

Leonia Recreation Commission

Presents

# Fall Programs

2014

*Registration begins,*

*Tuesday, September 2*

370 Broad Avenue, Leonia, NJ 07605

201-592-5783

**[www.leonianj.gov](http://www.leonianj.gov)**

LEONIA RECREATION COMMISSION  
**IRA J. GOLD-CHAIRPERSON**

KARL MARQUARDT  
ROBERT LEAP  
JODI KRAKOWER

MARILYN MULATO  
CHRIS RAINEY  
ANTHONY PUZZO

The Recreation Commission meets at the Borough Annex, Beechwood Place on the third Tuesday of every month at 7:30 p.m. Public is invited to attend.

**RECREATION DEPARTMENT STAFF**

**Barbara H. Davidson, Superintendent**

**Joann Orlowski**

**Office Manager**

**Marion Cassidy**

**Senior Coordinator**

**OFFICE HOURS**

**Monday, Wednesday, Thursday 8:30 am to 4:00 pm**

**Tuesday, 8:30 am to 8:00 pm**

**Friday, 8:30 am to 12:00 Noon**

**VOICE MAIL AVAILABLE AFTER HOURS FOR PROGRAM UPDATES.  
THE RECREATION OFFICE WILL BE CLOSED ON ALL LEGAL HOLIDAYS.  
PROGRAM SCHEDULE WILL FOLLOW SCHOOL CALENDAR.**

**RECREATION CENTER CLOSING DATES:**

**Monday, October 13 - Columbus Day**

**Tuesday, November 4 - Election Day**

**Tuesday, November 11 - Veteran's Day**

**Thursday, November 27, Friday, 28 - Thanksgiving**

**HALLOWEEN TREAT STREET!!!**  
**SATURDAY, OCTOBER 25.**  
**PARADE 10:00 AM, LINE UP AT ACS!!**



***A SPOOKING SPECTACULAR HALLOWEEN SHOW, GHOST  
SLIME MAKING ACTIVITY, AND EDIBLE SPIDER WEBS  
(COTTON CANDY) FOR EVERY CHILD!!***

***Where? Leonia Recreation Center  
Who? Leonia Children ONLY - Ages 5 to 12  
\*\*Under 9 yrs must be with an adult.\*\*  
Cost? FREE  
Time? 1:00 pm***

***CHILDREN MUST SIGN UP AT THE RECREATION  
OFFICE BEFORE EVENT DAY. 50 SPOTS AVAILABLE  
ONLY!!***

# ***Fall Registration Begins Tuesday, September 2***

## **Procedures**

- Registration Forms are located in the Recreation Center or at [www.leonianj.gov](http://www.leonianj.gov) under Recreation.
- Prior to attending any program, a registration form **must be completely filled out for each course.**
- All fees are due & payable at the time of registration (except if on a waiting list).
- Late registration will be accepted, space permitting, but will not be pro-rated.
- Please make checks payable to "Borough of Leonia".

## **Walk-In Registration**

- Walk-in registration will be accepted on a **first-come, first-served basis.**
- If a program has been filled, you may ask to be put on a waiting list.

## **Mail-In Registration**

- Mail-in registration will be handled **starting on September 2, 2014.**
- We only accept checks, please **do not send cash.**

## **Non-Residents Without Children in Leonia Public Schools**

- Space permitting, non-residents may be allowed to register for programs **after the first week of registration.**
- An **additional fee of \$25.00** will be applied to each program, unless otherwise stated.

## **Want to teach? Want to take a specific course? LET US KNOW!!**

The center is always looking for enthusiastic, knowledgeable instructors to teach exciting new courses. If you would like to teach a course OR take a course that has not been offered, please let us hear from you. Call the Rec. Center at 201-592-5783, or send a proposal and resume to the Leonia Recreation Department, 370 Broad Avenue, Leonia. Ideas for new courses are always welcome. We want to continue to insure that we have "something for everyone."

Barbara H. Davidson, Recreation Superintendent  
[BDAVIDSON@LEONIANJ.GOV](mailto:BDAVIDSON@LEONIANJ.GOV)

# **Recreation Policies**

## **Refunds**

All refund requests must come directly to the Recreation office at least one week prior to program start date.

**No refunds after this date unless:**

- The program is cancelled by the Recreation Commission.
- The request is accompanied by a doctor's written medical excuse.
- Medical refunds are pro-rated based on the date of notification of the Recreation Commission.
- There are no refunds after a program has ended.
- A \$5.00 fee will be applied for all refunds.

## **Insurance**

- Accident reports must be filled out within 24 hours of incident.
- Waiver forms must be filled out for all children's programs.

## **Program Cancellations**

- The Leonia Recreation Commission reserves the right to limit or cancel programs.
- When schools are closed due to inclement weather, all programs will be canceled, unless otherwise noted.
- Programs schedule will follow school calendar.

## **Park & Ball field Facility Permits**

- Registration for parks or fields must be submitted to the Recreation Office for groups over 10.
- Use of Leonia parks/fields is by permit only.

**REGISTER ONE CHILD FOR AN INDIVIDUAL FALL PROGRAM AT FULL FEE. SIBLING DISCOUNT IS TAKEN AT TIME OF REGISTRATION. REGISTER 2ND OR MORE SIBLINGS IN SAME PROGRAM FOR A 10% DISCOUNT FOR EACH ADDITIONAL CHILD.**

# Preschool

## TENNIS SQUIRTS NEW PROGRAM!!

US Sports Institute's Tennis Squirts is a fun-filled learning adventure that introduces children aged 3 to 5 to the world of tennis. Children will have great fun learning the fundamental skills and tennis strokes in a low pressured, fun environment. Following guidelines set out by the US Tennis Association (USTA), children will quickly develop their tennis skills, using the highly appraised '10 and Under Tennis' model. This USSI program offers a variety of games and activities to maximize participation, increase success, and promote learning, all while having fun! Limited parental involvement may be requested for certain activities.

**Ages:** 3 to 5 year olds  
**Day/Time:** Mondays 11:30 am - 12:20 pm  
**Dates:** September 15 to October 27  
**Location:** Wood Park Tennis Courts  
**Fee:** \$100.00

### Toddler Art Class

**Instructor:** Genh Su  
**Content:** In this new program, our little crawlers will express themselves and show their ideas and creativity through the magic of art. Fun for Moms and Dads as well!  
**Day:** Monday OR Wednesday Mornings  
**Ages:** Toddler 1 Ages 1 to 2 years Time: 9:30 am to 10:30 am  
Toddler 2 Ages 2 to 4 year olds Time: 10:30 am to 11:30 am  
**Dates:** September 15/19 to November 17/21 (9 Weeks)  
**Location:** Recreation Center Art Room  
**Fee:** \$75.00

**\*\*No Class October 13\*\***

### Rhythm and Rhyme Class

**Instructor:** Genh Su  
**Content:** Play dress up, dance and have fun with all of our new friends singing along to our favorite nursery rhymes. Wonderful opportunity for the little ones!  
**Day:** Wednesday Afternoon  
**Ages:** 18 Months through 24 Months Time: 9:30 am to 10:15 am  
2 years to 4 years Time: 10:30 am to 11:15 am  
**Dates:** September 17 to November 18 (9 Weeks)  
**Location:** Recreation Center Meeting Room  
**Fee:** \$70.00

**\*\* No Class November 5\*\***

# Preschool

## Toddler Gym

**Instructor:** Genh Su  
**Content:** What better place to spend time with a toddler than in the gym! A time of crawling, jumping, running, & climbing. Introduction to circle time songs, the parachute, Lummi sticks, and a ride on the famous Recreation train! Parent/caregiver participation required.  
**Age:** 12-24 months old  
**Day:** Mondays and/or Fridays  
**Time:** 9:30-10:15 am  
**Dates:** September 15 to November 17  
**Location:** Recreation Center Gym  
**Fee:** \$90.00

**\*\* No Class October 13\*\***

## Runners Gym 1

**Instructor:** Genh Su  
**Content:** Get some energy out! This is for toddlers on the go as he/she will run, jump, & tumble through the gym. Balls, beanbags, hula-hoops, and the mini trampoline are some of the play highlights. Circle time songs, the parachute, and train are also included.  
**Age:** 2-4 year olds  
**Day:** Mondays and/or Fridays  
**Time:** 10:30-11:15 am  
**Dates:** September 19 to November 21  
**Location:** Recreation Gym  
**Fee:** \$90.00

**\*\* No Class October 13\*\***

## Yoga & Me for the Preschooler

**Instructor:** Alyson Adashko Raskin, PhD  
**Content:** Come and join us for an exciting series of Yoga&Me creative adventures. Yoga&Me™ is a fun way to relax, stretch, focus, and strengthen body, mind, spirit and self-esteem. We will explore yoga through movement and stillness, yoga postures, breathing techniques, arts and craft projects, yoga games and inspirational stories. The atmosphere of the class is supportive and non-competitive. Wear comfortable clothes to move in.  
**Age:** 3-5 year olds **Max. 8 per class**  
**Day:** WEDNESDAYS  
**Time:** 3:15 pm - 3:45 pm  
**Date:** September 17 to November 19  
**Duration:** 10 weeks  
**Location:** Meeting Room  
**Fee:** \$100.00

# Preschool

## **JULIE'S MUSIC APPRECIATION**

**Instructor:** Julie Sung

**Content:** This class will highlight the universal language of music. Parents and children will experience a wide variety of musical pieces and learn musical concepts such as dynamics, tempo, rhythm, tone and pitches. Designed to expose children to a unique musical that will result in a greater appreciation for music at a young age. **Ms. Sung is a Music Teacher with an extensive background teaching young children.**

**Day:** Thursday Mornings

**Age/Time:** 1 to 4 year olds 10:00 am to 10:45 am

**Dates:** Max. 15 Children

**Duration:** September 18 to November 20 (8 Weeks)

**Location:** Boro Annex, Beechwood Place

**Fee:** \$115.00

**\*\*No Class September 25, November 6\*\***

## **Creative Movement**

**Instructor:** Sharon Snyder

**Content:** A dance class that focuses on the joy of movement using activities that improve coordination, musicality, and expressiveness.

**Age:** 3-5 year olds Max. 10 per class

**Day:** MONDAY

**Time:** 3:30 pm - 4:00 pm

**Date:** September 15 to November 24

**Duration:** 10 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$90.00

**Dress Code:** Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.

**\*\* No Class October 13\*\***

# YOUTH

## NEW PROGRAM?? AFTERNOON KICKBALL MANIA

**Instructor:** Jessica Ragone  
**Content:** Want to have some good "Old fashion" sports fun and games?? Join your friends and come play kickball on Wood Park afterschool on Wednesdays!! Weather is great and the children can play with their friends and a super fun game in a relaxed non stressful environment.  
**Ages:** Session 1 3:15 pm to 4:15pm Kindergarten to 2nd graders  
Session 2 4:30 pm to 5:30 pm 3rd to 5th Graders  
**Day:** Wednesday Afternoons  
**Location:** Wood Park Ball field  
**Fee:** \$35.00 MINIMUM 20 CHILDREN, MAXIMUM 40

## Yoga & Me and more

**Instructor:** Alyson Adashko Raskin, PhD  
**Content:** Relax, stretch, focus, and strengthen body, mind and spirit. Children will increase their attitude of gratitude and kindness toward themselves and others through movement and stillness, yoga postures, breathing techniques, yoga games, art, inspirational stories, sharing and guided meditation. The atmosphere of the class is supportive and non-competitive. Wear comfortable clothes to move in.  
**Age:** 6-12 year olds Max. 10 per class  
**Day:** Wednesdays  
**Time:** 3:50 pm - 4:35 pm  
**Date:** September 17 to November 12 (9 Weeks)  
**Location:** Boro Annex, Beechwood Place  
**Fee:** \$90.00

## Yoga & Me For Teens

**Instructor:** Alyson Adashko Raskin, PhD  
**Content:** Relax, stretch, focus, and strengthen body, mind and spirit. Teens will de-stress and increase their attitude of gratitude and kindness toward themselves and others through movement and stillness, yoga postures, breathing techniques, yoga games, sharing, art, journaling, and inspirational stories. The atmosphere of the class is supportive and non-competitive. Wear comfortable clothes to move in.  
**Age:** 13 years to 17 year olds Max. 10 per class  
**Day:** September 17 to November 12  
**Time:** 4:40 pm - 5:20 pm  
**Date:** September 17 to November 12 ( 9 weeks)  
**Location:** Boro Annex, Beechwood Place  
**Fee:** \$100.00

# YOUTH

## **Pre-Ballet**

**Instructor:** Sharon Snyder

**Content:** In this introduction to ballet class, children will learn the joy of movement with emphasis on rhythm, coordination, and flexibility.

**Age:** 5-7 year olds

**Time:** 4:10 pm -4:40 pm

**Day:** MONDAY

**Date:** September 15 to November 24

**Duration:** 10 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$90.00

**Dress Code:** Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.

**\*\* No Class October 13\*\***

## **TAP 1 CLASS**

**Instructor:** Sharon Snyder

**Content:** Children will enhance their rhythm and motor skills in this class focusing on basic tap steps.

**Age:** 5 year olds and older

**Day:** MONDAY

**Time:** 4:45 pm to 5:15 pm

**Date:** September 15 to November 24

**Duration:** 10 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$90.00

**Dress Code:** Boys and girls should wear loose fitting clothes and tap shoes.

**\*\* No Class October 13\*\***

## **TAP 2 CLASS**

**Instructor:** Sharon Snyder

**Content:** A continuation of the Tap 1 Class, using basic tap choreography to improve the student's coordination, rhythm and improvisational skills.

**Age:** 7 year olds and older, or by Teacher acceptance.

**Day:** MONDAY

**Time:** 5:25 pm to 5:55 pm

**Date:** September 15 to November 24

**Duration:** 10 weeks

**Location:** Dance Studio (off of gymnasium)

**Fee:** \$95.00

**Dress Code:** Boys and girls should wear loose fitting clothes and tap shoes.

**\*\* No Class October 13\*\***

# YOUTH

## TAP 3 CLASS

**Instructor:** Sharon Snyder  
**Content:** A continuation of the Tap 2 Class, students will improve their technique while exploring more complex steps and choreography.  
**Age:** 10 year olds and older, or by Teacher Acceptance  
**Day/Time:** MONDAY, 6:55 pm to 7:40 pm  
**Date:** September 15 to November 24  
**Duration:** 10 weeks  
**Location:** Dance Studio  
**Fee:** \$95.00  
**Dress Code:** Dance Clothes and tap shoes.

**\*\* No Class October 13\*\***

## Ballet 1

**Instructor:** Sharon Snyder  
**Content:** For the more serious student ready to focus on Ballet technique.  
**Age:** **7 Years old and Up, or by acceptance.**  
**Day:** MONDAY  
**Time:** 6:00 pm to 6:50 pm  
**Dates:** September 15 to November 24  
**Duration:** 10 Weeks  
**Location:** Dance Studio  
**Fee:** \$95.00  
**Dress Code:** Leotard and pink tights. (No skirts or jewelry please) Pink ballet shoes, hair must be worn up and secured!

**\*\* No Class October 13\*\***

## Tae Kwon Do For Children

**Instructor:** Laura Lewis, 3<sup>rd</sup> degree black belt  
**Content:** This Olympic sport improves balance, coordination, and self-esteem. In a safe and fun environment, the children will learn self defense, as well as competition style Tae Kwon Do.  
**Age:** **5-10 year olds**  
**Day:** Monday and Wednesday  
**Time:** **5-7 year olds** **8-10 year olds**  
4:15 pm -5:00 pm 5:00 pm -5:45 pm  
**Date:** September 15 to November 24  
**Duration:** 9 weeks  
**Location:** Recreation Gym  
**Fee:** \$125.00 for two classes

**\*\* No Class October 13\*\***

# YOUTH

## Tae Kwon Do

**Instructor:** Laura Lewis, 3<sup>rd</sup> degree black belt  
**Content:** Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Additional fee of \$25.00 is required to take promotion test. **Great for both parents & children to take together!**

**Age:** **6 through Adults**  
**Day:** Choice of Monday, Wednesday, or both!  
**Time:** **Beginner** **Advanced**  
7:00 pm -8:00 pm 8:00 pm-9:15 pm  
**Day:** Monday: Recreation Gym Wednesday: Anna C. Scott Gym  
**Date:** September 15 to November 24  
**Duration:** 10 weeks  
**Fee:** 1 Class per week - \$110.00 2 Classes per week - \$150.00  
**\*\* No Class October 13\*\***

## Project Sewing

**Instructor:** Gehn Su  
**Content:** This sewing class will be a blast for children of all ages!! No experience is needed and your children will have the opportunity to make their own patterns and sew things they can actually use. The class is open to both boys and girls who wish to pursue their own fashion creativity. Ms. Su has 20 years of sewing experience.  
**"WHOS KNOWS, COULD LEONIA HAVE THE NEXT MICHAEL KORS OR DONNA KARAN!?"**

**Age:** 2nd THROUGH 8<sup>TH</sup> GRADERS  
**Day/Time:** **Tuesdays**, 3:30 pm to 4:30 pm OR 4:45 pm to 5:45 pm  
**Date:** September 16 to November 18  
**Duration:** 8 weeks  
**Location:** Recreation Center Meeting Room  
**Fee:** \$95.00 Includes all Materials  
**\*\* No Class November 5\*\***

## TENNIS LESSONS - GRADES K AND OLDER

**INSTRUCTOR:** Barry Ruback  
**CONTENT:** Lessons consist of one hour small group instruction with an emphasis on fundamentals, analysis, strategy, exercise and FUN! Lessons are under the supervision of Barry Ruback - United States Professional Tennis Association.

**\*\*CALL BARRY RUBACK AT (201) 568-3946 FOR INFORMATION\*\***

**SESSION 1: September 8 to October 7**

**SESSION 2: October 14 to November 25**

**TUESDAYS: 5 Week Sessions**  
Grades K and 1.....3:15 pm to 4:15 pm  
Grades 2 and 3.....4:15 pm to 5:15 pm  
Grades 4 and 5.....5:15 pm to 6:15 pm  
Grades 6 and Up.....6:15 pm to 7:15 pm

**LOCATION:** Wood Park Courts  
**FEE:** \$105 PER SESSION

# YOUTH

## TGA GOLF

**TGA-Premier Junior Golf** is the only national at-school, after school junior golf enrichment program. Locally, TGA has run junior golf programs since 2006, teaching the lifelong sport to 5,000 youth of Bergen County. The TGA curriculum utilizes drills and language that make it fun to learn golf for kids in grades K - 8. As students advance through the 5-Level program they will learn basics and fundamentals of the sport, all the while being prepared to play on the golf course. All new students begin in the YELLOW level and can advance all the way to the BLACK level.

Come learn the lifelong sport of golf with TGA. **TGA provides all of the equipment to the students. Contact information: Kevin Rooney, Territory Director, krooney@playtga.com**

**Day and Dates:** September 18 to October 30 Thursdays (6 weeks) In Wood Park  
**Times:** 3:30 pm to 4:30 pm K to 2nd Graders  
4:30 pm to 5:30 pm 3rd to 5th Graders  
**Fee:** \$120.00

**\*\*No Class September 25\*\***

**US SPORTS**  
*institute*  
Sports Camps & Programs  
in Leonia!

[Click here for more information](#)

## FALL SPORTS PROGRAMS

Age 2 to 7 • Afternoon, Evening and Weekend Options  
6 Weekly Sessions • Only \$115 • Boys & Girls

Visit our website to Register Today!

(866) 345-BALL • [www.USsportsInstitute.com](http://www.USsportsInstitute.com)



**TOTAL PLAY MULTI SPORTS (age 5 to 12):** Each week your child will experience a different sport around the world including, soccer, basketball, lacrosse, cricket, and more at this camp.

Please [click here](#) for more information on Multi Sports Programs

<http://ussportsinstitute.com/programs/multi-sport.html>

## YOUTH



**TOTAL SPORTS SQUIRTS (age 3 to 5):** Experience a new sport each week of the program, with Sports Squirts. Participants have the opportunity to try Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey, Parachute games and more in a safe, structured environment.

Please [click here](#) for more information on Total Sports Squirts.

<http://www.ussportsinstitute.com/squirts-home/sports-squirts.html>



**SOCCER SQUIRTS (age 3 to 5):** Often Imitated, Never Duplicated. Soccer Squirts introduces boys and girls to the beautiful game. Soccer Squirts learn the fundamental skills of soccer through a program of structured activities, fun based games, and scrimmages.

Please [click here](#) for more information on Soccer Squirts

<http://ussportsinstitute.com/squirts-home/soccer-squirts.html>



**T-BALL SQUIRTS (age 3 to 5):** This program is a great way to introduce your young sluggers to the exciting game of baseball! Focusing on the fundamental skills of the game, our progressive T-ball curriculum enables each child to develop their skills and understanding .

Please [click here](#) for more information on T-Ball Squirts

<http://www.ussportsinstitute.com/squirts-home/t-ball-squirts.html>



**PARENT AND ME: TOTAL SPORTS SQUIRTS (age 2 to 3):** Ideal for any child just starting out in the world of sport, this Program introduces children to a new sport in session. With a helping hand from Mom or Dad children will have the opportunity to try Soccer, Lacrosse, Basketball, T-Ball, Floor Hockey and more!

<http://ussportsinstitute.com/parent-a-me-home/parent-a-me-sports.html>

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## YOUTH



**PARENT AND ME: SOCCER SQUIRTS (age 2 to 3):** With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun based games, and scrimmages.

Please [click here](#) for more information on Parent and Me: Soccer Squirts

<http://ussportsinstitute.com/parent-a-me-home/parent-a-me-soccer.html>



**PRE ACADEMY SOCCER (age 5 to 7):** The Pre Academy program is the ideal next for players that have graduated our Soccer Squirts classes, or for younger players looking to progress within the sport of soccer. This program allows players to be introduced to the basic techniques through structured exercises and fun, small sided scrimmages.

Please [click here](#) for more information on Soccer Squirts

<http://unitedsocceracademy.com/soccer-programs/pre-academy.html>

## **LEONIA RECREATION BASKETBALL LEAGUE** **SIGN UP BEGINS NOVEMBER 3**

**TEAMS WILL PLAY REGULAR SEASON AND PLAYOFF SCHEDULE!  
THE SEASON WILL RUN DECEMBER -MARCH.**

*LEAGUE OPEN TO BOYS & GIRLS*

*JUNIOR DIVISION - GRADES 4-5*

*SENIOR DIVISION - GRADES 6-8*

*PRO DIVISION - GRADES 9 (dependent upon number of sign ups)*

**\$100 ENROLLMENT FEE**

*NBA Replica Jersey included!!*

Rosters limited – sign up early to reserve your spot.

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# YOUTH

## Classical French Foil

Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners, class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses with this thrusting weapon. For returning students, you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility and mental acuity.

**Ages:** 10 years through Adults  
**Day/Time:** Tuesdays, 6:00-7:00 pm  
**Date:** Sept 16th - Nov 25th - 8 weeks  
**Location:** Dance Studio (Off Gymnasium)  
**Fee:** \$135.00 resident \$160.00 Non-Resident

**\*\*No Class Oct 21st or Nov 4th\*\***

## Quarterstaff

Ever wanted to learn how to beat Fryer Tuck if you encounter him on the road? The quarter-staff has been a common weapon for self defense for thousands of years. While often associated with the lower classes, knights and men-at-arms were expected to be proficient in its use. This versatile weapon allows for combat in various ranges and delivers powerful blows and thrusts. The class will focus on the fundamental footwork, strikes and parries from various distances for one of the most universal weapons. In the words of a 16th century gentleman: "staff is most commonly the best weapon of all other!"

**Ages:** 16 years through Adults  
**Day/Time:** Tuesdays, 7:00-8:00 pm  
**Date:** Sept 16th - Nov 25th - 8 weeks  
**Location:** Dance Studio (Off Gymnasium)  
**Fee:** \$135.00 resident \$160.00 Non-Resident

**\*\*No Class Oct 21st or Nov 4th\*\***

## Northern Italian Dueling Sabre

Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners, class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses of this cut & thrust weapon. For returning students, you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility and mental acuity.

**Ages:** 16 years through Adults  
**Day/Time:** Tuesdays 8:00-9:00 pm  
**Date:** Sept 16th - Nov 25th - 8 weeks  
**Location:** Dance Studio (Off Gymnasium)  
**Fee:** \$135.00 resident \$160.00 Non-Resident

**\*\*No Class Oct 21st or Nov 4th\*\***

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## ADULT/SENIORS

### Yoga

**Instructor:** Amy Priest, Padma/ Certified Yoga Instructor  
**Content:** Yoga means "union". In this multi-level class we will be bringing into union body, mind, and spirit through yoga asanas (postures), pranayama (breathing practices), and yoga - Nidra (deep relaxation), which moves into stillness and meditation.  
**Day:** **Wednesday**  
**Time:** 10:15 am -11:15 am \*\*\*Please be on time\*\*\*  
**Date:** September 17 to November 19  
**Duration:** 10 weeks  
**Location:** Boro Annex, 305 Beechwood Place  
**Fee:** \$125.00 Leonia Residents \$150.00 non-residents  
**Dress Code:** Wear comfortable clothes, bring mat or towel, and do not eat right before class.

### Gentle Yoga

**Instructor:** Amy Priest, Padma/ Certified Yoga Instructor  
**Content:** Designed for those who prefer a gentler yoga class. Each class will end with a guided deep relaxation that will take you into a deeper state of stillness and meditation.  
**Day:** **Wednesday**  
**Time:** 11:30 am -12:30 pm  
**Date:** September 17 to November 19  
**Duration:** 10 weeks  
**Location:** Boro Annex, 305 Beechwood Place  
**Fee:** \$125.00 Leonia Residents \$150.00 Non-Residents  
**Dress Code:** Wear comfortable clothes, bring mat or towel, and do not eat right before class.

### Saturday Morning Yoga

**Instructor:** Amy Priest, Padma/ Certified Yoga Instructor  
**Day:** Saturdays  
**Duration:** All Year  
**Time:** 10:30 am to 12:00 pm (Noon)  
**Location:** Little House, 305 Beechwood Place  
**Fee:** \$15.00 per class

### Pickle Ball

**Instructor:** Jessica Ragone  
**Content:** Great new game for adults! Played in the Recreation Center gymnasium on a smaller tennis court and worlds of fun. Don't have to be a great athlete to play Pickle Ball and can get some excellent exercise close to home.  
**Day/Time:** **Tuesday Afternoons 2:30 pm to 3:30 pm**  
**Dates:** September 16 to November 25 **\*\* No Classes November 4, 11\*\***  
**Location:** **Recreation Center Gymnasium**  
**Fee:** **\$60.00 \*\*Minimum 5 Players**



## ADULT/SENIORS

### Table Tennis

**Instructor:** Sol Epstein / Dave Torres / Danilo Torres  
**Content:** Enjoy the competition of table tennis in a fun atmosphere. Each player is asked to **bring their own paddle and balls.**  
**Call LEONIA RECREATION CENTER, 201-592-5783, FOR MORE INFO.**

**Age:** **18 and up**  
**Day:** **Wednesday / Saturday**  
**Time:** Wednesdays - 6:00 pm to 10:00 pm, Saturdays – 8:00 am to 12 Noon  
**Location:** Recreation Gym  
**Fee:** **Wednesdays** - \$60.00 FOR LEONIA RESIDENTS \$90.00 FOR NON RESIDENTS  
**Saturdays** - \$40.00 FOR LEONIA RESIDENTS \$60.00 FOR NON RESIDENTS

### Callanetics

**Instructor:** **Lynne Marotta, Certified Trainer**  
**Content:** Callanetics will gently improve posture, strengthen & tone muscles, and increase flexibility. This non-aerobic exercise enhances how you look and feel while keeping your back, neck, and knees safe.

**Days & Times:**

	Tuesday	Wednesday	Thursday	Saturday
	9:30-10:30 am	7:30-8:30 pm	9:30-10:30 am	9:30-10:30 am

**Date:** September 16 to December 11  
**Duration:** 10 weeks  
**Location:** Dance Studio (off of gymnasium)  
**Fee:** 1 class \$75.00 Non- Resident \$100.00  
 2 classes \$135.00 Non-Resident \$160.00  
 3 classes \$185.00 Non-Resident \$210.00

**\*\* No Classes September 20, 25, October 11, 18, November 4, 6, 11, 27\*\***

### Cardio Callanetics

**Instructor:** **Lynne Marotta**  
**Content:** A low impact aerobic class with simple dance steps using full range of motion. Increases fluidity and cardiovascular fitness.

**Day:** Tuesday  
**Time:** 10:45 am -11:15 am  
**Date:** September 16 to December 2  
**Duration:** 10 weeks  
**Location:** Dance Studio (off of gymnasium)  
**Fee:** \$50.00 Leonia Residents Non- Residents \$65.00

**\*\* No Classes November 4, 11\*\***





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## ADULT/SENIORS

### Line Dancing

**Location:** Dance Studio (off of gymnasium)  
**Instructor:** **Gloria Zimmerman**  
**Content:** If you want to have FUN-FUN-FUN, come join us and learn line dancing .  
Beginners always welcome!  
**Age:** **55 and Up**  
**Day/ Date:** Friday, September 19 to November 21  
**Time:** 10:30 am -11:30 am  
**Fee:** \$30.00 LEONIA RESIDENTS \$40.00 NON-RESIDENTS

### Volleyball

**Day:** Tuesday  
**Time:** 8:30 pm – 10:30 pm  
**Duration:** 13 weeks  
**Location:** Recreation Gym  
**Fee:** \$25.00 \*\*\$10.00 Single Night Play

### Shamanic Drumming

**Instructor:** **Anne Wennhold**  
**Content:** Rhythmic adventure with drums, rattles, and other percussion instruments.  
Explore Shamantic tradition and experience a ritual called "journeying".  
**Day:** Friday  
**Time:** 9:30 am -11:00 am  
**Date:** September 19 to November 21  
**Duration:** 10 weeks  
**Location:** Recreation Meeting Room  
**Fee:** \$100.00 Residents \$125.00 Non - Residents

### Outdoor Tennis Reservations

**Content:** Members may reserve an hour of court time for weekends by calling in their reservation to the Recreation Office between 9:00 am and 4:00 pm.  
**Dates:** April through September  
**Fee:** \$75.00

### Zumba

**Instructor:** **Jackie Metzdorf**  
**Content:** This low impact program of Latin and international music will help you tone and sculpt the body. **SO COME AND JOIN THE PARTY!!**  
**Day:** Tuesday  
**Time:** 7:30 pm to 8:30 pm  
**Date:** September 16 to November 25 **\*\* No Class November 4, 11\*\***  
**Duration:** 9 weeks  
**Location:** Recreation Gym  
**Fee:** \$75.00



## ADULT/SENIORS

### ADULT, PROJECT SEWING

**Instructor:** Gehn Su

**Content:** This class is for basic sewing with a machine. In this new innovative program, Ms. Su will instruct you on how to use a sewing machine, basic stitching and hemming and how to make simple patterns. Come enjoy the world of sewing and find less of a need for a tailor in the future! Ms. Su has 20 years of sewing experience and teaching.

**Day/Time:** **Wednesdays, 11:30 am to 1:00 pm**

**Date:** **September 17 to November 12**

**Location:** Recreation Center Meeting Room

**Fee:** 9 WEEK PROGRAM: \$150.00 includes materials

### NORTHERN ITALIAN DUELING SABRE

Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners, class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses of this cut & thrust weapon. For returning students, you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility and mental acuity.

**Ages:** 16 years through Adults

**Day/Time:** **Tuesdays 8:00-9:00 pm**

**Date:** September 16 - November 25 (8 Weeks)

**Location:** Dance Studio (Off Recreation Gymnasium)

**Fee:** \$135.00 resident \$160.00 Non-Resident

**\*\*No Class November 4\*\***

### Quarterstaff

Ever wanted to learn how to beat Fryer Tuck if you encounter him on the road? The quarter-staff has been a common weapon for self defense for thousands of years. While often associated with the lower classes, knights and men-at-arms were expected to be proficient in its use. This versatile weapon allows for combat in various ranges and delivers powerful blows and thrusts. The class will focus on the fundamental footwork, strikes and parries from various distances for one of the most universal weapons. In the words of a 16th century gentleman: "staff is most commonly the best weapon of all other!"

**Ages:** 16 years through Adults

**Day/Time:** **Tuesdays, 7:00 pm - 8:00 pm**

**Date:** September 16th - November 25th (8 weeks)

**Location:** Dance Studio (Off Gymnasium)

**Fee:** \$135.00 resident \$160.00 Non-Resident

**\*\*No Class November 4\*\***





**REGISTRATION FORM**

- 1. Up to three programs may be registered for on one form and up to two names may be listed as long as it is for the same program / programs.
- 2. Please make checks payable to "BORO OF LEONIA"

**\*NO NEWS IS GOOD NEWS\***

You will only be notified if a class has been filled, cancelled or changed.

\*\*\*\*\*

**PLEASE FILL OUT ENTIRE FORM**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_

WORK # \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ CHILD GRADE \_\_\_\_\_

PARENT/GUARDIAN NAME(PRINT) \_\_\_\_\_

Email address \_\_\_\_\_

\*\*\*\*\*

1. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

2. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

3. PROGRAM NAME \_\_\_\_\_

TIME \_\_\_\_\_ DAY \_\_\_\_\_ AMOUNT \_\_\_\_\_

**WE ASK ALL PARTICIPANTS OF RECREATION PROGRAMS TO PLEASE FILL OUT AN EMERGENCY AUTHORIZATION FORM AT THE BEGINNING OF EACH CALENDAR YEAR. THANK YOU.**

**NOTE: THE BOROUGH OF LEONIA IS NOT RESPONSIBLE FOR AN ACCIDENT WHICH IS THE DIRECT RESULT OF THE PARTICIPANT'S INVOLVEMENT IN A RECREATION PROGRAM. ANY MEDICAL TREATMENT FOR ANY ACCIDENT IS THE RESPONSIBILITY OF THE PARTICIPANTS'S OWN MEDICAL INSURANCE.**

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