NO PILLOWS OR BLANKETS!

Mothers Day 5K
Sunday May 10, 2009 9:00am Memorial Park, BH
Call 908-464-8373 for registration information.
www.summitareaymca.org

Amber Pizzo Race
Sunday, July 12, 2009
Memorial Park - Berkeley Heights, NJ
www.amberpizzo.com/

BH Recreation Doubles Tennis Tournament
Saturday, September 12, 2009
Columbia Park Tennis Courts

Women's Softball

Women wanted to join a Women's Softball League running the end of June through mid-August. Chatham and Long Hill each have 2 teams. Anyone interested in getting a group together can call Carol Nauta at 973-635-7066 or email cnauta@chathamrecreation.org

Berkeley Heights Community Pool

The Berkeley Heights Community Pool has family fun nights, teen nights, great snack bar, swimming and diving lessons and teams, tennis lessons and lots more! New members welcome:
Call 908-464-6214 or e-mail them at: Bhcpool@gmail.com
Forms also available at the library and the recreation office.

Berkeley Swim Club

Memberships are open to residents of Berkeley Heights and surrounding towns. For more info. call 908-464-2125 or
www.berkeleyswimclub.com