

# Berkeley Heights Recreation | Fall Program Booklet 2022



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<b>Office</b>	(908) 464-0550	<b>Recreation Office</b>	29 Park Avenue
<b>Carolyn George, Associate Director</b>	Option 1 cgeorge@bhtwp.com	<b>Community Center</b>	29 Park Avenue
<b>Administrative Assistant</b>	Option 2 recreation@bhtwp.com	<b>Columbia Park</b>	411 Plainfield Avenue
		<b>Columbia Tennis Courts</b>	411 Plainfield Avenue

## Registration Instructions:

The Berkeley Heights Recreation Department offers a secure, online registration for seasonal programs using CommunityPass. With just a few easy steps, you can register your family online 24/7 from home, work or anywhere with an internet connection.

**NOTE:** On credit card statements the charge will appear as "Twp. of Berkeley Heights Government Services".

<http://register.communitypass.net/berkeleyheights>

### New Users:

Create your Community Pass account by accessing the link noted above and following the prompts. Be sure to include your email address, emergency contact information and special considerations, if any. Please save your username and password (put it in a safe place) so you can easily login in the future.

### Existing Users:

Please practice logging into your account prior to registration by using the link above. You are welcome to call the Recreation Office if you've forgotten your username or password, as they can reset it for you (or if you have any other questions). Be sure to update any information that is out of date!

## When can I register?

Online Registration begins **Friday, August 12<sup>th</sup> @ 10:00 am** for both residents and non-residents. Online registration ends for everyone on **Friday, September 9<sup>th</sup> @ 11:00 pm**.

**Once the online deadline has passed, you will still be able to register on your own** through CommunityPass and complete all of the necessary forms. You will automatically be placed on a WAITLIST. If there is space available in the class, you will be released through the CommunityPass system. At which time, you will receive an email prompting you to pay for the class. **The class must be paid for BEFORE attending your first session.**



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The 2022 Spring Season runs from  
 Saturday, September 10<sup>th</sup>, through Saturday, November 19<sup>th</sup>.  
**Be sure to check each individual program for specific dates and times.**

## September

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- 10 – Fall Programs **Start**
- 22 – Blaze Hoop Crew **Start**
- 26 – No Classes: Rosh Hashanah

## October

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 5 – No Flag Football or Tennis
- 10 – No Afterschool Classes
- 24 – Flag Football: **End**
- 27 – Tennis & Blaze Hoop Crew: **End**
- 29 – Soccer: **End** | 31 – Tennis: **End**

## November

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 9 – No Afterschool Classes
- 10 – No Programs: Teacher's Convention
- 11 – No Programs: Teacher's Convention
- 12 – No Programs: Teacher's Convention
- 19 – Fall Season: **End**

## Policies:

**REFUNDS:** In order to receive a refund, please notify Berkeley Heights Recreation within 48 hours after the first class. **NO REFUNDS will be given after 48 hours of the first session.** We are only able to refund your credit card within 24 hours of initial payment – after that time, refunds are given as a Household Credit.

**RESIDENCY STATUS:** Either Berkeley Heights or otherwise will be verified. Registrations made using false residency will be void with payments non-refundable. Non-residents will be charged an additional \$25.00 program fee (per program).

**MAIL-IN REGISTRATIONS:** We will not accept mail-in registrations. Please use CommunityPass to complete the registration process online.

**CHECKS:** Please make checks payable to Berkeley Heights Recreation.

**LOW ENROLLMENT:** If a program is cancelled before the session begins, the CommunityPass household will be credited the entire amount. Fees cannot be voided after 24 hours from credit card accounts.

**CANCELLATIONS:** On occasion, programs are cancelled due to inclement weather, instructor illness or other circumstances outside the participants control. Participants will be advised of cancellations via email. Please be sure that the email address included on CommunityPass is current and correct. Be on the lookout for emails from: recreation@bhtwp.com (make sure it's not going in your junk mail).

**WAITLIST:** After classes reach their maximum capacity, participants who sign up are put on a Waitlist, and **are not charged for the program.** In the event that space becomes available in the class, you will be notified VIA EMAIL. **The system will NOT automatically "register you," nor will your credit card be charged– you must complete the process and make payment for said program before participating in your first class.**

If you sign up for a class in the first week and you are placed on a Waitlist, **do not panic** – it is likely the class is not full. There are certain programs that have had low attendance in the past. Thus, instead of charging you for the class, canceling it and then crediting your CommunityPass account, we will place you on a Waitlist where you will not be charged. You will then be notified VIA EMAIL if the class is running, and then prompted to complete the sign-up process and pay for the class.



# Toddler & Pre-K Community Center

**Monday** September 12 – November 14 NO CLASS: 9/26  
**Tuesday** September 13 – November 15  
**Thursday** September 15 – November 17 NO CLASS: 11/10  
**Friday** September 16 – November 18 NO CLASS: 11/11

Monday					
Mommy & Me	Recreation Staff	10:45-11:45 AM	Ages: 9mo.-3	Sessions: 9	\$ 90
Create & Play Pre-K	Recreation Staff	12:15-2:15 PM	Ages: 18mo.-4	Sessions: 9	\$ 180
Tuesday					
Create & Play Pre-K	Recreation Staff	9:30-11:30 AM	Ages: 18mo.-4	Sessions: 10	\$ 200
Thursday					
Fun Bunch & Lunch	Recreation Staff	9:00-12:00 PM	Ages: 3-6	Sessions: 9	\$ 270
Fun Bunch	Recreation Staff	12:15-2:15 PM	Ages: 3-6	Sessions: 9	\$ 180
Friday					
Creative Movement	Jessica Lombardi	9:00-9:45 AM	Ages: 3-6	Sessions: 9	\$ 165
Fun Bunch & Lunch	Recreation Staff	9:00-12:00 PM	Ages: 3-6	Sessions: 9	\$ 270
Fun Bunch	Recreation Staff	12:15-2:15 PM	Ages: 3-6	Sessions: 9	\$ 180

**CREATIVE MOVEMENT** Dance and Music are used to interpret story ideas as children develop poise, balance, and flexibility.

**FUN BUNCH & LUNCH** Each session includes playtime, supervised games, and a creative craft! Children should bring a lunch and a snack.

**FUN BUNCH** Each session includes playtime, supervised games, and a creative craft! Children should bring a snack.

**CREATE & PLAY PRE-K** This free play class is geared towards preschool aged children. We promote social learning through cooperative and imaginative play utilizing the mat room (to run around) as well as the play room. Children should bring a snack (optional).

**MOMMY & ME** Entertain your baby (and yourself) in an environment other than your home! Chat with other moms as your baby develops their social learning. We utilize the mat room for a great soft surface to crawl/walk as well as the toy room where children can explore with their imaginations.



## After School Community Center

<b>Monday</b>	September 12 – November 14	NO CLASS: 9/26, 10/10
<b>Tuesday</b>	September 13 – November 15	
<b>Wednesday</b>	September 14 – November 16	NO CLASS: 11/9
<b>Thursday</b>	September 15 – November 17	NO CLASS: 11/10
<b>Friday</b>	September 16 – November 18	NO CLASS: 11/11

### Monday

All Sports	Multi-Purpose Room	Recreation Staff	3:30-4:30 PM	Grades: K-3	Sessions: 8	\$ 120
LEGO Lab*	Craft Room	Recreation Staff	3:30-4:30 PM	Grades: 1-3	Sessions: 8	\$ 120
Speed, Agility, & Conditioning	Multi-Purpose Room	Dario Hernandez	4:45-6:00 PM	Grades: 4-6	Sessions: 8	\$ 175

### Tuesday

Art: Printmaking	Craft Room	Alicia Lang	3:30-4:30 PM	Grades: 1-3	Sessions: 10	\$ 200
Art: Printmaking	Craft Room	Alicia Lang	4:45-5:45 PM	Grades: 4-6	Sessions: 10	\$ 200
Dodgeball	Multi-Purpose Room	Recreation Staff	3:30-4:30 PM	Grades: 2-4	Sessions: 10	\$ 150
Dodgeball	Multi-Purpose Room	Recreation Staff	4:30-5:30 PM	Grades: 5-7	Sessions: 10	\$ 150

### Wednesday

LillySprouts Healthy Cooking	Senior Kitchen	Liliana Bussin	3:30-4:30 PM	Grades: 1-5	Sessions: 9	\$ 315
Yoga	Multi-Purpose Room	Joanne Bruno	3:30-4:30 PM	Grades: 1-3	Sessions: 9	\$ 175
Dance & Tumble	Mat Room	Alicia Lang	3:30-4:30 PM	Grades: 1-4	Sessions: 9	\$ 135
Table Tennis	Multi-Purpose Room	Howard Lee	5:00-6:00 PM	Grades: 4-8	Sessions: 9	\$ 135
Table Tennis	Multi-Purpose Room	Howard Lee	6:00-7:30 PM	Ages: 14+	Sessions: 9	\$ 205

### Thursday

Chess Club	Craft Room	Recreation Staff	3:30-4:30 PM	Grades: 1-4	Sessions: 9	\$ 135
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### Friday

Dodgeball	Multi-Purpose Room	Recreation Staff	3:30-4:30 PM	Grades: K-3	Sessions: 9	\$ 135
Yoga	Mat Room	Joanne Bruno	3:30-4:30 PM	Grades: 3-5	Sessions: 9	\$ 175
Speed, Agility, & Conditioning	Multi-Purpose Room	Dario Hernandez	4:45-6:00 PM	Grades: 4-6	Sessions: 9	\$ 195

## Youth Tennis Columbia Tennis Courts

<b>Tuesday</b>	September 13 – October 25	RAIN DATE: 11/2
<b>Wednesday</b>	September 14 – October 26	NO CLASS: 10/5   RAIN DATE: 11/2
<b>Thursday</b>	September 15 – October 27	RAIN DATE: 11/3

### Tuesday

Skills & Drills	Maria Mahon	3:15-4:15 PM	Grades: 3-5	Sessions: 7	\$ 140
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### Wednesday

Skills & Drills	Maria Mahon	3:13-4:15 PM	Grades: K-2	Sessions: 6	\$ 120
Middle School	Maria Mahon	6:30-7:30 PM	Grades: 6-8	Sessions: 6	\$ 120

### Thursday

Skills & Drills	Maria Mahon	3:15-4:15 PM	Grades: K-2	Sessions: 7	\$ 140
Skills & Drills	Maria Mahon	6:30-7:30 PM	Grades: 3-5	Sessions: 7	\$ 140



## Youth After School Programs

### Community Center & Tennis Courts

- ALL SPORTS** Basic skills, rules and sportsmanship are taught as students participate in fun warm-ups, soccer, ball-hockey, kickball, tee ball, dodge ball, capture the flag, and other classic games.
- CHESS CLUB** **Basic Chess knowledge is a MUST!** Students will participate in casual play and group lessons. Only two players per table will be permitted. Masks will be worn.
- DANCE & TUMBLE** Dance & Tumble is a fun way for children to get moving! Stretch, tumble on the mats, and let loose with some fun dances like the Cha Cha Slide, Cotton Eye Joe, and more!
- DODGEBALL** Children have fun playing dodge ball while releasing some of their energy!
- LEGO LAB** This program is for children who love to sit and create with LEGOs! Who can build the tallest tower? Who can create a house using only red LEGOs? Work as a group or on individual projects. The possibilities are endless! Come join the fun.
- LILLYSPROUTS HEALTHY COOKING** Taught by a certified health coach, cooking instructor, and "allergy mom," this class will provide the perfect opportunity for children to learn nutrition and cooking skills that foster healthy lifestyles in a fun environment. All food and utensils are provided! Students will leave with a great set of practical skills!
- PRINTMAKING** Students will learn to create works of art using a variety of printmaking methods. Experimenting with various materials to create mixed media art.
- SPEED, AGILITY, & CONDITIONING** Taught by a certified personal trainer/speed and agility specialist, this class will help kids increase speed, agility, strength, explosive movements and improve overall performance in any sport. The class will include fun drills and games tailored to all skill levels. This is an important time in a young athlete's life to develop sound motor skills and movement patterns that are essential not only for future athletic potential, but for life!
- TABLE TENNIS** You will learn basic rules and proper playing etiquette, serves, strokes, and footwork. Participate in drills, games, and tournament-style play.
- YOGA** This program teaches children how to breath, maintain a better well-being and become aware of their bodies while stretching to benefit stronger bones and growth. Children also have fun stretching into animal shapes! Mats are provided. Students may bring their own yoga mats if they wish.
- YOUTH TENNIS** **Skills & Drills:** Age-appropriate tennis games, focusing on hand-eye coordination are introduced along with basic tennis skills. Students will work on developing and practicing the skills necessary for tennis under the expert guidance of our professional tennis instructors.  
**Middle School:** Beginner players and intermediate players - clinic is focused on teaching technique for groundstrokes, volleys and serve. Emphasis is also placed on creating good rallying skills)



## Flag Football

### Lower Columbia Park

**Monday & Wednesday** September 12 – October 24  
 RAIN DATE: 10/26  
 NO CLASS: 9/26, 10/5, 10/10

#### Monday & Wednesday

Grades 1 & 2	Parent Assisted	4:30-5:30 PM	Sessions: 10 (Mon: 5 / Weds: 5)	\$ 150
Grades 3 & 4	Parent Assisted	5:30-6:30 PM	Sessions: 10 (Mon: 5 / Weds: 5)	\$ 150
Grades 5 & 6	Parent Assisted	6:30-7:30 PM	Sessions: 10 (Mon: 5 / Weds: 5)	\$ 150
Grades 7 & 8	Parent Assisted	6:30-7:30 PM	Sessions: 10 (Mon: 5 / Weds: 5)	\$ 150

**FLAG FOOTBALL** Learn the basics of Football while playing in a moderately competitive environment. Mouth guards are required and children are recommended to wear comfortable clothes and cleats.

## Blaze Hoop Basketball

Various Locations

**Thursday** September 22 – October 27  
 RAIN DATE: 11/3

#### Thursday

Grades K & 1 (Co-Ed)	Community Center Multipurpose Room	3:30-4:30pm	Sessions: 6	\$ 135
Grades 3 & 4 (Boys)	Lower Columbia Park: Court 1	3:30-4:30pm	Sessions: 6	\$ 135
Grades 3 & 4 (Girls)	Lower Columbia Park: Court 2	3:30-4:30pm	Sessions: 6	\$ 135
Grades 1 & 2 (Co-Ed)	Community Center Multipurpose Room	4:45-5:45pm	Sessions: 6	\$ 135
Grades 5 & 6 (Boys)	Lower Columbia Park: Court 1	4:45-5:45pm	Sessions: 6	\$ 135
Grades 5 & 6 (Girls)	Lower Columbia Park: Court 2	4:45-5:45pm	Sessions: 6	\$ 135

**BLAZE HOOP BASKETBALL** Age-appropriate skills, including: dribbling, passing, and shooting are taught and perfected through instructional games and expert guidance. Your child will learn teamwork, leadership, discipline, confidence, self-esteem, and competition! Run by coaches of 30+ years!

## Youth Soccer

Lower Columbia Park

**Saturday** September 10 – October 29  
 RAIN DATE: 11/5

#### Saturday

Ages: 3 ½-7	United Soccer Academy	9:00-10:00 AM	Sessions: 8	\$ 160
Ages: 3 ½-7	United Soccer Academy	10:15-11:15 AM	Sessions: 8	\$ 160
Ages: 3 ½-7	United Soccer Academy	11:30-12:30 PM	Sessions: 8	\$ 160

**SOCCER** Kids will learn the foundational skills needed in soccer, while having fun and burning off energy. Multiple instructors allow for classes to be divided by age/skill level so students learn more targeted techniques.



## Adult Fitness Community Center

<b>Monday</b>	September 12 – November 14	NO CLASS: 9/26
<b>Tuesday</b>	September 13 – November 15	
<b>Wednesday</b>	September 14 – November 16	
<b>Thursday</b>	September 15 – November 17	NO CLASS: 11/10
<b>Friday</b>	September 16 – November 18	NO CLASS: 11/11

Community Members age 65 and up are eligible for a \$20.00 Discount on fitness programs. *Cannot be put towards "Open Circuit."*

### Monday - Friday

Open Circuit	Community Center Fitness Center	No Instructor	10:00-4:00 PM	Sessions: Unlimited	\$ 95
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### Tuesday

Beginners Bootcamp	Community Center: Multipurpose Room	Dario Hernandez	9:00-10:00 AM	Sessions: 10	\$ 250
Yoga	Community Center: Mat Room	Joanne Bruno	10:00-11:00 AM	Sessions: 10	\$ 225
Yoga	Community Center	Joanne Bruno	6:00-7:00 PM	Sessions: 10	\$ 225

### Thursday

Beginners Bootcamp	Community Center: Multipurpose Room	Dario Hernandez	9:00-10:00 AM	Sessions: 9	\$ 225
Yoga	Community Center	Joanne Bruno	10:00-11:00 AM	Sessions: 9	\$ 205
Yoga	Community Center	Joanne Bruno	6:00-7:00 PM	Sessions: 9	\$ 205

**BEGINNERS BOOTCAMP** This class will focus on building strength, improving cardiovascular health, increasing stamina, and burning fat. The boot camp workout is a type of high-intensity interval training (HIIT) that includes bursts of intense activity alternated with intervals of lighter activity. We will also focus on functional fitness, such as using whole-body, multi-joint exercises that simulate daily life activities. Come join us for an hour of fun while improving your overall health and fitness. Whether you are new to exercise, starting over, or continuing to stay fit, come work at your pace in a judgement-free zone. *\*\*Sign up for BOTH sessions, save \$75!*

**YOGA** Increase your sense of well-being through the slow and gentle, yet challenging movements of Hatha Yoga. Note: wear shorts, leggings, or footless tights. Bring your mat and belt. *All Levels!*

**OPEN CIRCUIT** Work out at your own pace, on your own time, with your own goals. All the same benefits of a home gym – just not in your home! There is no instructor for this program – it is completely self-driven!

## Adult Tennis Columbia Tennis Courts

<b>Monday</b>	September 12 – October 31	NO CLASS: 9/26   RAIN DATE: 11/7
<b>Thursday</b>	September 15 – October 27	RAIN DATE: 11/3

### Monday

Advanced	Maria Mahon	9:00-10:00 AM	Sessions: 7	\$140
Intermediate	Maria Mahon	10:00-11:00 AM	Sessions: 7	\$140
Beginner	Maria Mahon	11:00-12:00 PM	Sessions: 7	\$140

### Thursday

Advanced	Maria Mahon	9:00-10:00 AM	Sessions: 7	\$140
Intermediate	Maria Mahon	10:00-11:00 AM	Sessions: 7	\$140
Beginner	Maria Mahon	11:00-12:00 PM	Sessions: 7	\$140

**ADVANCED** For players who like fast paced drills and play, have accurate serves and are consistent on their strokes!

**INTERMEDIATE** For players who are consistent on their strokes but like a slower level of play with more instruction.

**BEGINNER** For players that have never played before or haven't played in a while and are out of practice.

