Leonia Recreation Commission

Presents:

Fall Programs 2015

Registration begins Tuesday, September 8

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370 Broad Avenue, Leonia, NJ 07605

(201) 592-5783

www.leonianj.gov

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LEONIA RECREATION COMMISSION

IRA J.GOLD - CHAIRPERSON

MARILYN MULATO
JODI KRAKOWER
ANTHONY PUZZO
Alt. FRANK PRINICIPE

ROBERT LEAP
KARL MARQUARDT
ERICA CHACE
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. Public is invited to attend.

RECREATION DEPARTMENT STAFF

Barbara H. Davidson, Superintendent
Noreen Wilpiszeski, Program Director
Andrew Lannaman, Program Director

Marion Cassidy, Senior Coordinator
Borough Annex (201) 302-9660

OFFICE HOURS
MONDAYS, WEDNESDAYS, & THURSDAYS: 8:30 am – 4:30 pm
TUESDAYS: 8:30 am – 8:00 pm
FRIDAYS: 8:30 am – 12:00 pm

VOICEMAIL AVAILABLE AFTER-HOURS FOR PROGRAM UPDATES
PROGRAM SCHEDULE WILL FOLLOW SCHOOL CALENDAR
THE RECREATION OFFICE WILL BE CLOSED ON ALL FEDERAL HOLIDAYS

NO CLASSES AND OFFICE CLOSED:

Monday, October 12: Columbus Day
Tuesday, November 3: Election Day
Tuesday, November 10: Veteran's Day
Thursday/Friday, November 26 / 27: Thanksgiving

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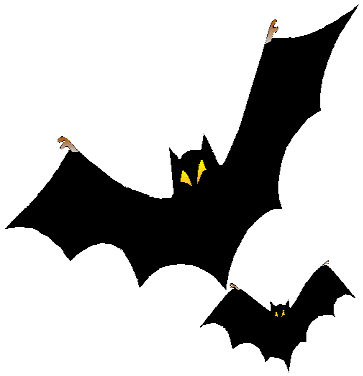
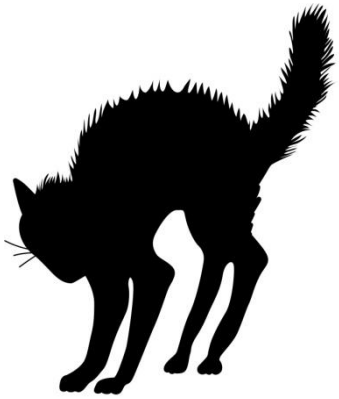


HALLOWEEN TREAT STREET!!
SATURDAY, OCTOBER 31
PARADE BEGINS FROM ACS PARKING LOT AT 10:00 AM!!

BOO BOO BOO!!!



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Fall Registration Begins
Tuesday, September 8

Procedures

- 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.

Mail-In Registration

- Mail-in registration will be handled **starting on September 8, 2015.**
- We only accept checks - **do not send cash.**

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.

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.

*** Please note that all classes have been increased $5.00 to accommodate the cost of Background Checks and Fingerprinting for all volunteers and employees of Recreation, for the safety of all our participants.***

Refunds

- All refund requests must come directly to the Recreation office, the latest, 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 to the Recreation Commission.
- There are no refunds after a program has ended.
- A $5.00 fee will be applied for all refunds.

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

PRESCHOOL

2015 Fall Kids Soccer School

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

Ages:	**Players who are born in 2007-2010**
Day:	**Wednesdays**
Date:	September 30 – November 18 (8 weeks)
Time:	3:15 – 4:15 pm -- 2009-2010 players' group (10 spots available)
	4:20 – 5:25 pm -- 2007-2008 players' group (12 spots available)
	Space is limited, first come first serve
Location:	**Leonia Recreation Center**
Fee:	$140.00

STL ACADEMY

TENNIS SQUIRTS (ages 3-5)

US Sports Institute's Tennis Squirts: This program 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.

FALL WEEKLY CLASSES

Day:	**Mondays**
Date:	September 14 - October 26
Location:	**Wood Park Tennis Courts**
Time:	11:30 am – 12:20 pm

Please go to website listed below for more information on Tennis Squirts:
http://www.ussportsinstitute.com/squirts-home/tennis-squirts.html

PRESCHOOL

Creative Movement

Instructor: **Sharon Snyder**
Content: A dance class that focuses on the joy of movement using activities that improve coordination, musicality, and expressiveness.
Day: **Mondays**
Ages: **3-5 year olds (10 spots available per class)**
Time: 3:30 – 4:00 pm
Date: September 21 – November 23 (9 Weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $85.00
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 12****

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. Ms. Sung is a Music Teacher with an extensive background teaching young children.
Day: **Thursdays**
Ages: **1-4 year olds**
Time: 10:00 – 10:45 am
Dates: September 17 – November 12 (8 weeks)
Location: **Leonia Recreation Center Gym**
Fee: $120.00

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

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 – 10:30 am**
2-4 year olds ---------- 10:30 – 11:30 am
Date: September 16 – November 18 (9 weeks)
Location: **Recreation Center Meeting Room**
Fee: $85.00

****No Class September 23****

Runners Gym 1

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:** September 21 – November 23 (9 weeks)
Fridays: September 18 – November 20 (9 weeks)
Time: 10:30 – 11:15 am
Location: **Recreation Center Gym**
Fee: $85.00

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 – 10:30 am**
Toddler 2: Ages 2-4 year olds --------- 10:30 – 11:30 am
Date: September 15 – November 24 (10 weeks)
Location: **Recreation Center Art Room**
Fee: $90.00

****No Class November 3****

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:** September 21 – November 23 (9 weeks)
Fridays: September 18 – November 20 (9 weeks)
Time: 9:30 – 10:15 am
Location: **Recreation Center Gym**
Fee: $85.00

****No Classes October 12 & November 6****

Yoga&Me™ for Preschoolers

Instructors: **Alyson Adashko Raskin,** PhD
Nancy Zurich, Certified Childrens Yoga Instructor
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.
Day: **Wednesdays**
Ages: **3-5 year olds (15 spots available)**
Time: 3:30 – 4:00 pm
Date: September 16 – November 18 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $90.00

****No Class September 23****

Youth

Artists Corner

Instructor: **Marco Reyes**

Content: Learn the skills to create anime drawings and gain the creative confidence to invent your own original characters! Discover how to transform your rough sketches into amazing, full color anime! Begin with a chibi rendering and learn how to use simple shapes and guidelines to create an expressive character. Progress to a more complex anime sketch and find out how to easily render the distinctive heart shaped face and winsome eyes of the anime world. Conquer changes in perspective as you learn how to translate a front-facing character to a side view, and transform your drawing from flat to fully volumetric with form building shading. Explore inspiring options for hair, eye and costume designs and learn to depict various facial expressions. Then, bring your character to life with bold inking and vibrant markers.

Day: **Saturdays**

Ages: **10 year olds and Up**

Time: 1:00 – 2:30 pm

Date: September 12 – November 21 (10 weeks)

Location: **Recreation Center Meeting Room**

Fee: $115.00

****No Class November 14****

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: September 21 – November 23 (9 weeks)

Location: **Leonia Recreation Dance Studio**

Fee: $95.00

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

****No Class October 12****

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: September 22 – November 17 (9 weeks)

Location: **Leonia Recreation Dance Studio**

Fee: $150.00 resident $175.00 non-resident

****No Class November 3****

Youth

Jungle Robot Workshop

Content: Experience the world of robotics by building and taking home your very own Jungle Robot! Activated by a condenser microphone you can send the jungle robot on its journey with the clap of a hand or the sound of your voice. You will be guided through the many steps in the assembly of this adventurous android and learn the basic principles of robotics. This battery controlled robot also features a pre-assembled circuit board, different types of gears, and a mechanical drive system. Watch your completed jungle robot swing across the room in front of all your classmates! Students will also free-build with hundreds of robotic parts. Be prepared to discuss, test run, and work together with other teammates as you hone your skills to take part in our Minds in Motion competitions!

Ages: **6-12 Years**
Day: **Tuesdays**
Time: 5:15 – 6:15 pm
Date: September 15 – November 17 (8 weeks)
Location: **Recreation Center Art Room**
Fee: $170.00 (includes all materials)

**** No Class November 3****

NEW PROGRAM!! Mechanical Blowfish Robot Workshop

Content: Experience the world of robotics by building and taking home your very own Mechanical Blowfish Robot! Using a crank and linkage rod system this robo-fish propels itself through water by its swinging tail fin. Learn all about how the Blowfish Robot works by its motor, gearbox, battery box, and switch. You will also be able to see all the mechanical parts in motion through the transparent green top! It is sealed water-proof tight and you will be able to see it work in our MIND IN MOTION pool. This energetic aquatic robot can even make it across an Olympic sized pool all on its own! Working in groups, students will also fee-build with hundreds of robotic parts. Come get your mind in motion to see who can build the fastest and strongest robot!

Ages: **6-12 year olds**
Day: **Tuesdays**
Time: 4:00 – 5:00 pm
Date: September 15 – November 10 (8 weeks)
Location: **Recreation Center Art Room**
Fee: $170.00 (includes all materials)

****No Class November 3****

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: **16 year olds and Up**
Day: **Tuesdays**
Time: 8:00 – 9:00 pm
Date: September 22 – November 17 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $150.00 resident $175.00 non-resident

****No Class November 3****

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.
Day: **Mondays**
Ages: **5-7 year olds**
Time: 4:10 – 4:40 pm
Date: September 21 – November 23 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $85.00
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 12****

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. Who knows, Leonia could have the next budding Michael Kors or Donna Karan! 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: September 15 – November 24 (10 weeks)
Location: **Recreation Center Meeting Room**
Fee: $130.00 (includes fee for materials)

****No Class November 3****

Roller Coasters and Amusement Park Rides

Content: Team up with other classmates in building some of the most mind-blowing and electrifying amusement park rides you have ever seen! Select the thrill ride of your choice and work together to assemble an amazing construction that can tower to over four feet tall! Working in groups, by the aid of your teacher and an instruction booklet, you will discuss, plan, and form these sensational rides just like real engineers. Learn all about how roller coasters work, the basic physics behind them, and experience some real thrill and fun as you see your finished creations in action. You will even be able to build and take home your very own mini-ride set! Upon completion of this workshop, you will be in the midst of an entire exhilarating theme park and know exactly how each ride works! Bring a camera and bring the memory home of having created your very own carnival with your classmates! Bring a bag lunch for the two classes!
Ages: **7-12 year olds**
Day: **Thursday & Friday**
Date: **November 5 & 6**
Time: 9:00 am – 4:00 pm (both days)
Location: **Recreation Center Meeting Room**
Fee: $195.00

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Youth

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: 7:00 – 9:00 pm
Date: September 21 – December 21 (13 weeks)
Location: **Recreation Center Gym**
Fee: $115.00

****No Class October 12****

Tae Kwon Do For Children – CLASS CANCELLED!!!********

~~**Instructor:** **Laura Lewis,** 3rd 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.~~
~~**Day:** **Mondays**~~
~~**Ages:** **5-10 year olds**~~
~~**Time:** White belts/beginners -- 4:00 – 5:00 pm~~
~~Yellow Belts and Up ---- 5:00 – 6:00 pm~~
~~**Date:** September 21 – December 21 (13 weeks)~~
~~**Location:** **Recreation Center Gym**~~
~~**Fee:** $115.00~~

~~****No Class October 12****~~

Tap 1 Class

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: September 21 – November 23 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $85.00
Dress Code: Girls and boys should wear loose fitting clothes and tap shoes.

****No Class October 12****

Youth

Tap 2 Class

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: September 21 – November 23 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $85.00
Dress Code: Girls and boys should wear loose fitting clothes and tap shoes.

****No Class October 12****

Tap 3 Class

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: September 21 – November 23 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $85.00
Dress Code: Dance clothes and tap shoes.

****No Class October 12****

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: **Tuesdays**
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: September 22 – October 27 (6 weeks)
Session 2: November 10 – December 15 (6 weeks)
Location: **Wood Park Tennis Courts / Recreation Center Gym**
Fee: $125.00

****No Class November 3****

Youth

TGA Golf - After School

Content: 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 8,000+ students. The TGA curriculum utilizes drills and language that make it fun to learn golf for kids. As students advance through the 5-Level program they will learn basics and fundamentals of the sport 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. TGA provides all of the equipment to the students.

Contact: **Kevin Rooney,** Territory Director - krooney@playtga.com

Ages: **Grades K – 8**

Day: **Thursdays**

Dates: September 24 – October 29 (6 weeks)

Times: 3:30 – 4:30 pm -- K – 3 Graders
4:30 – 5:30 pm -- 4 – 8 Graders

Location: **Wood Park**

Fee: $125.00

Teen Yoga

Instructors: **Alyson Adashko Raskin,** PhD
Nancy Zurich, Certified Childrens Yoga Instructor

Content: Relax, stretch, focus, balance 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 and creative visualization. The atmosphere of the class is supportive and non-competitive. Wear comfortable clothes to move in.

Ages: **13-18 year olds (20 spots available)**

Day: **Wednesdays**

Time: 5:05 – 6:05 pm

Date: September 16 – November 18 (9 weeks)

Location: **Recreation Center Meeting Room**

Fee: $95.00

Youth

Yoga&Me™ and More

Instructors: **Alyson Adashko Raskin,** PhD
Nancy Zurich, Certified Childrens Yoga Instructor

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.

Day: **Wednesdays**
Ages: **6-12 year olds (20 spots available per class)**
Time: 4:05 – 5:00 pm
Date: September 16 – November 18 (9 Weeks)
Location: **Recreation Center Meeting Room**
Fee: $95.00

****No Class September 23****

US SPORTS INSTITUTE CLASSES

BASKETBALL: PRE-SEASON CLINIC (ages 5-6, 7-8, or 9-10): USSI's Pre Season Basketball program is ideal for recreation level players looking to enhance their expertise on the court.

FALL WEEKLY CLASSES

Day: **Thursdays**
Date: September 17 – October 29
Location: **Leonia Recreation Center**
Time: 3:45 – 4:45 pm (age 5 to 6)
5:00 – 6:00 pm (age 7 to 8)
6:00 – 7:00 pm (age 9 to 10)

Please go to website listed below for more information on First Play Basketball:
http://ussportsinstitute.com/programs/basketball/development-play-basketball.html

FIRST PLAY LACROSSE (ages 5-6 or 7-8): stick handling, passing, scooping, dodging and shooting as well as many other key techniques.

FALL WEEKLY CLASSES

Day: **Mondays**
Date: September 14 – October 26
Location: **Wood Park**
Time: 3:45 – 4:45 pm (age 5 to 6)
5:00 – 6:00 pm (age 7 to 8)

Please go to the website listed below for more information on First Play Lacrosse:
http://ussportsinstitute.com/programs/lacrosse.html

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Youth - US SPORTS INSTITUTE CLASSES

PARENT AND ME: SOCCER SQUIRTS (ages 2-3): With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities & games.

FALL WEEKLY CLASSES

Day: **Saturdays**
Date: Sept 12 – October 24
Location: **Wood Park**
Time: 3:15 – 4:05pm
Please go to website listed below for more info on Parent and Me: Soccer Squirts:
http://ussportsinstitute.com/parent-a-me-home/parent-a-me-soccer.html

PARENT AND ME: TOTAL SPORTS SQUIRTS (ages 2-3): With a helping hand from Mom or Dad children will have the opportunity to try Soccer, Lacrosse, Basketball, T-Ball, Floor Hockey and more!

FALL WEEKLY CLASSES

Day: **Sundays**
Date: September 13 - October 25
Location: **Wood Park**
Time: 11:30am – 12:20pm
Please go to website below for more information:
http://ussportsinstitute.com/parent-a-me-home/parent-a-me-sports.html

PRE ACADEMY SOCCER (ages 5-7): The Pre Academy program is the ideal next 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.

FALL WEEKLY CLASSES

Day: **Saturdays & Tuesdays**
Date: September 12 – October 24 (Sat); September 15 – October 27 (Tues)
Location: **Wood Park**
Time: 4:30 – 5:30 pm (Sat)
5:00 – 6:00 pm (Tues)

Please go to website listed below more information on Pre Academy Soccer:
http://ussportsinstitute.com/soccer-programs/pre-academy.html

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Youth - US SPORTS INSTITUTE CLASSES

SOCCER SQUIRTS (ages 3-5): Soccer Squirts learn the fundamental skills of soccer through a program of structured activities, fun based games, and scrimmages.

FALL WEEKLY CLASSES

Day: **Saturdays & Tuesdays**
Date: September 12 – October 24 (Sat); September 15 – October 27 (Tues)
Location: **Wood Park**
Time: 2:00 – 3:00 pm & 3:15 – 4:15 pm (Sat)
3:45 – 4:45 pm & 5:00 – 6:00 pm (Tues)

Please go to website listed below for more information on Soccer Squirts:
http://ussportsinstitute.com/squirts-home/soccer-squirts.html

T-BALL SQUIRTS (ages 3-4 or 5-6): This program is a great way to introduce your young sluggers to the exciting game of baseball!

FALL WEEKLY CLASSES

Day: **Sundays**
Date: Sept 13 – October 25
Location: **Wood Park**
Time: 9:00 – 10:00 am (both age groups)

Please go to website below for more information on T-Ball Squirts:
http://www.ussportsinstitute.com/squirts-home/t-ball-squirts.html

TOTAL SPORTS SQUIRTS (ages 3-4 or 5-6): Participants have the opportunity to try Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey, Parachute games and more in a safe, structured environment.

FALL WEEKLY CLASSES

Day: **Sundays**
Date: Sept 13 – October 25
Location: **Wood Park**
Time: 10:15 – 11:15 am (age 3 to 5)
11:30am – 12:30 pm (age 5 to 6)

Please go to website below for more information on Total Sports Squirts:
http://www.ussportsinstitute.com/squirts-home/sports-squirts.html

ADULTS/SENIORS

ADULT ARTISTS CORNER

Instructor: **Marco Reyes**

Content: Create captivating, expressive artwork defined in ink and brought to life with luminous watercolors. Explore fun, approachable exercises with guidance and discover the thrill of creating a composition and completing it with color, texture and contrast. Learn to use a pen and nib to create a variety of marks and line widths, each with its own visual language. Add the brush to create washes, tones, and dry-brush textures, then add watercolor to the mix to lead the viewer's eye into compelling atmospheric space. Master these fundamental techniques and more while you discover the secrets to successful still-life's, portraits and landscapes!

Ages/Day: **18 year olds and Up – Saturdays**

Time: 10:00 – 11:30 am

Dates: September 12 - November 21 (10 weeks)

Location: **Leonia Recreation Center Meeting Room**

Fee: $115.00

****No Class November 14****

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: **Tuesdays or Wednesdays**

Time: 6:00 – 7:00 pm (Tues)
11:00 – 12:30 pm (Wed)

Date: September 15/16 – November 17/18 (9 weeks)

Location: **Recreation Center Meeting Room**

Fee: $135.00 + $15.00 one-time fee for materials

****No Classes September 23 & November 3****

ARTISTS CORNER

Instructor: **Marco Reyes**

Content: Learn the skills to create anime drawings and gain the creative confidence to invent your own original characters! Discover how to transform your rough sketches into amazing, full color anime! Begin with a chibi rendering and learn how to use simple shapes and guidelines to create an expressive character. Progress to a more complex anime sketch and find out how to easily render the distinctive heart shaped face and winsome eyes of the anime world. Conquer changes in perspective as you learn how to translate a front-facing character to a side view, and transform your drawing from flat to fully volumetric with form building shading. Explore inspiring options for hair, eye and costume designs and learn to depict various facial expressions. Then, bring your character to life with bold inking and vibrant markers.

Ages/Day: **10 year olds and Up – Saturdays**

Time: 1:00 – 2:30 pm

Date: September 12 – November 21 (10 weeks)

Location: **Recreation Center Meeting Room**

Fee: $115.00

****No Class November 14****

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**
9:30 – 10:30 am **9:30 – 10:30 am**
Date: September 22 – December 10 (10 weeks)
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 September 23 & November 3, 5, 25, 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 matt 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: September 24 – December 10 (10 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $55.00 resident $70.00 non-resident

****No Classes November 5 & 26****

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: September 22 – December 1 (10 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $60.00 resident $75.00 non-resident

****No Class November 3****

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: September 21 – December 14 (10 Weeks)
Location: **Recreation Center Meeting Room**
Fee: $100.00 **OR** $10.00 per Session

****No Class October 12****

CIRCUIT TRAINING - METABOLISM MAKEOVER

Instructor: **Marisa Santoro,** Certified Personal Trainer – Aerobics and Fitness Association of America
Content: Add variety and different intensities to your workouts by using various fitness tools such as tubing, gliders, kettle bells and stability balls in a small group circuit training setting. Ms. Santoro is an experienced instructor who enjoys teaching functional movement because it brings maximum results in minimum time. This class will have you burning calories hours afterwards. An intermediate level of fitness experience is recommended. Equipment will be provided by instructor. 8 spots available – first come, first served. Please bring towel and water.
Day: **Thursdays & Fridays**
Time: 6:30 – 7:15 pm (Thurs)
12:00 – 12:45 pm (Fri)
Dates: September 24/25 – November 19/20 (8 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $90.00 ** $5.00 was added for recreation administrative fees**
$115.00 non-resident

****No Classes November 5 & 6****

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: September 22 – November 17 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $150.00 resident $175.00 non-resident

****No Class November 3****

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: September 21 – December 7 (10 Weeks)
Location: **Recreation Center Meeting Room**
Fee: $125.00

Day: **Thursdays**
Time: 6:30 – 7:30 pm
Date: September 24 – December 10 (10 weeks)
Location: **Recreation Center Meeting Room**
Fee: $125.00

Day: **Thursdays**
Time: 8:00 – 9:00 pm
Dates: September 24 – December 10 (10 weeks)
Location: **Recreation Center Meeting Room**
Fee: $125.00

****No Classes October 12 & November 5, 23, 26****

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: **Wednesdays**
Time: 11:30 am – 12:30 pm
Date: September 16 – December 2 (10 Weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $125.00 resident $150.00 non-resident
Dress Code: Wear comfortable clothes, bring mat or towel, and do not eat right before class.

ADULTS/SENIORS

LINE DANCING

Instructor: **Gloria Zimmerman**
Content: If you are looking for FUN FUN FUN, come join us and learn line dancing! Beginners are always welcome.
Ages: **55 year olds and Up**
Day: **Fridays**
Date: September 25 – December 11 (10 weeks)
Time: 10:30 – 11:30 am
Location: **Leonia Recreation Dance Studio**
Fee: $30.00 resident $40.00 non-resident

****No Classes November 6 & 27****

NEW PROGRAM!!! 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: September 22 – November 24 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $150.00 resident $175.00 non-resident

****No Class November 3****

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: September 21 – November 16 (Mon); September 24 – November 19 (Thurs)
Location: **Leonia Recreation Dance Studio**
Fee/Duration: $90.00 **$5.00 was added for recreation administrative fees**
$115.00 non-resident

****No Classes October 12 & November 5****

ADULTS/SENIORS

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/Day: **16 year olds and Up – Tuesdays**
Time: 8:00 – 9:00 pm
Date: September 22 – November 17 (9 weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $150.00 resident $175.00 non-resident

****No Class November 3****

OUTDOOR TENNIS RESERVATIONS

Content: Members may reserve an hour of court time for weekends by calling in their reservation to the Recreation Office at (201) 592-5783 between 9:00 am – 4:00 pm.
Date: September, 2015 – March, 2016
Fee: $75.00

SATURDAY YOGA

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

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: September 18 – November 20 (10 weeks)
Location: **Recreation Center Meeting Room**
Fee: $100.00 resident $125.00 non-resident

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 & Saturdays**
Time: 6:00 – 10:00 pm (Wed); 8:00 am – 12:00 pm (Sat)
Location: **Recreation Center Gym**
Fee: Wednesdays -- $60.00 resident $90.00 non-resident
Saturdays -- $40.00 resident $60.00 non-resident

ADULTS/SENIORS

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: 7:30 – 9:00 pm
Date: September 21 – December 21 (13 weeks)
Location: **Recreation Center Gym**
Fee: $115.00

****No Class October 12****

VOLLEYBALL

Instructor: **Shannon LaBianco**
Day: **Tuesdays**
Time: 8:30 – 10:30 pm (13 weeks)
Location: **Recreation Center Gym**
Fee: $25.00 **OR** $10.00 Single Night Play

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 – 11:20 am ***Please be on time***
Date: September 30 – December 9 (10 Weeks)
Location: **Leonia Recreation Dance Studio**
Fee: $125.00 resident $150.00 non-resident
Dress Code: Wear comfortable clothes, bring mat or towel, and do not eat right before class.

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: **Tuesdays**
Time: 7:30 – 8:30 pm
Date: September 15 – November 17 (9 weeks)
Location: **Recreation Gym**
Fee: $80.00

****No Class November 3****

ADULTS/SENIORS

US SPORTS INSTITUTE CLASSES

ADULT CARDIO TENNIS: This program is one of the most recent fitness initiatives to hit the US. All activities within the class are designed to raise your heart rate into the aerobic training zone, providing a whole body work out and burning optimal calories, all while improving your basic tennis skills. No tennis playing experience is necessary to join this class.

FALL WEEKLY CLASSES

Day: **Mondays**
Date: September 14 – October 26
Location: **Wood Park Tennis Courts**
Time: 9:30 – 10:30 am

Please go to website listed below for more information on Cardio Tennis:
http://ussportsinstitute.com/tennis-home/cardio-tennis.html

ADULT INSTRUCTIONAL TENNIS: This program follows developmental curriculums and guidelines laid out by the USTA. Regardless of previous experience, participants will learn the basic fundamentals in stroke production, court movement and footwork, in a low pressured, yet energetic environment.

This class is for beginner-to-intermediate level players. All players must provide their own racquet.

FALL WEEKLY CLASSES

Day: **Mondays**
Date: September 14 – October 26
Location: **Wood Park Tennis Courts**
Time: 10:30 – 11:30 am

Please go to website listed below for more information on Adult Tennis Classes:
http://ussportsinstitute.com/tennis-home/adult-tennis.html

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.

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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 _____

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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 PARTICIPANTS'S OWN MEDICAL INSURANCE.