

Berkeley Heights Recreation | Winter Program Booklet 2022/23



What's Inside:

Registration Instructions	1
2022/23 Winter Calendar and Policies	2
Toddler & Pre-K	3
After School	4
Youth Sports	6
Adult Programs	7

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Recreation Department	29 Park Avenue
Multipurpose Room	Lower Level
Craft Room	Lower Level
Mat Room	Lower Level
Fitness Center	Lower Level
Senior Kitchen	1 st Floor Lobby

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 Be sure to update any information that is out of date!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?

NEW!

SAVE UP TO \$36 PER CLASS when you register during our **EARLY BIRD Registration!**
AND! Registration will remain open through the second week of programs!

EARLY BIRD REGISTRATION:

Starts: Monday, October 24th @ 8:00 am
Ends: Sunday, November 20th @ 11:59 pm

REGULAR REGISTRATION:

Starts: Monday, November 21st @ 12:00 am
Ends: Monday, December 12th @ 12:00 am



Berkeley Heights Recreation | Winter Program Booklet 2022/23

The 2022/23 Winter Season runs from
Monday, November 28th, through Friday, February 24th.

(February 25 – March 4 are reserved for “Snow-Outs”)

Be sure to check each individual program for specific dates and times.

December

S	M	T	W	T	F	S
27	28	29	30	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

Nov. 28 – Winter Programs **START**
3 – **Santa Visit @ Town Hall!**
10 – Blaze Hoop Crew **START**
23-31 – NO Classes: Winter Break

January

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				

16 – NO Classes: MLK Jr. Day
24 – Pre-K Soccer **END**
26 – Youth Soccer **END**

February

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	1	2	3	4

11 – Blaze Hoop Crew **END**
17-20 – NO Classes: Presidents' Day
24 – Winter Programs **END**
Week of 27 – Snow Date Makeup Sessions

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 refunded to credit card accounts after 24 hours from initial registration.

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 **are joining a class after December 11**, you will automatically be put on a waitlist. This does not mean the class is full. You will be notified via email if there is space in the class for you.



Toddler & Pre-K Community Center (29 Park Ave)

Monday	November 28 – February 13	NO CLASS: 12/26, 1/16
Tuesday	November 29 – February 21	NO CLASS: 12/27
Thursday	December 1 – February 23	NO CLASS: 12/29
Friday	December 2 – February 24	NO CLASS: 12/23, 12/30, 2/17

Monday				
Mommy & Me	10:45-11:45 AM	Ages: 9mo.-3	Sessions: 10	\$ 100 / \$110
Tuesday				
Create & Play Pre-K	9:30-11:30 AM	Ages: 18mo.-4	Sessions: 12	\$ 240 / \$ 264
Thursday				
Fun Bunch & Lunch	9:00-12:00 PM	Ages: 3-6	Sessions: 12	\$ 360 / \$ 396
Friday				
Creative Movement	11:30-12:15 PM	Ages: 3-6	Sessions: 10	\$ 150 / \$ 158
Fun Bunch & Lunch	9:00-12:00 PM	Ages: 3-6	Sessions: 10	\$ 300 / \$ 330
Fun Bunch	12:15-2:15 PM	Ages: 3-6	Sessions: 10	\$ 200 / \$ 220

CREATIVE MOVEMENT **Instructor:** Jessica Lombardi

Dance and music are used to interpret story ideas as children develop poise, balance, and flexibility.

FUN BUNCH & LUNCH **Instructor:** Recreation Staff

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

FUN BUNCH **Instructor:** Recreation Staff

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

CREATE & PLAY PRE-K **Instructor:** Recreation Staff

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 **Instructor:** Mommy Lead

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.

**** Be sure to register by November 20th to receive our Early Bird Pricing! ****



After School: Full Community Center (29 Park Ave)

Monday	November 28 – February 13	NO CLASS: 12/26, 1/16
Wednesday	November 30 – February 22	NO CLASS: 12/28
Thursday	December 1 – February 23	NO CLASS: 12/29
Friday	December 2 – February 24	NO CLASS: 12/23, 12/30, 2/17

Monday

All Sports	Multi-Purpose Room	3:30-4:30 PM	Grades: K-3	Sessions: 10	\$ 150 / \$ 160
LEGO Lab*	Craft Room	3:30-4:30 PM	Grades: 1-3	Sessions: 10	\$ 150 / \$ 160
Speed, Agility, & Conditioning	Multi-Purpose Room	4:45-6:00 PM	Grades: 4-6	Sessions: 10	\$ 269 / \$ 294

Wednesday

LillySprouts Healthy Cooking	Senior Kitchen (1 st Floor)	3:30-4:30 PM	Grades: 1-5	Sessions: 12	\$ 360 / \$ 384
Dodgeball	Multi-Purpose Room	3:30-4:30 PM	Grades: 4-6	Sessions: 12	\$ 180 / \$ 192
Table Tennis	Multi-Purpose Room	5:00-6:00 PM	Grades: 4-8	Sessions: 12	\$ 180 / \$ 192
Table Tennis	Multi-Purpose Room	6:00-7:30 PM	Ages: 14+	Sessions: 12	\$ 270 / \$ 288

Thursday

Chess Club	Craft Room	3:30-4:30 PM	Grades: 1-4	Sessions: 12	\$ 180 / \$ 192
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Friday

Dodgeball	Multi-Purpose Room	3:30-4:30 PM	Grades: K-3	Sessions: 10	\$ 150 / \$ 160
Yoga	Mat Room	3:30-4:30 PM	Grades: 3-5	Sessions: 10	\$ 195 / \$ 205
Speed, Agility, & Conditioning	Multi-Purpose Room	4:45-6:00 PM	Grades: 4-6	Sessions: 10	\$ 269 / \$ 294

After School: A Community Center

Tuesday	November 29 – January 10	NO CLASS: 12/27
Wednesday	November 30 – January 11	NO CLASS: 12/28

Tuesday

Art: Printmaking	Craft Room	3:30-4:30 PM	Grades: 1-3	Sessions: 6	\$ 120 / \$ 126
Art: Printmaking	Craft Room	4:45-5:45 PM	Grades: 4-6	Sessions: 6	\$ 120 / \$ 126

Wednesday

Dance & Tumble	Mat Room	3:30-4:30 PM	Grades: 1-4	Sessions: 6	\$ 90 / \$ 96
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**** Be sure to register by November 20th to receive our Early Bird Pricing! ****



Youth After School Programs

Community Center

ALL SPORTS Instructor: Carolyn George & Recreation Staff

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 Instructor: Carolyn George & Recreation Staff

Basic Chess knowledge is a MUST! Students will participate in casual play & group lessons.

DANCE & TUMBLE Instructor: Alicia Lang

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 Instructor: Carolyn George & Recreation Staff

Children have fun playing dodge ball while releasing some of their energy!

LEGO LAB Instructor: Carolyn George & Recreation Staff

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 Instructor: Liliana Bussin

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!

ART: PRINTMAKING Instructor: Alicia Lang

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 Instructor: Dario Hernandez

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 Instructor: Howard Lee

You will learn basic rules and proper playing etiquette, serves, strokes, and footwork. Participate in drills, games, and tournament-style play.

YOGA Instructor: Joanne Bruno

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.



Pre-K Soccer

Community Center

Tuesday November 29 – January 24

NO CLASS: 12/27

Tuesday

Ages: 3-5	Multipurpose Room	3:30-4:30 PM	Sessions: 8	\$ 160 / \$ 176
Ages: 3-5	Multipurpose Room	4:30-5:30 PM	Sessions: 8	\$ 160 / \$ 176

Pre-K Soccer Instructor: United Soccer Academy

Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Players will be taught through structured activities, fun games, and scrimmages. No prior experience is required and the focus is to provide a positive environment for all children while providing opportunities for motor skill development, social interaction and above all, a really fun introduction to the sport of soccer!

Youth Soccer

Community Center

Thursday December 1 – January 26

NO CLASS: 12/29

Thursday

Ages: 6-7	Multipurpose Room	3:30-4:30 PM	Sessions: 8	\$ 160 / \$ 176
Ages: 8-9	Multipurpose Room	4:30-5:30 PM	Sessions: 8	\$ 160 / \$ 176
Ages: 10-11	Multipurpose Room	5:30-6:30 PM	Sessions: 8	\$ 160 / \$ 176

Youth Soccer Instructor: Superior Soccer

This program will provide a fun, high quality environment in which children can develop soccer skills to the maximum of their potential. Emphasis is placed on developing ball skills and on learning many positions on the soccer field. Players will learn how to control and manipulate the ball with all surfaces of the feet as well as learning when to dribble, pass, and shoot. This is important in the development of technical skills and helps the player gain a better understanding of the sport.

Blaze Hoop Basketball

Community Center

Saturday December 10 – February 11

SNOW DATE: 2/25

Saturday

Grades: K-1	Multipurpose Room	9:00-10:00 AM	Sessions: 8	\$ 180 / \$ 196
Grade 2	Multipurpose Room	10:15-11:15 AM	Sessions: 8	\$ 180 / \$ 196
Grades: K-1	Multipurpose Room	11:30-12:30 PM	Sessions: 8	\$ 180 / \$ 196

BLAZE HOOP BASKETBALL Instructor: Blaze Hoop Crew Team

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!

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Adult Programs Community Center

Monday	November 28 – February 13	NO CLASS: 12/26, 1/16
Tuesday	November 29 – February 21	NO CLASS: 12/27
Wednesday	November 30 – February 22	NO CLASS: 12/28
Thursday	December 1 – February 23	NO CLASS: 12/29
Friday	December 2 – February 24	NO CLASS: 12/23, 12/30, 2/17

Monday - Friday				
Open Circuit	Fitness Center	10:00-7:00 PM	12 Weeks: Unlimited	\$ 56
Tuesday				
Beginners Bootcamp	Multipurpose Room/Fitness Center	9:00-10:00 AM	Sessions: 12	\$ 300 / \$ 324
Yoga	Mat Room	10:00-11:00 AM	Sessions: 12	\$ 270 / \$ 282
Yoga	Mat Room	6:00-7:00 PM	Sessions: 12	\$ 270 / \$ 282
Wednesday				
Table Tennis	Multi-Purpose Room	6:00-7:30 PM	Sessions: 12	\$ 270 / \$ 288
Thursday				
Beginners Bootcamp	Multipurpose Room/Fitness Center	9:00-10:00 AM	Sessions: 12	\$ 300 / \$ 318
Yoga	Mat Room	10:00-11:00 AM	Sessions: 12	\$ 270 / \$ 282
Yoga	Mat Room	6:00-7:00 PM	Sessions: 12	\$ 270 / \$ 282

BEGINNERS BOOTCAMP

Instructor: Dario Hernandez

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.

TABLE TENNIS

Instructor: Howard Lee

You will learn basic rules and proper playing etiquette, serves, strokes, and footwork. Participate in drills, games, and tournament-style play.

YOGA

Instructor: Joanne Bruno

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

Instructor: NONE – Self-guided

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!

The Fitness Center is available from 10:00-7:00 weekdays when programs are running. The Fitness Center will be closed on Thursdays from 10:00-11:00.

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