



# CRANFORD TOWNSHIP NEWS

SEPTEMBER 2018 - VOLUME 9 / ISSUE 3



## FALL 2018

FALL / WINTER – RECREATION PROGRAMS • POOL PROGRAMS • RECYCLING SCHEDULE  
BULK WASTE PERMIT • ROAD REPAVEMENT PROGRAM • LEAF COLLECTION SCHEDULE

**OFFICIAL TOWNSHIP WEBSITE – [CRANFORDNJ.ORG](http://CRANFORDNJ.ORG)**





# contents



## recreation & parks department

special events	4
special olympics, halloween...	
pre-school programs	7
fall / winter programs	
youth programs	15
fall / winter programs	
teen programs	26
fall / winter programs	
adult programs	29
fall / winter programs	
senior programs	33
fall / winter programs	

## fire department

fire & life safety info	36
-------------------------	----

## office of emergency management

fall & winter preparedness	36
----------------------------	----



## engineering

street resurfacing	37
--------------------	----



## pool & fitness center

pool programs	38
fall and winter programs	
pool application	47
fall and winter membership	

## bulk waste program

program information	48
how and where to recycle	



## recycling department

fall recycling	52
how and where to recycle	



## public works department

fall leaf collection	55
town map	
snow emergency map	58
town map	

## township directory

contact information	59
---------------------	----

## Township Committee

**Thomas H. Hannen, Jr.**  
*Mayor*

**Ann Dooley**  
*Deputy Mayor,  
Commissioner of Public Works/  
Engineering*

**Patrick F. Giblin**  
*Commissioner of Public Safety*

**Jean-Albert Maisonneuve**  
*Commissioner of Public Affairs*

**Mary O'Connor**  
*Commissioner of Finance*

Cranford Township News is published by the Township of Cranford. Although great care has been taken to ensure the information contained within is accurate, the Township assumes no liability for errors.

We welcome comments and concerns. Please feel free to write or email to:

Township of Cranford  
8 Springfield Avenue  
Cranford, NJ 07016  
Terence Wall  
709-7205  
t-wall@cranfordnj.org

Please visit our website for updates at [www.cranfordnj.org](http://www.cranfordnj.org)

**Official Township website**  
**[www.cranfordnj.org](http://www.cranfordnj.org)**

Design & Production  
Sharper Imprints  
Municipality Marketing Division  
861 Hillside Avenue  
Mountainside, NJ 07092  
908-654-5400  
908-654-3111 – Fax

Photography, illustrations and articles appearing in the Cranford Township News cannot be reproduced without written consent from the publisher.

# RECREATION & PARKS DEPARTMENT



220 Walnut Avenue • Cranford, NJ 07016 • 908-709-7283 • [www.cranfordnj.org](http://www.cranfordnj.org)

## Recreation Staff

**Stephen P. Robertazzi, RA, CPO**

*Director*

*Recreation & Parks  
and Swim Pool Utility*

**Gerry Fedorchak**

*Administrative Secretary*

**Lori-Ann Donnelly**

*Senior Citizen  
Program Coordinator*

**Patty Kozlowski**

*Clerk/Receptionist*

**William Babkowski**

*Maintenance*

## Recreation & Parks Advisory Board

**Andrews, Brian**

**Barone, Donald**

*Senior Citizen Rep.*

**Bell, Megan**

**Bell, Stephen**

**Bringuier, Luis**

**Cave, Susan**

**Dow, Marita**

**Farrell, Julie**

**Garcia, Martha**

**Gottesman, Darren**

**Harris, Maria**

**Kwiatkowski, Stephanie**

**Pugliese, Carolyn Capone**

**Ricken, Heinz**

**Shackell, Wally**

**Sheridan, Catherine**

*Board of Ed. Rep.*

**Miklencic, Craig**

*Cranford West Committee Liaison*

**Robertazzi, Stephen**

*Director*

*Recreation & Parks  
And Swim Pool Utility*

**Giblin, Patrick F.**

*Commissioner / Liaison*

### Office Hours:

Monday thru Friday – 8:00am to 4:30pm

**Weather Emergency and  
Program Cancellation**

Hotline: 908-276-6767

### Building Hours:

Monday thru Thurs. – 8:00am to 10:00pm

Friday – 8:00am to 7:00pm

Saturday – 9:00am to 5:00pm

**Email:** [recreation@cranfordnj.org](mailto:recreation@cranfordnj.org)

**Fax:** 908-709-7286

[www.facebook.com/CranfordRecreationAndParks](http://www.facebook.com/CranfordRecreationAndParks)

## 2018- 2019 FALL/WINTER PROGRAMS

### GENERAL INFORMATION

1. Registration is on a first come first serve basis and limited to Cranford residents only.
2. Proof of residency is required for all registrations.
3. At the time of registration, registration form and payment in cash, check or credit card is required.
4. A parent must be present when registering children under 18 years of age.
5. We reserve the right to cancel any programs.
6. Classes cancelled due to inclement weather will be made up at the discretion of the Recreation Department. For program cancellations and information on program status due to weather related issues, please call **908-276-6767**.
7. When public schools are closed, any programs conducted at public schools are automatically cancelled.
8. All programs meet at the Community Center unless otherwise indicated.
9. Refund Policy: A full refund will be given

if requested in writing prior to the first class. Once a program begins, refunds will only be issued in cases of medical reasons with documentation. If paid by cash or check, refunds are issued by township check, so please allow 4-6 weeks. If paid by credit card, refunds will be issued back to the credit card it was paid with.

**10. Photo Policy:** Please be advised that all participants involved in any department programs or special events are subject to being photographed. The Township of Cranford, without an obligation to provide compensation to those photographed, may use such photographs.

**11.** All programs are closed during Township holidays.

**12. Park & Building Permits:** Permits are required for organized activities. Requests for permits must be made in writing by filling out a Facility Use Form. Forms may be obtained at the Recreation Dept. or on the website under the heading "Forms". Depending on request and organization requesting permit, a fee may be required.

## ONLINE REGISTRATION FOR ALL PROGRAMS – **NEW!**

Please be advised, we are strongly encouraging registration for all classes be done online through Community Pass. Registration for our Fall and Winter sessions begins Wednesday, September 12th at 9:00am. You can register your entire family from the comfort of your home or workplace 24 hours a day, 7 days a week. Online registration will enable you to register, pay by credit card and receive the latest program updates as they occur through this account. If you would like to register online and require assistance in setting up your account please stop by the Recreation Department or call the office at 908-709-7283 and we would be happy to walk you through the process.

**Be sure to create your Community Pass account now by going to**  
**<https://register.communitypass.net/cranford>.**

When your account is created, you will receive an email containing your login information. Be sure to keep this email in a safe place for future online registrations.

## Recreation Facilities & Parks

**Adams Park** – Adams Ave. & Lambert St.  
**Buchanan Park** – Centennial Ave. & Buchanan Ave.  
**Canoe Club** – Springfield Ave. & Orange Ave.  
**Community Center** – 220 Walnut Ave.  
**Crane's Park (9/11 Memorial)** –  
 Springfield Ave. & North Union Ave.  
**Cranford West** – Hope, N.J.  
**Girl Scout Park** – Springfield Ave. & Orange Ave.

**Hampton Park** – Eastman St. & Hampton St.  
**Hanson Park** – Springfield Ave. & Holly St.  
**Johnson Park** – Johnson Ave.  
**Lincoln Park** – Lincoln Ave.  
**Mayor's Park** – Springfield Ave. & N. Union Ave.  
**Memorial Park** – Springfield Ave. & Central Ave.  
**Roosevelt Park** – Orange Ave. & Pacific Ave.  
**Sherman Park** – Lincoln Ave. East

## Sports Leagues & Organizations

**Baseball/Softball** – [www.cbsl07016.org](http://www.cbsl07016.org)  
**Canoe Club** – [www.cranfordcanoeclub.com](http://www.cranfordcanoeclub.com)  
**Clay Courts** – [www.cranfordtennis.com](http://www.cranfordtennis.com)  
**Hanson Park** – [www.hansonparkconservancy.com](http://www.hansonparkconservancy.com)  
**Hockey** – [www.cranfordhockeyclub.com](http://www.cranfordhockeyclub.com)  
**Jaycees** – [www.cranfordjaycees.com](http://www.cranfordjaycees.com)

**Lacrosse** – [www.cranfordlacrosse.org](http://www.cranfordlacrosse.org)  
**P.A.L.** – [www.cranfordpal.org](http://www.cranfordpal.org)  
**Recreation and Parks** – [www.cranfordnj.org](http://www.cranfordnj.org)  
**Soccer** – [www.cranfordsoccer.net](http://www.cranfordsoccer.net)  
**Swim Pool Utility** – [www.cranfordnj.org](http://www.cranfordnj.org)

## Special Events



### Special Olympics Young Athlete Program

**Note:** *Non-Cranford residents may register for this class*

**Ages:** 4 – 7  
**Days:** Saturday  
**Date:** Session 1 – September 22 to November 17\*  
 Session 2 – TBD  
**Time:** 9:00am – 9:45am  
**Fee:** Free  
**Min:** 6      **Max:** 15  
**Note:** *Parents must participate*  
 \*No class October 6, November 10

Run in conjunction with the Special Olympics. The Young Athlete Program is designed for participation of children ages 4 – 7 with intellectual disabilities. For more information, please visit [www.sonj.org](http://www.sonj.org).



### Santa Claus

**Date:** Saturday, Dec. 1  
**Time:** 9:00am – 12:00pm  
**Site:** Community Center

Sponsored by the  
Cranford Jaycees

### Holiday Home Decorating Contest

This year the Cranford Recreation and Parks Department, in conjunction with the Cranford Community Connection will host the 4th Annual Holiday Season Decorating Contest in Cranford. There will be three categories and the winner of the **Most Outrageous**, **Most Traditional** and **All Around Favorite** will win a trophy for that category.

Registration forms are available online and at the Cranford Community Center. To be judged, residents must submit their house to the Recreation office by December 7 so the listing of homes can be made available to residents by December 14. To vote, simply email the Recreation office at [recreation@cranfordnj.org](mailto:recreation@cranfordnj.org) or go to our Facebook page <https://facebook.com/CranfordRecreationAndParks> and like the house of your choice – or place your vote in the ballot box at the Community Center. All votes must be submitted by Thursday, December 20.



### Halloween Parade

**Date:** Sunday, October 28  
**Time:** 1:00pm - Judging will be held at 1:30pm  
 Parade begins at 2:00pm  
 Pumpkin Chunkin at 2:30pm  
**Site:** Community Center  
 Parking Lot



Co-sponsored by the Cranford Jaycees. Judging will be done by the following categories; Ages 0-3, 4-5, 6-7, 8-9, 10-11, 12-16, Adult/Child, Group, and Hand Pulled Mini Float.



# TryCAN

Cranford Recreation & Parks is proud to participate in the TryCAN Collaboration, a collaboration of nearby communities to offer an array of recreation opportunities for youth with special needs or those who need special accommodation.

Cranford residents can now enroll in TryCAN programs (space permitting). Past programs have included the gamut of sports (basketball, baseball, soccer, tennis, lacrosse, flag football, golf), social skills, dance and movement, art, music, martial arts, study skills, and reading. TryCAN is always considering new programs to add. All programs are led by experienced adult instructors or coaches. However, critical to the TryCAN success is the use of volunteer teen Peer Mentors who provide more dedicated support and serve as buddies and “cheerleaders” for program participants.

Before mentoring, teens attend a two hour training course to help them prepare for their role. To learn more about TryCAN,



see the TryCAN web page or contact the TryCAN Coordinator at [summitcan@gmail.com](mailto:summitcan@gmail.com) or 908-277-2932x13. Program offerings and related date/time information will be posted there as well when new updated information becomes available. Program flyers will be posted on the Cranford Recreation & Parks page as well when they become available.

## Open Center

### What is Open Center?

Open Center is a program run at the Community Center for all residents of Cranford. It consists of basketball, a game room with two (2) ping pong tables, one (1) air hockey table, three (3) pool tables, one (1) foosball table and a lounge with two (2) flat screen TVs and vending machines.

### Open Center Registration

Anyone wishing to utilize Open Center must be registered with the Recreation Department prior to using the facilities. Registration can only be done in person.

Anyone under the age of 18 must be registered by a parent/guardian, also in person. Registration forms are available at the Community Center. Proof of residency must be shown.

### What qualifies as proof of residency?

Current Cranford High School ID cards, Driver's Licenses, or a current utility bill qualify as proof of residency.

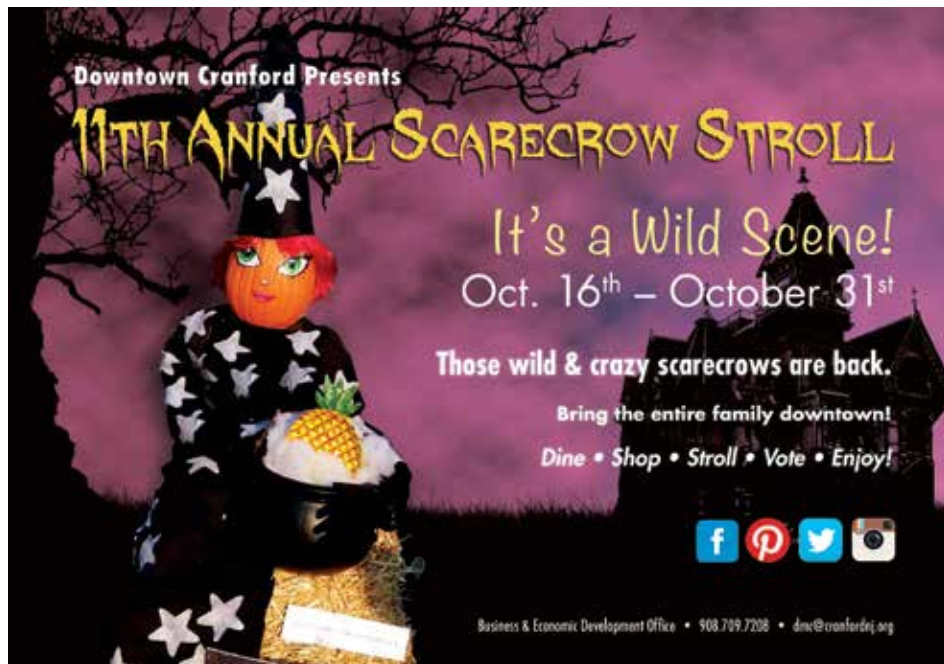
### Who can use the Open Center?

The open center can be used by any resident of Cranford. Anyone wishing to use the facilities must first be registered,

and then sign in for each visit. No one will be admitted without prior registration. Children under 10 years of age must be accompanied by a parent/guardian at all times.

### When is the center “Open”?

The center is considered “open” Monday thru Thursday 8:00am to 10:00pm, Friday 8:00am to 7:00pm and Saturday 9:00am to 5:00pm as long as there are no recreation programs scheduled. You can refer to this brochure to see when various programs are scheduled.



This October, the sidewalks of downtown Cranford will once again be taken over by wild, crazy and funny scarecrows. Registration is open to local residents, as well as all Cranford businesses, schools, clubs, and organizations. Ballots will be available at participating businesses and everyone is invited to vote for their favorites. For information on this event, including how to register, follow Downtown Cranford on Facebook.

**Cranford Recreation is partnering with Ivy Rehab Physical Therapy and the Health Department to bring a series of injury prevention workshops to the Cranford Community Center. All workshops will be at the Cranford Community Center.**



***"Keep Your Head in the Game"*** Thursday, September 20, 2018, @ 6:00pm Pre-concussion testing and Post-concussion Syndrome Treatments. A workshop led by a team of healthcare professionals who specialize in concussion treatment. Concussions are becoming more prevalent amongst the athletic population. Post-concussion syndrome treatment is especially important to prevent long-term ill effects and to return more quickly to normal activities. As part of the concussion team, trained Physical Therapists can offer pre-concussion screening, design an individualized program to treat lingering post-concussion symptoms safely, and test for return to sports.

***"Girls Night Out for the 'Girls'"*** Tuesday, October 16, 2018, @ 7:00pm October is Breast Cancer awareness month. To bring awareness to important women's health topics, a group of Cranford mom's, who are local healthcare professionals, will team up for a workshop focusing on breast health, breast cancer implications and surrounding women's health issues. Speakers will include: Dr. Christina Bentrewicz, PT, DPT, OCS of Ivy Rehab Physical Therapy, Dr. Wendy Lubarsky, DC of A&W Chiropractor, Dr. Shefali Patel, MD, FACOG of Dr. Shefali Patel OB-Gyn and Elisa Szczepankiewicz M.Ac, L.Ac of Cranford Acupuncture. There are many topics surrounding breast health, pain control and overall well being of our ever changing healthy or compromised bodies. The more we know and learn about our bodies, the better we will be able to care for ourselves and other women in our lives.

***"Babies Need to Move"*** Tuesday, September 25, 2018 For Parents/Caregivers of Babies and Expectant Mothers. Pediatric Physical Therapist of Ivy Rehab and Health Educators of the Cranford Health Department will help participants explore motor development during the first year of life. Learn when and how babies need to move, how movement is related to learning and the consequences that frequently occur where there is lack of movement due to overuse of baby equipment and limiting babies from moving freely. There is an increasing number of infants with Torticollis and flat head syndrome, which can negatively impact motor skills. Learn why babies need Tummy Time as well as the proper use of infant seating. Also learn how to detect if your baby has torticollis or flat head.

***"Don't Break Your Back!"*** Tuesday, December 11, 2018, @ 6:00pm For all snow shovelers. Winter storms are inevitable. We want our community to be healthy and avoid disabling pain. Learn warm ups, proper snow shoveling and car cleaning mechanics to keep you pain free this winter. This will be an interactive workshop. Many people either newly injure or re-injure themselves when shoveling or removing ice and snow manually. Shoveling can be excellent exercise if you are properly able to tolerate the intensity and repetitive dynamic movement.

## Senior Blood Pressure Schedule

### Health Education and Maintenance Program (Blood Pressure Screening)

Conducted by the Visiting Nurse and Health Services on the following dates:

August 2 – Thursday

August 3 – Friday

August 8 – Wednesday

September 5 – Wednesday

September 6 – Thursday

September 7 – Friday

November 1 – Thursday

November 2 – Friday

November 7 – Wednesday

December 5 – Wednesday

December 6 – Thursday,

December 7 – Friday



**For more information please call 908-709-7283**



**Conducted by the Madison Health Department on the following dates:**

October 9 – Tuesday

2:00pm – 3:30pm

Cranford Senior Housing, 40 Meeker Street  
(Community Room)

October 16 – Tuesday

3:30pm – 6:00pm

Cranford Community Center, 220 Walnut Street

**Registration begins on September 12 at 9:00am for ALL programs!**





## Preschool Drawing with Young Rembrandts **NEW!**

**Ages:** 3 – 5  
**Days:** Monday  
**Dates:** Session 1 – September 24 to November 26\*  
 Session 2 – January 7 to March 11\*  
**Time:** 10:00am – 10:45am  
**Fee:** \$106  
**Min:** 5 **Max:** 10

\*No class October 8, November 12, January 21 and February 18

Young Rembrandts introduces drawing lessons that will excite your budding artist. Our weekly classes will help students learn to follow directions, develop writing skills, build kindergarten readiness and self-confidence. Children will enjoy drawing and coloring animals, characters, and themed holiday objects. Enroll your child in a Young Rembrandts class today.

**THEY WILL LOVE IT!**



## Mommy & Me Spanish

**Ages:** 2 – 3  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 5\*  
 Session 2 – January 9 to March 13  
**Time:** 10:30am – 11:15am  
**Fee:** \$80  
**Min:** 5 **Max:** 8

\*No class November 21

Mommy & Me Spanish is designed for pre-school aged students and their care givers. This class will provide students with the opportunity to learn Spanish through movement, songs and games!



## Little Yogis **NEW!**

**Ages:** 3½– 5  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to October 24  
 Session 2 – January 9 to February 6  
**Time:** 1:15pm – 2:00pm  
**Fee:** \$70  
**Min:** 5 **Max:** 12

No afternoon nap? No problem! Your preschooler can join us on Wednesday afternoons for an adventure on their yoga mat. Each Little Yogi class will give your child the perfect opportunity to explore yoga poses through music, art, exercise, math, science, reading and more. Classes will challenge children to become more mindful of their bodies and behaviors, on the mat and outside of class. **Yoga mat or towel is required.**



## Mommy and Me Music

**Ages:** 1 – 3 years  
**Days:** Monday  
**Dates:** Session 1 – September 24 to December 10\*  
 Session 2 – January 7 to March 25\*  
**Time:** 10:30am – 11:00am  
**Fee:** \$120  
**Min:** 6 **Max:** 10  
**Note:** Parent must attend

\*No class October 8, November 12, January 21, February 18

Brought to you by Sing A Song, children are introduced to instrument play, interactive songs, live music, dancing with colorful scarves, puppets, picture song books, world music, rhythm and movement.

## KinderGym

**Ages:** 3 – 5  
**Days:** Monday  
**Dates:** Session 1 – September 24 to December 3\*  
 Session 2 – January 7 to March 11\*  
**Time:** 12:30pm – 1:00pm  
**Fee:** \$115  
**Min:** 5      **Max:** 12

\*No class October 8, November 5, 12, January 21 and February 18

KinderGym is an age appropriate developmental floor gymnastics, acrobatics and tumbling program taught in two levels, with an emphasis on social and gross motor development, physical fitness and movement education, while learning numbers, colors, shapes and words.

KinderGym is designed to provide your children with specific objectives, which they can achieve. These accomplishments help the children feel good about themselves and develop a positive self-esteem. The program also enhances the physical, social, emotional, and cognitive development of the children while building their sense of self and others.



## KinderTots

**Ages:** 2 – 3  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to November 20\*  
 Session 2 – January 8 to February 26  
**Time:** 11:00am – 11:30am  
**Fee:** \$115  
**Min:** 5      **Max:** 12

\*No class November 6

KinderTots is an age appropriate program designed to develop gross motor skills, movement creativity, physical development (flexibility, strength, balance, coordination), tumbling, body awareness and communication skills, while learning numbers, colors, shapes and songs.

The emphasis of the program is movement exploration. Such freedom allows for a variety of physical activities. Young children enjoy a challenge, and when they are given the opportunity to test their abilities, it is both developmentally appropriate as well as fun!!



## KinderMotion

**Ages:** 3 – 5  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to November 29\*  
 Session 2 – January 10 to February 28  
**Time:** 10:30am – 11:00am  
**Fee:** \$115  
**Min:** 5      **Max:** 12

\*No class November 8 and 22

KinderMotion is a fitness and creative movement program developmentally designed to enhance motor skills, and physical development (strength, flexibility, coordination, balance, cardio/stamina, general fitness and nutritional knowledge) that prepares students' minds and bodies for future athletic and dance pursuits. The program focuses on building self-esteem and self-confidence in young children and helps to attain their true potential socially, physically and cognitively all while having a lot of fun!



## Pipsqueak Players

**Ages:** 4 – 6  
**Days:** Wednesday  
**Dates:** Session 1 – October 24 to November 14  
 Session 2 – February 6 to February 27  
**Times:** 10:00am – 10:45am  
**Fee:** \$80  
**Min:** 5      **Max:** 8

Pipsqueak Players is a reading enrichment program that nurtures pre- and emergent reading skills through performance! Improv, repetition, word recognition games, and character "work" are just a few ways we kickstart your child's reading confidence! This four week session will explore a simple picture book and culminate with a staged reading. No experience necessary!



# Young Engineers



## Big Builders

**Grades:** PreK – 1  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 13\*  
 Session 2 – January 10 to March 14  
**Time:** 10:00am – 11:00am  
**Fee:** \$140  
**Min:** 8 **Max:** 16

\*No class November 8, 22

e<sup>2</sup> Young Engineers believes in education through play. Our Big Builders unique alternative learning program introduces Pre-School aged children to scientific concepts through hands-on experiential learning. Our Big Builders will construct 3D models using flexible parts. These activities will gradually challenge participants in order to advance their fine and gross motor skills. This enrichment program will expose our builders to engineering terminology. In addition, students will be familiarized with simple concepts about the animal kingdom, larger principles of science and their everyday surroundings.



## Mommy & Me Food Explorers **NEW!**

**Ages:** 3 – 6\*  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to October 16  
 Session 2 – January 8 to January 29  
**Time:** 10:00am – 10:45am or  
 2:00pm – 2:45pm  
**Fee:** \$80  
**Min:** 4 **Max:** 12

\*Parent or Caregiver must attend class

Join us for a fun food adventure involving stories, arts activities, and games. This class engages children and adults in the creative exploration of food, and no actual cooking will take place. Participants will explore where our food comes from, invent recipes together, create art projects, and share their love of food in imaginative ways.



## Friday's with My First Friends

**Ages:** 2 – 3 years  
**Days:** Friday  
**Dates:** Session 1 – September 28 to December 14\*  
 Session 2 – January 11 to March 15  
**Time:** 9:30am to 10:15am  
**Fee:** \$35  
**Min:** 6 **Max:** 20  
**Note:** Parent must attend

\*No class on November 9, 23

Designed especially for two and three year-olds. My First Friends class will emphasize and encourage the importance of playing and sharing within a group. Each class will mix games and toys, arts and crafts, dance and music. Activities will be presented in a positive, pleasant environment. An adult or guardian must accompany each child to class.



## iDiscover **NEW!**

**Ages:** 5 – 6 (Kindergarten)  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to November 1  
 Session 2 – January 10 to February 14  
**Time:** 12:30pm – 1:15pm  
**Fee:** \$95  
**Min:** 5 **Max:** 15

## Stem Enrichment Program

iDiscover is an interactive educational experience. Classes will guide children to challenge their creative minds with Computer Programing, Coding Puzzles, Brain Games and more! Each child will use iPads to explore the vast world of the latest educational and computer programing software.

## What Matters for Kids

Ever wonder **HOW** a boat floats but a rock sinks? Ever wonder **WHAT** makes your soda fizz? Every wonder **WHY** planes can fly? Young children do; and we want them to keep that sense of wonderment and encourage them to keep asking **WHY** throughout life. Our classes foster and encourage their love of learning and show them how FUN science can be! From Astronomy to Zoology and Aristotle to Zuckerberg, your child will be immersed in the excitement of the scientific method. Lessons are taught using a multi-sensory philosophy, so students will be actively involved throughout each lesson. **Let's Discover Together**, each lesson will be more exciting and informative than the next! *At the end of each lesson, your child will receive information and materials to continue their exploration and experimentation at home with YOU!* Get your child started on the path to scientific discovery today!



## Science Matters

### Morning Session

**Ages:** 3 – 6 years  
**Days:** Tuesday  
**Dates:** Session 1 – October 9 to November 20\*  
 Session 2 – January 15 to February 19  
**Time:** 10:15am – 11:15am  
**Fee:** \$125  
**Min:** 4      **Max:** 20

\*No class November 6

### Afternoon Session

**Ages:** 3 – 6 years  
**Days:** Tuesday  
**Dates:** Session 1 – October 9 to November 20\*  
 Session 2 – January 15 to February 19  
**Time:** 1:00pm – 2:00pm  
**Fee:** \$125  
**Min:** 4      **Max:** 20

\*No class November 6



**Now 10 Week Session!**

### Stretch-N-Grow for Kids

**Ages:** 2 – 5  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 12\*  
 Session 2 – January 9 to March 13  
**Time:** 9:30am – 10:00am  
**Fee:** \$150  
**Min:** 4      **Max:** 15

\*No class October 31 and November 21

The Stretch-N-Grow program is designed to promote exercise and wellness for preschool-aged children. The class focuses on balance, coordination and sports readiness skills. Each class includes warm up, cardio, cool down and stretching; including kids yoga, taught by a well-trained Stretch-N-Grow coach. Our Stretch-N-Grow stars have lots of fun while they learn to enjoy exercise and build good habits!



### Pre-school Arts & Crafts

**Ages:** 3 – 4  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 13\*  
 Session 2 – January 10 to March 14\*  
**Time:** 10:00am – 11:00am or  
 1:00pm – 2:00pm  
**Fee:** \$45  
**Min:** 6      **Max:** 15  
**Note:** Parent must attend

\*No class November 8, 22

Whether you are crafty or not, this is a class you and your child will have lots of fun creating wonderful projects together in. We work on developing skills cutting, painting, gluing, coloring and most of all creativity. Enjoy the excitement you and your child will feel after seeing the projects you have created together.



# Squirts Camps and Tennis

In association with the US Sports Institute

The US Sports Institute is at the forefront of providing summer day camps in American communities. The camp is designed to enable each camper to grow in an atmosphere that promotes integrity, self-esteem, positive values and good sportsmanship. The staff is dedicated to delivering quality outdoor programs where your child will not only have great fun but also learn that "character really counts!" For additional information please contact the US Sports Institute: Phone: 732-563-2520 or [www.ussportsinstitute.com](http://www.ussportsinstitute.com).



## Parent and Me Multi Sports Squirts

### Fall Program – 1

**Ages:** 2 – 3  
**Days:** Saturday  
**Dates:** September 15 to November 3  
**Times:** 9:00am – 10:00am or  
 10:00am – 11:00am or  
 11:00am – 12:00pm  
**Site:** Lincoln Park  
**Fee:** \$169

### Fall Program – 2

**Ages:** 2 – 3  
**Days:** Saturday  
**Dates:** November 17 to December 22  
**Times:** 9:00am – 10:00am  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 1

**Ages:** 2 – 3  
**Days:** Saturday  
**Dates:** January 12 to February 9  
**Times:** 9:00am – 10:00am or  
 11:00am – 12:00pm  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 2

**Ages:** 2 – 3  
**Days:** Saturday  
**Dates:** February 23 to March 23  
**Times:** 9:00am – 10:00am or  
 11:00am – 12:00pm  
**Site:** Cranford Community Center  
**Fee:** \$109

### Registration done directly with US Sports Institute

The Parent & Me Multi Sports Squirts program allows children to experience a variety of sports throughout the program with a helping hand from Mom or Dad! Children have the opportunity to try lacrosse, soccer, t-ball, track & field, parachute games and more, in a safe and structured environment. *All equipment needed for this program will be provided.*

## Squirts Multi Sports

### Fall Program – 1

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** September 15 to November 3  
**Times:** 9:00am – 10:00am or  
 10:00am – 11:00am or  
 11:00am – 12:00pm  
**Site:** Lincoln Park  
**Fee:** \$169

### Fall Program – 2

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** November 17 to December 22  
**Times:** 10:00am – 11:00am or  
 11:00am – 12:00pm  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Break Camp

**Ages:** 5 – 11  
**Days:** Wednesday – Friday  
**Dates:** December 26 to December 28  
**Times:** 9:00am – 3:00pm  
**Site:** Cranford Community Center  
**Fee:** \$115

### Winter Program – 1

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** January 12 to February 9  
**Times:** 10:00am – 11:00am  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 2

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** February 23 to March 23  
**Times:** 10:00am – 11:00am  
**Site:** Cranford Community Center  
**Fee:** \$109

### Registration done directly with US Sports Institute

The Squirts Multi Sports program allows children to experience a variety of sports throughout the program. It is the perfect introduction to athletics for your future sports star! Each session begins with a brief intro to the day's sport and equipment before jumping into the first skill-acquisition activity. In addition to emphasizing the fundamentals of each sport, each activity is designed to improve hand-eye coordination, balance, agility and movement. Each session finishes with an exciting game-related activity or scrimmage. *All equipment needed will be provided.*

## Squirts Basketball

### Fall Program – 1

**Ages:** 4 – 5  
**Days:** Tuesday  
**Dates:** September 18 to October 30  
**Times:** 3:30pm – 4:30pm

**Site:** Cranford Community Center  
**Fee:** \$149

### Fall Program – 2

**Ages:** 4 – 5  
**Days:** Tuesday  
**Dates:** November 20 to December 18  
**Times:** 3:30pm – 4:30pm or  
 4:30pm – 5:30pm

**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 1

**Ages:** 4 – 5  
**Days:** Tuesday  
**Dates:** January 15 to February 12  
**Times:** 3:30pm – 4:30pm

**Site:** Cranford Community Center  
**Fee:** \$109

Registration done directly with US Sports Institute

Squirts Basketball is designed to introduce your budding NBA star to the high energy game of basketball! Participants will experience all aspects of basketball while playing a series of creative and fun games. Throughout the program participants will have fun developing their knowledge and understanding of scrimmaging in basketball. Using proportionately sized balls, this program encourages players to develop motor skills and basic techniques in passing, dribbling and shooting. *All equipment needed for this program will be provided*

## Senior Basketball Squirts

### Fall Program – 2

**Ages:** 7 – 8  
**Days:** Tuesday  
**Dates:** November 20 to December 18  
**Times:** 5:30pm – 6:30pm

**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 1

**Ages:** 5 – 6  
**Days:** Tuesday  
**Dates:** January 15 to February 12  
**Times:** 4:30pm – 5:30pm or  
 5:30pm – 6:30pm

**Site:** Cranford Community Center  
**Fee:** \$109

Registration done directly with US Sports Institute

Sr. Basketball Squirts program is designed to introduce your budding NBA star to the high energy game of basketball! It is the perfect stepping stone for players who have completed the Squirts Basketball program or for a child looking for their first ever basketball experience. Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

## Parent and Me Soccer Squirts

### Fall Program – 1

**Ages:** 2 – 3  
**Days:** Saturday  
**Dates:** September 15 to November 3  
**Times:** 2:00pm – 3:00pm or  
 3:00pm – 4:00pm or  
 4:00pm – 5:00pm

**Site:** Lincoln Park  
**Fee:** \$169

### Fall Program – 2

**Ages:** 2 – 3  
**Days:** Saturday  
**Dates:** November 17 to December 22  
**Times:** 3:00pm – 4:00pm

**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 1

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** January 12 to February 9  
**Times:** 3:00pm – 4:00pm  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 2

**Ages:** 2 – 3  
**Days:** Saturday  
**Dates:** February 23 to March 23  
**Times:** 3:00pm – 4:00pm  
**Site:** Cranford Community Center  
**Fee:** \$109

Registration done directly with US Sports Institute

Parent & Me Soccer Squirts is a fun and positive introduction to soccer for younger children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun-based games and scrimmages. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence. *All equipment needed for this program will be supplied.*

**Registration begins on September 12 at 9:00am for ALL programs!**





## Squirts Soccer

### Fall Program – 1

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** September 15 to November 3  
**Times:** 2:00pm – 3:00pm or  
 3:00pm – 4:00pm or  
 4:00pm – 5:00pm  
**Site:** Lincoln Park  
**Fee:** \$169

### Fall Program – 2

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** November 17 to December 22  
**Times:** 1:00pm – 2:00pm or  
 2:00pm – 3:00pm  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 1

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** January 12 to February 9  
**Times:** 1:00pm – 2:00pm or  
 2:00pm – 3:00pm  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 2

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** February 23 to March 23  
**Times:** 1:00pm – 2:00pm or  
 2:00pm – 3:00pm  
**Site:** Cranford Community Center  
**Fee:** \$109

**Registration done directly with US Sports Institute**

Squirts Soccer is your child's perfect introduction to the most popular sport in the world! Boys & girls will learn the fundamental skills of soccer including dribbling, passing, shooting and defending. Each session begins with a warm-up, followed by activities and instruction on the skill of the day. Participants then have the opportunity to put their new skills to use in a game-related activity or scrimmage. Skills covered include dribbling and control passing, shooting, shielding the ball, stealing and more. We recommend that participants wear shin guards for this program.

## Parent & Me T-Ball Squirts

**Ages:** 2 – 3  
**Days:** Sunday  
**Dates:** September 16 to November 4  
**Time:** 9:00am – 10:00am  
**Site:** Theodore Roosevelt Park  
**Fee:** \$169

**Registration done directly with US Sports Institute**

Parent & Me T-Ball Squirts is a fun and positive introduction to t-ball for young children with a helping hand from Mom or Dad! Kids will have fun learning the fundamental skills of t-ball through a program of structured activities, fun-based games and scrimmages. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence.

## Squirts Tennis

### Fall Program – 1

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** September 15 to November 3  
**Times:** 9:00am – 10:00am  
**Site:** Hillside Avenue Tennis Courts  
**Fee:** \$169

### Fall Program – 2

**Ages:** 3 – 4  
**Days:** Monday  
**Dates:** November 19 to December 17  
**Times:** 3:30pm – 4:30pm  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 1

**Ages:** 3 – 4  
**Days:** Monday  
**Dates:** January 14 to February 11  
**Times:** 3:30pm – 4:30pm  
**Site:** Cranford Community Center  
**Fee:** \$109

### Winter Program – 2

**Ages:** 3 – 5  
**Days:** Monday  
**Dates:** February 25 to March 25  
**Times:** 3:30pm – 4:30pm  
**Site:** Cranford Community Center  
**Fee:** \$109

**Registration done directly with US Sports Institute**

This program is a fun-filled learning adventure that introduces children to the world of tennis. Each week children will focus on a different aspect of the game, including boundaries, balance, hand-eye coordination, racquet skills and grip. Our professional coaches will ensure the children are engaged in fun, inclusive activities that introduce them to the sport of tennis in a positive learning environment.

*All equipment needed for this program will be supplied.*

## Foundation Basketball

**Ages:** 6 – 12  
**Days:** Tuesday  
**Dates:** September 18 to October 30  
**Time:** 4:30pm – 5:30pm (6–8) or  
 5:30pm – 6:30pm (9–12)  
**Site:** Cranford Community Center  
**Fee:** \$149

**Registration done directly with US Sports Institute**

Foundation Basketball is designed to introduce beginners and those with some experience to the fundamentals of basketball. Our professional coaches will ensure that children are engaged in fun, inclusive activities that introduce them to the sport in a positive learning environment. Using proportionately sized basketballs, this program encourages players to develop motor skills and basic techniques in passing, dribbling and shooting. Players will be taught through a series of fun challenges, structured activities and scrimmages adapted to ensure all children achieve success.

## Foundation Track & Field

**Ages:** 5 – 8  
**Days:** Thursday  
**Dates:** September 20 to November 1  
**Times:** 4:00pm – 5:00pm (5–6) or  
 5:00pm 6:00pm (7–8)  
**Site:** Lincoln Park  
**Fee:** \$149

**Registration done directly with US Sports Institute**

Foundation Track & Field is designed to introduce beginners and those with some experience to the fundamentals of track and field. Each session will focus on a different aspect of the game including throwing (javelin and discus), jumping (long jump, high jump, triple jump), sprinting, distance running and more! Our progressive Track & Field curriculum enables each player to develop their skills and understanding of balance, muscle control and kinetic development.

*All equipment for this program will be provided.*

## Squirts – T-Ball

### Fall Program – 1 (Saturday)

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** September 15 to  
 November 3  
**Time:** 11:30am – 12:30pm or  
 12:30pm – 1:30pm or  
 3:30pm – 4:30pm  
**Site:** Lincoln Park  
**Fee:** \$169

### Fall Program – 1 (Sunday)

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** September 16 to  
 November 4  
**Time:** 10:00am – 11:00am  
**Site:** Theodore Roosevelt Park  
**Fee:** \$169

### Winter Program – 2

**Ages:** 3 – 5  
**Days:** Tuesday  
**Dates:** February 26 to March 26  
**Time:** 3:30pm – 4:30pm or  
 4:30pm – 5:30pm  
**Site:** Cranford Community Center  
**Fee:** \$109

**Registration done directly with US Sports Institute**

Squirts T-Ball is a great way to introduce your young slugger to this exciting game. Open to both boys and girls, there's no better introduction to the sports of baseball or softball! Each session starts with a warm-up, followed by activities and instruction on the skill of the day. Participants then have then opportunity to put their new skills to use in a game-related activity or scrimmage. Skills covered include hitting, throwing, catching, base running, fielding and more. We recommend that participants bring their glove for this program

## Senior Squirts – T-Ball

### Fall Program – 1

**Ages:** 5 – 7  
**Days:** Sunday  
**Dates:** September 16 to November 4  
**Time:** 10:00am – 11:00am or  
 11:00am – 12:00pm  
**Site:** Theodore Roosevelt Park  
**Fee:** \$169

### Winter Program – 2

**Ages:** 5 – 6  
**Days:** Tuesday  
**Dates:** February 26 to March 26  
**Time:** 5:30pm – 6:30pm  
**Site:** Cranford Community Center  
**Fee:** \$109

**Registration done directly with US Sports Institute**

Senior Squirts T-Ball is the perfect stepping stone for children who have graduated from our T-Ball Squirts program or for new players looking for their first ever baseball or softball experience! Players will focus on learning the rules and enhancing techniques for hitting, throwing, base running and fielding. Each session, players will apply what they have learned into a T-Ball scrimmage. All Senior Squirts curricula create an environment which allows players to develop and progress within the sport. Participants are required to provide their own glove for this program.

**Registration begins on September 12 at 9:00am for ALL programs!**



# KINDER COOKING & ARTS AND CRAFTS

In Kinder Cooking your child will learn about various preparation tools, kitchen safety and how to prepare and cook simple recipes. The Kinder Arts and Crafts portion of this program will include projects using paint, clay, markers, spin art and finger painting.

## Monday AM Session

**Grades:** Kindergarten  
**Days:** Monday  
**Dates:** Session 1 – September 24 to December 10\*  
 Session 2 – January 7 to March 25\*  
 Session 3 – April 1 to June 17\*  
**Time:** 9:00am – 10:45am  
**Fee:** \$130  
**Min:** 6      **Max:** 12

\*No class on October 8, November 12, January 21, February 18, April 15 and May 27

## Friday AM Session

**Grades:** Kindergarten  
**Days:** Friday  
**Dates:** Session 1 – September 28 to December 14\*  
 Session 2 – January 11 to March 15\*  
 Session 3 – April 12 to June 21\*  
**Time:** 9:00am – 10:45am  
**Fee:** \$130  
**Min:** 6      **Max:** 12

\*No class November 9, 23 and April 19

## Monday PM Session

**Grades:** Kindergarten  
**Days:** Monday  
**Dates:** Session 1 – September 24 to December 10\*  
 Session 2 – January 7 to March 25\*  
 Session 3 – April 1 to June 17\*  
**Time:** 12:30pm – 2:15pm  
**Fee:** \$130  
**Min:** 6      **Max:** 12

\*No class on October 8, November 12, January 21, February 18, April 15 and May 27

## Friday PM Session

**Grades:** Kindergarten  
**Days:** Friday  
**Dates:** Session 1 – September 28 to December 14\*  
 Session 2 – January 11 to March 15\*  
 Session 3 – April 12 to June 21\*  
**Time:** 12:30pm – 2:15pm  
**Fee:** \$130  
**Min:** 6      **Max:** 12

\*No class November 9, 23 and April 19

# KINDER SPANISH

Kindergarten students will have an opportunity to learn Spanish through games, songs and creative art projects!

## Wednesday AM Session

**Grades:** Kindergarten  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 5\*  
 Session 2 – January 9 to March 13  
 Session 3 – April 10 to June 19\*  
**Time:** 9:00am – 10:00am  
**Fee:** \$80  
**Min:** 4      **Max:** 12

\*No class November 21, April 17

## Wednesday PM Session

**Grades:** Kindergarten  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 5\*  
 Session 2 – January 9 to March 13  
 Session 3 – April 10 to June 19\*  
**Time:** 12:30pm – 1:30pm  
**Fee:** \$80  
**Min:** 4      **Max:** 12

\*No class November 21, April 17

# KINDER GymAdemics

Our program perfectly blends our knowledge and expertise of sports and academics called GymAdemics! Children will be educated in the foundations, skills, and rules of all age- appropriate sports. Teamwork is a big focus in every class. While actively engaging them in the athletic activity, students are simultaneously challenged academically. Differentiated instruction is developed after the "FIRST CLASS!"

## Wednesday AM Session

**Grades:** Kindergarten  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 5\*  
 Session 2 – January 9 to March 13  
 Session 3 – April 10 to June 19\*  
**Time:** 10:00am – 11:00am  
**Fee:** \$80  
**Min:** 4      **Max:** 12

\*No class November 21, April 17

## Wednesday PM Session

**Grades:** Kindergarten  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 5\*  
 Session 2 – January 9 to March 13  
 Session 3 – April 10 to June 19\*  
**Time:** 1:30pm – 2:30pm  
**Fee:** \$80  
**Min:** 4      **Max:** 12

\*No class November 21, April 17

# KINDER YOGA

Kinder Yoga is a happy, hip, active yet CALMING introduction to Yoga for boys and girls. This class aims to boost focus and promote a sense of well-being through movement and relaxation. Kinder Yoga is the perfect preparation for Kinder Book Club! Mats are provided. Water bottle suggested. All children who sign up for Kinder Book Club and Yoga will have snack time and be escorted to class.

## Tuesday AM Session

**Grades:** Kindergarten  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to December 4\*  
 Session 2 – January 8 to March 12  
 Session 3 – April 9 to June 18\*  
**Time:** 9:00am – 9:40am  
**Fee:** \$55  
**Min:** 8      **Max:** 12

\*No class November 6 and April 16



## Tuesday PM Session

**Grades:** Kindergarten  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to December 4\*  
 Session 2 – January 8 to March 12  
 Session 3 – April 9 to June 18\*  
**Time:** 12:00pm – 12:40pm  
**Fee:** \$55  
**Min:** 8      **Max:** 12

\*No class November 6 and April 16

## Thursday AM Session

**Grades:** Kindergarten  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 13\*  
 Session 2 – January 10 to March 14  
 Session 3 – April 11 to June 20\*  
**Time:** 9:00am – 9:40am  
**Fee:** \$55  
**Min:** 8      **Max:** 12

\*No class November 8, 22 and April 18

## Thursday PM Session

**Grades:** Kindergarten  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 13\*  
 Session 2 – January 10 to March 14  
 Session 3 – April 11 to June 20\*  
**Time:** 12:00pm – 12:40pm  
**Fee:** \$55  
**Min:** 8      **Max:** 12

\*No class November 8, 22 and April 18



# KINDER BOOK CLUB

The Kinder Book Club is designed to enrich literacy and foster a love of reading. Children will engage in “hands-on” activities that will connect books and poetry to math, science, art & writing! All children who sign up for Kinder Book Club and Yoga will have snack time and will be escorted to class. Water bottle is suggested. Please send a snack with your child if they are in the Book Club and Yoga programs.

## Tuesday AM Session

**Grades:** Kindergarten  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to December 4\*  
 Session 2 – January 8 to March 12  
 Session 3 – April 9 to June 18\*  
**Time:** 9:45am – 11:15am  
**Fee:** \$95  
**Min:** 8      **Max:** 12

\*No class November 6 and April 16



## Thursday AM Session

**Grades:** Kindergarten  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 13\*  
 Session 2 – January 10 to March 14  
 Session 3 – April 11 to June 20\*  
**Time:** 9:45am – 11:15am  
**Fee:** \$95  
**Min:** 8      **Max:** 12

\*No class November 8, 22 and April 18

## Tuesday PM Session

**Grades:** Kindergarten  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to December 4\*  
 Session 2 – January 8 to March 12  
 Session 3 – April 9 to June 18\*  
**Time:** 12:45pm – 2:15pm  
**Fee:** \$95  
**Min:** 8      **Max:** 12

\*No class November 6 and April 16

## Thursday PM Session

**Grades:** Kindergarten  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 13\*  
 Session 2 – January 10 to March 14  
 Session 3 – April 11 to June 20\*  
**Time:** 12:45pm – 2:15pm  
**Fee:** \$95  
**Min:** 8      **Max:** 12

\*No class November 8, 22 and April 18





## Cartooning with Young Rembrandts **NEW!**

**Ages:** 6 – 12  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to November 28\*  
 Session 2 – January 9 to February 27  
**Time:** 6:00pm – 7:00pm  
**Fee:** \$115  
**Min:** 5 **Max:** 15

\*No class October 31 and November 21

Our cartoon drawing lessons will stoke your child's artistic fire. Your child will learn about exaggeration and drawing facial expressions, how to create new cartoon characters, developing series of drawings to tell a story and learning to draw movement, sound and mood. Encourage your child's creativity. Enroll today!

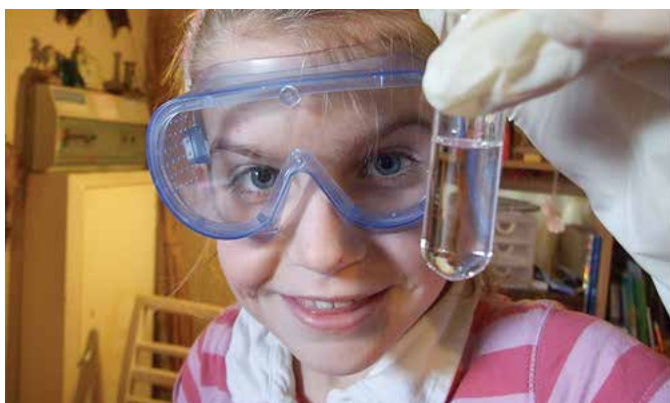


## Elementary Drawing with Young Rembrandts **NEW!**

**Ages:** 6 – 12  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to November 20\*  
 Session 2 – January 8 to February 26  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$115  
**Min:** 5 **Max:** 15

\*No class November 6

Enroll your elementary student in a Young Rembrandts drawing class. Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design. Children will learn to break down complex objects into basic shapes and how to deconstruct and reconstruct images. Besides strengthening your child's drawing and coloring skills, he or she will also learn about art history as we present lessons featuring master artists such as Leonardo Da Vinci and Franz Marc. All this and more await your child in a Young Rembrandts classroom! Sign up today!



## What Matters for Kids Science Matters!

**Grades:** 1 – 4  
**Days:** Tuesday  
**Dates:** Session 1 – October 9 to November 20\*  
 Session 2 – January 15 to February 19  
**Time:** 3:45pm – 4:45pm  
**Fee:** \$125  
**Min:** 4 **Max:** 20

\*No class November 6

Ever wonder **HOW** a boat floats but a rock sinks? Ever wonder **WHAT** makes your soda fizz? Ever wonder **WHY** planes can fly? Young children do; and we want them to keep that sense of wonderment and encourage them to keep asking **WHY** throughout life. Our classes foster and encourage their love of learning and show them how FUN science can be! From Astronomy to Zoology and Aristotle to Zuckerberg, your child will be immersed in the excitement of the scientific method. Lessons are taught using a multi-sensory philosophy, so students will be actively involved throughout each lesson. **Let's Discover Together**, each lesson will be more exciting and informative than the next! *At the end of each lesson, your child will receive information and materials to continue their exploration and experimentation at home with YOU!* Get your child started on the path to scientific discovery today!

# Young Engineers

At Engineering for Kids we specialize in teaching kids S.T.E.M. in a fun hands on way. Our enrichment programs are not like any you have seen before. Each curriculum is inquiry based and designed to encourage creativity, problem solving and critical thinking.



## 3D Modelling

**Grades:** K – 3  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to December 4\*  
 Session 2 – January 8 to March 12  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$140  
**Min:** 8 **Max:** 16

\*No class November 6

This unique program by Young Engineers guides children to build and design unique 3D models using specialized techniques of origami, Eva Foam kits, 3D puzzles kits, and modelling clay, as well as custom designed architectural building kits.



## Lego® Robotic Design Challenge **NEW!**

**Grades:** 1 – 5  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 5\*  
 Session 2 – January 9 to March 13  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$199  
**Min:** 8 **Max:** 16

\*No class November 21

Love playing with Lego's. Here is your chance to come participate in a design challenge every week and learn practical software along with mechanical engineering principles such as: algorithm planning, formulation of pseudo code, flow charts, We-Do Programming, input and output implementations, loops, multi-threads, keyboard operations, sensor applications and calculation commands.



## Minecraft Modding

**Grades:** 2 – 7  
**Days:** Monday  
**Dates:** September 24 to December 10\*  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$199  
**Min:** 8 **Max:** 16

\*No class October 8 and November 12

Learn to code with Mindcraft Modding. Kids will drag and drop programming to rapidly create Minecraft mods and deploy them with >> 1-click. Whether they want to turn water into gold, build instant cities, or create multi-player games, their imagination is the only limit. Learn to build and play Minecraft games.

## Code-a-Thon **NEW!**

**Grades:** 2 – 7  
**Days:** Thursday  
**Dates:** January 10 to March 14  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$199  
**Min:** 8 **Max:** 16

Do you want to learn to Code? Young Engineers is coming up with a specialized curriculum which will give kids a 1 hour challenge every week to code a project. Challenges may include building a quiz game, battling a boss, complete random code challenges, complete broken code within a game etc. No prior coding experience is needed to participate.

## Typing Class

**Grades:** 3 – 8  
**Days:** Wednesday  
**Dates:** October 17 to November 14\*  
**Time:** 3:45pm – 4:45pm (Grades 3 – 5)  
 5:00pm – 6:00pm (Grades 6 – 8)  
**Fee:** \$35  
**Min:** 6 **Max:** 12

\*No class October 31

No more hunting and pecking! This beginner typing class will help your child learn effective typing skills in a fun, relaxed environment. With easy instruction and online games, students will feel comfortable using a keyboard both in and out of the classroom. It is important that all students must bring a laptop with internet capabilities.



## Golf For Juniors

**Ages:** 8 - 14  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to November 15\*  
 Session 2 – January 3 to February 14  
**Time:** 4:00pm – 5:00pm  
**Site:** Session 1 – TBD  
 Session 2 – Community Center  
**Fee:** Session 1 – \$150  
 Session 2 – \$90  
**Min:** 6 **Max:** 8

\*No class November 8

Join PGA Professional Bill McCluney for this program to get a complete education of the game of golf. Proper grip, tee shots, short swing, long swing, bunker play, putting and much more will be taught. Clubs will be provided, but those who have their own are encouraged to bring them.



## Bowling

**Ages:** 5 – 14  
**Days:** Fridays  
**Dates:** September 28 to November 16  
**Time:** 6:00pm  
**Site:** Jersey Lanes  
**Fee:** \$90 – Complete Bowling Program  
 \$70 – Without Bowling Ball

This 8 week program includes 2 games of bowling each week, use of rental shoes and lightweight balls, 8 free game passes at the program's end and a brand new bowling ball (\$90), or just bowl for fun (\$70). Bumpers available for younger bowlers – no gutterballs!!

To participate, fill out the registration form found on our flyer and return it to Jersey Lanes by Thursday, September 27. For more information, contact Jersey Lanes at 908-486-6300.

## MANNERATIONS

**Where manners are serious fun!** – Mannerations is a fun, innovative program that teaches children and young adults about etiquette and how it should be practiced in today's world. Learning good manners early in life sets the stage for a more successful future. Mannerations can help your child build a solid foundation that he/she will utilize forever.

Classes are taught by Patti Manning, Founder of Mannerations.



## Mannerations – Social Etiquette

(1 Day Class)

**Ages:** 6 – 12  
**Days:** Wednesday  
**Dates:** November 7  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$40 for 1 class (Includes instructional materials and a good fun manners bag)  
**Min:** 5 **Max:** 10

This introductory one-day course teaches children the proper etiquette techniques to successfully manage social situations. Some of the topics reviewed include: greetings and introductions, being a good guest and host, written correspondence, and behavior at celebrations and other life events. Children learn through role-playing, worksheets, and fun games.

## Mannerations – Dining Program

(1 Day Class)

**Ages:** 6 – 12  
**Days:** Wednesday  
**Dates:** November 14  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$50 for 1 class  
 (Includes 4 course meal and instructional manual)  
**Min:** 5 **Max:** 10

During this one-day class, children learn the etiquette of dining in a fun, interactive and memorable manner. A four-course meal is consumed while discussing why good manners during dining are important, and how to correctly behave and manage a formal meal.



# STRENGTH AND FITNESS CLUB

570 SOUTH AVE. EAST, CRANFORD • 908-272-3900

Strength and Fitness Club is a community fitness experience offering training programs that cater to the general public, the young athlete looking to gain that competitive edge, and to elite college and professional athletes. **Registration done directly with Strength and Fitness Club**



## T-Ball (Baseball)

**Ages:** 4 – 6  
**Days:** Tuesday  
**Dates:** September 4 to September 25 or  
 October 2 to October 23 or  
 October 30 to November 20 or  
 November 27 to December 18  
**Time:** 3:30pm – 4:15pm  
**Site:** Strength and Fitness Club (The Turf)  
**Fee:** \$90 (Members)  
 \$100 (Non Members)

**Registration done directly with Strength and Fitness Club**

This co-ed class is designed to introduce children to baseball including hitting fundamentals, fielding positions, plate basics, base running and how to have fun.



## Hitting Boot Camp

**Ages:** 9 – 11  
**Days:** Thursday  
**Dates:** October 25 to December 6  
**Time:** 5:30pm – 6:30pm  
**Site:** Strength and Fitness Club (The Turf)  
**Fee:** \$150 (Members)  
 \$165 (Non Members)

**Registration done directly with Strength and Fitness Club**

Don't fall behind this fall & winter! Strengthen swing, break bad habits and more.

## "The Big Three" Instructional Softball Camp

**Ages:** 8 – 10  
**Days:** Monday  
**Dates:** September 3 – September 24 or  
 October 1 – October 22 or  
 October 29 – November 19 or  
 November 26 – December 17  
**Times:** Check online for times  
**Site:** Strength and Fitness Club (The Turf)  
**Fee:** \$125 (Members)  
 \$135 (Non Members)

Keep your athlete progressing this season with our hitting, fielding, throwing camp. Players can strengthen swing and/or work through any challenges they may be facing this year.



## "The Big Three" Instructional Baseball Camp

**Ages:** 12 – 14  
**Days:** Monday  
**Dates:** September 3 – September 24 or  
 October 1 – October 22 or  
 October 29 – November 19 or  
 November 26 – December 17  
**Times:** 5:30pm – 6:30pm or  
 6:45pm – 7:45pm  
**Site:** Strength and Fitness Club (The Turf)  
**Fee:** \$125 (Members)  
 \$135 (Non Members)

**Registration done directly with Strength and Fitness Club**

Keep your athlete progressing with our hitting, fielding, throwing camp. Players can strengthen swing and/or work through any challenges they may be facing this year.

**Registration begins on September 12 at 9:00am for ALL programs!**



## Rookie Baseball Camp

### Tuesday Session

**Ages:** 7 – 8  
**Days:** Tuesday  
**Dates:** September 4 to September 25 or  
 October 2 to October 23 or  
 October 30 to November 20 or  
 November 27 to December 18  
**Time:** 4:30pm – 5:30pm  
**Site:** Strength and Fitness Club (The Turf)  
**Fee:** \$115 (Members)  
 \$120 (Non Members)

### Wednesday Session

**Ages:** 7 – 8  
**Days:** Wednesday  
**Dates:** September 5 to September 26 or  
 October 3 to October 24 or  
 November 7 to November 28 or  
 December 5 to December 26  
**Time:** 4:30pm – 5:30pm  
**Site:** Strength and Fitness Club (The Turf)  
**Fee:** \$115 (Members)  
 \$120 (Non Members)

**Registration done directly with Strength and Fitness Club**

Players will learn baseball fundamentals (hitting, fielding, throwing) and most important how to have fun.



## Soccer Programs

### United Soccer Academy's 2 Day "Schools Out Soccer Camp"

November 8<sup>th</sup> and 9<sup>th</sup>, 8:00am – 3:00pm

Players receive soccer instruction at a level that will both challenge them and ensure they have a fantastic experience at camp. USA's opportunity to put these new skills into practice. Important: Please visit [www.UnitedSoccerAcademy.com](http://www.UnitedSoccerAcademy.com) for additional details or for registration.  
 Price \$150



### **NEW!** RedBulls Youth Soccer Academy

Coming to The Turf in November: The RedBulls Youth Soccer Academy. Please visit their website at <http://www.redbullsacademy.com/training/> for more info or to register for an upcoming camp.

## Combining Sports, Fitness & Family in *one location!*

- ✓ Full Service Fitness Club
- ✓ Over 130 Classes a Month
- ✓ Speed & Agility Training
- ✓ Batting Cages
- ✓ Tunnel & Full Turf Rentals
- ✓ Team Camps & Clinics
- ✓ Team Evaluations
- ✓ Personal and/or Group Lessons
- ✓ Office Space for Tutoring
- ✓ Birthday Parties
- ✓ Child Care

570 South Ave East, Cranford, NJ

[www.strengthandfitnessclubturf.com](http://www.strengthandfitnessclubturf.com)

Register for programs at <https://register.communitypass.net/cranford>





## iDiscover

**NEW!**

**Grades:** 1 – 6  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to November 1  
 Session 2 – January 10 to February 14  
**Time:** 7:00pm – 7:45pm  
**Fee:** \$95  
**Min:** 5 **Max:** 15

## Stem Enrichment Program

**iDiscover** is an interactive educational experience. Classes will guide children to challenge their creative minds with Computer Programming, Coding Puzzles and Brain Games and more! Each child will use iPads to explore the vast world of the latest educational and computer programming software. Classes include a wide variety of technology to help your child Discover!



## Kid Safe Self Defense

**Ages:** 5 – 15  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 6\*  
 Session 2 – January 10 to March 14\*  
**Time:** 4:40pm – 5:15pm for new students age 5 – 8  
 5:20pm – 6:00pm for new students age 9 and up, and all White Belts with 1 or 2 stripes  
 6:10pm – 6:50pm for all Colored Belts  
**Fee:** \$85  
**Min:** 10 **Max:** 30

\*No class on November 22

This program is designed to enhance *self-esteem, self-discipline and safety awareness*. Students are placed into classes according to age and ability. A black belt instructor teaches beginning, intermediate, and advanced techniques for self defense only. Self-discipline and defense, rather than aggressiveness are promoted. Weekly safety flyers focus on a wide range of topics including stranger, fire safety and more!

# RMC MUSIC STUDIO



## Rock FUNdamentals

**NEW!**

**Ages:** 6 – 10  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to November 29\*  
 Session 2 – January 10 to February 28  
**Time:** 5:00pm – 5:45pm  
**Fee:** \$90  
**Min:** 6 **Max:** 12

\*No class November 8 and 22

Designed for children new to music and instruments, this class will demonstrate the basic concepts of rhythm, pitch and how the instruments in a rock band work to students. Participants will get a chance to learn the basics of singing and playing the drums, guitar, bass and keyboards.



## Drum Madness

**NEW!**

**Ages:** 6 – 10  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to November 29\*  
 Session 2 – January 10 to February 28  
**Time:** 6:00pm – 6:45pm  
**Fee:** \$90  
**Min:** 6 **Max:** 12

\*No class November 8 and 22

Does your child like to tap on anything he or she can get their hands on? Well if so, this is the course for you! Drum Madness is designed to take items that can typically be found around the house and transform them into instruments used to explain basic fundamentals of rhythm, beat and timing. Buckets, PVC pipe, folding chairs and even sesame seeds will be used to transform into percussion tools.



## Afterschool Gamers **NEW!**

**Grades:** 4 & Up  
**Days:** Thursday  
**Dates:** Starts September 13  
 Then every 2nd and 4th Thursday of the month  
**Time:** 3:45pm – 5:45pm  
**Site:** Cranford Community Center  
**Fee:** None – Registration required

Who is up for a game? Come join us every other Thursday at the Community Center for tabletop board and card games of all kinds! We play classic “camp games” like Spit, Checkers, and Mancala as well as new favorites like Harry Potter: Battle at Hogwarts, Love Letter, and Unlock! Bring your friends and make new ones as well as share our favorite board games. Please bring a game to share with the club. Beginner and expert players are welcome! Contact [cranford.gamers.club@gmail.com](mailto:cranford.gamers.club@gmail.com) for more information.



## Fashion First Workshop

**Grades:** 2 – 12  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to November 14  
 Session 2 – January 9 to February 27  
**Time:** 4:15pm – 5:15pm (Grades 2 – 5)  
 5:30pm – 6:30pm (Grades 6 – 12)  
**Fee:** \$165  
**Min:** 6 **Max:** 15

Do you have a passion for fashion? Do you want to learn how to sew and make clothes for yourself? We'll teach you all you need to know about becoming a fashion designer. We'll cover fabric designs, measuring, rendering your fabric, fabric layout, pinning, cutting fabric construction, fit and sewing the garment together. You'll learn how to sew if you're a beginner and if you know how to sew you'll sharpen your skills. Our program ends with a fashion show that our student (designers) plan from beginning to end. Parents, family and friends welcome. All fabric, notions, supplies and use of sewing machines are all included.



## Fire's Basketball Clinic **NEW!**

**Ages:** 4 – 13  
**Days:** Thursday  
**Dates:** November 8 (1 Day Only)  
**Time:** 9:00am – 1:00pm  
**Fee:** \$40

### *Clinic directed by Bob Firestone.*

Coach Firestone is the former Head Boys Coach at St. Mary's HS in Elizabeth and Head Girls Coach at Elizabeth HS. He coached in the first Girls McDonald's Basketball Classic at Madison Square Garden and was inducted into the Elizabeth and Linden Hall of Fame. This clinic will stress FUNDAMENTALS and includes drills, contests, games and awards.

**Bring your own basketball, snack and water.**



## Boys & Girls Basketball Leagues

**Grades:** 1 – 12\*  
**Days:** Monday to Thursday  
 (practices & games)  
 Saturday (games)  
**Dates:** November to March  
**Site:** Brookside Place School,  
 Community Center, Hillside Avenue School,  
 Livingston Avenue School, Orange Avenue School  
**Fee:** \$85



\*New 1st and 2nd grade co-ed division! This program is geared towards teaching the fundamentals of the game.

Registration can now be done in person at the Community Center or on-line through Team Sideline at [www.cranfordrecbasketball.org](http://www.cranfordrecbasketball.org). Registration began on August 1st and ends on October 12th.

## SMARTYCAT KIDS

At Smartycat Kids, we have a true passion for getting kids excited about science, technology, and experimentation! We provide everything needed to run amazing science and technology programs including all materials, flyers and other class information for parents so they know exactly what their child will be doing during class.



### Creative Kids

**Grades:** K – 3  
**Days:** Monday  
**Dates:** Session 1 – September 24 to November 26\*  
 Session 2 – January 7 to March 11\*  
**Time:** 4:30pm – 5:15pm  
**Fee:** \$150  
**Min:** 6      **Max:** 20

\*No class October 8, November 12, January 21, February 18

This is the ultimate class for fostering creativity and allowing children complete freedom to express themselves through their art! We encourage children to use their own ideas and techniques as they experiment with a wide variety of materials, and discover their own artistic style!



### Elementary Cooking

**Grades:** 1 – 3  
**Days:** Monday  
**Dates:** Session 1 – September 24 to December 10\*  
 Session 2 – January 7 to March 25\*  
 Session 3 – April 1 to June 17\*  
**Time:** 3:45pm – 4:45pm  
**Fee:** \$70  
**Min:** 8      **Max:** 12

\*No class on October 8, November 12, January 21, February 18, April 15 and May 27

This program will go beyond the basics learned in Kinder Cooking and teach the children slightly more advanced recipes. This is a very hands-on class where the children will get their hands dirty.



### Junior Scientists

**Grades:** K – 3  
**Days:** Monday  
**Dates:** Session 1 – September 24 to November 26\*  
 Session 2 – January 7 to March 11\*  
**Time:** 5:30pm – 6:15pm  
**Fee:** \$150  
**Min:** 6      **Max:** 20

\*No class October 8, November 12, January 21, February 18

This program is all about making learning science fun! Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, technology, earth science and green science. If your child would enjoy making liquids bubble, fog, ooze, or erupt; launching miniature gas powered rockets; designing and constructing model structures; building solar-powered robots; erupting model volcanoes; studying animals or growing a plant in a test tube; or many other fun and exciting experiments, then this is the program for them!



### Yarn Play Art Class

**NEW!**

**Ages:** 8 – 12  
**Days:** Tuesday  
**Dates:** September 25 to November 20\*  
**Time:** 5:00pm – 6:00pm  
**Fee:** \$125 (Includes materials)  
**Min:** 4      **Max:** 8

\*No class November 6

This fun class for tweens will use yarn to create one of a kind crafts and artwork. We'll use color and texture to explore beginning concepts of knitting, weaving and creative expression.

**Registration begins on September 12 at 9:00am for ALL programs!**



# YOUTH TENNIS CLINIC *In association with the US Sports Institute*

For additional information please contact the US Sports Institute: Phone: 732-563-2520. Web: [www.ussportsinstitute.com](http://www.ussportsinstitute.com)



## School's Out Tennis Camps

### Monday / Tuesday Session

**Ages:** 5 – 11  
**Days:** Monday – Tuesday  
**Dates:** September 10 – September 11  
**Times:** 9:00am – 12:00pm  
**Site:** Hillside Ave. Tennis Courts  
**Fee:** \$85

### Thursday / Friday Session

**Ages:** 5 – 11  
**Days:** Thursday – Friday  
**Dates:** November 8 – November 9  
**Times:** 9:00am – 12:00am  
**Site:** Hillside Ave. Tennis Courts  
**Fee:** \$85

**Note:** Registration done directly with US Sports Institute

Players receive tennis instruction at a level that will both challenge them and ensure that they have a fantastic experience at camp. Our professional, qualified coaches will cover different topics and themes each day. Ample game time will ensure players have the opportunity to put these new skills into practice. Players are typically organized into the following groups: Foundation Tennis Level, Development Tennis Level and Advanced Tennis Level. Participants are required to provide their own tennis racquet for this program.



## Development Tennis

**Ages:** 8 – 10  
**Days:** Saturday  
**Dates:** September 15 to November 3  
**Times:** 12:00pm – 1:00pm  
**Site:** Hillside Ave. Tennis Courts  
**Fee:** \$169

**Note:** Registration done directly with US Sports Institute

Development Tennis is designed for players who have previous experience, and a good understanding of tennis' fundamental skills. Players will work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots. Participants should be able to demonstrate a controlled forehand and backhand technique, a basic serving action, and some understanding of the rules of the sport.

## Foundation Tennis

### Fall Program – 1

**Ages:** 5 – 14  
**Days:** Saturday  
**Dates:** September 15 to November 3  
**Times:** 10:00am – 11:00am (Ages 5–8) or  
 11:00am – 12:00pm (Ages 8–10) or  
 1:30pm – 2:30pm (Ages 11–14)  
**Site:** Hillside Avenue Tennis Courts  
**Fee:** \$169

### Fall Program – 2

**Ages:** 5 – 6  
**Days:** Monday  
**Dates:** November 19 to December 17  
**Times:** 4:30pm – 5:30pm or  
 5:30pm – 6:30pm  
**Site:** Community Center  
**Fee:** \$109

### Winter Program – 1

**Ages:** 5 – 6  
**Days:** Monday  
**Dates:** January 14 to February 11  
**Times:** 4:30pm – 5:30pm or  
 5:30pm – 6:30pm  
**Site:** Community Center  
**Fee:** \$109

### Winter Program – 2

**Ages:** 5 – 6  
**Days:** Monday  
**Dates:** February 25 to March 25  
**Times:** 4:30pm – 5:30pm or  
 5:30pm – 6:30pm  
**Site:** Community Center  
**Fee:** \$109

Registration done directly with US Sports Institute

Foundation Tennis is designed to introduce players to the fundamentals of tennis, including stroke technique, serving, court awareness and rallying. Activities are delivered in a low pressure, yet energetic environment, ensuring optimal learning, all the while maintaining the enjoyment factor of being on the tennis court. Open to first time players and those with some experience who are looking to gain a strong foundation in the sport of tennis.

Register for programs at <https://register.communitypass.net/cranford>





## Meditation for Teens

**Ages:** 13 – 17  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to November 14  
 Session 2 – January 9 to February 27  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$90  
**Min:** 10 **Max:** 20

Teresa Lacorazza, Healing Arts Practitioner and founder of The HEAL Network will help you learn how meditation can help overcome the stress of school, college preparation, bullying, peer pressure, and finding a balance in life. Experience how creating a meditation practice will increase self-esteem, creativity, and keeping a positive attitude.



## Annual Dodgeball Tournament

**Date:** TBD  
**Time:** 12:30pm to 5:00pm  
**Site:** Community Center

Look for details in the schools closer to the event date or search Facebook for the Cranford Teen Advisory Board.

## Coffee House

**Grades:** 9 - 12  
**Days:** TBD  
**Time:** 3:00pm  
**Site:** Cranford High School  
**Fee:** Free



## Learn To Knit **NEW!**

**Ages:** 12 and Up  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to November 14  
 Session 2 – January 9 to February 27  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$125  
**Min:** 4 **Max:** 8

In this 8 week course, students will learn basic knitting stitches, how to begin and finish a project and how to read a simple pattern. Knitting helps to develop fine motor skills, improves math skills and introduces students to the concepts of coding and STEM activities. Knitting helps develop a sense of accomplishment, builds confidence and helps improve problem solving skills and promotes creative expression!



## Volleyball

**Grades:** 7 - 12  
**Days:** Monday  
**Dates:** January 7 to April 29\*  
**Time:** 8:00pm – 9:30pm  
**Site:** Lincoln School  
**Fee:** \$50  
**Min:** 10 **Max:** 30

Note: This program is subject to school activities

\*No class on January 21, February 18 and April 15, 22

## 6th to 8th Grade Teen Center

**Grades:** 6, 7 & 8  
**Days:** Friday  
**Dates:** Restarting September 7  
**Time:** 7:00pm – 10:00pm  
**Site:** Community Center  
**Fee:** Free



## Teen Yoga

**Ages:** 13 – 17  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 13\*  
 Session 2 – January 10 to March 14  
**Time:** 6:15pm – 7:15pm  
**Fee:** \$85  
**Min:** 10 **Max:** 20

\*No class November 8 and 22

### *Come Join Us for a Free Teen Yoga Demo Class!*

Thursday, September 20, 6:15pm – 7:15pm at the Cranford Recreation Department. Please call the Recreation Dept. if you would like to attend the demo class.

## Boys High School Basketball League

**Grades:** 9 - 12  
**Dates:** November to March  
**Fee:** \$85

Registration began on August 1st and will end on October 12th. Registration can now be done in person at the Community Center or on-line through Team Sideline at [www.cranfordrecbasketball.org](http://www.cranfordrecbasketball.org).



## Girls High School Basketball League

**Grades:** 9 - 12  
**Dates:** November to March  
**Fee:** \$85

Registration began on August 1st and will end on October 12th. Registration can now be done in person at the Community Center or on-line through Team Sideline at [www.cranfordrecbasketball.org](http://www.cranfordrecbasketball.org).



## Teen Zumba

**Ages:** 13 – 17  
**Days:** Monday  
**Dates:** Session 1 – September 24 to December 10\*  
 Session 2 – January 7 to March 25\*  
**Time:** 6:15pm – 7:15pm  
**Fee:** \$85  
**Min:** 15 **Max:** 40

\*No class October 8, November 12, January 21 and February 18

### *Come Join Us for a Free Teen Zumba Demo Class!*

Monday, September 17, 6:15pm – 7:15pm at the Cranford Recreation Department. Please call the Recreation Dept. if you would like to attend the free demo class.



## Battle of the Bands

**Dates:** TBD  
**Time:** 7:00pm – 11:00pm  
**Site:** Community Center  
**Fee:** \$5

Tickets are \$5.00 in advance and \$8.00 at the door. Proceeds will help support the Cranford High School Senior Class. Look for flyers around the school before the event.





## Magic the Gathering for Teens **NEW!**

**Grades:** 6 – 12  
**Days:** Friday  
**Dates:** Session 1 – September 28 to November 30\*  
 Session 2 – January 11 to March 1  
**Time:** 5:15pm – 6:45pm  
**Fee:** \$140 (includes all materials and supplies)  
**Min:** 7 **Max:** 16

\*No class November 9, 23

Magic the Gathering is the world's biggest trading card game, with thousands of players worldwide. Learn how to play, improve your existing skills, build decks suited to your play style, and begin building and managing your collection.



## Tabletop Adventures for Teens **NEW!**

**Grades:** 6 – 12  
**Days:** Friday  
**Dates:** Session 1 – September 28 to November 30\*  
 Session 2 – January 11 to March 1  
**Time:** 3:45pm – 5:15pm  
**Fee:** \$105 (includes all materials & supplies)  
**Min:** 4 **Max:** 12

\*No class November 9, 23

Paper and Pencil Role-Playing Games like Dungeons and Dragons, Pathfinder, F#, and Kids on Bikes are safe, fun environments for kids to learn and exercise social skills, creative thinking and writing skills, and strategic thinking. In Tabletop Adventures for Kids, students will be guided through several systems, create their own in-game personas, and make friends to last a lifetime.



## Next Level Game Makers **NEW!**

**Grades:** 6 – 12  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to November 20\*  
 Session 2 – January 8 to February 26  
**Time:** 6:00pm – 8:00pm  
**Fee:** \$165 (includes all finishing and printing)  
**Min:** 8 **Max:** 18

\*No class November 6

Teens are game makers! Teens will dive into board games, card games, and table top games fostering and exercising logic, strategy, and social skills to compete and cooperate with their peers. Using these same skills, teens will create their very own games from scratch, learning about what it means to be a game designer, how to create and test their ideas, how to work with others during the development process. At the end of the program, teens will have professional prototypes to share with friends and family and other developers.

## THE POWER OF POETRY

### Poetry **NEW!**

**Ages:** 9 – 14  
**Days:** Thursday  
**Dates:** Session 1 – October 25 to November 15  
 Session 2 – January 31 to February 21  
**Time:** 6:00pm – 7:00pm  
**Fee:** \$80  
**Min:** 5 **Max:** 15

Poetry games and writing activities will help participants to discover their creative talent and find new ways of expressing themselves. As they learn to create poetic imagery and find inspiration in the world around them, they will expand their writing skills in a fun, enriching environment. No prior poetry experience is necessary to enjoy this program.





## New World of Motherhood

### Monday AM Session

**Ages:** All New Mothers  
**Days:** Monday  
**Dates:** Session 1 – September 24 to November 5\*  
 Session 2 – January 7 to February 25  
**Time:** 11:30am – 12:30pm  
**Fee:** \$70  
**Min:** 5      **Max:** 12

### Thursday PM Session

**Ages:** All New Mothers  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to November 1  
 Session 2 – January 10 to February 14  
**Time:** 1:00pm – 2:00pm  
**Fee:** \$70  
**Min:** 5      **Max:** 12

\*No class October 8, January 21 and February 18

If you are a new mother, come join us to receive support from and socialize with other new moms. For 6 weeks we will be gathering to talk about this “new world” of motherhood with all of its joys and challenges. Get to know other moms and talk with them about what is working for you and your baby and what challenges you are facing. Gain some support and share time together with coffee and snacks. Bring your baby in tow and connect with others who are experiencing this journey. (Unfortunately, the group is unable to accommodate toddlers – class is open to moms and their infant.) Group is run by Antonia Cleaveland, LCSW and Melanie Graceffo, LCSW, fellow moms.

## Cranford Gamers!

**Ages:** Teens & Up  
**Days:** Thursday  
**Dates:** Starts September 13  
 Then every 2nd and 4th Thursday of the month  
**Time:** 5:45pm – 9:00pm  
**Fee:** None – Registration required.

Who is up for a game? Come join us every other Thursday at the Community Center for tabletop board and card games of all kinds! We play everything from Sushi Go to Unlock! to Red Dragon Inn to Harry Potter: Battle at Hogwarts! Bring your friends and make new ones! Please bring a game to share. Contact [cranford.gamers.club@gmail.com](mailto:cranford.gamers.club@gmail.com) for more information.

## How to Preserve Family Recipes and Food Traditions

**Ages:** 18 & up  
**Days:** Wednesday  
**Dates:** November 7 (1 Night Only)  
**Time:** 7:00pm  
**Fee:** \$15

Spend time with fellow food lovers as we explore how and why to identify and preserve meaningful food traditions for ourselves, family, and friends. Learn ways to beautifully document and preserve recipes, photographs, cooking knowledge, and more, using technology and creativity. We will even cover how to adapt recipes to create the traditions of tomorrow.

## Meditation for Adults

### Friday AM Session

**Ages:** 18 & Up  
**Days:** Friday  
**Dates:** Session 1 – September 28 to November 30\*  
 Session 2 – January 11 to March 1  
**Time:** 9:15am – 10:15am  
**Fee:** \$90  
**Min:** 8      **Max:** 12

\*No class November 9, 23

### Tuesday PM Session

**Ages:** 18 & Up  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to November 20\*  
 Session 2 – January 8 to February 26  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$90  
**Min:** 8      **Max:** 12

\*No class November 6

Come sit in time out with Teresa Lacorazza, Healing Arts Practitioner and founder of The HEAL Network, as you learn to develop a meditation practice. Meditation helps to lower blood pressure, reduce stress, and boost the immune system. Meditation also increases focus, creativity, and energy.



## Piano for Beginners

**Ages:** 18 & up  
**Days:** Tuesday  
**Dates:** October 2 to December 4  
**Time:** 10:00am – 11:00am  
**Fee:** \$20  
**Min:** 3      **Max:** 7

Knowledge of reading music not required

## Piano – Intermediate

**Ages:** 18 & up  
**Days:** Tuesday  
**Dates:** October 2 to December 4  
**Time:** 11:00am – 12:00pm  
**Fee:** \$20  
**Min:** 3      **Max:** 7

Knowledge of reading music not required



## Monday Night Yoga

**Ages:** 18 & Up  
**Days:** Monday  
**Dates:** Session 1 – September 24 to December 10\*  
           Session 2 – January 7 to March 25\*  
**Time:** 7:30 – 8:30pm  
**Fee:** \$85  
**Min:** 10      **Max:** 25

\*No class on October 8, November 12, January 21, Feb. 18

## Wednesday Night Yoga

**Ages:** 18 & Up  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 5\*  
           Session 2 – January 9 to March 13  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$85  
**Min:** 10      **Max:** 25

\*No Class on November 21

Westfield Area Y instructors will lead these classes that are designed to increase flexibility & strength, relieve stress, increase energy and promote health and well-being. Bring a yoga mat and a towel. Classes are done in bare feet and on an empty stomach.



## Body Barre AM

**Ages:** 18 & Up  
**Days:** Wednesday  
**Dates:** Session 1 – September 26 to December 5\*  
           Session 2 – January 9 to March 13  
**Time:** 9:00am – 10:00am  
**Fee:** \$80  
**Min:** 10      **Max:** 25

\*No Class on November 21

Yoga, Pilates and Ballet techniques are used to improve strength and flexibility. This class incorporates elements from Balanced Body Barre and emphasizes safety and body awareness while keeping the intensity and energy of a barre workout.

## Over 35 Basketball

**Ages:** 35 & up  
**Days:** Monday  
**Dates:** September 24 to August 26\*  
**Time:** 7:00pm – 9:30pm  
**Fee:** \$75  
**Min:** 15      **Max:** 40

\*No class October 8, November 12, December 24, 31  
 January 21, February 18 and May 27



## Sculpted and Frameable Ceramics

**NEW!**

**Ages:** 18 & Up  
**Days:** Monday  
**Dates:** Session 1 – October 15 to December 10\*  
 Session 2 – January 28 to March 25\*  
**Time:** 7:00pm – 8:30pm  
**Fee:** \$160

\*No class November 12, January 21 and February 18

Taught by local artist Julie Castillo, students will learn to improve their ceramic techniques, understand crucial drying times and the fragile quality of the medium and its limitations. Acquiring the tools and the skills to translate what you can imagine into a 3Dimensional Relief. At the same time, students will learn the basic language, mindset and materials of a ceramist. Important demonstrations and general information will be presented at the beginning of each class.

*Students must provide their own materials. List available upon request.*



## Improv Class

**NEW!**

**Ages:** 18 & Up  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to November 13  
 Session 2 – January 8 to February 26  
**Time:** 7:00pm – 8:30pm  
**Fee:** \$130  
**Min:** 8 **Max:** 16

Give your imagination and creativity a boost! In this beginner's class, you'll learn the fundamentals of improvisation – agreement, commitment, spontaneity, and listening – through energetic theater games and exercises. Let go of inhibitions and have fun!



## Beginner Yoga



**NEW!**

**Ages:** 18 & up  
**Days:** Friday  
**Dates:** Session 1 – September 28 to December 7\*  
 Session 2 – January 11 to March 15  
**Time:** 9:15am – 10:15am  
**Fee:** \$85  
**Min:** 10 **Max:** 25

\*No class on November 23

Everyone has to start somewhere, right? Yoga is great for your health, a wonderful way to distress and a fun way to get a little exercise. By making yoga a regular activity, you will start to feel more relaxed and limber as you connect body & mind as one.



## Pilates

**NEW!**

**Ages:** 18 & up  
**Days:** Thursday  
**Dates:** Session 1 – September 27 to December 6\*  
 Session 2 – January 10 to March 14  
**Time:** 7:30pm to 8:30pm  
**Fee:** \$85  
**Min:** 10 **Max:** 25

\*No class November 22

Westfield Area Y instructors will lead the Pilates program that improves core strength and balance, increases flexibility, enhances athletic performance and helps perform daily tasks with greater ease through heightened sense of muscle control and self-awareness. *Bring a mat and towel.*





### TRX Suspension Training Class

What is Suspension Training? Simply put, ST uses your own bodyweight and gravity to turbocharge basic exercises. From squats to lunges, nearly every exercise on a suspension trainer engages the core. Why work just one specific muscle group, when you can work the entire body? Who can benefit from Suspension Training? EVERYONE. Whether you're a seasoned athlete or someone beginning a fitness program, Suspension Training is for you. In one class, you will work all muscle groups.

**It's efficient. It's fun. But most important, it gets results.**

Participants need to bring their own mat (yoga) and water bottle.

**Ages:** 18 and Up  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to November 13  
 Session 2 – January 8 to February 26  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$115  
**Min:** 4      **Max:** 8



### Adult Beginner – Intermediate Tai Chi

**Ages:** 18 & Up  
**Days:** Tuesday  
**Dates:** Session 1 – September 25 to November 27  
 Session 2 – January 8 to March 12  
**Time:** 7:30pm – 8:30pm (Part 2) or  
 8:30pm – 9:30pm (Part 1)  
**Fee:** \$50  
**Min:** 8      **Max:** 12

Awaken your mind, body and spirit thru Tai Chi's moving meditation. Tai Chi will help to reduce stress, improve balance, circulation, concentration, flexibility, relaxation and more.

These classes follow the **Tai Chi 24 Form**. Poses 1 – 12 will be explored in the Part 1 class for beginners and Poses 12 – 24 will be explored in the Part 2 class for students already familiar with Tai Chi.



### Monologue Class

**NEW!**

**Ages:** 18 & Up  
**Days:** Monday  
**Dates:** Session 1 – September 24 to November 26\*  
 Session 2 – January 7 to March 11\*  
**Time:** 7:00pm – 8:30pm  
**Fee:** \$130  
**Min:** 6      **Max:** 12

\*No class October 8, November 12, January 21 and February 18

Learn how to create a believable character for the stage through monologue preparation and performance! Whether you're a seasoned performer in search of a perfect monologue or a beginner figuring out where to start, this class will help you polish and perfect your dramatic or comedic monologue in a professional and supportive environment. Topics to be covered: what is an appropriate monologue for you, how to breakdown a monologue, timing and cutting a monologue and performance direction.



### Golf For Women

**Ages:** 18 & Up  
**Days:** Thursday  
**Dates:** September 27 to November 8  
**Time:** 11:00am – 12:00pm  
**Site:** TBD  
**Fee:** \$150  
**Min:** 6      **Max:** 8

Join PGA Professional Bill McCluney for this program to get a complete education of the game of golf. Proper grip, tee shots, short swing, long swing, bunker play, putting and much more will be taught. Classes will be held at the Scotch Hills Country Club. Clubs will be provided, but those who have their own are encouraged to bring them.

# Senior Programs

## Special Senior Services

- Free shuttle bus service - Monday thru Friday – 8:30am to 2:30pm. Specialty trips run the 2nd Tuesday of each month (Blue Star Plaza or Watchung Square) and the 4th Wednesday of each month (Target or Walmart). On these days, the bus does not run the regular schedule. Call 908-709-7283 for information or reservation for trips.
- Health Education and Maintenance Program (Blood Pressure Screenings and Weight Counseling). Conducted by the Visiting Nurse and Health Services at 12:30pm. Call 908-709-7283 for dates.
- Senior Handyman Program - Free minor home repairs for qualified seniors age 62 & older. Call the Handyman phone at 908-709-7294 for information or for an application.

- Volunteers to teach senior classes, short term or long term, or provide one-day class/seminars are always needed. Please call 908-709-7283 if interested.

Proof of residency required for all programs.

All programs and services are open to Cranford residents 60 years and older unless otherwise indicated. Seniors do not need to be a member of a club to participate. All classes are limited in size and in some instances seniors may be required to supply their own materials. Unless otherwise indicated, all programs and services are available year-round.

Senior clubs meet every week on Wednesday, Thursday or Friday for social, recreational, educational and cultural activities between 12:30pm and 3:00pm. Most club meetings begin at 1:00pm.

## Monday

### Healthy Bones

**Time:** 9:00am – 10:00am **Min:** 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.



### Tech for Seniors **NEW!**

**Time:** 9:00am – 10:00am **Min:** 4 **Max:** 12

Become Tech Savvy! Learn how to use those newfangled gadgets – cell / smartphones, tablets and computers. Class covers emailing / texting, social media and more! Bring your questions! Tablets are provided. You are also welcome to bring your own device.

### Relaxercise

**Time:** 9:30am – 10:15am **Min:** 5 **Max:** 20

**Relax, Recharge, Refresh** with Monday morning meditation. Meditation oxygenates your brain, increases energy, reduces stress and improves the immune system. Exercise to a happier and healthier you. Most importantly, it helps maintain a positive attitude.

### Keeping Fit with Exercise

**Time:** 10:15am – 11:15am **Min:** 7 **Max:** 20

A Registered Nurse leads the group in an innovative exercise program designed to strengthen bones and increase flexibility in all muscle groups. Awareness of health issues, proper diet and cardio fitness is discussed in this excellent program.

## Senior Movies

**Time:** 11:15am – 1:15pm

Enjoy popular and classic movies in our air-conditioned Audio-Visual room. Selections for the month will be posted at the Community Center, TV35 and in local newspapers.

**Shown on the first and second Monday of the month.**

## Fall Prevention

**Time:** 1:00pm – 2:00pm **Min:** 7 **Max:** 20

This program is designed for the group to understand and participate in exercises to prevent falls, due in part to leg weakness, poor flexibility and balance.

## Beginner Canasta **NEW!**

**Time:** 1:00pm – 3:00pm **Min:** 7 **Max:** 20

Canasta is a strategy game that offers an interesting challenge for anyone who likes to play card games. The goal of the game is for players to collect defined combinations of cards. Come join for an afternoon of fun!



## Mahjongg

**Time:** 1:00pm – 4:00pm **Min:** 4 **Max:** 20

Players enjoy the game using strategies to eliminate tiles to win the game. Challenging and lively, time will pass quickly.

## Tuesday

### Healthy Bones

**Time:** 9:00am – 10:00am **Min:** 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

### Dancercise

**Time:** 10:15am – 11:15am **Min:** 6 **Max:** 20

**LET'S DANCE!** Dance to great music, make new friends, get in shape and have fun! Dancercise will combine elements of fitness – cardio, muscle conditioning, balance and flexibility.

No partners needed.



### Painting Class: Oil, Pastel and Pencil

**Time:** 10:00am – 12:00pm **Min:** 3 **Max:** 15

Beginners as well as experienced artists are able to create their own masterpieces by using their own preference of media. An instructor provides one-on-one guidance.

### Beginner Mahjongg

**Time:** 1:00pm – 3:00pm **Min:** 4 **Max:** 20

Players enjoy this tile game using strategies to eliminate tiles to win the game. It's a great opportunity to connect with friends together with making new ones.

### Crochet Class

**Time:** 1:00pm – 3:00pm **Min:** 10 **Max:** 20

Bring yarn and crochet hooks to class. An instructor provides one-on-one guidance.



### Seniorcise

**Time:** 1:30pm – 2:30pm **Min:** 4 **Max:** 20

A class structured for active seniors that incorporates aerobics & weights designed to improve endurance, strength, balance, coordination and flexibility.

## Wednesday

### Healthy Bones

**Time:** 9:00am – 10:00am **Min:** 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

### Brainercise

**Time:** 10:15am – 11:15am **Min:** 6 **Max:** 20

This class will incorporate brain games and physical activity combined with mental challenges that will exercise the brain! Fun games and challenges help improve memory, concentration, and reaction time. Exercise the body and mind simultaneously.



### Pinochle Club

**Time:** 10:00am – 12:00pm **Min:** 7 **Max:** 20

Enjoy this popular card game by joining others and forming groups.

### Baking for Seniors

**Time:** 11:30am – 12:30pm **Min:** 4 **Max:** 12

**Date:** Session 1 – Oct 10, 24, Nov 7, 14, Dec 5, 19

Session 2 – Jan 9, 23, Feb 6, 20, March 6, 20

Session 3 – April 10, 24, May 8, 22, June 5, 19

Join us to create seasonal desserts you can make & serve for any occasion! Nice way to socialize with friends or make new friends and have fun!



### Scrabble Club

**Time:** 10:30am – 12:30pm **Min:** 2 **Max:** 16

Come out and play Scrabble, the classic crossword game in which 2 – 4 players score points by placing tiles, each bearing a single letter, onto a game board. Make new words and new friends!

### Canasta Club

**Time:** 1:00pm – 4:00pm **Min:** 7 **Max:** 20

Enjoy this popular card game by joining others and forming groups.



## Thursday

### Stretch and Lift

**Time:** 9:30am – 10:45am **Min:** 7 **Max:** 20

Class includes stretching, balance exercises and strength training (dumbbells and leg weights). Exercises are selected to promote and maintain good flexibility, posture, muscle strength and bone density. Bring water.



### Intro to Pickleball

**NEW!**

**Time:** 9:30am – 12:00pm **Min:** 4 **Max:** 20

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Knowledge of the game is not required.

### Line Dancing

**Time:** 11:00am – 12:00pm **Min:** 5 **Max:** 20

Learn the latest line dancing steps to popular country western, oldies, rock and light classic music. Fast paced and fun, it's a wonderful way to exercise.

### Bridge Club

**Time:** 1:00pm **Min:** 4 **Max:** 20

Cranford bridge players of all levels are welcome to join the Cranford bridge club. We play 4 rounds of party bridge. No partner necessary. All who come will play – no sit outs. There is no charge to play.

### Senior Yoga

**Time:** 1:30pm – 2:30pm **Min:** 10 **Max:** 20

Yoga enhances physical and emotional well-being, including breath control for health and relaxation. Includes relaxation period at the end of class. Bring an exercise or yoga mat to class.

### Mahjongg

**Time:** 2:15pm – 4:00pm **Min:** 4 **Max:** 20

Players enjoy this tile game using strategies to eliminate tiles to win the game. Challenging and lively, the time will pass quickly. Must have knowledge of the game.

## Friday

### Healthy Bones

**Time:** 9:15am – 10:15am **Min:** 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

### Tone Up

**NEW!**

**Time:** 10:30am – 11:15am **Min:** 4 **Max:** 20

A class structured for seniors which will incorporate strength training, balance and flexibility.

### Tai Chi (Advanced)

**Time:** 11:00am – 12:00pm **Min:** 7 **Max:** 20

Geared towards those who have been practicing tai chi for a number of years. Muscle strength, flexibility and inner peace are at a heightened level.

### Tai Chi (Beginner / Intermediate)

**Time:** 12:15pm – 1:15pm **Min:** 7 **Max:** 20

An introductory/continuation of learning & practicing the basic movements of Tai Chi. Relaxing and beneficial for wellness of mind and body.



### Rummikub Club

**Time:** 1:00pm – 4:00pm **Min:** 2 **Max:** 16

This club is a great way to connect friends together with making new ones. All participants must provide their own game boards. Beginners welcome!

## Flu Shot Clinic

Conducted by the Madison Health Department on the following dates:

### October 9 – Tuesday

2:00pm – 3:30pm

Cranford Senior Housing

40 Meeker Street (Community Room)

### October 16 – Tuesday

3:30pm – 6:00pm

Cranford Community Center

220 Walnut Street

## FIRE DEPARTMENT

7 Springfield Avenue • Cranford, NJ 07016 • 908-709-7360 [www.cranfordnj.org](http://www.cranfordnj.org)

### Bureau of Fire Prevention & Risk Management

**Fall Seasonal Fire & Life Safety Information** – Every season brings its own safety hazards. As summer turns to fall, it's a good idea to start thinking about our home heating systems, fireplaces, candles, and leaves!

- Check all smoke and carbon monoxide detectors in your home to make sure they work! Replace the batteries and check the date on the back of the detector. If it is older than ten years, you should replace the detector. Make sure to do this before using the heat or fireplace!
- Have your heating system, fireplaces, and chimney checked by a professional before the season. Make sure that your chimney is clear of any debris or creosote buildup. Creosote is a deposit from smoke which can build up and start a fire.
- Make sure the area around your furnace/boiler and water heater is clear of anything that can burn. Never use the area around these appliances for storage. Not only can it cause a fire, but it can restrict air flow to the appliance.
- If using a fireplace or fire pit, use only seasoned, dry woods. Never burn treated wood. Keep children and pets at least 3 feet away. When done, put all ashes outdoors and away from anything that can burn (fences, garages, etc). Store them in a metal container for disposal.
- Never park your car over a pile of leaves, and make sure you pile leaves far away from your house. Keep leaves, branches, and other materials which burn from accumulating on your property.
- Never burn leaves, the embers and sparks can travel far and set other fires. Never burn candles unattended. Place them in sturdy, burn-resistant containers that won't tip over. Never place them near windows where blinds or curtains could blow over them, or in high traffic areas where pets or children could knock them over.
- If using space heaters, make sure they are plugged directly into the wall and have an auto-shutoff feature. Don't use space heaters unattended and never use them with extension cords or power strips. Keep children and pets at least 3 feet away.
- Choose Halloween Costumes and Holiday Decorations which are flame resistant. Always keep lit candles away from decorations and things that can burn.
- Be sure to check out our tip sheets for Halloween, Thanksgiving, and Holiday Safety as well! They'll be posted on our website at [www.cranfordnj.org/fire-department](http://www.cranfordnj.org/fire-department)

## OFFICE OF EMERGENCY MANAGEMENT

7 Springfield Avenue • Cranford, NJ 07016 • 908-709-7360 [www.cranfordnj.org](http://www.cranfordnj.org)

### OEM Fall & Winter Preparedness

#### Floods and Hurricanes

- Know your flood risk and pay attention to weather forecasts and warnings issued by the National Weather Service or the Township. Evacuate if you are so advised.
- During a Flood, Flash Flood, or Tropical Storm watch, be prepared to evacuate; make a plan and include your pets, transportation route, and possible destinations (friends, relatives, etc). Keep your car's gas tank at least  $\frac{3}{4}$  filled, bring in outside furniture, unplug electrical appliances and bring valuables to high points in your home.
- Keep important documents in a waterproof container. Create password-protected digital copies.
- Keep all trees and shrubs well-trimmed and clear loose and clogged rain gutters and downspouts.
- Prepare a "Go Kit" – Gather supplies you will need, keeping in mind each person's specific needs. Don't forget the needs of your pets. Obtain extra batteries and charging devices for phones and other critical equipment.
- If you have a sump pump, ensure it is in good working order before the storm season.
- NEVER drive around barricades or caution tape and don't walk or drive through flood waters. Turn Around, Don't Drown!

- Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

#### Snowstorms and Extreme Cold

- Prepare your home before winter to help keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing and replace snow shovels and ice melt in advance of the storm season.
- Pay attention to weather reports and ensure you have enough supplies in to stay home for several days. Preparing now will allow you to avoid the rush before the storm.
- During extreme cold, limit your time outside. Dress in layers of warm clothing. Watch for signs of frostbite and hypothermia.
- If under a Winter Storm Warning, stay off roads and ensure your vehicle is parked off the road whenever possible.
- When shoveling snow, take your time and take frequent breaks. Avoid overexertion and make sure to hydrate.
- Ensure that fire hydrants and furnace/boiler vents on your home are cleared of snow and ice.

# ENGINEERING DEPARTMENT

8 Springfield Avenue • Cranford, NJ 07016 • 908-709-7219 [www.cranfordnj.org](http://www.cranfordnj.org)

**T**he Township's Engineering Department consists of our Municipal Engineer and a recently added Engineering Aide who work in conjunction with various other Township Departments in order to develop infrastructure improvement plans. Over the past year, the Engineering Department has drafted a preliminary schedule for projects to be undertaken over the next several years, including the continuation of our annual road resurfacing program, drainage improvement projects and flood mitigation projects.

## **REPAVING PROGRAM** – Summer 2018 – Spring 2019

In an effort to improve the Township roadway system and other infrastructure, the Departments of Engineering & Public Works combine each year to make an analysis of the pavement conditions throughout the town.

The Township is in the process of completing projects funded through the 2017 municipal capital budget. Portions of Riverside Drive, Pine Street and Hawthorne Street required more substantial engineering in order to facilitate the necessary improvements and should be completed during this paving season. Additionally, the Township is completing the replacement of the traffic signal at the intersection of North Union Avenue and Alden Street. As part of the intersection improvement project, the entire length of Alden Street will be resurfaced as well.

The 2018 repaving program will repave approximately 2.26 miles of roadway including:

- **Blake Avenue** (entire length)
- **Baldwin Court** (entire length)
- **Green Court** (entire length)
- **Roger Avenue** (Lexington Ave to Fairfield Ave)
- **Fairfield Avenue** (Keith Jeffries St to Denman Rd)
- **Connecticut Street** (Lexington Ave to Town Border)
- **Delaware Street** (Fairfield Ave to Dead End)
- **Clark Street** (Connecticut St to Denman Rd)
- **Morse Street** (Connecticut St to Denman Rd)
- **Denman Road** (Lexington Ave to Fairfield Ave)
- **Eastman Street** (Pittsfield St to Central Ave)
- **Pittsfield Street** (Orchard St to Berkeley Pl)
- **Hampton Street** (Orchard St to Berkeley Pl)
- **Berkeley Place** (West End Pl to Hampton St)

## • **Norman Place** (West End Pl to Pittsfield St)

Look for the preliminary progress schedule on the Township's website soon.

Additionally, the Township has worked in close coordination with Elizabethtown Gas Company and New Jersey American Water to facilitate the replacement of gas and water mains on various streets. As part of some of these replacements, each utility will mill and resurface the respective streets as part of a "fair share" repaving program. This repaving will occur at no cost to the Township. Any roadways which are not resurfaced by the utilities shall be resurfaced by the Township in the coming years.

**FLOOD MITIGATION** – The Department is emphasizing completion of fundamental aspects of the Township's flood mitigation strategy. The "Phase 2B" project recently received authorization to move forward with construction from the NJDEP and should begin in the coming months. Phase 2B will tie roadway drainage systems into the pump station along Riverside Drive and more rapidly remove water from the system during flood events.

The Township also continues to work towards receiving permitting from the NJDEP for the replacement of the sluice gates at both the Sperry Park Dam and the Droescher Mill Dam and for river de-silting in the vicinity of the dams.

**GRANT UPDATE** – Over the last two years Cranford has received NJDOT funds for roadway improvements on South Union Avenue (Lincoln Avenue to Lexington Avenue), the design of which will be commencing in the coming months. These grants totaled \$665,000.00 and are anticipated to fund approximately 65% of the project's construction costs. The Township also continues to receive grant funding annually through Union County in excess of \$100,000.00 to fund a portion of our repaving program and associated handicap ramp improvements.

The Department of Engineering continues to work with the various other Township departments to explore projects which meet the criteria of the various grant programs available in an effort to offset the financial burden associated with these projects.

For any additional information, questions and concerns, please contact the Department of Engineering at 908-709-7219 or [engineering@cranfordnj.org](mailto:engineering@cranfordnj.org) and they will be happy to assist you. The Department is also available to meet with residents by appointment Monday through Friday from 8:00 A.M. to 4:30 P.M.





# POOL & FITNESS CENTER



401 Centennial Avenue • Cranford, NJ 07016 • 908-709-7260

web: [www.cranfordnj.org](http://www.cranfordnj.org) • email: [pool@cranfordnj.org](mailto:pool@cranfordnj.org)

## Swim Pool Staff

**Stephen P. Robertazzi, RA, CPO**  
*Director, Recreation and Parks/  
Swim Pool Utility*

**Anne Dolan, CPO**  
*Facility Manager*

## Swim Pool Advisory Board

**Ann Dooley**  
*Commissioner/Liaison*

**Stephen P. Robertazzi, RA, CPO**  
*Director, Recreation and Parks/  
Swim Pool Utility*

**John Harnett, Co-Chairperson**

**Joseph Starkey, Co-Chairperson**

**Barbara Bilger**

**Kristin Goldate**

**Kevin Campbell**  
*Gator Representative*

**Gerald Quinn**

**Jerry Dobbins**

## WINTER MEMBERSHIP

**September 24, 2018 – May 21, 2019**

### HOURS OF OPERATION

Monday thru Friday – 5:00am to 9:00pm

Saturday & Sunday – 9:00am to 6:00pm

Fitness Center will be open at 8:00am on Saturdays & Sundays

### FACILITY CLOSURES

Thanksgiving – Thursday  
November 22, 2018

Gator's Swim Meet – Sunday  
December 2, 2018

Christmas – Tuesday  
December 25, 2018

New Year's Day – Tuesday  
January 1, 2019

Easter – Sunday  
April 21, 2019

Wednesday – May 22, 2019

Thursday – May 23, 2019

Friday – May 24, 2019

## IN-PERSON REGISTRATION ONLY

Proof of Residency is required (Driver's License, Union County I.D. Card, etc.).  
Birth Certificates of children are required unless they were previous members.

### **Monday & Wednesday**

9:00am to 4:00pm

### **Friday**

9:00am to 2:00pm

### **Saturday (beginning 9/29)**

10:00am to 2:00pm

### **Tuesday & Thursday (beginning 9/25)**

9:00am to 8:30pm

## POOL BIRTHDAY PARTIES



The Cranford Pool & Fitness Center would like to help your child celebrate his or her special day with an indoor pool Birthday Party Package. On either Saturday or Sunday between the hours of 1:00pm – 3:00pm or 3:30pm – 5:30pm you can enjoy the use of the pool and party area. Parents supply the cake, food, drinks and paper products and the pool staff takes care of the party games and clean up! Cost per person is \$10.00 for members and \$15.00 for non-members. All parties must have a minimum of ten (10) paying people at full price and the birthday child is free\*. For additional information or to make a reservation call Anne at 908-709-7260.

**\*Birthday parties are held during our winter season only!**

## Guest Privileges

Each member has the privilege of bringing a guest or guests to the facility for a guest fee. You must accompany your guest and you are responsible for educating your guest about the rules of our facility.



## MEMBERSHIP FEES **\*\*IN PERSON ONLY\*\***

	Resident	Non/Resident
Individual	\$ 305	\$ 460
2 Adults	355	585
Adult & Child	355	585
2 Adults & Child	380	610
Adult & 2 Children	380	610
2 Adults & 2 or More	405	635
Senior Citizen & Spouse	265	465
Senior Citizen (age 65)	140	315
Add/Child Care Provider	180	280
Limited Corporate	275 per individual	
Full Corporate	425 per individual	
Weekday Guest Pass	\$10 (After 5:00pm \$5)	
Weekend Guest Pass	\$15 (After 5:00pm \$5)	

**2018 Summer Pool Members must register before October 31, 2018 to receive the discounted fee when converting membership to an annual membership.**

*The conversion fee is the Annual Fee minus the Summer Fee. Example: Resident Individual Annual \$460.00 – Summer \$255.00 = Conversion \$205.00*

Winter Membership is \$305.00 (\$100.00 savings)

**Make checks payable to:**  
Cranford Swim Pool Utility.

Visa, Master Card & Discover are accepted.

No Refunds will be granted after October 31, 2018.

**Please keep your I.D. cards from season to season. There is a \$10.00 lost card fee.**

## Pool Programs

### Open and Family Swim

**Days:** Monday – Friday (Pool shared with other activities)

**Time:** 9:00am – 11:30am  
1:30pm – 5:00pm  
7:30pm – 8:45pm

**Saturday & Sunday**

10:00am – 5:45pm

### Lap Swimming

The pool will be devoted entirely to lap swimming unless otherwise noted. Participants must be 18 years of age or older to utilize the pool for lap swimming. Children, even accompanied by an adult or in the arms of an adult, may not use the pool during lap swimming hours.

**Days:** Monday – Friday

**Time:** 5:00am – 9:00am  
11:30am – 1:30pm  
5:00pm – 5:30pm  
5:30pm – 6:00pm (4 lanes for lap swimming and 2 lanes for swim team)

**Saturday & Sunday**

9:00am – 10:00am

### Aquatic Exercise Classes

#### Shallow Water

**Days:** Monday, Tuesday, Thursday & Friday

**Time:** 9:00am – 9:45am

### US Masters Fitness & Triathlon Training

**Days:** Tuesday, Wednesday, Thursday & Saturday

**Time:** Tuesday, Wednesday and Thursday  
8:45pm – 9:30pm

**Tuesday and Thursday**

7:00am – 8:00am

**Saturday**

8:00am – 9:00am

**Fee:** Daily Drop-in: \$6 Member  
\$8 Non-member daily drop-in  
**Unlimited Classes:** \$40 Members  
\$50 Non-member

### Swim Teams

#### Jersey Gators

**Days:** Monday – Friday

**Time:** 6:00pm – 7:30pm

**Cranford High School** (November 5 to February 15)

**Days:** Monday – Friday

**Time:** 3:30pm – 5:00pm

*Management reserves the right to change or adjust the schedule or programs as deemed necessary.*



## Starfish Swimming



The Cranford Pool and Fitness Center is affiliated with Starfish Aquatics Institute.

Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

### What is Starfish Swimming®?

Cranford Pool & Fitness Center is an independent authorized provider of Starfish Swimming. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at [www.starfishaquatics.org](http://www.starfishaquatics.org).

The Starfish Swimming curriculum is designed for student's age's 6-months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

Our curriculum includes StarBabies™ (ages 6-months to 36-months), Starfish Swim School® (ages 3 and up) and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

**Fee per session: \$70.00 – Members**  
**\$85.00 – Non-Members**

***No Refunds on swim lessons. No Make-up on swim lessons. You may only sign up for ONE session at a time.***

### What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. Now you must continue to communicate with your child's instructor and practice, practice, practice!

The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do every thing they are doing in swim lessons. Just give them the opportunity to get wet, splash around and explore the water on their own terms.

But remember: supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water!

If you have any questions, please do not hesitate to ask. We're here for you.

**IMPORTANT: THOSE REGISTERED FOR SESSION 1 WILL HAVE FIRST PRIORITY FOR SESSIONS 2 & 3. ALL OTHERS WILL BE PLACED ON A WAITING LIST.**

## Starfish Swimming Courses

### StarBabies™ & StarTots™

**Ages:** 6 months – 3 years  
**Days:** Monday  
**Time:** 10:00am to 10:30am  
**Session 1:** 10/1 – 11/12  
**Session 2:** 2/11 – 3/25  
**Session 3:** 4/8 – 5/20

### StarBabies™ & StarTots™

**Ages:** 6 months – 3 years  
**Days:** Tuesday  
**Time:** 10:00am to 10:30am  
**Session 1:** 10/2 – 11/13  
**Session 2:** 2/12 – 3/26  
**Session 3:** 4/9 – 5/21

The purpose of these courses is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence building, fun and loving experience.

### Trust and Comfort

**Safety Skill:** Understand constant and dedicated surveillance.

**Swim Skill:** Parent and child are relaxed and confident and enjoy going in the water together.

### Body Positions

**Safety Skill:** Fit and properly put a lifejacket on the child.

**Swim Skill:** Perform a relaxed front, back, vertical and side position for at least 5 seconds each.

### Submersion

**Safety Skill:** Use floatation to help someone in the water and know how to call 911.

**Swim Skill:** Enter from the wall, submerge, turn around, grab on to the wall and pull up (assisted).

### Air Recovery and Rollover

**Safety Skill:** Identify six methods of preventing recreational water illness

**Swim Skill:** Enter from the wall submerge, come to the surface unassisted and get a breath in vertical or horizontal (on back) position.

### Forward Movement

**Safety Skill:** Know about infant and child CPR.

**Swim Skill:** Move through the water independently 10 feet with or without flotation.



## SEA SQUIRTS (MUST BE POTTY TRAINED)

### Wednesday Sessions

**Ages:** 3 years – 5 years  
**Days:** Wednesday  
**Time:** 10:00am to 10:30am or  
1:30pm to 2:00pm or  
4:00pm to 4:30pm (Sessions 1 & 3)

**Session 1:** 10/3 – 11/14  
**Session 2:** 12/5 – 1/30 \*No class on 12/26 or 1/2  
**Session 3:** 2/13 – 3/27  
**Session 4:** 4/10 – 5/22

### Thursday Sessions

**Ages:** 3 years – 5 years  
**Days:** Thursday  
**Time:** 10:00am to 10:30am or  
1:30pm to 2:00pm or  
4:00pm to 4:30pm (Sessions 1 & 3)

**Session 1:** 10/4 – 11/15  
**Session 2:** 12/6 – 1/31 \*No class on 12/27 or 1/3  
**Session 3:** 2/14 – 3/28  
**Session 4:** 4/11 – 5/23

## Starfish Swim School – 6 Years and Up

Students work toward development of the five core swimming competencies. The **stages** are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

## CLOWNFISH (Formerly Level 1)

**Ages:** 6 years and up  
**Days:** Monday or Wednesday  
**Time:** 4:00pm to 4:30pm

### Monday Sessions

**Session 1:** 10/1 – 11/12  
**Session 2:** 2/11 – 3/25  
**Session 3:** 4/8 – 5/20

### Wednesday Sessions

**Session 1:** 10/3 – 11/14  
**Session 2:** 2/13 – 3/27  
**Session 3:** 4/10 – 5/22

## Trust and Submersion

### Body Position and Air Recovery

**Safety Skill:** Always ask permission before getting in the water AND put on a lifejacket, float on back and kick 20 feet.

**Swim Skill:** Assisted submersion, relax 5 seconds and then come up to breathe AND jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.



## PUFFERFISH (Formerly Level 2)

**Ages:** 6 years and up  
**Days:** Monday or Wednesday  
**Time:** 4:00pm to 4:30pm

### Monday Sessions

**Session 1:** 10/1 – 11/12  
**Session 2:** 2/11 – 3/25  
**Session 3:** 4/8 – 5/20

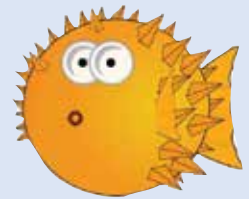
### Wednesday Sessions

**Session 1:** 10/3 – 11/14  
**Session 2:** 2/13 – 3/27  
**Session 3:** 4/10 – 5/22

## Submersion

**Safety Skill:** Reach or throw (Don't Go) and know how to call 911

**Swim Skill:** Jump in, submerge, recover for air, forward movement 10 feet, change direction and return to wall in swimwear and in regular clothes.



## SEA TURTLES (Formerly Level 3)

**Ages:** 6 years and up  
**Days:** Monday or Wednesday  
**Time:** 4:00pm to 4:30pm

### Monday Sessions

**Session 1:** 10/1 – 11/12  
**Session 2:** 2/11 – 3/25  
**Session 3:** 4/8 – 5/20

### Wednesday Sessions

**Session 1:** 10/3 – 11/14  
**Session 2:** 2/13 – 3/27  
**Session 3:** 4/10 – 5/22

## Body Rotation

### Integrated Movement

**Safety Skill:** Tread water for 15 seconds AND survival float and tread water for 30 seconds.

**Swim Skill:** Jump in, submerge, recover to side glide position and kick 10 feet AND start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.



# Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke and more!

## PELICANS (Formerly Level 4)

**Ages:** 6 years and up  
**Days:** Tuesday  
**Time:** 4:00pm to 4:30pm  
**Session 1:** 10/2 – 11/13  
**Session 2:** 2/12 – 3/26  
**Session 3:** 4/9 – 5/21

### Freestyle, Backstroke and Introduction to Butterfly

**Safety Skill:** Always ask permission before getting in the water AND put on a lifejacket and kick 30 feet.

**Swim Skill:** Swim freestyle 30 feet with body stretched out and consistent form AND swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension.



## STINGRAYS (Formerly Level 5)

**Ages:** 6 years and up  
**Days:** Tuesday  
**Time:** 4:00pm to 4:30pm  
**Session 1:** 10/2 – 11/13  
**Session 2:** 2/12 – 3/26  
**Session 3:** 4/9 – 5/21

### Butterfly

**Safety Skill:** Scenario assist and know when to call 911.

**Swim Skill:** Swim 4 strokes butterfly and only one breath. Then remainder of pool freestyle.



## BARRACUDAS (Formerly Level 5)

**Ages:** 6 years and up  
**Days:** Tuesday  
**Time:** 4:00pm to 4:30pm  
**Session 1:** 10/2 – 11/13  
**Session 2:** 2/12 – 3/26  
**Session 3:** 4/9 – 5/21

### Breaststroke

#### Endurance

**Safety Skill:** Discuss the Starfish safety concepts AND thread water or survival float for 2 minutes.

**Swim Skill:** Swim 30 feet breaststroke with good timing and extension AND swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 25 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.



## SWIMPREP

**Ages:** 6 years and up, having passed Barracudas  
**Days:** Monday  
**Time:** 7:30pm – 8:30pm  
**Session 1:** 10/1 – 11/12  
**Session 2:** 2/11 – 3/25  
**Session 3:** 4/8 – 5/20

### For those who completed Barracudas.

Focuses on functional swimming skills such as self-rescue and endurance. Designed for the student who wishes to increase confidence and competence in the water.



# Starfish Aquatic Institute Training Classes

The Cranford Pool and Fitness Center is pleased to announce our new affiliation with Starfish Aquatics Institute. In January 2015 we introduced Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

The Cranford Pool & Fitness Center offers a variety of Starfish Aquatic Training classes. Payment is due on the first day of class or after successful completion of pre-test. If you do not pass the course, no refund will be given.

Attendance is required on all days and times of each course section.

**Cancellations & Refunds** – The fees include materials and certifications unless otherwise noted. (See individual course listings). All fees are due at the time of registration. Registrations are on a first-come/first serve basis with at least 2 weeks notice will receive a 50% refund. No refunds will be given within 1 week of the class start date.



## Safety Classes StarGuard Training

StarGuard is an integrated curriculum and includes emergency care skills necessary to protect life or prevent further injury until EMS arrives. The performance objectives of the American Safety & Health Institute CPR, First Aid, Bloodborne Pathogens, Emergency Oxygen and Automated External Defibrillation (AED) are built into the course. The integration results in a more confident, competent lifeguard.

The American Safety & Health Institute in partnership with Starfish Aquatics uses a systematic, thorough planning process to assure that program materials reflect the most current knowledge available. Ongoing research with a national peer review ensures up-to-date information and programs that have sound educational formats.

Candidates will be taught the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course also includes training in aquatic-specific first aid and cardiopulmonary resuscitation (CPR) training and AED.

**PREREQUISITES:** Swim 350 yards, head up continuously, 50 yards, head up with rescue tube, 100 yards of front crawl, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke; Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to starting point with the object, and get out of the pool in 1 minute 40 seconds.

***For Pretest dates and Class dates, please call the Cranford Pool & Fitness Center.***





## Additional Courses Offered - call for information

### Bloodborne Pathogens Training

This training module is designed for first responders, health care professionals, lifeguards, and other workers who are at risk for on-the-job exposure to blood and body fluids that can cause infection. This course helps to meet training requirements for the OSHA bloodborne pathogens standard.

### CPR/AED for Professional Rescuers and Health Care Providers

As an EMT, firefighter, athletic trainer or lifeguard, it is your duty to respond to cardiac or breathing emergencies until more advanced medical personnel can take over. From assessing needs and making decisions to providing care, this program provides the skills you need through discussion; video and hands-on training based on real-life rescue scenarios. Course covers adults, children and infants and includes free online refreshers.



### Starfish Swim Instructor

This course is for individuals who desire to become a swim instructor. The Starfish Swimming Program allows you to reach people of all **ages** to swim for pleasure, fitness or competition and teach them correctly.

**Prerequisites:** Minimum of age 16. Must pass water skills screening to validate swimming ability at a level appropriate to demonstrate skills that correspond with the curriculum.



Starfish Swimming Program Staff

### StarGuard Review Course

The Review course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding.

**Prerequisite:** Current Red Cross Lifeguarding/First Aid/CPR/AED or current StarGuard/First Aid/CPR/AED certificate. **Note:** If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.



### First Aid/CPR/AED for Workplaces, Schools and Individuals

- First Aid: Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more. Pediatric option available.
- CPR/AED Learn how to respond to cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED). Adult and infant/child CPR options available.
- Review Renew your First Aid/CPR/AED certification in an abbreviated class session. Current certification is required.
- Challenge Prepare on your own and demonstrate skill competency in front of a ASHI instructor. Current certification is not required.



# New Fitness Program from Horizon Blue Cross Blue Shield of New Jersey

## HorizonbFit At-A-Glance

**What is HorizonbFit?** **HorizonbFit** is a new program offered to select Horizon BCBSNJ members **ages** 18 years or older. The program offers reimbursements of \$20 per month to members who enroll and visit a participating fitness facility at least 12 times a month. Horizon BCBSNJ makes this program available through Advanta Health Solutions, an innovative health and fitness provider that develops and manages physical activity programs to help people live healthier.

**How It Works...** A simple four-step process makes it easy for members to enroll.



### Step One:

Members visit **HorizonbFit.com** to check their eligibility.



### Step Two:

Once eligibility is confirmed, members search for participating facilities by ZIP code and select a primary fitness facility.



### Step Three:

Members complete an online enrollment form and set up an account that is linked to a major credit card. Reimbursements will be posted to the credit card on file.



### Step Four:

Members review their account information and fitness facility selection and confirm their enrollment. Their enrollment will become effective on either the 1st or the 15th of the month, depending on when they enroll.

Unlike a discount-only program, **HorizonbFit** reimburses members a portion of their monthly fitness facility membership fees when they meet their attendance goals. It's another way Horizon BCBSNJ is Making Healthcare Work.

## It Pays To Be Fit!

The rewards are endless when you exercise on a regular basis. You'll be healthier, feel better and have more energy to make the most of each and every day! Now, Horizon Blue Cross Blue Shield of New Jersey is making regular exercise even more beneficial for you with the introduction of **HorizonbFit**, the program that rewards you when you stay on track to achieve your fitness goals!

## Benefits that add up!

When you enroll in **HorizonbFit**, you become eligible to receive a \$20 reimbursement for every month that you visit your selected fitness facility 12 times or more. That means

that you can earn up to \$240 a year in rewards when you exercise regularly! Enrolling is free and easy to do!

Simply visit **HorizonbFit.com** to verify your eligibility, select a participating fitness facility and set up your secure account. Once your online enrollment is confirmed, if you visit your selected fitness facility 12 times or more a month, you'll earn a \$20 reimbursement for that month.

**HorizonbFit** makes getting regular exercise affordable, convenient and more rewarding for you!

Whether you are already an active member of a fitness facility, or thinking of becoming one, visit **HorizonbFit.com** today and start enjoying the benefits of living healthier every day!

## Fitness Center

Membership includes;

- Instruction in use of equipment
- Assistance with self-directed training regimen

### Rules of the Fitness Center

1. All members are required to scan their membership cards when entering and leaving the fitness center.
2. All members in the fitness center must be 18 years of age or older. An individual between the **ages** of 14 & 18 years of age will be allowed to use the equipment when closely and continuously supervised by an adult who assumes all responsibility for him or her.
3. Equipment use is at your own risk. You are liable for your own insurance in case of any injury or accident.

4. Member and their guests are responsible for their own property. Management will not **be responsible for any theft or loss of items.**

5. Please do not bring gym bags, pocketbooks or other articles into fitness center! You may bring a lock and use a locker on a daily basis to protect your valuables.

6. All members and their guests must wear at least a shirt and shorts or some suitable athletic attire and closed soft-soled shoe-preferably sneakers.

7. Water bottles are permitted in the fitness center. NO eating or gum chewing.

8. Management reserves the right to alter hours of operation when necessary.

# Membership Rules and Regulations

1. Members must scan membership card to gain admittance. No Exceptions!
2. Members and guests use the facility at their own risk. Members and parents are responsible for the actions of their guests and their children. No guests are permitted in facility unless accompanied by a member.
3. Children under the age of 12 are not allowed to enter facility unless accompanied by an adult. The Adult is expected to remain within the facility as long as the children are in the facility.
4. Boys over age 5 are not permitted in the Ladies room.
5. Hair below shoulder length must be pulled back.
6. Glass or ceramic containers are not permitted anywhere in the facility.
7. Alcoholic beverages and controlled dangerous substances are prohibited throughout the facility and may result in loss of membership. No pets allowed within the facility.
8. Members and guests are liable for their own insurance in case of an accident or injury.
9. Members and guests are responsible for the safekeeping of their valuables.
10. **NO SMOKING** inside the facility. Violators will be subject to a \$250 to \$ 1,000 fine.
11. Gum chewing is prohibited throughout the entire pool and fitness area complex.
12. Selling of food or merchandise, except by authorized pool personnel or agents, will not be permitted within the facility complex.
13. Running, rough housing or rowdiness is prohibited and will not be tolerated. Behavior or activities creating conditions of danger or annoyance are prohibited within the facility complex. Loud playing radios are included in this category.
14. Eating and drinking are permitted in designated areas only. No food or drinks are permitted in the pool area.
15. No person will be allowed to enter the pool area unless a lifeguard is on duty.
16. ALL patrons are required to shower before entering the pool, sauna and spa.
17. Only bathing suits permitted in the pool, sauna and spa.
18. Toys, rubber balls, flotation devices, inner tubes, and snorkels are not permitted in the pool.
19. Any person having a communicable disease, open blisters or cuts, sore or inflamed eyes, ears, nose or mouth infections, or any type of skin disease, will be excluded from the pool area, fitness area, and baby sitting area. A doctor's certificate of permission must be obtained by anyone who disagrees with the decision of the management. Management continues to maintain the right of refusal.
20. Dressing and undressing will take place only in the locker rooms. No street shoes are permitted in the immediate pool area.
21. Infants must wear rubber pants over diaper when in the water. Wearing disposable diapers or swim diapers only in the pool is not permitted. Children with swim diapers are only permitted in the baby pool and intermediate pool. No one in diapers is permitted in the main pool area.
22. Dress within the pool complex will be consistent with standards of good taste; all bathers must wear appropriate attire.
23. Remove band aids before entering the pool and discard in garbage receptacle.
24. No rough play in the pool (pushing, shoving, chicken fights, cannonballs, and sit outs).
25. No diving into the pool at any time except during an instructional class.
26. Use of the starting blocks is prohibited unless authorized by swim coach or instructor.
27. Lifeguards and facility staff members are responsible for enforcing all rules and regulations. Violations will be brought to the attention of the pool manager and/or the assistants who will take whatever actions are necessary to correct the situation.
28. The interpretation and enforcement of this body of rules and regulations will be the responsibility of the pool manager and/or assistants at all times. Decisions and actions made necessary for circumstances not specifically covered herein will be at the discretion of the manager.
29. Parents are not allowed on the pool deck during swim lessons and/or swim team practice.
30. Pool equipment (kick boards, pull buoys, buoyancy belts, hand buoys) is available for use. Please return all equipment to its proper place when you are finished with it.
31. The facility must be vacated by the designated closing hour. The Pool will be cleared 15 minutes prior to facility closing. Please do not loiter and exit the facility as quickly as possible.
32. There are NO exceptions to any rules and regulations that govern the facility.
33. Management reserves the right to alter hours of operation when necessary.
34. Only swimmers 18 years of age or older are permitted to swim in the lap lanes.
35. The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, showers, bathrooms, changing facilities and pool areas.



**Lightning Policy – If it is determined there is thunder and lightning in the area, all pools will be required to close immediately. All pools will remain closed until 30 minutes past the last visible lightning strike or thunder.**



## BABYSITTING SERVICES

Babysitting is available from 9:00am to 12:00pm Monday through Friday. This service is available so that you can participate in lap swimming; exercise classes; use the fitness center, etc.

A 1½ hour time limit is allowed per child.

**You must remain on the premises.**

Please do not abuse this service!!

**Fee:** \$5.00 per hour or any part of the hour, per child  
\$170 for winter season per child  
(\$50 for each additional child)



## POOL RENTALS

**Pool Rentals** – Available Saturdays & Sundays.

**Time:** After 6:00pm

**Fee:** \$225.00 per hour

Call Anne at 709-7260 for more information.

## Application Form – Winter 2018 - 2019



Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Company \_\_\_\_\_ Phone \_\_\_\_\_

Name	Date of Birth	Sex	I.D. Number

Make checks payable to: Cranford Swim Pool Utility

Mail To: Cranford Swim Utility  
401 Centennial Ave.  
Cranford, NJ 07016

Cash and Credit Card (Master Card, Visa or Discover)  
payments must be made at the office.  
**DO NOT** mail cash payments.

### Office Use Only

Group Number: \_\_\_\_\_

☐ New Member ☐ Renewal ☐ Conversion

Membership Type: \_\_\_\_\_

Registration Date: \_\_\_\_\_

Membership Fee: \_\_\_\_\_

# Cranford Township Bulk Waste Cleanup Program

8 Springfield Avenue • Cranford, NJ 07016 • 709-7299 • [www.cranfordnj.org](http://www.cranfordnj.org)

## 2018 BULK WASTE CLEANUP PROGRAM

### HOW THE CLEANUP PROGRAM WORKS

1. A *PERMIT IS REQUIRED* at a cost of \$120.00.
2. The amount of material placed at the curbside cannot exceed 750 pounds per permit. More than one permit can be obtained. Registrants should have a general idea of what they will be placing at the curbside when they purchase the permit to determine whether they will need more than one permit.
3. The permit fee must be paid at the time of registration. Each registrant will be issued a sticker to be placed on the most prominent object at the curbside and a placard to be displayed in the front window of the house.
4. The Permit Application is located on page 51. Applications can be mailed or presented in-person:

---

#### MAIL-IN REGISTRATION - Must be received by September 20

Township of Cranford  
Attn: Bulk Waste Permits  
8 Springfield Avenue  
Cranford, New Jersey 07016

---

#### IN-PERSON REGISTRATION

Cranford Municipal Building  
Health Department (Lower Level)  
8 Springfield Avenue

Office Hours:  
Monday through Friday 8:30am to 12:00pm  
Closed September 3 and October 8

---

5. The sale of permits will start on September 1st and conclude based on the schedule below.
6. Permits CANNOT be purchased after Noon on the Friday prior to your pickup week.
7. No refunds will be issued.
8. Cash or checks will be accepted. Make check payable to Township of Cranford.
9. The zone number can be determined by viewing the enclosed map, visiting [cranfordnj.org](http://cranfordnj.org) or calling the Office at 908-709-7299.



### PERMIT SALE SCHEDULE

● Zone 1 – September 1 to September 28

● Zone 2 – September 1 to October 12

● Zone 3 – September 1 to October 26

● Zone 4 – September 1 to November 9

**NOTE:** The Office will not accept any permit application after Noon on the Friday before your pickup week—**No Exceptions!**

## ACCEPTABLE & UNACCEPTABLE MATERIALS

The following is a list of acceptable and non-acceptable materials for the cleanup program.  
This list does not include every possible item, but should offer a general guideline.

### Acceptable Materials

Air Conditioners

Appliances

*Stoves, refrigerators, washers, etc.*

**Note:** Please remove doors.

Furniture

Carpeting

Lawn Furniture

Old Books

**Note:** Used books should be recycled at the curb in brown paper bags or bundled.

Tires

Miscellaneous Wood or Metal

**Note:** Must be bundled in 4' lengths

Non-riding Lawn Mowers

Toys

Old Doors & Windows

Hot Water Heaters

Tools

Clothing / Textiles

Construction Materials (not by contractor)

Small, loose items must be placed in suitable containers or neatly bundled and cannot exceed 50lbs.

### Unacceptable Materials

Pesticides, herbicides, etc.

Paint & Paint Thinners

Pool Chemicals

Hazardous Materials

Gas or Propane Canisters & Fuel Tanks

Riding Mowers and Similar Equipment

Construction Materials Generated by Contractors

Auto Batteries

Tree Stumps, Vegetative Waste, Grass

Junked Vehicles

Motor Oil / Filters (*Recycle at Conservation Center*)

Food Waste & Household Garbage

TV Sets, Computers & Electronics  
(*Recycle at Conservation Center*)

Explosive or Flammable Materials

Items of Excessive Weight

*Examples: Pianos. Pool Tables & Oil Tanks)*

Glass Bottles, Aluminum Cans,  
Newspapers, Magazines and other  
Mandatory Recyclables

Bricks, Stones, Cement, etc.

### Reminder... These items can be recycled locally all year long:

#### At Conservation Center

Motor Oil and Motor Oil Filters, Magazines, Junk Mail,  
Office Paper and E-Waste

#### On Curbside Recycling Days

Hardcover & Softcover Books,  
Magazines, Junk Mail, Office Paper

**Note:** A permit is not required to recycle at Conservation Center.

## ZONE DESCRIPTIONS

### Zone 1

Northwest section including all streets west of the river and Springfield Ave. toward Kenilworth Blvd. and North Ave. West up to the Garwood/Westfield line.

### Zone 3

Southwest section and all streets west of Walnut Ave. to South Ave. West to the Clark/Garwood line.

### Zone 2

Northeast section including all of Riverside Drive and all streets to the east of Springfield Avenue linking North Avenue. East to the Roselle Park and Kenilworth line.

### Zone 4

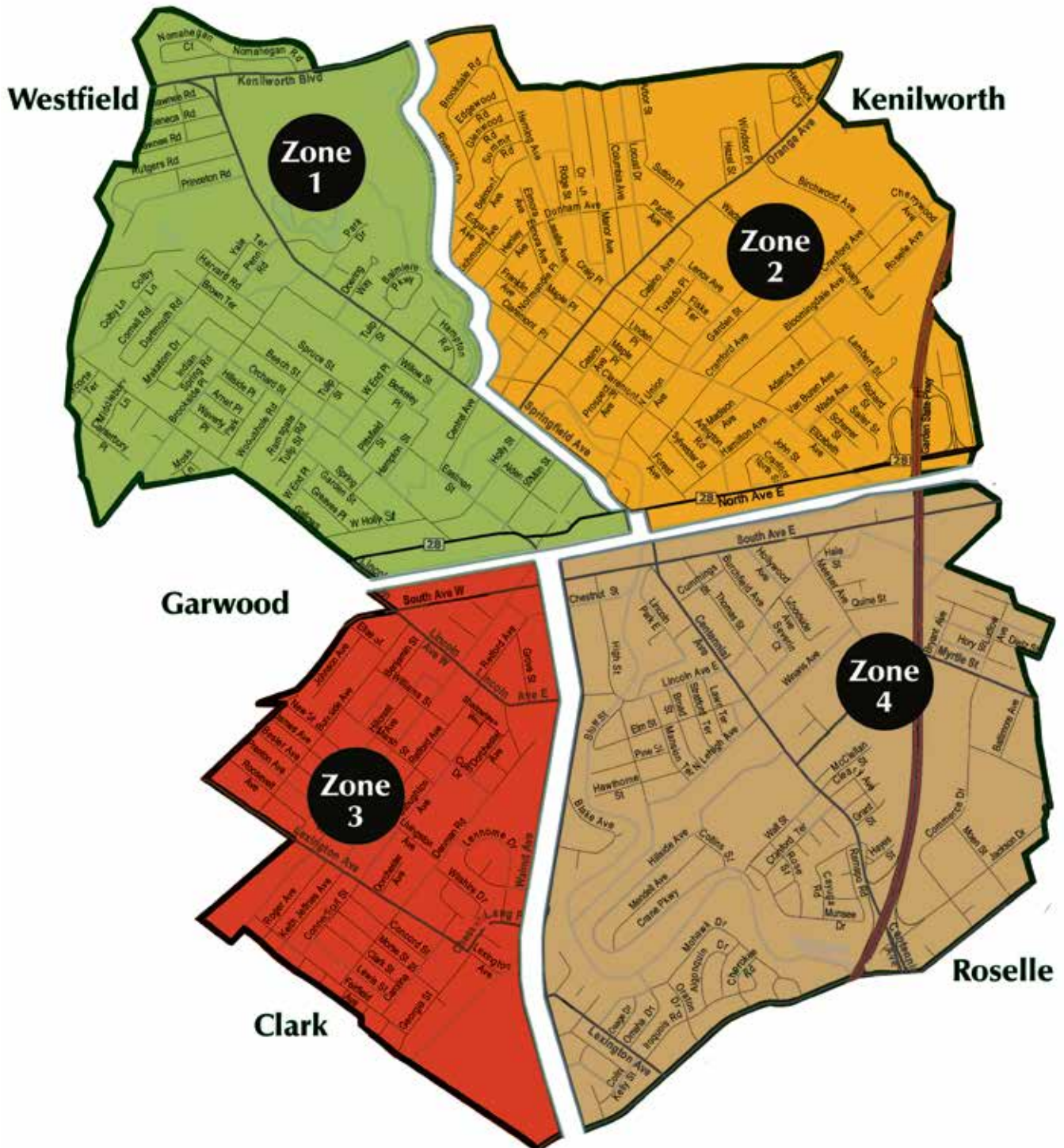
Southeast section and all streets west of Walnut Avenue from South Avenue East to Roselle line and all streets north of Raritan Road to Roselle line.



# 2018 Bulk Waste Schedule

- Zone 1 – October 1 – 12
- Zone 2 – October 15 – 26

- Zone 3 – October 29 – November 9
- Zone 4 – November 12 – 21



**Your pickup may be missed if materials are not curbside  
by 7am on your designated Monday**



# CRANFORD TOWNSHIP BULK WASTE CLEANUP PROGRAM

## REGISTRATION APPLICATION

Permits by mail from September 1 to September 20 ONLY to ensure adequate time for processing

Name:

Telephone:

Address:

Zone No.:

(circle one)

1

2

3

4

Please indicate items you are planning to dispose on collection day by checking below (approximate weights are also listed):

Item	Approx. Weight	Item	Approx. Weight
<input type="checkbox"/> AIR CONDITIONER	100	<input type="checkbox"/> MICROWAVE OVEN	80
<input type="checkbox"/> BATHTUB (CAST IRON)	310	<input type="checkbox"/> REFRIDGERATOR	350
<input type="checkbox"/> CHAIR (LARGE STUFFED)	75	<input type="checkbox"/> RUG (5X8)	50
<input type="checkbox"/> CHAIR (SMALL)	25	<input type="checkbox"/> SINK (PORCELAIN)	40
<input type="checkbox"/> DESK (LARGE)	100	<input type="checkbox"/> SOFA	150
<input type="checkbox"/> DISHWASHER	130	<input type="checkbox"/> SOFA BED	200
<input type="checkbox"/> DOOR	25	<input type="checkbox"/> STOVE	200
<input type="checkbox"/> DRESSER (ADULT)	170	<input type="checkbox"/> TABLE (LARGE)	100
<input type="checkbox"/> DRYER	150	<input type="checkbox"/> TABLE (SMALL)	30
<input type="checkbox"/> FREEZER	200	<input type="checkbox"/> TOILET & TANK	90
<input type="checkbox"/> GAS BARBEQUE GRILL	70	<input type="checkbox"/> WASHING MACHINE	225
<input type="checkbox"/> HOT WATER HEATER	150	<input type="checkbox"/> WINDOW	30
<input type="checkbox"/> LAWN MOWER	90	<input type="checkbox"/> OTHER: _____	
<input type="checkbox"/> MATTRESS (DOUBLE)	60	_____	

### STATEMENT OF AGREEMENT:

I agree there will be no construction materials, regular household garbage, hazardous waste, flammable explosive waste, Ewaste, containers with excessive liquids, mandatory recyclable materials, and similar types of items included in the materials set at the curb for collection. I will not knowingly exceed the weight limitation of 750lbs of material.

I understand and agree that any unauthorized material or materials that exceed the weight limitations as determined by designated Township officials and/or the contractor be left at the curb and must be removed by the end of the collection day.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

STICKER MUST BE PLACED ON MOST VISIBLE ITEM AT CURB. PLACARD MUST BE DISPLAYED IN FRONT WINDOW TO BE VISIBLE FROM STREET.

### FOR DEPARTMENT USE ONLY – \$120.00 PER PERMIT

[ ] CASH [ ] CHECK # \_\_\_\_\_ PERMIT# \_\_\_\_\_ ZONE# \_\_\_\_\_

INITIALS: \_\_\_\_\_ DATE: \_\_\_\_\_

# RECYCLING DEPARTMENT

364 North Avenue East • Cranford, NJ 07016 • 709-7217 • [www.cranfordnj.org/recycling](http://www.cranfordnj.org/recycling)

## Recycling Staff

**Steve Wardell**  
Recycling Coordinator

**Ken Meier**  
Litter Enforcement Officer

## Conservation Center

210 Birchwood Avenue

### Year-Round Hours of Operation

Wednesdays

9:30am to 3:20pm

Saturdays & Sundays

9:30am to 3:50pm

### Closed Major Holidays



## RECYCLING OPTIONS

- Curbside Recycling Pickup
- Recycling Drop-Off at the Conservation Center

### Visit Online for

**Recycling News  
and  
Updates**

[cranfordnj.org/recycling](http://cranfordnj.org/recycling)

## Fall River Cleanup October 20, 2018

For more information,  
email: Michael Scotti at  
[cranfordriver@gmail.com](mailto:cranfordriver@gmail.com)

## IMPORTANT CONTACT INFORMATION

Cranford DPW/Recycling Department ..... 908-709-7217  
[dpw@cranfordnj.org](mailto:dpw@cranfordnj.org)

Giordano - Curbside Recycling Contractor ..... 800-216-2250

Union County Recycling Dept. - Special Recycling Collections... 908-654-9889

## To Report a Missed Recycling Pickup

Contact Giordano Co. – 800-216-2250 ext.2

Email: [service@gogreengiardano.com](mailto:service@gogreengiardano.com)

## Questions & Answers

**Q. Where do I dispose of hazardous waste products like pesticides, pool chemicals and antifreeze?**

A. Union County holds collection events for hazardous waste disposal. Visit [www.ucnj.org/recycling](http://www.ucnj.org/recycling) or call 908-654-9890.

**Q. Does the Township provide for residential garbage service?**

A. The Township does not provide residential garbage service. Residents must contract privately for this service. To learn more contact the Health Dept.: 908-709-7225.

**Q. How do I dispose of latex paint?**

A. Latex paint is water soluble. Remove lid and let paint air dry or add absorbent material like kitty litter or speedy dry to hasten the drying process. Once dry, place can in a plastic bag and dispose with your regular garbage.

**Q. How do I remove large items that cannot be disposed of with regular household garbage?**

A. Some options for disposal of bulky waste items are:

1. Contact your private trash hauler for hauling fees.
2. Contact Plainfield Municipal Utilities Authority for Bulk Waste Drop-Off. Visit [www.pmua.info](http://www.pmua.info) or call 908-226-2518,

## Union County Recycling Programs

Dates, times & locations vary

Visit [www.ucnj.org/recycling](http://www.ucnj.org/recycling) or call 908.654.9890

Electronics • Household Hazardous Waste • Mobile Paper Shredding • Tires  
Motor Oil/Filters • Fluorescent Bulbs • Propane Tanks • Medication • Batteries  
Syringe Disposal • Smoke Detectors • Helium Tanks • Scrap Metal



## CURBSIDE RECYCLING GUIDELINES

What **CAN** go into my curbside container

### ACCEPTABLE

#### Commingled Recycling

(Covered Container Recommended – 32 gallon or larger)

##### ✓ Plastic Bottles & Containers

Bottles coded with #1 or #2 only



##### ✓ Mixed Paper

Paper, Newspaper, Magazines, Junk Mail, Catalogs & Phone Books



##### ✓ Cans

Aluminum and Steel (tin) Cans & Lids



##### ✓ Glass Bottles & Jars

All sizes, shapes & colors



##### ✓ Cardboard

Corrugated, Cereal & Clean Pizza Boxes



##### ✓ Cartons

Milk, Juice & Cardboard Boxes



**PLEASE DO NOT USE PLASTIC BAGS!**

**RECYCLABLES MUST BE CLEAN  
OF FOOD DEBRIS.**

What **CANNOT** go into my curbside container

### NOT ACCEPTABLE

##### ✗ Plastic Bags

Please do not bag your recyclables or place bags at curbside

(visit [www.plasticfilmrecycling.org](http://www.plasticfilmrecycling.org) for drop off locations)



##### ✗ Styrofoam\*

Styrofoam cannot be recycled curbside



##### ✗ Dishware, Glass & Mirrors

These items can be placed in regular garbage



##### ✗ Dirty Pizza Boxes

Leftover food or grease



##### ✗ Shredded Paper\*

Place shredded paper in regular garbage (or bring to Conservation Center in clear plastic bag)



##### ✗ Pots, Pans & Small Appliances



##### ✗ Plastic Containers & Plastic Ware

These items can be placed in regular garbage



**\*THESE ITEMS CAN BE RECYCLED THROUGH  
UNION COUNTY RECYCLING PROGRAMS.**

[www.cranfordnj.org/recycling](http://www.cranfordnj.org/recycling)  
[www.ucnj.org/recycling](http://www.ucnj.org/recycling)

## CONSERVATION CENTER RECYCLING GUIDELINES

Please read signage • Containers are clearly labeled • Plastic bags are not recyclable

### ALUMINUM CANS

Designated container

### BROWN PAPER BAGS

Bundle separately / with corrugated pile

### CORRUGATED CARDBOARD

Bundle or brown bag

### ELECTRONICS

Computers, monitors, TV's, laptops and tablets only.  
Resident must be able to put electronics in the container

### FLUORESCENT BULBS (TUBES ONLY - NO CFL)

Designated container

### GLASS BOTTLES & JARS

Separate by color

### MIXED PAPERS

Magazines, junk mail, envelopes, file folders, office paper, notebook paper, catalogs, phone books, Gray-brown paperboard, non-corrugated boxes like cereal boxes, gift boxes and shoe boxes  
Bundle with string or twine or brown bag

### NEWSPAPERS

Bundle with string or twine or brown bag

### PLASTIC BOTTLES & JARS

Type 1 & 2 Only • Designated container

Type 3 to 7 (No Styrofoam) • Separate designated container

### STEEL / TIN CANS

Designated container

### STYROFOAM

Please ensure all Styrofoam has recycling #6  
Only furniture & appliance packaging, block foam, white clean foam accepted.

No: egg cartons, peanuts, dirty or wet foam, colored foam

### USED MOTOR OIL & MOTOR OIL FILTERS

Designated container.

Note: Drip-dry plastic bottles from motor oil can be recycled with plastic bottles

Download the New Recycle Coach app:

[www.recyclecoach.com](http://www.recyclecoach.com)

## 2018 - 2019 RECYCLING CALENDAR

- Place recyclables curbside by 6am on scheduled day or the night before
- Pickups take place rain or shine between 6:30am – 4:30pm
- Covered container recommended – 32 gallons or larger
- No plastic bags
- Commingle all recyclables
- Keep papers dry
- Remove lids, empty liquids, rinse of food debris before recycling

### September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 R	5	6	7	8
9	10	11	12	13	14	15
16	17	18 R	19	20	21	22
23/30	24	25	26	27	28	29

### October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 R	3	4	5	6
7	8	9	10	11	12	13
14	15	16 R	17	18	19	20
21	22	23	24	25	26	27
28	29	30 R	31			

### November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13 R	14	15	16	17
18	19	20	21	22	23	24
25	26	27 R	28	29	30	

### December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11 R	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28 R	29

### January – 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 R	9	10	11	12
13	14	15	16	17	18	19
20	21	22 R	23	24	25	26
27	28	29	30	31		

### February – 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 R	6	7	8	9
10	11	12	13	14	15	16
17	18	19 R	20	21	22	23
24	25	26	27	28		

**RECYCLING PICKUP TAKES PLACE EVERY OTHER TUESDAY “TOWN-WIDE”**

**To Report a Missed Recycling Pickup**  
 Contact Giordano Co. – 800-216-2250 ext.2  
 Email: [service@gogreengiordano.com](mailto:service@gogreengiordano.com)

# PUBLIC WORKS DEPARTMENT

364 North Avenue East • Cranford, NJ 07016 • 709-7217 • [www.cranfordnj.org](http://www.cranfordnj.org)

## Public Works Staff

**Steve Wardell**  
*Superintendent*

**Erik Hastrup**  
*Assistant Superintendent*

**Joanne Westcott**  
*Administrative Secretary*

## Hours of Operation

**Monday – Friday**  
**7:30am – 4:00pm**  
**Phone: 709-7217**  
**Fax: 931-0590**  
**[dpw@cranfordnj.org](mailto:dpw@cranfordnj.org)**

## 2018 LEAF COLLECTION PROGRAM

1. Rake leaves to the gutter line on the Friday, Saturday and Sunday before your scheduled pickup. Once your street is picked up, **DO NOT** rake anymore leaves into the street.
2. It is the homeowner's responsibility to have their landscaper comply with the schedule and guidelines to avoid getting a warning or a fine.
3. All sections of town will have at least three leaf pickups. A final pickup of all sections will begin on approximately December 17 and continue until December 28, weather permitting.
4. No leaves are to be placed out after December 16.
5. If you live on a County road; Leaf pickup schedules can be found at: [www.ucnj.org](http://www.ucnj.org) or by calling: 908-789-3660. The following are Union County roads: Springfield Avenue; Centennial Avenue; Walnut Avenue; Raritan Road; Kenilworth Blvd; South Avenue East & West.

**THE TOWNSHIP DOES NOT PICK UP LEAVES ON COUNTY ROADS.**

## If You Choose to Bag Your Leaves:

- Use only biodegradable bags only (available at most Home Centers).
- Bagged leaves should be kept on your property until your next scheduled pickup or taken to the Conservation Center during scheduled hours.

## REMINDERS

- Follow pickup schedule.
- DPW cannot pick up leaves with twigs, branches, grass or debris in leaf piles. These materials pose hazards to employees and can cause damage to leaf collection equipment.
- If possible, do not park in the street when collection crews are in your zone.
- Never park a car on a pile of leaves, even if the pile is wet.
- Do not rake leaves out after Sunday, Dec. 16.

**We recommend residents bag leaves whenever possible. This helps keep streets cleaner and prevents leaves from blocking storm drains.**

## Please save these guidelines for reference

### Zone 1

Northwest section including all streets west of the river and Springfield Ave. toward Kenilworth Blvd. and North Ave. West up to the Garwood/Westfield line.

### Zone 2

Northeast section including all of Riverside Drive and all streets to the east of Springfield Ave. linking North Ave. East to the Roselle Park and Kenilworth line.

### Zone 3

Southwest section and all streets west of Walnut Ave. to South Ave. West to the Clark/Garwood line.

### Zone 4

Southeast section and all streets west of Walnut Avenue from South Avenue East to Roselle line and all streets north of Raritan Road to Roselle line.



## 2018 LEAF PICKUP SCHEDULE

### 1st Pickup

Zone  
2

Zone  
3

**Rake to curb** – Friday, Oct. 26 thru Sunday, Oct. 28

**Pickup** – Monday, Oct. 29 thru Friday, November 2

Zone  
1

Zone  
4

**Rake out to curb** – Friday, Nov. 2 thru Sunday, Nov. 4

**Pickup** – Monday, Nov. 5 thru Thursday, Nov. 8

### 2nd Pickup

Zone  
2

Zone  
3

**Rake to curb** – Friday, Nov. 9 thru Sunday, Nov. 11

**Pickup** – Monday, Nov. 12 thru Friday, Nov. 16

Zone  
1

Zone  
4

**Rake out to curb** – Friday, Nov. 16 thru Sunday, Nov. 18

**Pickup** – Monday, Nov. 19 thru Wednesday, Nov. 21  
Monday, Nov. 26 thru Friday, Nov. 30

### 3rd Pickup

Zone  
2

Zone  
3

**Rake to curb** – Friday, Nov. 30 thru Sunday, Dec. 2

**Pickup** – Monday, Dec. 3 thru Friday Dec. 7

Zone  
1

Zone  
4

**Rake to curb** – Friday, Dec. 7 thru Sunday, Dec. 9

**Pickup** – Monday, Dec. 10 thru Friday, Dec. 14

**\*Final Pickup in all Zones will start Monday, Dec. 17 and continue thru Friday, Dec. 28.**

#### CONSERVATION CENTER

210 Birchwood Avenue

#### Year-Round Hours of Operation

Wednesdays      Saturdays & Sundays  
9:30am to 3:20pm    9:30am to 3:50pm

Permits are **NOT** required to drop  
leaves at the Conservation Center.  
You must show proof of residency.

The NJ Dept. of Environmental Protection has  
instituted Municipal Stormwater Regulations  
prohibiting the following:

- The placement of leaves within 10 feet of any catch basin.
- Leaves cannot be at the curb line for more than 10 days.

DPW makes every effort to adhere to this schedule, however  
weather conditions may affect pickup dates.

Check online for updates: [www.cranfordnj.org/public-works](http://www.cranfordnj.org/public-works)

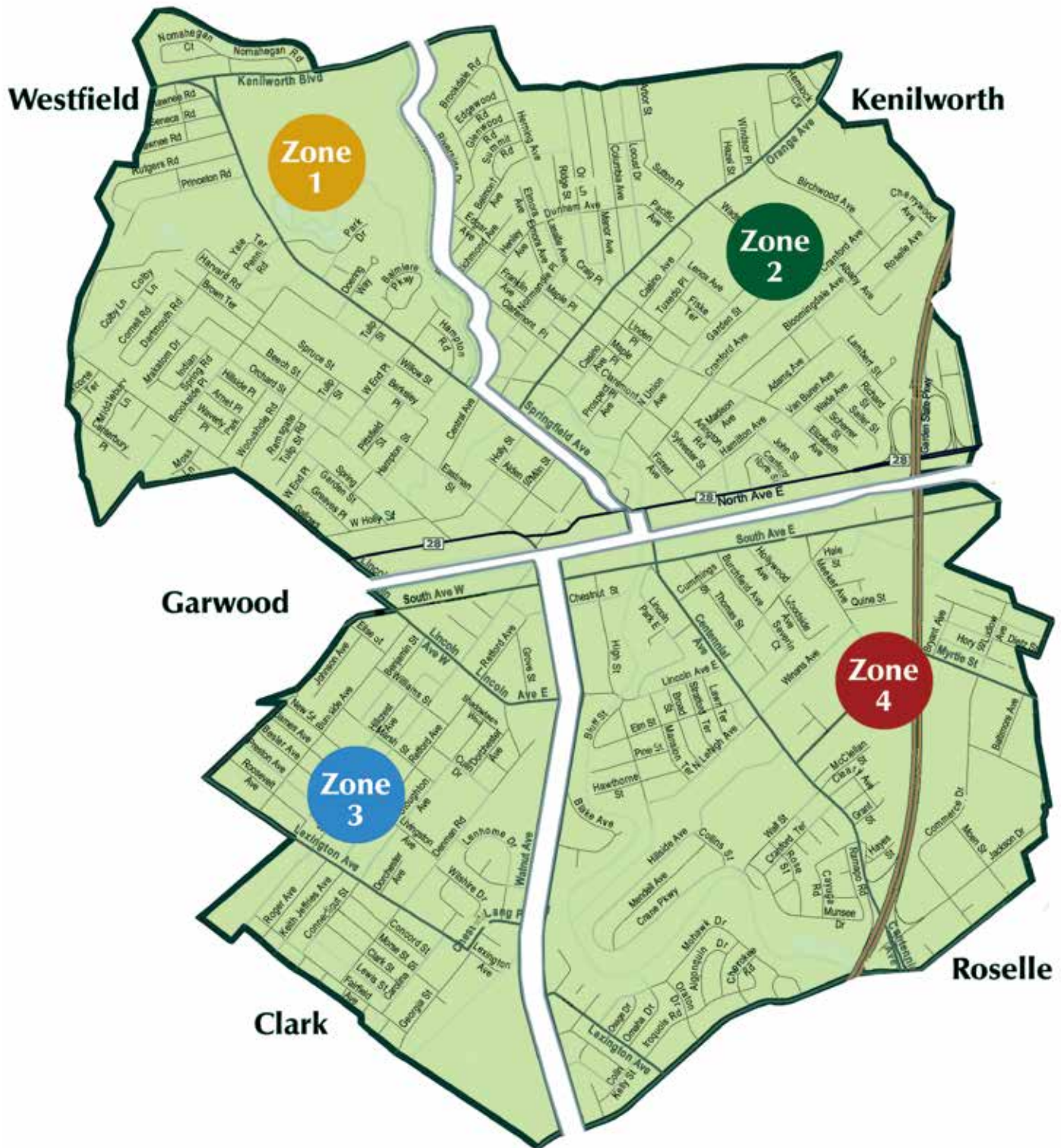
**If you miss a pickup you can:**

1. Bring leaves to the Conservation Center
2. Wait for your next scheduled pickup

### CHRISTMAS TREE PICKUP BEGINS JANUARY 7

- Trees must be curbside by January 7.
- Trees cannot be picked up with bags, lights or decorations.
- Christmas trees only – **No wreaths.**
- Christmas trees can also be dropped at the Conservation Center during operating hours. (*No Permit Required*)

# 2018 LEAF COLLECTION MAP



If you live on a County road:

Leaf pickup schedules can be found at: [www.ucnj.org](http://www.ucnj.org) or by calling: 908-789-3660

The following are Union County roads: Springfield Avenue; Centennial Avenue; Walnut Avenue; Raritan Road, Kenilworth Blvd; South Avenue East & West

**The Township does not pickup leaves on County roads.**



**No person shall park a vehicle upon either side of any of the streets or parts of streets which are highlighted, whenever snow has fallen and the accumulation is such that it covers the street or highway.**





## Official Township Departments

Visit [www.cranfordnj.org/departments](http://www.cranfordnj.org/departments) for updates and links to each department

<b>Mayor</b> Thomas H. Hannen, Jr.	<b>709-7206</b> t-hannen@cranfordnj.org	<b>Library</b> 224 Walnut Avenue Michael Maziekien	<b>709-7272</b> library@cranfordnj.org
<b>Deputy Mayor</b> Ann Dooley	<b>709-7206</b> a-dooley@cranfordnj.org	<b>Planning &amp; Zoning</b> Ronald Johnson	<b>709-7216</b> zoning@cranfordnj.org
<b>Township Commissioners</b> Patrick F. Giblin Jean-Albert Maisonneuve Mary O'Connor	<b>709-7206</b> p-giblin@cranfordnj.org j-maisonneuve@cranfordnj.org m-oconnor@cranfordnj.org	<b>Police Dept.</b> Chief Ryan Greco	<b>272-2222 (non-emergency)</b> police@cranfordnj.org
<b>Administrator</b> Terence M. Wall	<b>709-7205</b> t-wall@cranfordnj.org	<b>Public Works</b> 364 North Avenue East Steve Wardell	<b>709-7217</b> dpw@cranfordnj.org
<b>Municipal Clerk</b> Patricia Donahue	<b>709-7210</b> clerk@cranfordnj.org	<b>Recreation &amp; Parks</b> 220 Walnut Avenue Steve Robertazzi	<b>709-7283</b> recreation@cranfordnj.org
<b>Business &amp; Economic Dev.</b> Gabe Bailer	<b>709-7208</b> dmc@cranfordnj.org	<b>Recycling</b> Steve Wardell	<b>709-7217</b> dpw@cranfordnj.org
<b>Construction Code Building Dept.</b> Richard Belluscio	<b>709-7213</b> building@cranfordnj.org	<b>Swim Pool Utility</b> 401 Centennial Avenue Steve Robertazzi	<b>709-7260</b> pool@cranfordnj.org
<b>Court Administrator</b> Lorraine Powell	<b>709-7242</b> court@cranfordnj.org	<b>Tax Assessor</b> Peter J. Barnett	<b>709-7211</b> assessor@cranfordnj.org
<b>Engineering</b> William E. Masol	<b>709-7219</b> engineering@cranfordnj.org	<b>Tax Collector</b> Mary L. Testori	<b>709-3981</b> m-testori@cranfordnj.org
<b>Finance</b> Lavona Patterson	<b>709-7250</b> finance@cranfordnj.org	<b>TV 35</b> Edward Davenport	<b>709-3995</b> tv35@cranfordnj.org
<b>Fire Dept. 7 Springfield Ave.</b> Chief Dan Czeh	<b>276-0146 (non-emergency)</b> d-czeh@cranfordnj.org	<b>Vital Statistics</b> Joan Holler	<b>709-7238</b> j-holler@cranfordnj.org
<b>Health</b> Monika Koscova Jencik	<b>709-7225</b> health@cranfordnj.org		

### Working Together... We can keep our town looking great

Clean streets and sidewalks, attractive and well-maintained buildings make a great first impression to visitors. The Township and property owners share the responsibility for keeping Cranford looking great.

You can help by reporting problems or safety concerns to Township officials.

Overflowing trash containers	Health Department	709-7238
Weeds, trash	Health Department	709-7238
Residential property maintenance	Property Maintenance	709-7240
Commercial property maintenance	Property Maintenance	709-7240
Deteriorated, unsafe signs & awnings	Property Maintenance	709-7240
Broken parking meter	Police Department	272-2222
Malfunctioning traffic light	Police Department	272-2222
Streetlight out	PSE&G	1-800-436-7734
Victorian Streetlight out	Police	709-7336
Broken street benches	DMC	709-7208
Damaged/missing street signs	Public Works	709-7217
Leaking fire hydrant	Fire Department	709-7360
Fire safety code problems	Fire Department	709-7360
Broken tree limbs, street trees	Public Works	709-7217

If you have a question or concern that isn't mentioned or you are not sure who to call, please contact the Township Administrator at 709-7205 and we will take care of the matter promptly.



The Township of Cranford  
8 Springfield Avenue  
Cranford, NJ 07016

\*\*\*\*\*ECRWSS\*\*\*\*  
Local  
Residential Customer

PSRST STD  
EDDM  
U.S. POSTAGE  
**PAID**  
New Brunswick, NJ  
Permit #1075



## Join Us Downtown!

September 15  
**Community Paint Out**  
(sponsored by *The Artist Framer*)

September 23  
**Music in the Squares**

October 16 – 31  
**Scarecrow Stroll**

November 24  
**Small Business Saturday**

December 14  
**Holiday Shop Out**

**Stay tuned for more events in 2019!**

**Cranford**  
downtown  
*Be part of the scene!*

