



LEONIA RECREATION COMMISSION PRESENTS

La Comisión de Recreación de Leonia Presenta  
레오니아 레크리에이션 위원회 제공

# 2020 FALL PROGRAMS

PROGRAMA DE OTOÑO 2020  
2020 가을 프로그램

REGISTRATION BEGINS  
REGISTRACION COMIENZA  
등록 시작

*Monday*  
*El Lunes*  
월요일  
*August 24<sup>th</sup>*  
*24 de Agosto*  
8 월 24 일

# TABLE OF CONTENTS

## PRESCHOOL

2020 Fall Soccer School	01
Creative Movement	02
Runner's Gym	02
Toddler Art Class	03
Toddler Gym	03

## YOUTH

Calligraphy for Gen Z <b>NEW</b>	04
Cartooning and Sketching	04
Dance: Pre-Ballet	04
Minds in Motion: Titan Tank Technology <b>NEW</b>	05
Printmaking for Youth <b>NEW</b>	05
Project Sewing	06
Saturday Morning Stories & Crafts with Miss Donna	06
Saturday Morning Arts & Crafts with Miss Donna	07
Una Voce Junior Chorus	07
Table Tennis Kids	07
Tennis Lessons	08
Tyler Daniel's Basketball Pre-Season Fall Training	09
TGA: Cheer	10
TGA: Golf - Fall After School	10
TGA: Volleyball	11

## YOUTH / ADULTS

Calligraphy For Beginners	12
Creative Drawing	12
Fencing: Classical French Foil	12
Fencing: Northern Italian Dueling Sabre	13
Foil Fencing Time	13
Kumdo	14
Papermaking as Art <b>NEW</b>	14
Printmaking <b>NEW</b>	15

## ADULTS / SENIORS

Adult Sewing	16
Callanetics	16
Callanetics Seniors: Gentle Stretch & Toning	17
Cardio Callanetics	17
Rise and Shine Seniors: Yoga	18
Juicy Joints Chair Yoga	18
Juicy Joints Yoga	18
Full Body Fusion <b>NEW</b>	19
Line Dancing	19
Senior Exercise Class	19
Shamanic Drumming	20
Table Tennis Club	20
Tai Chi <b>NEW</b>	21

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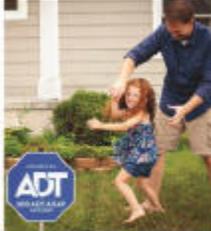
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# RECREATION DEPARTMENT STAFF

**BARBARA H. DAVIDSON**  
Superintendent

**SEAN KRAKOWER**  
Program Director

**DAVID TORRES**  
Office Manager

**MARION CASSIDY**  
Senior Coordinator

# LEONIA RECREATION COMMISSION

**JON ABOUAF**  
Chairperson

**MARILYN MULATO**

**JARED LEE**

**DENNYSSE HERNANDEZ**

**PAUL SPRINGOB**

**ANTHONY VASSALLO**

**VITO MAZZA**

**ALT: JASON KLEIN**

## OFFICE HOURS

MON, TUES, THUR, FRI | 8:30 am – 9:00 pm

WED | 8:30 am – 10:00 pm

\*\*VOICEMAIL AVAILABLE AFTER-HOURS FOR PROGRAM UPDATES\*\*

\*\*\*PROGRAM SCHEDULE WILL FOLLOW SCHOOL CALENDAR\*\*\*

## CLASSES START SEPTEMBER 14TH

### CLOSURE DATES

Mon Sep 28: Yom Kippur  
Thu-Fri Nov 5-6: Teachers Conference  
Thu-Sat Nov 26-28: Thanksgiving

### NOT CLOSED THIS YEAR. SCHOOL'S OPEN, REC OPEN

Fri Sep 18: Rosh Hashanah (no class)  
Mon Oct 12: Columbus Day  
Wed Nov 11: Veterans Day

The Recreation Commission meets at the Recreation Center Meeting Room, Located at 370 Broad Avenue

### PAYMENT METHODS

- Prior to attending any program, a Community Pass account must be activated.
- Community Pass accounts transfer between towns.
- **Method of payments:**
  - 4 major credit cards
  - Cash
  - Check
- Community Pass Link - [register.communitypass.net/leoniarecreation](https://register.communitypass.net/leoniarecreation)

### 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.

### INSURANCE

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

### FAMILY DISCOUNT

- Taken at time of registration. Register 2 immediate family members or more in the same program and you will receive a 10% discount for each participant.

### 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.

### 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.



**A FABRIC MASK MUST**  
**BE WORN TO ENTER**  
**AND DURING**  
**PROGRAMS UNLESS**  
**OTHERWISE NOTED AT**  
**LEONIANJ.GOV/REC**

**Do not wear the mask only over mouth  
or nose (both must be covered)**

**\*\*Masks SHOULD NOT be worn by children under  
age 2 or anyone who has trouble breathing\*\***

# 2020 FALL 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

INSTRUCTOR	<b>Zeno Cho - STL Academy</b>	
LEVELS	<b>PRE KICKERS</b>	<b>PRO KICKERS</b>
AGES	<b>4-6 year olds</b>	<b>7-10 year olds</b>
DAY	Tuesdays	Tuesdays
TIME	3:15 pm - 4:15 pm	4:15 pm - 5:15 pm
DATES	September 22nd - October 27th (6 classes)	
LOCATION	Wood Park	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$110.00</b>	<b>\$135.00</b>

**10 PARTICIPANTS PER AGE GROUP**



## CREATIVE MOVEMENT

A dance class that focuses on the joy of movement using activities that improve coordination, musicality, and expressiveness between parent & child. Parent engagement required.

INSTRUCTOR	<b>Sharon Snyder</b>	
DAY	Mondays	
AGES / TIME	<b>3-5 year olds</b> (8 spots available)   <b>3:30 pm – 4:00 pm</b>	
DATE	September 14 - November 16 (9 classes)	
LOCATION	<b>Online Via Zoom</b>	
DRESS	<ul style="list-style-type: none"> <li>• Girls should wear any color leotard with pink tights and pink ballet shoes.</li> <li>• Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.</li> </ul>	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$70.00</b>	<b>\$95.00</b>

**NO CLASS - SEPT. 28 - YOM KIPPUR**



## RUNNERS GYM

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 obstacles are some of the play highlights. Circle time songs, and the parachute are also included.

INSTRUCTOR	<b>Gehn Su</b>	
DAY	<b>MONDAY SESSION</b>	<b>FRIDAY SESSION</b>
AGES	2 - 4 year olds	2 - 4 year olds
TIME	10:30 am - 11:15 am	10:30 am - 11:15 am
DATES	September 14 - November 23 (10 weeks)	September 18 - December 4 (10 weeks)
LOCATION	Recreation Center Gym	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$90.00 per session</b>	<b>\$115.00 per session</b>

**\*\*\* PARENT / CAREGIVER PARTICIPATION REQUIRED \*\*\***

**NO CLASS - SEPT. 28, NOV. 6 & 27 - YOM KIPPUR, TEACHER CONVENTION, THANKSGIVING**

## TODDLER ART CLASS

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!

INSTRUCTOR	<b>Gehn Su</b>	
DAY	Tuesdays	
AGES / TIME	<b>Ages 1 - 4 year olds   10:15 am - 11:00 am</b>	
DATE	September 15 - November 17 (10 weeks)	
LOCATION	Recreation Center Gym	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$100.00</b>	<b>\$125.00</b>

**\*\*\* PARENT / CAREGIVER PARTICIPATION REQUIRED \*\*\***



## TODDLER GYM

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, and Lummi sticks! Parent/caregiver participation required.

INSTRUCTOR	<b>Gehn Su</b>	
DAY	<b>MONDAY SESSION</b>	<b>FRIDAY SESSION</b>
AGES	12 – 24 months	12 – 24 months
TIME	9:30 am - 10:15 am	9:30 am - 10:15 am
DATES	September 14 - November 23 (10 weeks)	September 18 - December 4 (10 weeks)
LOCATION	Recreation Center Gym	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$90.00 per session</b>	<b>\$115.00 per session</b>

**NO CLASS - SEPT. 28, NOV. 6 & 27 - YOM KIPPUR, TEACHER CONVENTION, THANKSGIVING**

**NEW**

## CALLIGRAPHY FOR GEN Z

Script (Copperplate Calligraphy) is a lost art, yet the youth are fascinated by different artistic fonts. The fundamentals of calligraphy will be a creative outlet for all of their crafts and doodling. **All materials are included.**

INSTRUCTOR	<b>Allen Terrell</b>	
DAY	Wednesday	
AGES / TIME	<b>10-17 years old</b> (6 spots available)   <b>3:30 pm - 5:00 pm</b>	
DATE	September 16 - November 4 (8 weeks)	
LOCATION	Recreation Center Meeting Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$135.00</b>	<b>\$160.00</b>

## CARTOONING AND SKETCHING

So many of our kids sketch but feel frustrated with their drawings. This class breaks down the process and teaches them the essentials. They will be motivated by their progress. Figurative drawing for cartoons and animation are the primary content of this class. **All materials are included.**

INSTRUCTOR	<b>Allen Terrell</b>	
DAY	Thursdays	
AGES / TIME	<b>10 - 17 years old</b> (6 spots available)   <b>3:30 pm - 5:00 pm</b>	
DATE	September 17 - November 12 (8 weeks)	
LOCATION	Recreation Center Meeting Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$125.00</b>	<b>\$150.00</b>

**NO CLASS NOVEMBER 5 - TEACHER CONVENTION**



## DANCE: PRE-BALLET

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

INSTRUCTOR	<b>Sharon Snyder</b>	
DAY	Mondays	
AGES / TIME	<b>5 - 7 years old</b> (10 spots available)   <b>4:30 pm – 5:00 pm</b>	
DATE	September 14 - November 16 (9 classes)	
LOCATION	<b>Online Via Zoom</b>	
DRESS	<ul style="list-style-type: none"> <li>• Girls should wear any color leotard with pink tights and pink ballet shoes.</li> <li>• Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.</li> </ul>	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$70.00</b>	<b>\$95.00</b>

**NO CLASS - SEPT. 28 - YOM KIPPUR**

## NEW MINDS IN MOTION: TITAN TANK TECHNOLOGY

Build and take home your very own Titan Tank! The Titan Tank is an infrared remote control kit. Its microprocessor provides different channels that allow up to four Titans to fight each other at the same time! It makes action sounds when shooting and when it is hit. The Titan moves using six wheels that can move forward, backward, right and left. Learn how the Titan Tank works by its use of remote control, infrared transmitting modules, motors, battery terminals, circuit boards, many gears, and more! You can compete with your friends on who can drive their Titan Tank the fastest or battle each other using your shooting indicator and life indicator. You will also learn all about how radio controlled devices work and the great benefits of using these devices. Come join and take part in Titan Tank tons of educational fun in this very exciting program!

INSTRUCTOR	<b>German Galindo</b>	
DAY	Monday	
AGES / TIME	<b>8 - 13 years old</b> (12 spots available)   <b>5:00 pm - 6:00 pm</b>	
DATE	September 14 - November 9 (8 weeks)	
LOCATION	Recreation Center Gym	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$165.00</b>	<b>\$190.00</b>

**NO CLASS - SEPT. 28 - YOM KIPPUR**

## NEW PRINTMAKING FOR YOUTH

Youth expects immediate results, and printmaking will satisfy that need. Printmaking provides a broad outlet for so many possibilities and experimentation without having to deal with the rules of representational painting. It's perfect for the impatient but creative student.

INSTRUCTOR	<b>Allen Terrell</b>	
DAY	Tuesday	
AGES / TIME	<b>10 - 17 years old</b> (6 spots available)   <b>3:30 pm - 5:00 pm</b>	
DATE	September 15 - November 3 (8 weeks)	
LOCATION	Recreation Center Meeting Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$140.00</b>	<b>\$105.00</b>

## PROJECT SEWING

This sewing class is 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! This class is open to both boys and girls who wish to pursue their own fashion creativity. Ms. Su has 20 years of sewing experience.

INSTRUCTOR	<b>Gehn Su</b>	
DAY	Tuesdays	
AGES / TIME	<b>Grades 2 - 8</b> (6 spots available)   <b>3:30 pm - 4:30 pm</b>	
DATE	September 15 - November 17 (10 weeks)	
LOCATION	Recreation Center Meeting Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$130.00</b>	<b>\$155.00</b>

## SATURDAY MORNING STORIES & CRAFTS WITH MISS DONNA

Welcome back friends! Join Miss Donna each week for story time and a fun arts and crafts activity. Little ones will paint, draw, sculpt, and create brag worthy projects. After the guided lesson, students will be able to work independently at one of Miss Donna's Creation Stations set up around the room. Beading, drawing, clay, and so much more!

INSTRUCTOR	<b>Donna Centrella</b>	
DAY	Saturday	
LOCATION	September 12 - December 5 (10 classes)	
AGES	<b>4 - 6 years old (10 max spots)</b>	<b>4 - 6 years old (10 max spots)</b>
TIME	9:30 am - 10:15 am	10:30 am - 11:15 am
LOCATION	Recreation Center Art Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$85.00</b>	<b>\$110.00</b>

**\*\*\* STUDENTS MAY ONLY SIGN UP FOR ONE TIME SLOT \*\*\***  
**NO CLASS - SEPT. 19, OCT. 31, NOV. 28 - ROSH HASHANAH, HALLOWEEN, THANKSGIVING**

## SATURDAY MORNING ARTS & CRAFTS WITH MISS DONNA

Miss Donna is back for a new season of fun filled Arts & Crafts projects. Each week students will participate in a guided activity and then follow up with some independent time at one of the Creation Stations set up around the room. The possibilities are endless. We will be painting, drawing, making jewelry and slime. Using crayons, chalk, clay, watercolors, and so much more! Can't wait to catch up with old friends, and to meet new ones too!

INSTRUCTOR	<b>Donna Centrella</b>	
DAY	Saturday	
AGES / TIME	<b>7 - 9 years old (10 max spots)   11:30 am - 12:15 pm</b>	
DATE	September 12 - December 5 (10 classes)	
LOCATION	Recreation Center Art Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$85.00</b>	<b>\$110.00</b>

**NO CLASS - SEPT. 19, OCT. 31, NOV. 28 - ROSH HASHANAH, HALLOWEEN, TEACHER CONVENTION, THANKSGIVING**



## UNA VOCE JUNIOR CHORUS

Does your child love to sing? Would he or she enjoy performing in front of a live audience? Then this is the class for you! Una Voice is Leonia Recreation's very first Junior Chorus, designed with little ones in mind. Led by Leonia's own award-winning singer, Miss Gianna Williamson. Students will learn all the basic techniques on how to sing and perform as one voice, Una Voice. Each week, they will learn vocal warmups, breathing techniques, tongue twisters that train our brains, and sing fun songs. Miss Donna & Miss Gianna can't wait to see our old friends and look forward to meeting new ones too!

INSTRUCTOR	<b>Gianna Williamson &amp; Donna Centrella</b>	
DAY	Friday	
AGES / TIME	<b>4 - 11 years old</b> (20 max students)   <b>4:30 pm - 5:15 pm</b>	
DATE	September 25 - December 4 (9 classes)	
LOCATION	Online Via Zoom	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$85.00</b>	<b>\$110.00</b>

**NO CLASS - NOV 6 & 27 - TEACHER CONVENTION, THANKSGIVING**

## TABLE TENNIS KIDS

Welcome to the fun world of Table Tennis where our USA Table Tennis affiliated trainers make the training session a fun way of learning. Table Tennis offers many benefits in a growing child's body and mind. It improves physical fitness, alertness, hand-eye co-ordination and much more. In our training classes, kids get will get challenged to keep focus and motivated. **Rackets and necessary equipment are provided for training purposes.**

INSTRUCTOR	<b>Sue Chakravorty / Luz Brisset</b>	
DAY	Tuesdays	
AGES / TIME	<b>6 - 13 years old</b> (12 spots available)   <b>4:30 pm - 5:30 pm</b>	
DATE	September 15 - November 3 (8 Weeks)	
LOCATION	Recreation Center Gym	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$125.00</b>	<b>\$150.00</b>



# TENNIS LESSONS

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. **Participants must bring their own racket to class. Rackets will not be provided.**

INSTRUCTOR	<b>Barry Ruback</b>			
DAY	<b>SESSION 1 - TUESDAYS</b>		<b>SESSION 2 - TUESDAYS</b>	
DATES	September 15 - October 13 (5 weeks)		November 17 - December 15 (5 weeks)	
LOCATION	Wood Park Tennis Courts		Recreation Center Gym	
AGES	Grades K and up		Grades K and up	
TIME	<b>K - 1 Graders</b>	<b>2 - 3 Graders</b>	<b>4 - 5 Graders</b>	<b>6 Graders and Up</b>
	3:15 pm – 4:15 pm	4:15 pm – 5:15 pm	5:15 pm – 6:15 pm	6:15 pm– 7:15 pm
FEE	<b>RESIDENTS</b>		<b>NON RESIDENTS</b>	
	<b>\$110.00 per session</b>		<b>\$135.00 per session</b>	

**\*\*\* Program will move inside the Leonia Recreation Center Gym in the event of rain \*\*\***



# TYLER DANIEL'S BASKETBALL PRE-SEASON FALL TRAINING

Want to be part of a fast-paced, fun, and exhilarating sport? You can by participating in the game of basketball. All Leonia basketball clinics emphasize a fundamental-based, and informative environment while instructing your child through various skill development drills, friendly competitions, and game-like scrimmages. All participants will be grouped by skill level and proper competitive balance to allow your child to continue to develop as a basketball player. The clinic will be led by Tyler Daniel who was a three-year varsity starter and all-league player at Morris Knolls High School and played collegiate basketball at New England College.

INSTRUCTOR	<b>Tyler Daniel</b>		
DAY	Friday		
AGES	<b>K - 3rd Grade</b>	<b>4th - 8th Grade</b>	<b>9th - 12th Grade</b>
TIME	3:30 pm - 4:30 pm	4:30 pm - 5:30 pm	5:30 pm - 6:30 pm
DATE	September 11 - October 30 (8 weeks)		
LOCATION	Wood Park Outdoor Basketball Courts		
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>	
	<b>\$130.00</b>	<b>\$155.00</b>	



## TGA: CHEER

Get in the spirit with TGA cheerleading class! Students participate in station-based activities that develop tumbling, stunting, choreography, motions, jumps and performance skills in every lesson. TGA coaches follow proper stunt progression and spotting protocol to ensure a safe and fun environment that incorporates academics and life skills. Come show us your spirit.

DAY	Wednesdays	
AGES	<b>Ages 5-8</b>	<b>Ages 9-12</b>
TIME	3:30 pm – 4:30 pm	4:30 pm – 5:30 pm
DATES	September 16 - October 21 (6 weeks)	
LOCATION	Wood Park	
FEE	<b>\$110.00</b>	

Sign up online at : <https://bergencounty.playtga.com>

**\*\*NO CLASS OCTOBER 9 - YOM KIPPUR \*\***

## TGA: GOLF – FALL AFTER SCHOOL

Get ready to tee it up at TGA golf classes! Our action-packed program is perfect for beginners and more experience players to build driving, chipping, and putting skills while learning valuable life lessons including perseverance, leadership, and sportsmanship. TGA provides all the equipment, plus our amazing coaches keep students' bodies and minds active through station-based activities that explore rules & etiquette lessons and academic concepts through golf. Come rip some drives, sink some putts, and have a blast at TGA golf classes this season!

DAY	Thursdays	
AGES	<b>Ages 5-8</b>	<b>Ages 9-12</b>
TIME	3:30 pm – 4:30 pm	4:30 pm – 5:30 pm
DATES	September 19 – October 24 (6 weeks)	
LOCATION	Wood Park	
FEE	<b>\$110.00</b>	

Sign up online at : <https://bergencounty.playtga.com>



## TGA: VOLLEYBALL

Ready, set, spike! TGA Volleyball brings an exciting, fast-paced game that develops the skills of teamwork, passing, setting, serving, spiking, and blocking in each lesson. Coaches lead students through games and activity stations that incorporate athletics, academics, and life skills to create a fun and encouraging environment. Come serve it up with TGA today!

DAY	Mondays		
AGES	<b>Ages 4-6</b>	<b>Ages 7-10</b>	<b>Ages 11-14</b>
TIME	3:30 pm – 4:30 pm	4:30 pm – 5:30 pm	5:30 pm - 6:30 pm
DATES	September 16 - November 4		
LOCATION	Wood Park		
FEE	<b>\$110.00</b>		

Sign up online at : <https://bergencounty.playtga.com>

**\*\*NO CLASS SEPTEMBER 30 & OCTOBER 14 - ROSH HASHANAH & COLUMBUS DAY\*\***



## CALLIGRAPHY FOR BEGINNERS

You've seen beautiful handwritten calligraphy on Etsy and craft videos on Youtube.com. It's easy to learn, and you'll find so much joy in creating and sharing beautiful handwritten Thank You Notes, Labels, Holiday Cards, Invitations, Poetry, Memoir Books and so much more. We will be learning "Copperplate Calligraphy". **Materials are included.**

INSTRUCTOR	<b>Allen Terrell</b>	
DAY	Monday	
AGE / TIME	<b>Adults and Teens (15+)</b> (6 spots available)   <b>7:00 pm - 8:30 pm</b>	
DATE	September 4 - November 9 (8 Weeks)	
LOCATION	Recreation Center Dance Studio	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$130.00</b>	<b>\$155.00</b>

**NO CLASS - SEPT. 28 - YOM KIPPUR**

## CREATIVE DRAWING

Drawing is fundamental to every art form and will improve every aspect of your creative life. All of us need to "create" in order to live, and learning how to draw fulfills that need. All materials are included.

INSTRUCTOR	<b>Allen Terrell</b>	
DAY	Sundays	
AGE / TIME	<b>Adults and Teens (15+)</b> (6 spots available)   <b>7:00 pm - 8:30 pm</b>	
DATE	September 27 - November 22 (9 weeks)	
LOCATION	Recreation Center Meeting Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$125.00</b>	<b>\$150.00</b>

## FENCING: 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.

INSTRUCTOR	<b>Jared Kirby</b>	
DAY	Tuesday	
AGE / TIME	<b>10 years old through Adults</b> (12 spots available)   <b>6:00 pm – 7:00 pm</b>	
DATE	September 15 - November 10 (9 weeks)	
LOCATION	Recreation Dance Studio	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$155.00</b>	<b>\$180.00</b>

## FENCING: NORTHERN ITALIAN DUELING SABRE

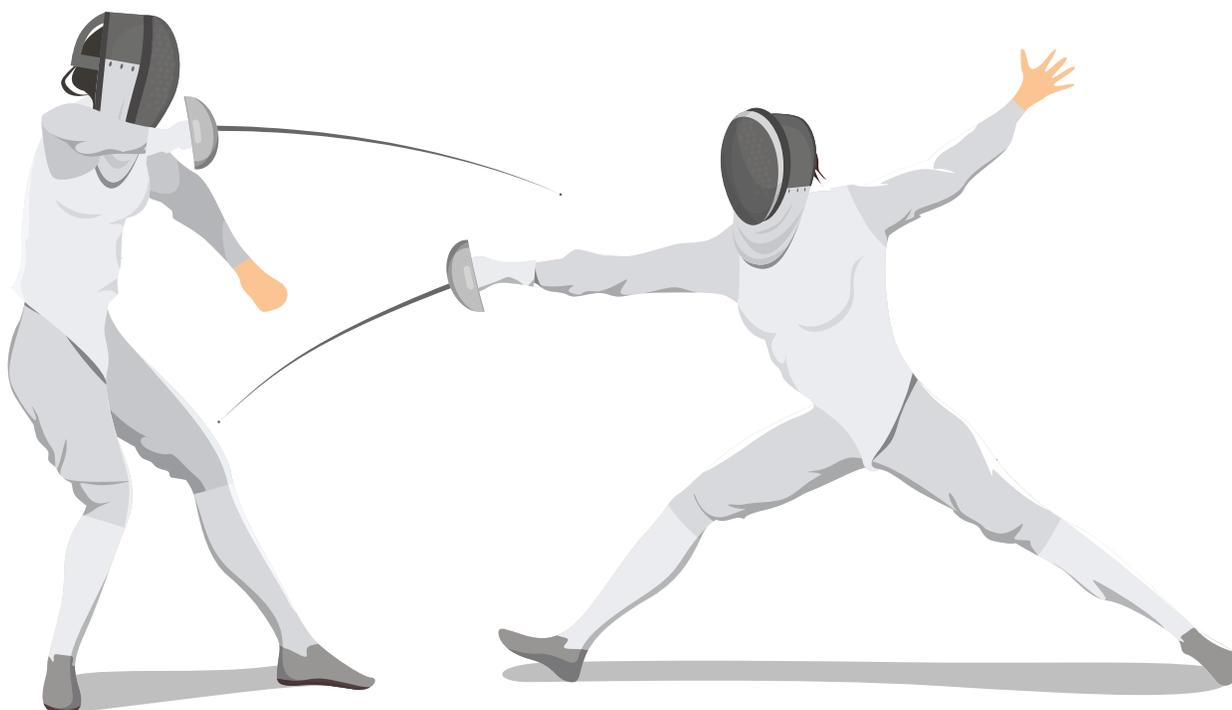
Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners, class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses of this cut & thrust weapon. **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.

INSTRUCTOR	<b>Jared Kirby</b>	
DAY	Tuesdays	
AGE / TIME	<b>16 years old through Adults</b> (8 spots available)   <b>7:00 pm - 8:00 pm</b>	
DATE	September 15 - November 10 (9 weeks)	
LOCATION	Recreation Dance Studio	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$155.00</b>	<b>\$180.00</b>

## FOIL FENCING TIME

This session is only for existing students with approval from Maestro Kirby to sign up. This time will be broken up into Free Fencing as well as Formal Assaults to give students the opportunity to apply what they have learned in the regular classes. Prerequisites: You must have all your own fencing gear and the correct uniform.

INSTRUCTOR	<b>Jared Kirby</b>	
DAY	Tuesday	
AGES / TIME	<b>12 years old through Adults</b> (6 spots available)   <b>7:00 pm - 8:00 pm</b>	
DATE	September 15 - November 10 (9 weeks)	
LOCATION	Recreation Dance Studio	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$105.00</b>	<b>\$130.00</b>



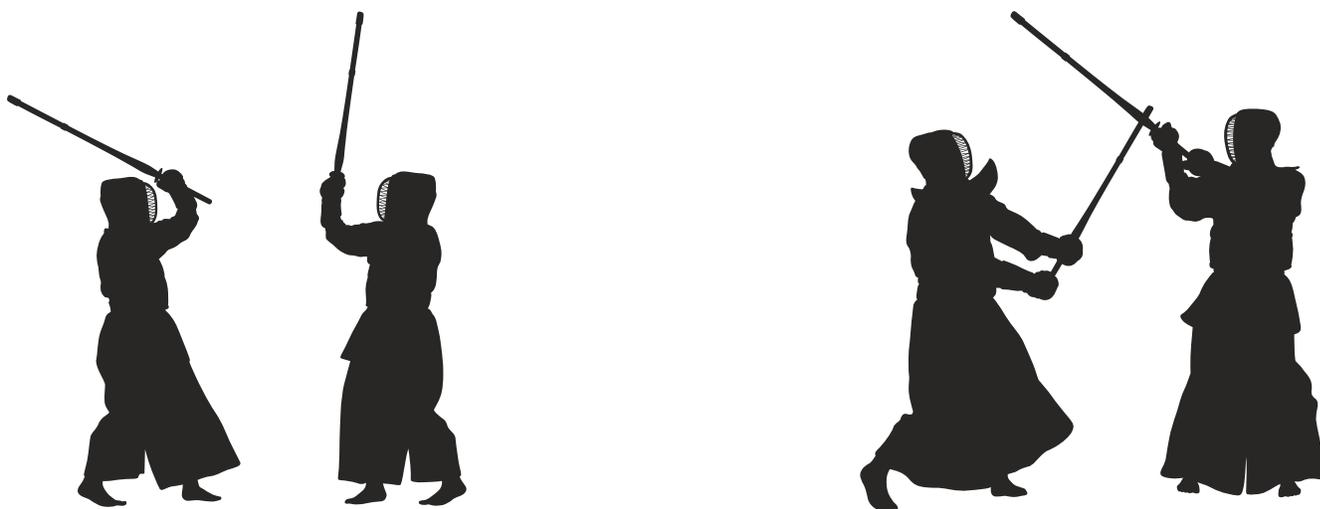
## KUMDO

The concept of Kumdo is to discipline the human character through the application of the principles of the sword. The purpose of practicing Kudmo is to mold the mind and body, to cultivate a vigorous spirit, and through correct and rigid training, to strive for improvement in the art of Kumdo, to learn to have honor, to treat others with sincerity and to forever pursue bettering oneself. Kumdo can be beneficial to oneself by: learning how to respect others and oneself, improving on concentration, relieving stress, building confidence, promoting good health, strengthening spiritual strength, emphasizing good posture, acquiring self-defense skills and losing weight.

INSTRUCTOR	<b>Jinwoo Jang</b> - 4th Degree Black Belt, Korea Kumdo Associaiton	
DATE	September 14 - December 3	
DAY	<b>MONDAY &amp; THURSDAY</b>	
AGES	Age 8 and up, beginner	Ages 8 and up, All Levels
TIME	7:00 pm – 7:50 pm	8:00 pm – 9:45 pm
LOCATION	Recreation Center Gym	Recreation Center Gym
FEE	<b>RESIDENT</b> \$195.00	<b>NON-RESIDENT</b> \$220.00

**\*\* FEE BASED ON 2 CLASSES PER WEEK (TOTAL 20 CLASSES) \*\***

**NO CLASS - SEPT. 28, OCT. 12, NOV. 5TH & 26TH - YOM KIPPUR, COLUMBUS, TEACHER CONVENTION, THANKSGIVING**



## NEW

## PAPERMAKING AS ART

Have you enjoyed receiving or giving a note or gift made out of beautiful handmade paper? You can learn how to make paper from items around the house and yard. Imagine the joy of handmade paper as artwork or use it for elegant and unique cards and envelopes. Papermaking is a creative and sophisticated way to show how much you care for those in your life. **All materials are included**

INSTRUCTOR	<b>Allen Terrell</b>	
DAY	Wednesday	
AGES / TIME	<b>Adults and Teens (15+)</b> (6 spots available)   <b>7:00 pm - 8:30 pm</b>	
DATE	September 16 - November 4 (8 Weeks)	
LOCATION	Recreation Center Meeting Room	
FEE	<b>RESIDENTS</b> \$140.00	<b>NON RESIDENTS</b> \$165.00

**NEW**

# PRINTMAKING

YOUTH / ADULTS

Printmaking is the perfect foundational class to help you understand color and composition. The satisfaction of seeing final products through the process of printmaking is an encouraging way to see results and it will excite you to eventually take up painting and other art forms. You don't need any experience to learn how to make beautiful prints. **All materials are included**

INSTRUCTOR	<b>Allen Terrell</b>	
DAY	Tuesday	
AGES / TIME	<b>Adults and Teens (15+)</b> (6 spots available)   <b>7:00 pm - 8:30 pm</b>	
DATE	September 15 - November 3 (8 weeks)	
LOCATION	Recreation Center Meeting Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$140.00</b>	<b>\$165.00</b>



## ADULT SEWING

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.

INSTRUCTOR	<b>Gehn Su</b>	
DAY	Wednesdays	
TIME	<b>11:15 am - 12:45 am</b> (6 spots available)	
DATE	September 16 - November 18 (10 weeks)	
LOCATION	Recreation Center Meeting Room	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$140.00</b>	<b>\$165.00</b>



## CALLANETICS

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. Bring your own mat (and yoga strap if needed) and socially distance with your fellow classmates under the trees in Wood Park behind the Recreation Center. **(1) Wear your mask to and from class. (2) Masks are required if class is indoors.**

INSTRUCTOR	<b>Lynne Marrotta</b>	
AGE	Adults	
DAY	<b>THURSDAY SESSION</b>	<b>SATURDAY SESSION</b>
TIME	9:30 am – 10:30 am	9:30 am – 10:30 am
DATE	September 10 - October 29 (8 weeks)	September 12 - October 31 (8 weeks)
LOCATION	Wood Park (Recreation Center Gym in event of rain)	
FEE	<b>RESIDENT</b>	<b>NON-RESIDENT</b>
	<b>\$85.00</b> (One Class)	<b>\$110.00</b> (One Classes)
	<b>\$150.00</b> (Two Classes)	<b>\$175.00</b> (Two Classes)

**NO CLASS - APRIL 18 & MAY 16**

## CALLANETICS SENIORS: GENTLE STRETCH & TONING

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 also learn how to effectively get up and down on the mat. This relaxed atmosphere will enable you to learn about your body at your own pace. You will learn to keep your back, neck and knees protected as you strengthen. I Bring your own mat (and yoga strap if needed) and socially distance with your fellow classmates under the trees in Wood Park behind the Recreation Center. **(1) Wear your mask to and from class. (2) Masks are required if class takes place indoors due to weather.**

INSTRUCTOR	<b>Lynne Marotta</b>	
DAY	Thursdays	
TIME	<b>10:45 am – 11:45 am</b> (6 spots available)	
DATE	September 10 - October 29 (8 weeks)	
LOCATION	Wood Park (Recreation Center Gym in event of rain)	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$60.00</b>	<b>\$70.00</b>

## CARDIO CALLANETICS

Join your fellow classmates socially distancing for a low impact aerobics class. You will learn six simple dance steps that will use your full range of motion, increase fluidity and cardiovascular fitness. Wear a mask to and from class. It is not recommended during class.

INSTRUCTOR	<b>Lynne Marotta</b>	
DAY	Thursdays	
TIME	<b>8:45 am - 9:15 am</b>	
DATE	September 10 - October 29 (8 weeks)	
LOCATION	Wood Park (Recreation Center Gym in event of rain)	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$60.00</b>	<b>\$85.00</b>



## RISE AND SHINE SENIORS

Attend Physically or Virtually. Classes Recorded LIVE! Start your week with this high energy class that offers seniors safe and fun ways to move from a chair. Class uses 1940's Big Band soundtrack to work on coordination, balance, and gentle muscle strengthening. Use of weights or soup cans encouraged but not required.

INSTRUCTOR	<b>Alison Miller</b> - 200 hour Vinyassa Cert. + 200 hour Kripalu Cert.	
DAY	Monday	
AGE / TIME	<b>Senior</b> (8 spots available)   <b>10:00 am - 10:45 am</b>	
DATE	September 14 - November 9 (8 weeks)	
LOCATION	Recreation Dance Studio	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$80.00</b>	<b>\$105.00</b>

**NO CLASS - SEPT 28 - YOM KIPPUR**

## JUICY JOINTS CHAIR YOGA

Work gently yet dynamically from a seated position. Class will cover breathing techniques, meditation, isometrics, and gentle stretches to build the body safely and precisely.

INSTRUCTOR	<b>Alison Miller</b> - 200 hour Vinyassa Cert. + 200 hour Kripalu Cert.	
DAY	Friday	
AGE / TIME	<b>Senior</b> (8 spots available)   <b>12:00 pm - 12:45 pm</b>	
DATE	September 25 - November 20 (8 weeks)	
LOCATION	Recreation Dance Studio	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$80.00</b>	<b>\$105.00</b>

**NO CLASS - NOV 6 - TEACHER CONVENTION**



## JUICY JOINTS YOGA

This is not your typical yoga class. Focus is given to balance and foot stretching and articulation. Classes are suitable for all ages and levels of experience. 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. Generous attention is given to each student to support their growth and development.

INSTRUCTOR	<b>Alison Miller</b> - 200 hour Vinyassa Cert. + 200 hour Kripalu Cert.	
DAY	Tuesday	
AGE / TIME	<b>Adults</b> (15 spots available)   <b>10:00 am - 11:00 am</b>	
DATE	September 15 - November 3 (8 classes)	
LOCATION	Wood Park (Recreation Center Gym in event of rain)	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$90.00</b>	<b>\$115.00</b>

**NEW****FULL BODY FUSION**

Attend Physically or Virtually. Classes Recorded Live! This class combines weight training, pilates, yoga, and HIIT workouts to build the body as a complete system. Students are encouraged to bring a mat, light weights and resistance bands and to wear sneakers if practicing outside

INSTRUCTOR	<b>Alison Miller</b> - 200 hour Vinyassa Cert. + 200 hour Kripalu Cert.	
DAY	Monday	
AGE / TIME	<b>Adults</b> (15 spots available)   <b>11:30- 12:15pm</b>	
DATE	September 14 - November 9 (8 weeks)	
LOCATION	Wood Park (Recreation Center Gym in event of rain)	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$90.00</b>	<b>\$115.00</b>

**NO CLASS - SEPT 28 - YOM KIPPUR****LINE DANCING**

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

INSTRUCTOR	<b>Gloria Zimmerman</b>	
DAY	Fridays	
AGES / TIME	<b>Seniors</b> (10 spots available)   <b>10:30 am - 11:30 am</b>	
DATE	September 18 - December 4 (10 classes)	
LOCATION	Recreation Center Gym	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$35.00</b>	<b>\$45.00</b>

**NO CLASS - NOVEMBER 6 & 27 - TEACHER CONVENTION, THANKSGIVING****SENIOR EXERCISE CLASS**

This senior exercise class tones the whole body and improves bone density, flexibility, balance and coordination. It is a fun workout choreographed to a variety of music by the original artists from the 40's, 50's and 60's. The one-hour class, for women and men, is done standing and sitting in a chair. Bring hand weights and ankle weights, if desired.

INSTRUCTOR	<b>Susan Van Valen</b>	
DAY	<b>MONDAY SESSION</b>	<b>THURSDAY SESSION</b>
TIME	12:45 pm - 1:45 pm	10:45 am - 11:45 am
DATE	September 14 - November 23 (10 weeks)	September 17 - December 3 (10 weeks)
LOCATION	Recreation Center Gym	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$35.00 per 10 week session</b>	<b>\$45.00 per 10 week session</b>

**NO CLASS - SEPT. 28, NOV 5 & 26 - YOM KIPPUR, TEACHER CONVENTION, THANKSGIVING**

## SHAMANIC DRUMMING

Rhythmic adventure with drums, rattles, and other percussion instruments. Explore Shamanic tradition and experience a ritual called "journeying."

INSTRUCTOR	<b>Anne Wennhold</b>	
DAY	Friday	
AGE / TIME	<b>Adults   9:30 am - 11:00 am</b>	
DATE	September 25 - November 20 (9 weeks)	
LOCATION	Online Via Zoom	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$85.00</b>	<b>\$110.00</b>

## TABLE TENNIS CLUB

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.

COORDINATOR	<b>Sol Epstein / David Torres / Jordan Zeigler</b>	
AGE	18 years old and up	
DAY	<b>WEDNESDAYS SESSION</b>	<b>SATURDAYS SESSION</b>
TIME	5:00 pm - 10:00 pm	8:00 am - 12:00 pm
DATE	Membership through December 2020	
LOCATION	Recreation Center Gym	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$35.00 per session</b>	<b>\$45.00 per session</b>



**NEW****TAI CHI**

Tai Chi (Taijiquan), is an internal Chinese martial art with proven health benefits. This introduction class teaches Traditional Tai Chi 24 (Yang style), which takes 3-6 minutes to perform and is a complete physical exercise, balancing and rejuvenating both the internal circulatory system and external musculature. It is gentle enough for men and women of any age, experience and ability level. Wear comfortable clothes and shoes (thin and flat soles for better performance)

INSTRUCTOR	<b>Jason Zhao</b>	
DAY	Thursday	
AGE / TIME	<b>Adults</b> (15 spots available)   <b>7:00 pm - 8:00 pm</b>	
DATE	September 17 - December 3 (10 weeks)	
LOCATION	Recreation Center Dance Studio	
FEE	<b>RESIDENTS</b>	<b>NON RESIDENTS</b>
	<b>\$85.00</b>	<b>\$110.00</b>

**NO CLASS - NOV 5 & 26 - TEACHER CONVENTION, THANKSGIVING**



# LEONIA

## FALL SPORTS PROGRAMS & CAMPS



In association with  
Leonia Recreation



### FALL SCHOOL'S OUT CAMPS

Sport	Age	Day	StartTime	EndTime	StartDate	EndDate	Price
Schools Out: Multi Sports Camp	5 to 11	Mon	9:00 AM	12:00 PM	5-Nov	6-Nov	\$ 90
Schools Out: Multi Sports Camp	5 to 11	Mon	9:00 AM	12:00 PM	28-Dec	30-Dec	\$ 105

### FALL WEEKLY CLASSES

Sport	Age	Day	StartTime	EndTime	StartDate	EndDate	Price
Tennis	3 to 5	Sat	9:30 AM	10:15 AM	9/19/2020	11/7/2020	\$177
Tennis	5 to 8	Sat	10:30 AM	11:30 AM	9/19/2020	11/7/2020	\$177
Tennis	5 to 8	Sat	11:45 AM	12:45 PM	9/19/2020	11/7/2020	\$177
Soccer	3 to 4	Sat	1:45 PM	2:45 PM	9/19/2020	11/7/2020	\$177
Soccer	4 to 5	Sat	3:00 PM	4:00 PM	9/19/2020	11/7/2020	\$177
Soccer-Parent & Me	2 to 3	Sat	3:00 PM	4:00 PM	9/19/2020	11/7/2020	\$177
Soccer	6 to 7	Sat	4:15 PM	5:15 PM	9/19/2020	11/7/2020	\$177
Soccer	3 to 4	Sun	9:00 AM	10:00 AM	9/20/2020	11/8/2020	\$177
Soccer	5 to 6	Sun	9:00 AM	10:00 AM	9/20/2020	11/8/2020	\$177
Multi Sports	3 to 5	Sun	10:15 AM	11:15 AM	9/20/2020	11/8/2020	\$177
Soccer-Parent & Me	2 to 3	Sun	10:15 AM	11:15 AM	9/20/2020	11/8/2020	\$177
Soccer	3 to 4	Sun	11:30 AM	12:30 PM	9/20/2020	11/8/2020	\$177
Multi Sports-Parent & Me	2 to 3	Sun	11:30 AM	12:30 PM	9/20/2020	11/8/2020	\$177
Multi Sports	3 to 5	Sun	1:00 PM	2:00 PM	9/20/2020	11/8/2020	\$177
Soccer	5 to 6	Sun	1:00 PM	2:00 PM	9/20/2020	11/8/2020	\$177
Soccer	3 to 4	Mon	3:45 PM	4:45 PM	9/21/2020	11/2/2020	\$157
Soccer	3 to 4	Mon	4:00 PM	5:00 PM	9/21/2020	11/2/2020	\$157
Soccer	5 to 6	Mon	5:00 PM	6:00 PM	9/21/2020	11/2/2020	\$157
T-Ball	3 to 4	Wed	3:45 PM	4:45 PM	9/23/2020	11/4/2020	\$157
T-Ball	5 to 6	Wed	5:00 PM	6:00 PM	9/23/2020	11/4/2020	\$157
Basketball	5 to 7	Thu	4:00 PM	5:00 PM	9/24/2020	11/5/2020	\$157
Basketball	8 to 10	Thu	5:15 PM	6:15 PM	9/24/2020	11/5/2020	\$157
Track & Field	3 to 5	Fri	3:45 PM	4:45 PM	9/25/2020	11/6/2020	\$157
Track & Field	5 to 7	Fri	5:00 PM	6:00 PM	9/25/2020	11/6/2020	\$157

### FALL 2 WEEKLY CLASSES

Sport	Age	Day	StartTime	EndTime	StartDate	EndDate	Price
Soccer	5 to 7	Sun	9:15 AM	10:15 AM	11/22/2020	12/20/2020	\$ 117
Soccer	3 to 5	Sun	10:30 AM	11:30 AM	11/22/2020	12/20/2020	\$ 117
Soccer-Parent & Me	2 to 3	Sun	11:45 AM	12:45 PM	11/22/2020	12/20/2020	\$ 117
Foundation Basketball	5 to 6	Fri	4:00 PM	5:00 PM	11/20/2020	12/18/2020	\$ 117
Preseason Basketball	6 to 8	Fri	5:15 PM	6:15 PM	11/20/2020	12/18/2020	\$ 109
Preseason Basketball	8 to 10	Fri	7:00 PM	8:00 PM	11/20/2020	12/18/2020	\$ 109

Programs take place at Wood Park, Sylan Park & Leonia Recreation Center.



- ✓ Ages 2-11, All Abilities, Boys & Girls
- ✓ Professional Staff
- ✓ All equipment provided
- ✓ Visit us online for full class details, learning objectives, and more!

### LIMITED SPACE

**Registration:** Online or by phone.

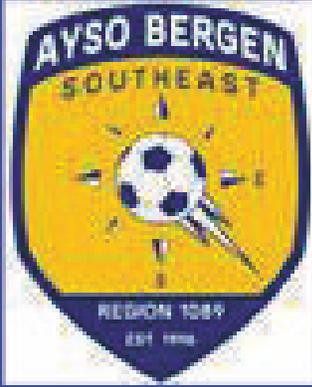
Register soon as these classes typically sell out!

### CONTACT USSI

Online: [USsportsInstitute.com](http://USsportsInstitute.com)

Phone: (866) 345-BALL

Email: [Info@USsportsInstitute.com](mailto:Info@USsportsInstitute.com)



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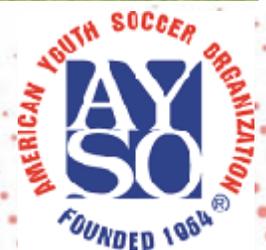
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For more information, visit [ayso1089.org](http://ayso1089.org) or  
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# ON THE HORIZON!



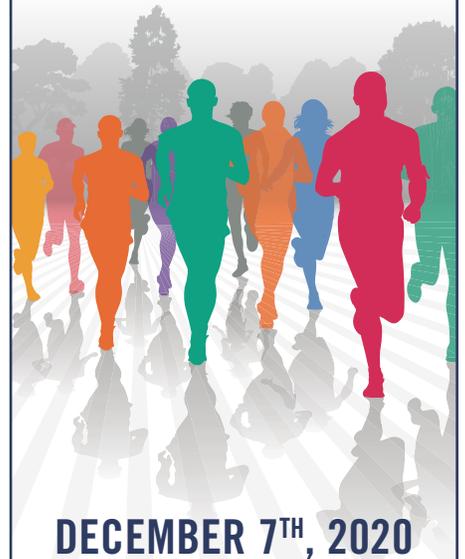
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## Suzie Park

Real Estate Sales Associate

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suziepark@kw.com



"Suzie has been a Leonia Resident for 13 years and is raising her 3 children in Leonia. She has a deep cultural understanding of both the English and Korean speaking communities - and is bilingual."

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Kathi is a life long resident of Leonia and an appointee of the Shade Tree Commission.  
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