

Leonia Recreation Commission

Presents:

2016

Registration Begins Tuesday

September 6, 2016

FALL PROGRAMS

(201) 592-5783

www.Leonianj.gov

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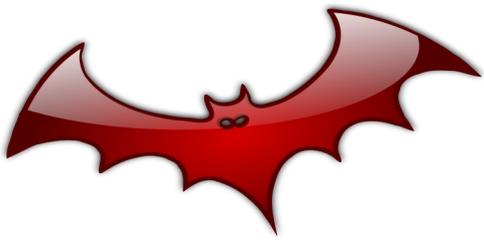
370 Broad Avenue, Leonia, NJ 07605

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**HALLOWEEN TREAT
STREET!!**

SATURDAY, OCTOBER 29

**PARADE BEGINS FROM
ACS PARKING LOT AT
10:00 AM!!**

BOO BOO BOO!!!



RECREATION DEPARTMENT STAFF

Barbara H. Davidson, *Superintendent*
Andrew Lannaman, *Program Director*
Sean Krakower, *Office Manager*

OFFICE HOURS

MON: 8:30 am – 4:30 pm
TUES: 8:30 am – 8:00 pm (Late Day)
WED: 8:30 am – 4:30 pm
THUR: 8:30 am – 4:30 pm
FRI: 8:30 am – 12:00 pm (Early Day)

**VOICEMAIL AVAILABLE AFTER-HOURS FOR
PROGRAM UPDATES**
*****PROGRAM SCHEDULE WILL FOLLOW
SCHOOL CALENDAR

LEONIA RECREATION COMMISSION

IRA J.GOLD - CHAIRPERSON

MARILYN MULATO	KARL MARQUARDT
JODI KRAKOWER	ERICA CHACE
ANTHONY PUZZO	JON ABOUAF
	Alt. PAUL SPRINGOB

The Recreation Commission meets at the
Borough Annex, 305 Beechwood Place, on the
third Tuesday of every month at 7:30 p.m.

NO CLASSES AND OFFICE CLOSED:

Monday, October 10: Columbus Day
Tuesday, November 8: Election Day

Friday, November 11: Veterans Day
Thursday/Friday, November 24, 25: Thanksgiving

PAYMENT METHODS

- Prior to attending any program a **registration form must be completely filled out** for each course.
- **Forms available online or at Recreation Center.**
- All fees are due and 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.

NON-RESIDENTS

- 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.

SIBLING DISCOUNT

- Taken at time of registration. Register 2 siblings or more in the **same program** and you will receive a 10% discount for each **additional** child.

REFUNDS

- All refund requests, at the latest, must come directly to the Recreation office one week prior to program start date.
- **Otherwise NO REFUNDS are given 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 to 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.
- Program schedules will follow school calendar.
- ***When schools are closed due to inclement weather all programs will be canceled unless otherwise noted.***

PARK & BALL FIELD FACILITY PERMITS

- Registration for parks and/or fields must be submitted to the Recreation Office for groups over 10.

PRESCHOOL

2016 Fall Soccer School



Keeping kids active helps kids to fit it into their everyday routines. Doing so can establish healthy patterns that will last into adulthood.

Instructor: Zeno Gyuho Cho — STLACADEMY2014@gmail.com
Day: Wednesdays or Fridays
Date: Sept 21 – Nov 2 (Wed); Sept 23 — Oct 28 (Fri)
Time/Ages: 3:20pm – 4:25pm -- 4-5 year olds (Born between 8/1/10—7/31/11)
4:35pm – 5:35pm -- 5-7 year olds (Born between 8/1/08—7/31/10)
Space Is Limited, First Come First Serve

Location: Wood Park
Fee: \$105.00 for 1 class per week
\$185.00 for 2 classes per week
Duration: 6 Weeks



****No class October 12 – Yom Kippur****

CREATIVE MOVEMENT

Instructor: Sharon Snyder
Content: A dance class that focuses on the joy of movement using activities that improves coordination, musicality, and expressiveness.
Day: Mondays
Ages: 3-5 year olds (10 spots available per class)
Time: 3:30 – 4:00 pm
Date: Sept 19 – Nov 28 (9 weeks)
Location: Recreation Dance Studio
Fee: \$85.00
Dress: 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 classes October 3, 10 – Rosh Hashana, Columbus Day****

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. This class is designed to expose children to a variety of music that will result in a greater appreciation for music. Ms. Sung is a music teacher with an extensive background in teaching young children. 12 families per class.

Day: Thursdays

Ages: 1-4 year olds

Time: 10:00 – 10:45 am

Dates: Sept 22 – Nov 17 (8 weeks)

Location: Recreation Center Meeting Room

Fee: \$125.00

****No Class November 10 – Teachers Convention****



RHYTHM AND RHYME MUSIC CLASS

Instructor: Gehn 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: Wednesdays

Ages/Time: 18-24 months ----- 9:30 – 10:15 am

2-4 year olds ----- 10:30 – 11:15 am

Date: Sept 21 – Dec 7 (10 weeks)

Location: Recreation Center Meeting Room

Fee: \$115.00

****No class October 12 – Yom Kippur****



RUNNERS GYM

Instructor: Gehn 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.

Ages: 2-4 year olds

Date: Mondays: Sept 19 – Nov 28 (9 weeks)

Fridays: Sept 23 – Dec 2 (9 weeks)

Time: 10:30 – 11:15 am

Location: Recreation Center Gym

Fee: \$95.00

****No classes Oct 3, 10 & Nov 11, 25 – Rosh Hashana, Columbus Day, Teacher Convention, and Thanksgiving****



PRESCHOOL

TODDLER ART CLASS

Instructor: Gehn Su

Content: In this 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: Tuesdays

Ages/Time: Toddler 1: Ages 1-2 year olds ----- 9:30 – 10:15 am

Toddler 2: Ages 2-4 year olds ----- 10:30 – 11:15 am

Date: Sept 20 – Nov 29 (10 weeks)

Location: Recreation Center Art Room

Fee: \$105.00



****No class Nov 8 – Election Day****

TODDLER GYM

Instructor: Gehn Su

Content: What better place to spend time with a toddler than in the gym! A time of crawling, jumping, running, and climbing. Introduction to circle time songs, the parachute, Lummi sticks, and a ride on the famous Recreation train! Parent/caregiver participation required.

Ages: 12 – 24 months

Date: Mondays: Sept 19 – Dec 5 (10 weeks)

Fridays: Sept 23 – Dec 2 (10 weeks)

Time: 9:30 – 10:15 am

Location: Recreation Center Gym

Fee: \$105.00

****No classes Oct 3, 10 & Nov 11, 25 – Rosh Hashana, Columbus Day, Teacher Convention, and Thanksgiving****



Youth

Dance: Ballet 1

Instructor: Sharon Snyder

Content: For the more serious student ready to focus on ballet technique.

Day: Mondays

Ages: 7 year olds and Up, or with teacher approval

Time: 6:00 – 6:50 pm

Dates: Sept 19 – Nov 28 (9 weeks)

Location: Recreation Dance Studio

Fee: \$95.00

Dress: Leotard, pink tights, pink ballet shoes, and hair must be worn-up and secured! No skirts or jewelry please.

****No classes October 3, 10 – Rosh Hashana, Columbus Day****



Dance: 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.

Day: Mondays

Ages: 5-7 year olds

Time: 4:10 – 4:40 pm

Date: Sept 19 – Nov 28 (9 weeks)

Location: Recreation Dance Studio

Fee: \$85.00

Dress: 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 classes October 3, 10 – Rosh Hashana, Columbus Day****

Youth

Dance: Tap 1

Instructor: Sharon Snyder

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

Day: Mondays

Ages: 5 year olds and Up

Time: 4:45 – 5:15 pm

Date: Sept 19 – Nov 28 (9 weeks)

Location: Recreation Dance Studio

Fee: \$85.00

Dress: Girls and boys should wear loose fitting clothes and tap shoes.



****No classes October 3, 10 – Rosh Hashana, Columbus Day****

Dance: Tap 2

Instructor: Sharon Snyder

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

Day: Mondays

Ages: 7 year olds and Up, or with teacher approval

Time: 5:25 – 5:55 pm

Date: Sept 19 – Nov 28 (9 weeks)

Location: Recreation Dance Studio

Fee: \$85.00

Dress: Girls and boys should wear loose fitting clothes and tap shoes.

****No classes October 3, 10 – Rosh Hashana, Columbus Day****

Dance: Tap 3

Instructor: Sharon Snyder

Content: A continuation of the Tap 2 Class where students will improve their technique while exploring more complex steps and choreography.

Day: Mondays

Ages: 10 year olds and Up, or with teacher approval

Time: 6:55 – 7:40 pm

Date: Sept 19 – Nov 28 (9 weeks)

Location: Recreation Dance Studio

Fee: \$85.00

Dress: Dance clothes and tap shoes.



****No classes October 3, 10 – Rosh Hashana, Columbus Day****

Youth

Fencing: Classical French Foil

Content: 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 year olds and Up

Day: Tuesdays

Time: 6:00 – 7:00 pm

Date: Sept 20 – Nov 29 (9 weeks)

Location: Recreation Dance Studio

Fee: \$150.00 resident \$175.00 non-resident



****No class November 8 – Election Day****

Minds in Motion: CSI (Crime Scene Investigation)

Content: Come and join our Minds In Motion Crime Team in this fun and interesting workshop! We will provide you with all the tools you need to become your very own crime scene investigator! Learn all about forensics, searching for evidence, and gathering clues. Working in groups, you will conduct many science experiments in our crime labs to solve the mysteries at hand! As young detectives in training you will learn all about fingerprinting and how to classify them. Bring home your very own fingerprint classification sheet! You will also perform chemical analyses and observations working with powders, liquids, and much more! Be amazed at how much science plays a part in solving a crime. Come ready with your thinking caps and be prepared to use all the skills necessary to solve the crime of the century and help save the Minds In Motion Laboratory . We need you!

Ages: 6-11 years old

Day: Tuesdays

Time: 5:15 – 6:15 pm

Date: Sept 20 – Nov 15 (8 Weeks)

Location: Recreation Center Art Room

Fee: \$145.00 (includes all materials)



****No class November 8 – Election Day****

Youth

Minds in Motion: Kingii Dragon Robot - New Program!!!

Content: Build and take home your very own Kingii Dragon Robot! Based on the *Chalamydosaurus Kingii*, or frilled lizard, this robot is a smart super lizard with artificial intelligence (AI) and one of the wackiest lizards to roam planet Earth! Kingii Dragon Robot has an infrared sensor that is programmed for two different modes. If it is activated in the “escape” mode, the robot will feel threatened, gape its mouth, dramatically spread and flap its frill, illuminate its bi-color LED eyes, and scurry away to safety! In the “follow-me” mode, the robot will assess danger by bluffing the attacker. When the robot does not sense danger it might approach you like a pet lizard. You will also team up with your classmates to build a 6-foot long Crocosaur! Using the wireless remote, watch as this 5-motor, battery operated robot crawls across the room. If you’re a young lizard enthusiast and you love robots, then this workshop is for you!

Ages: 7-12 years old
Day: Tuesdays
Time: 4:00 – 5:00 pm
Date: Sept 20 – Nov 15 (8 Weeks)
Location: Recreation Center Art Room
Fee: \$165.00 (includes all materials)



****No class November 8 – Election Day****

Minds in Motion: Robotic Arm Technology

Content: Experience the best of robotic technology by assembling and taking home your very own Robotic Arm Edge! The Robotic Arm Edge consists of five motors used to move its wrist, elbow, and base. Using the five-switch remote, you can learn how to lift and drop. Command the gripper to open and close and use your robotic arm to lift a capacity of 100 grams! You will also compete in our Mind in Motion robotic battles free building with hundreds of robotic parts!

Ages: 9-14 years old
Day: Thursday & Friday (Teachers Convention)
Time: 9:00 am – 4:00 pm
Date: November 10 & 11
Location: Recreation Center Art Room
Fee: \$180.00 (includes all materials)



Youth

Project Sewing

Instructor: Gehn Su

Content: This sewing class is a blast for children of all ages! No experience is needed and your children will have the opportunity to sew things they can actually use and make their own patterns. 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.

Ages: 2-8 Graders

Day: Tuesdays

Time: 3:30 – 4:30 pm **OR** 4:45 – 5:45 pm

Date: Sept 20 – Dec 6 (11 weeks)

Location: Recreation Center Meeting Room

Fee: \$135.00 (includes fee for materials)



****No class November 8 – Election Day****

Skyhawks: HoopsterTots

Content: Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

Time: 2:30 – 3:15 pm (**ages 3 – 4**)

3:15 – 4:00 pm (**ages 5 – 6**)

Day: Fridays

Date: Sept 23 – November 18 (8 weeks)

Location: Recreation Center Gym

Fee: \$115.00

Dress: Athletic wear, sneakers, water bottle labeled with your child's name, and a snack.

****No class November 11 – Teachers Convention****



Tennis Lessons

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.

Ages: Grades K and Up

Day: Session 1—Tuesdays / Session 2—Thursdays

Time: 3:15 – 4:15 pm -- **K - 1 Graders**

4:15 – 5:15 pm -- **2 - 3 Graders**

5:15 – 6:15 pm -- **4 - 5 Graders**

6:15 – 7:15 pm -- **6 Graders and Up**

Session 1: Sept 20 – Oct 18 (5 weeks)

Session 2: Nov 3 – Dec 15 (5 weeks)

Location: Session 1—Wood Park / Session 2—Rec Gym

Fee: \$105.00

****No class November 10, 24 –Teachers Convention, Thanksgiving****



TGA Golf – Fall After School

Content: We are bringing YGA's national after school junior golf enrichment program to Leonia. Since 2006, throughout Bergen County, TGA has taught the lifelong sport to 10,000+ students. 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.

Day: Thursdays

Ages/Time: Grades K-3: 3:45 – 4:45 pm

Grades 4-8: 4:45 – 5:45 pm

Date: Sept 22 – Oct 27 (6 weeks)

Location: Wood Park

Fee: \$115.00



Youth

Skyhawks: Cheerleading

Content: Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! There is no stunting in this entry level program – just a big focus on fun while each cheerleader learns proper hand & body movements and jumping techniques. At the conclusion of the program, our young athletes will end with a choreographed performance.

Time/Age: Grades 2-4: 4:00 – 5:00 pm

Grades 5-7: 5:00 – 6:00 pm

Day: Tuesdays

Date: Sept 20 – Nov 15 (8 weeks)

Location: Recreation Center Gym

Fee: \$115.00



****No class November 8 – Election Day****

Skyhawks: Flag Football - New Program!!!

Content: Flag Football is the perfect introduction to “America’s Game.” Participants will learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The program concludes with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

Time/Age: Grades 2-4: 4:00 – 5:00 pm

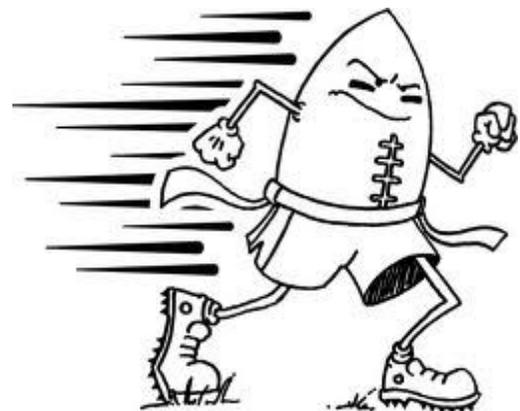
Grades 5-7: 5:00 – 6:00 pm

Day: Tuesdays

Date: Sept 20 – Nov 15 (8 weeks)

Location: Recreation Center Gym

Fee: \$115.00



****No class November 8 – Election Day****

Youth

Skyhawks: Track & Field

Content: Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our staff teach exercises and drills that prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active.

Time/Age: **Grades 1-3:** 4:00 – 5:00 pm

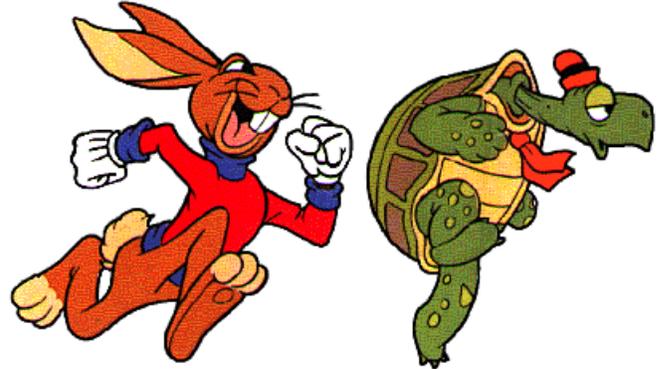
Grades 4-6: 5:00 – 6:00 pm

Day: **Wednesdays**

Date: Sept 21 – Nov 16 (8 weeks)

Location: **Recreation Center Gym**

Fee: \$115.00



****No class October 12 – Yom Kippur****

Table Tennis for Special Ones

Instructor: **Sue Chak**

Content: Welcome to the fun world of Table Tennis for our Special Ones. Studies show that playing Table Tennis improves hand-eye coordination, concentration, and focus. This program is affiliated with USA Table Tennis and is designed with the vision of encouraging kids to develop their mental and physical sharpness, aid them in staying focused on their individual goals, and to help our students become self-confident and successful in life.

Ages: **5-14 years old**

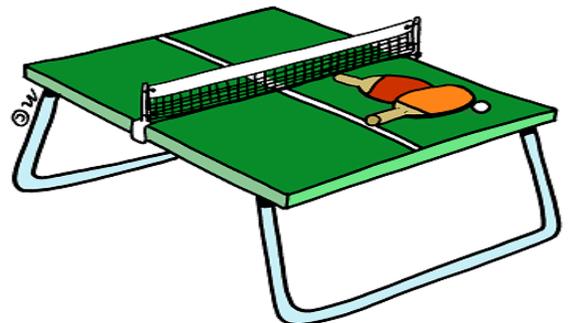
Day: **Sundays**

Time: 6:00 – 7:00 pm

Date: Sept 24 – Dec 10 (12 weeks)

Location: **Leonia Recreation Dance Studio**

Fee: \$140.00 (includes paddles and balls)



Youth

Table Tennis Kids

Instructor: Sue Chak

Content: Research shows that playing Table Tennis invigorates brain functionality, improves concentration, and moves every muscle of a child's body without it being stressed. Our program is divided into 3 sections: aerobic exercise with rhythmic music, session with Robo-Pong (Robot), and sessions with an instructor and among themselves. KiddieGym USA is affiliated with USA Table Tennis.

Ages/Time: 4:30 - 5:30 pm (ages 6-10)
5:30 - 6:30 pm (ages 11-13)
6:30 - 7:30 pm (ages 14-18)

Day: Tuesdays

Date: Sept 20 - Dec 13 (12 weeks)

Location: Recreation Center Gym

Fee: \$140.00 (includes paddles and balls)



****No class November 8 – Election Day****

Tae Kwon Do

Instructor: Laura Lewis, 3rd 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. Great for both parents and children to take together! Additional fee of \$25.00 is required to take promotion test.

Ages: 6 year olds and Up

Day: Mondays

Time: 6:30 – 7:30 pm - Beginners (white & yellow belts)
7:30 – 9:00 pm - Advanced (green & up belts)

Date: Sept 26 – Dec 12 (10 weeks)

Location: Recreation Center Gym

Fee: \$110.00



****No classes October 3, 10 – Rosh Hashana, Columbus Day****

Youth

Yoga For Youth

Instructor: Nancy Zurich, Little Flower Yoga Member Teacher

Content: Unique engaging classes combining yoga and mindfulness in a developmentally appropriate way to support the success of all children and adolescents. The LFY approach incorporates five key elements in each session: Connect, Breathe, Move, Focus and Relax. The atmosphere of the class is supportive and encouraging. Please have your children wear comfortable clothes to move in.

Ages: 7-12 year olds (12 spots available)

Day: Wednesdays

Time: 4:00 – 4:55 pm

Date: Sept 21 – Nov 23 (9 weeks)

Location: Recreation Center Dance Studio

Fee: \$105.00



****No class October 12 – Yom Kippur****

U.S. SPORTS INSTITUTE CLASSES

BASKETBALL – SENIOR SQUIRTS (age 5 to 6): Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

Leonia Online Basketball Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

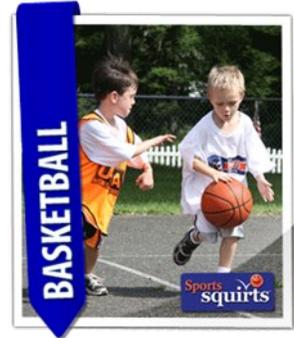
Dates: September 22 - November 3

Details: 7 weekly classes
Thursdays 4:00-5:00pm

EARLY WINTER CLASSES

Dates: November 23 – December 21

Details: 5 weekly classes
Wednesdays 4:00-5:00pm



PRE-SEASON BASKETBALL (age 7 to 10): Players will develop their dribbling, passing and shooting skills. Each session will end with small-sided games where coaches will encourage good sportsmanship and teamwork.

Leonia Online Basketball Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Dates: September 22 - November 3

Details: 7 weekly classes
Thursdays 5:00-6:00pm (ages 7-8)
Thursdays 6:00-7:00pm (ages 8-10)

EARLY WINTER CLASSES

Dates: November 23 – December 21

Details: 5 weekly classes
Wednesdays 5:00-6:00pm (ages 7-8)
Wednesdays 6:00-7:00pm (ages 8-10)



Youth

U.S. SPORTS INSTITUTE CLASSES

SOCCER SQUIRTS (age 3 to 5): Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting, and defending. Players will be taught through structured activities, fun games, and scrimmages.

Leonia Online Squirts Schedule:

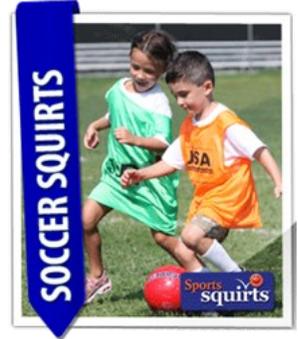
Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Dates: September 17 / 18 / 20
Details: 7 weekly classes
Saturdays 1:45-2:45pm, 3:00-3:45pm, 4:00-5:00pm
Sundays 1:00-2:00pm
Tuesdays 3:45-4:45pm, 4:45-5:45pm

LATE FALL CLASSES

Start Dates: September 17 / 18 / 20
Details: 5 weekly classes
Wednesdays 4:00-5:00pm, 5:00-6:00pm



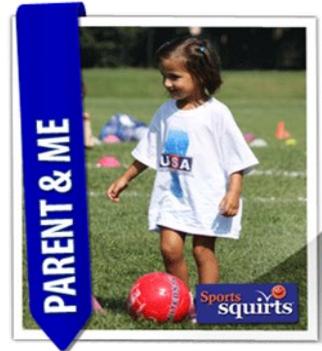
SOCCER - PARENT & ME SQUIRTS (age 2 to 3): With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. In this class children will learn basic soccer skills, including dribbling, shooting, and passing.

Leonia Online Squirts Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Start Dates: September 17 / 18 / 20
Details: 7 weekly classes
Saturdays 3:00-3:45pm
Sundays 1:00-2:00pm
Tuesdays 3:45-4:45pm



SOCCER - SENIOR SQUIRTS (age 5 to 8): Players learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. All Senior Squirts curriculums create an environment which allows players to develop and progress within sport.

Leonia Online Squirts Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Dates: September 17 / 18 / 20
Details: 7 weekly classes
Saturdays 4:00-5:00pm (**ages 6-7 yrs**)
Sundays 2:15-3:15pm (**ages 5-6 / 7-8 yrs**)
Tuesdays 4:45-5:45pm (**ages 5-7 yrs**)

LATE FALL CLASSES

Dates: November 22 – December 20
Details: 5 weekly classes
Wednesdays 6:00-7:00pm (**ages 5-6 yrs**), 7:00-8:00pm (**ages 7-8 yrs**)



Youth

U.S. SPORTS INSTITUTE CLASSES

TENNIS SQUIRTS (age 3 to 5): Following guidelines set out by the US Tennis Association (USTA), children will quickly develop their tennis skills using the highly praised “10 and Under Tennis” model.

Leonia Online Tennis Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Dates: September 17 – October 29

Details: 7 weekly classes

Saturdays 9:00-9:45am (ages 3-4)

Saturdays 10:00-10:45am (ages 4-5)



SCHOOL'S OUT CAMPS: SPORTS & SOCCER CAMP (age 5 to 11): Taking place on School Vacation Days—**RAIN OR SHINE!** In an environment that encourages good sportsmanship and team work this camp ensures that players will experience up to 4 different sports each morning. In the afternoons players switch their focus to soccer.

Throughout the day participants will learn new skills and develop their understanding of playing a scrimmage within each sport. Through small tournament style scrimmages we create a fun and exciting atmosphere for all.

Leonia Online Fall Camp Schedule:

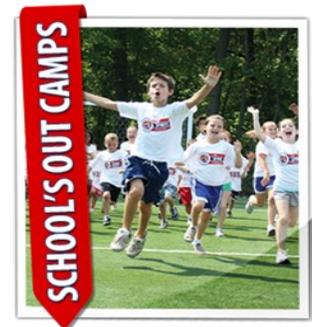
Visit USsportsInstitute.com or call 732-563-2520

Columbus Day: October 10

Teachers Convention: October 10 & 11

MLK Day: January 16

President's Day: February 20 & 21



Details: 9:00am-3:00pm (Morning and Afternoon Options — 9:00am-12:30pm / 1:00-3:00pm)
Early 8:00am Drop Off Available (additional \$5 per day)

ADULT INSTRUCTIONAL TENNIS: Regardless of previous experience, participants will learn the basic fundamentals in stroke production, court movement, and footwork in a low pressured yet energetic environment. Most importantly it's all about having fun and taking the time to enjoy a social, healthy, and lifelong sport.

Leonia Online Tennis Schedule:

Visit USsportsInstitute.com or call 732-563-2520

Dates: September 17 – October 29

Details: 7 weekly classes

Saturdays 11:00am-12:00pm, 12:00-1:00pm



Youth

U.S. SPORTS INSTITUTE CLASSES

T-BALL - PARENT & ME SQUIRTS (age 2 to 3): With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. With the help of Mom or Dad children will develop their T-Ball skills in hitting, throwing and fielding.

Leonia Online Squirts Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Dates: September 18 – October 30

Details: 7 weekly classes
Sundays 9:00-9:45am



T-BALL SQUIRTS & SENIOR SQUIRTS (age 3 to 6): Utilizing fun games and activities, players will develop their skills in hitting, throwing and fielding. At the end of each session participants will apply these skills into a scrimmage.

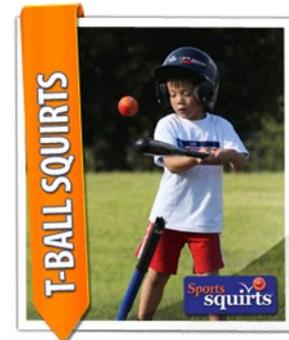
Leonia Online Squirts Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Dates: September 18 – October 30

Details: 7 weekly classes
Sundays 10:00-11:00am (ages 3-4)
Sundays 11:15am-12:15pm (ages 5-6)



TOTAL SPORTS - PARENT & ME SQUIRTS (age 2 to 3): With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. Children will experience a different sport within each class, including soccer, lacrosse, T-ball, basketball, floor hockey and flag football.

Leonia Online Squirts Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Dates: September 18 – October 30

Details: 7 weekly classes
Sundays 11:15am-12:00pm



Youth

U.S. SPORTS INSTITUTE CLASSES

TOTAL SPORTS SQUIRTS & SENIOR SQUIRTS (age 3 to 5): Participants have the opportunity to experience Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment.

Leonia Online Squirts Schedule:

Visit USsportsInstitute.com or call 732-563-2520

FALL CLASSES

Dates: September 18 – October 30

Details: 7 weekly classes

Sundays 9:00-10:00am, 10:00-11:00am



ADULTS/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.

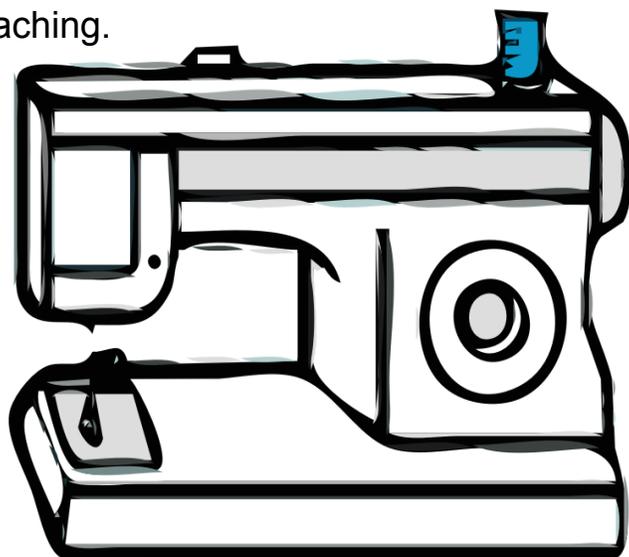
Day: **Wednesdays**

Time: 11:00 am – 12:30 pm

Date: Sept 21 – Nov 23 (9 weeks)

Location: **Recreation Center Meeting Room**

Fee: \$150.00 one-time fee for materials



ADULTS/SENIORS

CALLANETICS

Instructor: Lynne Marotta, Certified Trainer

Content: Callanetics will gently improve posture, strengthen and tone muscles as well as increase flexibility. This non-aerobic exercise enhances how you look and feel while keeping your back, neck, and knees safe.

Day/Time: **Tuesdays** **Thursdays** **Saturdays**
9:30 – 10:30 am 9:30 – 10:30 am 9:30 – 10:30am

Date: Sept 20 – Nov 29 (Tue); Sept 22 – Dec 8 (Thu); Sept 24 – Dec 10 (Sat)

Location: Leonia Recreation Dance Studio

Fee: \$80.00 1 class \$105.00 non-resident
\$140.00 2 classes \$165.00 non-resident
\$190.00 3 classes \$215.00 non-resident

****No classes October 15 / November 8, 10, 24, & 26****

CALLANETICS SENIOR CLASS: GENTLE STRETCH AND TONING

Instructor: Lynne Marotta, Certified Trainer

Content: Enjoy gentle movements that strengthen and tone the body. The exercises and stretches will be done sitting, standing, or done on a mat. You will learn how to get up and down to the mat as well. This relaxed atmosphere will enable you to learn about our body at your own pace. You will learn how to keep your back, neck and knees protected as you strengthen.

Day: **Thursdays**

Time: 10:45 – 11:45 am

Date: Sept 22 – Dec 8 (10 weeks)

Location: Leonia Recreation Dance Studio

Fee: \$55.00 resident \$70.00 non-resident

****No classes November 10, 24 –Teachers
Convention, Thanksgiving****



CARDIO CALLANETICS

Instructor: Lynne Marotta, Certified Trainer

Content: A low impact aerobics class with simple dance steps using full range of motion. Increases fluidity and cardiovascular fitness.

Day: **Tuesdays**

Time: 10:45 – 11:15 am

Date: Sept 20 – Nov 2p (10 weeks)

Location: Leonia Recreation Dance Studio

Fee: \$60.00 resident \$75.00 non-resident **class November 8 – Election Day****

ADULTS/SENIORS

CHI GUNG (QIGONG - CHI GONG)

Instructor: Norman Blagman

Content: Chi Gung (Qigong-Chi Gong) is a Mind and Body exercise for healing, longevity, and has been used in China for thousands of years. It incorporates belly breathing and gentle movements. It clears energy blockages and balances the Yin and Yang and restores optimum health. Please wear loose clothing.

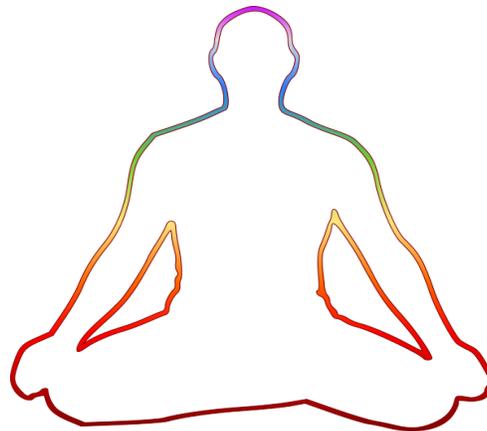
Day: Mondays

Time: 9:30 – 10:30 am

Date: Sept 19 – Dec 5 (10 Weeks)

Location: Recreation Center Meeting Room

Fee: \$90.00 OR \$10.00 per Session



****No classes October 3, 10 – Rosh Hashana, Columbus Day****

COMMUNITY YOGA

Instructor: Alison Miller

Content: Start your morning feeling grounded, centered, and aligned with guided exploration of your breath and posture. Build your strength and flexibility while developing body awareness in a fun and safe environment with simple sequences drawn from a variety of yoga lineages and healing modalities. This class is suitable for all experience levels. Generous attention is given to each student to support their growth and development.

Day: Tuesdays AND Thursdays

Time: 9:30 – 10:30am

Date: Session 1:

[Tue: Sept 20 – Oct 25] & [Thurs: Sept 22 – Oct 27] - 12 classes / 6 Weeks

Session 2:

[Tue: Nov 1 – Dec 27] & [Thurs: November 3, 17] - 12 classes / 8 Weeks

Location: Recreation Center Gym

Fee: \$120.00/session

****No class November 8 – Election Day****

ADULTS/SENIORS

EVENING YOGA FLOW

Instructor: Megan K. Lutz, Registered Yoga Teacher

Content: Yoga is a practice that links the breath with movement to stretch and strengthen the body while also balancing and centering the mind. Please join me for this alignment oriented mixed level Vinyasa Flow class where you will be encouraged to meet yourself in the moment.

Ages: 16 year olds and Up (12 spots available per class)

Day: Mondays

Time: 7:30 – 8:30 pm

Date: Sept 19 – Nov 14 (8 Weeks)

Location: Recreation Center Meeting Room

Fee: \$100.00

****No class October 3 – Columbus Day****

Day: Thursdays

Time: 7:30 – 8:30 pm

Date: Sept 29 – Dec 1 (8 weeks)

Location: Recreation Center Meeting Room

Fee: \$100.00

****No classes November 10, 24 – Teachers Convention, Thanksgiving****

Day: Mondays & Thursdays (For Both Classes)

Location: Recreation Center Meeting Room

Fee: \$180.00

Walk-Ins: \$25.00 per class – Please Arrive 15 Minutes Early to Sign Paperwork and Pay for the Class

FENCING: CLASSICAL FRENCH FOIL

Content: 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 year olds and Up

Day: Tuesdays

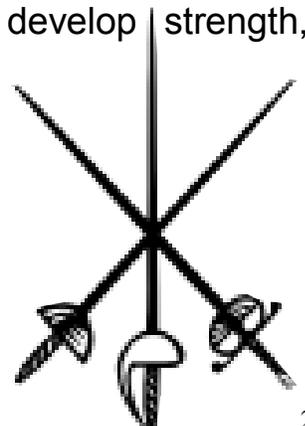
Time: 6:00 – 7:00 pm

Date: Sept 20 – Nov 29 (9 weeks)

Location: Recreation Dance Studio

Fee: \$150.00 resident \$175.00 non-resident

****No class November 8 – Election Day****



ADULTS/SENIORS

FENCING: LONGSWORD

Content: The knightly art of Longsword was used in Europe for hundreds of years to fight wars, duels, and personal combat. This simple cruciform hilted sword can be used with one or two hands. This class will focus on the fundamental posture and movement before going into cutting and thrusting followed by the primary guards and defenses. Students will begin working on partner drills by the end of the session.

Ages: 18 year olds and Up

Day: Tuesdays

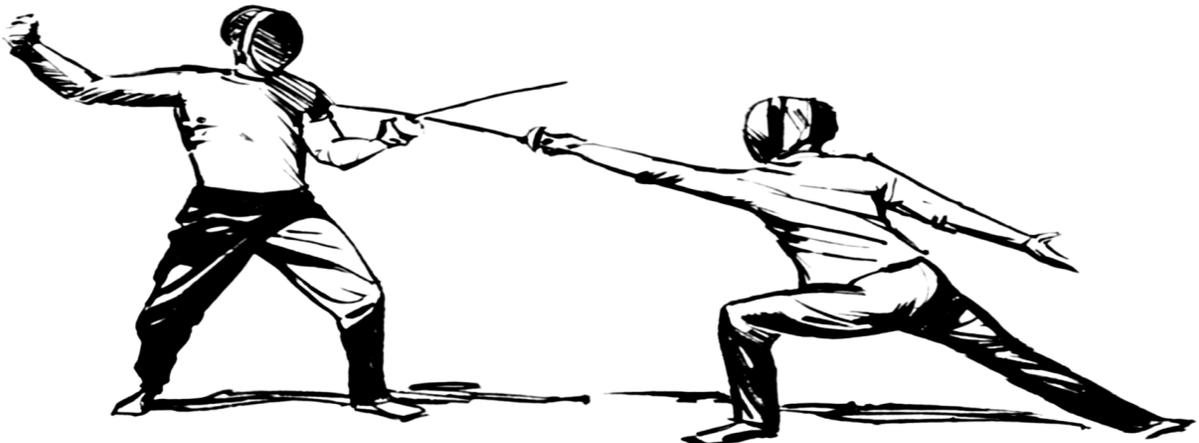
Time: 7:00 – 8:00 pm

Date: Sept 20 – Nov 29 (9 weeks)

Location: Recreation Dance Studio

Fee: \$150.00 resident \$175.00 non-resident

****No class November 8 – Election Day****



FENCING: NORTHERN ITALIAN DUELING SABRE

Content: 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: 18 year olds and Up

Day: Tuesdays

Time: 8:00 – 9:00 pm

Date: Sept 20 – Nov 29 (9 weeks)

Location: Recreation Dance Studio

Fee: \$150.00 resident \$175.00 non-resident

****No class November 8 – Election Day****

ADULTS/SENIORS

LINE DANCING

Instructor: Gloria Zimmerman

Content: If you are looking for FUN, come join us and learn line dancing! Beginners are always welcome.

Ages: 55 year olds and Up

Day: Fridays

Date: Sept 23 – Dec 9 (10 weeks)

Time: 10:30 – 11:30 am

Location: Leonia Recreation Dance Studio

Fee: \$30.00 resident \$40.00 non-resident

****No Classes November 11, 25 – Teachers Convention, Thanksgiving****



MAT PILATES - PURE POWERHOUSE

Instructor: Marisa Santoro, Certified Mat Pilates Instructor – PowerPilates, NYC

Content: Transform how you look, feel, and move as every movement stems from your core (torso), and nothing strengthens those hard to reach muscles better than Pilates exercises. Ms. Santoro will show how to transition and flow through the exercises that will not only target the abs, but also the glutes, hips, inner thighs and back, while giving the entire body a unique workout. Pilates rings are highly recommended. Please bring a towel and water.

Day: Mondays & Thursdays

Time: 10:30 – 11:15 am (Mon)

7:30 – 8:15 pm (Thurs)

Date: Sept 19 – Nov 21 (Mon); Sept 22 – Dec 1 (Thurs)

Location: Leonia Recreation Dance Studio

Fee: \$90.00 **\$5.00 was added for recreation administrative fees**
\$115.00 non-resident

****No classes Oct 3, 10 / Nov 10, 24 – Rosh Hashana, Columbus Day / Teachers Convention, Thanksgiving****

SHAMANIC DRUMMING

Instructor: Anne Wennhold

Content: Rhythmic adventure with drums, rattles, and other percussion instruments. Explore Shamanic tradition and experience a ritual called “journeying.”

Day: Fridays

Time: 9:30 – 11:00 am

Date: Sept 23 – Dec 2 (9 weeks)

Location: Recreation Center Meeting Room

Fee: \$85.00 resident \$110.00 non-resident

****No class Oct 7th****



ADULTS/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 at (201) 592-5783 for more information.

Ages: 18 year olds and Up

Day: Wednesdays or Saturdays

Time: 5:00 – 10:00 pm (Wed)
8:00 am – 12:00 pm (Sat)

Location: Recreation Center Gym

Fee: \$60.00 resident per class
\$90.00 non-resident per class



****No classes Oct 26, 29 – Halloween Treat Street****

TAE KWON DO

Instructor: Laura Lewis, 3rd 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. Great for both parents and children to take together! Additional fee of \$25.00 is required to take promotion test. For beginners and more advanced participants.

Ages: 6 year olds and Up

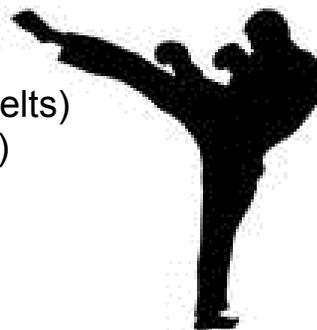
Day: Mondays

Time: 6:30 – 7:30 pm - Beginners (white & yellow belts)
7:30 – 9:00 pm - Advanced (green & up belts)

Date: Sept 26 – Dec 12 (10 weeks)

Location: Recreation Center Gym

Fee: \$110.00



****No classes October 3, 10 – Rosh Hashana, Columbus Day****

VOLLEYBALL

Instructor: Shannon LaBianco

Day: Sundays

Time: 7:00 – 10:00 pm (10 weeks)

Location: Recreation Center Gym

Fee: \$25.00 OR \$10.00 Single Night Play



****No Class October 12 – Yom Kippur****

ADULTS/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: **Wednesdays**

Time: 10:15 – 11:15 am ***Please be on time***

Date: Sept 21 – Nov 30 (10 Weeks)

Location: **Leonia Recreation Dance Studio**

Fee: \$130.00 resident \$155.00 non-resident

Dress: Wear comfortable clothes, bring mat or towel, and do not eat right before class.



YOGA, GENTLE

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: **Wednesdays**

Time: 11:30 am – 12:30 pm

Date: Sept 21 – Nov 30 (10 Weeks)

Location: **Leonia Recreation Dance Studio**

Fee: \$130.00 resident \$155.00 non-resident

Dress: Wear comfortable clothes, bring mat or towel, and do not eat right before class.

****No class October 12 – Yom Kippur****

YOGA, SATURDAY

Instructor: Amy Priest, Padma/Certified Yoga Instructor

Day: **Saturdays**

Time: 10:30 am – 12:00 pm

Location: **Leonia Recreation Dance Studio**

Fee: \$18.00 per class

Duration: All Year Round - Ongoing



ADULTS/SENIORS

ZUMBA GOLD

Instructor: Celia Alvarez

Content: ZUMBA® GOLD is a less intense Zumba class with dance routines designed for beginners and older-active-adults using modified movements. We use the same great Zumba formula that provides a program that improves balance, flexibility and cardiovascular. Please wear comfortable clothes that you can move around in, and comfortable shoes with sturdy support. Bring a water bottle for your own convenience.

Day: Tuesdays

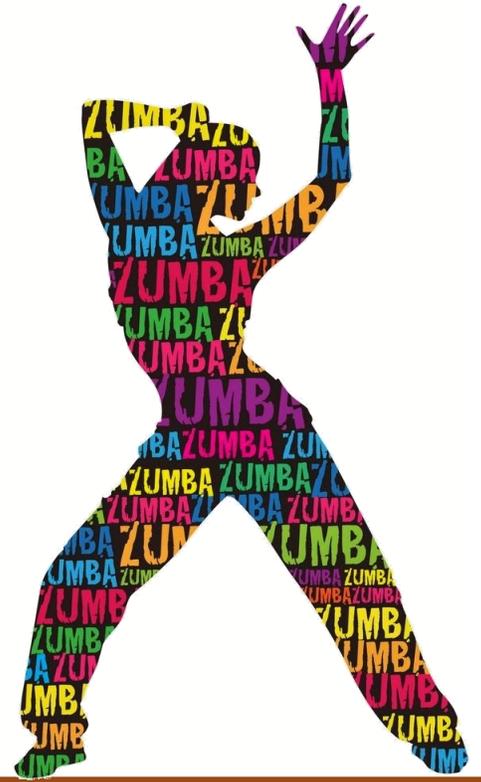
Time: 10:30 – 11:30 am

Date: Sept 20 – Nov 22 (9 Weeks)

Location: Recreation Center Dance Studio

Fee: \$75.00

****No class November 8 – Election Day****



REGISTRATION FORM

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.

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
COMPLETE AN EMERGENCY AUTHORIZATION FORM IF NOT CURRENTLY
ON FILE OR INFORMATION HAS CHANGED.**

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 PARTICIPANT'S OWN MEDICAL INSURANCE.

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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.

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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 _____

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**LEONIA RECREATION COMMISSION
370 BROAD AVENUE
LEONIA, NJ 07605**

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