

Cranford Township

NEWS

March 20, 2020

**Spring
Summer
2020**

Spring & Summer
Recreation Programs

Summer Pool Programs
& Sign-up Application

Recycling Schedule

Flood Information

www.cranfordnj.org



Official Township Departments

Visit www.cranfordnj.org/departments for updates and links to each department

Mayor Patrick Giblin	908-709-7206 p-giblin@cranfordnj.org
Deputy Mayor Kathleen Prunty	908-709-7206 k-prunty@cranfordnj.org
Township Commissioners Thomas H. Hannen, Jr. Jean-Albert Maisonneuve Mary O'Connor	908-709-7206 t-hannen@cranfordnj.org j-maisonneuve@cranfordnj.org m-oconnor@cranfordnj.org
Administrator Jamie Cryan	908-709-7205 j-cryan@cranfordnj.org
Municipal Clerk Patricia Donahue	908-709-7210 clerk@cranfordnj.org
Business & Economic Dev. Gabe Bailer	908-709-7208 dmc@cranfordnj.org
Construction Code Building Dept. Richard Belluscio	908-709-7213 building@cranfordnj.org
Court Administrator Lorraine Powell	908-709-7242 court@cranfordnj.org
Engineering	908-709-7219 engineering@cranfordnj.org
Finance Lavona Patterson	908-709-7250 finance@cranfordnj.org
Fire Dept. 7 Springfield Ave. Chief Dan Czeh	908-276-0146 (non-emergency) d-czeh@cranfordnj.org
Health Mike Fitzpatrick	908-709-7225 health@cranfordnj.org

Library 224 Walnut Avenue Michael Maziekien	908-709-7272 library@cranfordnj.org
Planning & Zoning Jason Bottcher	908-709-7216 zoning@cranfordnj.org
Police Dept. Chief Ryan Greco	908-272-2222 (non-emergency) police@cranfordnj.org
Public Works 364 North Avenue East	908-709-7217 dpw@cranfordnj.org
Recreation & Parks 220 Walnut Avenue Steve Robertazzi	908-709-7283 recreation@cranfordnj.org
Recycling	908-709-7217 dpw@cranfordnj.org
Swim Pool Utility 401 Centennial Avenue Steve Robertazzi	908-709-7260 pool@cranfordnj.org
Tax Assessor Peter J. Barnett	908-709-7211 assessor@cranfordnj.org
Tax Collector Karyn Kinane	908-709-3981 k-kinane@cranfordnj.org
TV 35 Edward Davenport	908-709-3995 tv35@cranfordnj.org
Vital Statistics Joan Holler	908-709-7238 j-holler@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	908-709-7238
Weeds, trash	Health Department	908-709-7238
Residential property maintenance	Property Maintenance	908-709-7240
Commercial property maintenance	Property Maintenance	908-709-7240
Deteriorated, unsafe signs & awnings	Property Maintenance	908-709-7240
Broken parking meter	Police Department	908-272-2222
Malfunctioning traffic light	Police Department	908-272-2222
Streetlight out	PSE&G	1-800-436-7734
Victorian Streetlight out	Police	908-709-7336
Broken street benches	DMC	908-709-7208
Damaged/missing street signs	Public Works	908-709-7217
Leaking fire hydrant	Fire Department	908-709-7360
Fire safety code problems	Fire Department	908-709-7360
Broken tree limbs, street trees	Public Works	908-709-7217

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 908-709-7205 and we will take care of the matter promptly.

Township Committee

Patrick Giblin
Mayor

Kathleen Prunty
*Deputy Mayor,
Commissioner of Finance*

Thomas H. Hannen, Jr.
*Commissioner of Public Works
and Engineering*

Jean-Albert Maisonneuve
Commissioner of Public Safety

Mary O'Connor
Commissioner of Public Affairs

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

Jamie Cryan, CPM
Township Administrator
908-709-7205
j-cryan@cranfordnj.org

Please visit our website for updates at www.cranfordnj.org. For the latest information, make sure to follow the Township's Facebook (www.facebook.com/TownshipofCranford) and Twitter (@CranfordTwpNJ) Instagram (@TownshipofCranford).

NIXLE – You can also stay in touch via text by sending 07016 to the number 888777.



Mayor Giblin

Message from the Mayor

Welcome to the 2020 Township of Cranford Spring Newsletter.

Enclosed you will find information about exciting services and programs offered by your municipal government. The Township offers extensive recreational opportunities for all age groups from preschoolers to seniors, and there are plenty of ways for all Cranford residents to enjoy our parks, Community Center, Pools and other recreational facilities.

We have included important information from our Public Works and Engineering departments about recycling, yard waste and flood information.

Cranford is not just a municipality. We are a great community that is defined by its people and we are a better place when our residents take an active role. I encourage you to keep yourself informed of our community events, and consider volunteering for one of our many boards and committees. The Township Committee is committed to making government more effective by delivering better services for our residents.

We encourage you to share your questions, concerns and ideas with us by sending them to p-giblin@cranfordnj.org or by calling 908-709-7206. Please visit the Township website (www.cranfordnj.org) for information on all municipal services and timely updates. You can also stay in touch by following us on social media: Facebook (www.facebook.com/TownshipofCranford), Twitter (@CranfordTwpNJ) or Instagram (@TownshipofCranford).

Thanks,
Patrick Giblin
Mayor

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RECREATION & PARKS Department

220 Walnut Avenue • Cranford, NJ 07016 • 908-709-7283 • www.cranfordnj.org

Recreation Staff

Stephen P. Robertazzi,
CPRP, 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

Donald Barone
Senior Citizen Rep.

Megan Bell

Susan Cave

Michelle Cook

Marita Dow

Nicole Dreyer

Darren Gottesman

Maria Harris

William Hulse
Board of Ed. Rep

Ryan Kulik

Debra Nicholls

Carolyn Capone Pugliese

Heinz Ricken

Anthony Rossetti

Wally Shackell

Kira Trocciola

Craig Miklencic
Cranford West Committee
Liaison

Stephen P. Robertazzi,
CPRP, RA, CPO
Director
Recreation & Parks
And Swim Pool Utility

Patrick Giblin
Mayor / Liaison

OFFICE HOURS

Monday through Friday – 8:00am to 4:30pm

Weather Emergency and Program Cancellation Hotline: 908-276-6767

Spring Building Hours:

Monday – Thurs. – 8:00am to 10:00pm

Friday – 8:00am to 7:00pm

Saturday – 9:00am to 5:00pm

Summer Building Hours:

Monday – Thurs. – 8:00am to 10:00pm

Friday – 8:00am to 6:00pm

Saturday – Closed

Email: recreation@cranfordnj.org • **Fax:** 908-709-7286

www.facebook.com/CranfordRecreationAndParks

www.instagram.com/CranfordRecreationAndParks

2020 SPRING & SUMMER 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 are 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. Please allow 4-6 weeks for refunds that are issued by township check.
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 "Room Usage Application." Depending on request and organization requesting permit, a fee may be required.

ONLINE REGISTRATION FOR ALL PROGRAMS

Community Pass is your resource for program and class registration within the Township of Cranford. Registration for our Spring and Summer Sessions begins Wednesday, March 18th at 10:00am.

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

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.

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.

CONTACTS

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 Field – Orange Ave. & Pacific Ave.
Sherman Park – Lincoln Ave. East

Cranford Sports Organizations

Cranford Soccer Club

All Cranford kids can learn and enjoy "the beautiful game" in a variety of programs offered by Cranford Soccer. From pre-K through high school, including recreational and travel teams and our TOP Soccer program for children with special needs, every kid in Cranford is welcome to play. Spring, Fall and Winter programs are available. Create an account at www.cranfordsoccer.com and be alerted when registrations open.

The Cranford Police Athletic League (PAL)

The Cranford Police Athletic League runs flag football (Grades 1 – 3), tackle football (Grades 4 – 8), cheerleading (Grades 3 – 8), wrestling (Grades K – 8), and travel basketball (Grades 4 – 8) during its Fall and Winter seasons.

Baseball/Softball – www.cbsl07016.org
Canoe Club – www.cranfordcanoeclub.com
Clay Courts – www.cranfordtennis.com
Hanson Park – www.hansonparkconservancy.com
Hockey – www.cranfordhockeyclub.com
Jaycees – www.cranfordjaycees.org

A PAL Track program is in development for late Spring 2020. All registrations, general information, program descriptions, and points of contact are located at www.cranfordpal.org

Cranford Youth Lacrosse

Both our boys' and girls' teams, Grades 1 – 4, play home and away games against other clubs. The goals of these programs are to continue the development of basic lacrosse skills and sportsmanship, and to provide equal playing time for all participants. The travel division, Grades 5 – 8, offers a more skilled level of play against other competitive teams. The goals are to develop young lacrosse players and to teach them additional skills and game strategy as well as good sportsmanship. Registration is done at www.cranfordlacrosse.org

Lacrosse – www.cranfordlacrosse.org
P.A.L. – www.cranfordpal.org
Recreation and Parks – www.cranfordnj.org/recreation-parks
Soccer – www.cranfordsoccer.com

SPECIAL EVENTS



CRANFORD JAYCEES ANNUAL EASTER EGG HUNT

Ages: 2 – 7
Days: Saturday
Date: April 4
Time: 10:00am Sharp
Site: Orange Avenue School Field

This is a free, fun, family event for all children in Cranford! Thousands of filled eggs in age-graded areas for children ages 0 – 9+. Prizes in each age group for those who find the lucky Golden Eggs! The Jaycees ask that participants bring a food donation for Cranford Family Cares. All who bring a donation will be entered into a contest to guess the number of eggs at the event.



KARATE FOR SPECIAL NEEDS

Ages: 5 and Up
Days: Thursday
Date: March 5 to April 2
Time: 7:00pm – 7:45pm
(Ages 5 – 15)
8:00pm – 8:45pm
(Ages 16 & Up)
Fee: \$12

Presented by Union County Board of Chosen Freeholders, Office for Persons with Disabilities & Special Needs and Cranford Recreation Department. For more information and to register, visit www.ucnj.org/opsn-reg

MEMORIAL DAY PARADE

- Date:** Monday, May 25th
Time: 9:00am
Site: Start is at the Community Center and ends at Memorial Park
Note: *In the event of inclement weather, services will be held in The Cranford Community Center at 10:00am.*

The importance of remembering all those who have fought and died for our country is something that is all too often overlooked. It is our hope that the entire community joins our celebration to support and thank those men and women, past and present, for serving in our armed forces. Please remember to fly your flag proudly.

FOURTH OF JULY CELEBRATION

- Date:** Thursday, July 2nd
Events: 5:00pm Rides & Games with Fun Services (Nomahegan Park)
Dusk Fireworks (Nomahegan Park)
- Date:** Saturday, July 4th
Events: 9:00am Canoe Races (Canoe Club)
9:00am Firecracker Fun Run (Nomahegan Park)

Here in Cranford, the 4th of July is as much about celebrating our country's history as it is about celebrating with family. A variety of family-oriented events mark this 2-day celebration. These include canoe races, the Firecracker Fun Run sponsored by the Cranford Jaycees, games, amusement rides and fireworks.

AMERICAN RED CROSS BABYSITTER'S TRAINING COURSE

(1 DAY CLASS)

- Ages:** 11 – 15
Days: Saturday
Date: May 2
Time: 9:00am – 4:00pm*
Fee: \$115 *Bring a brown bag lunch

Designed for boys and girls, ages 11 – 15, this 1-day certification course will give your child the tools needed to be a responsible caregiver. Topics include: how to supervise children and infants; basic child care skills such as diapering & feeding; age appropriate games and toys; how to handle bedtime and discipline issues; identify hazards and prevent injuries; care for common injuries and emergencies such as choking, burns, cuts and bee stings; CPR and choking skills; how to make good decisions and keep yourself safe; how to communicate effectively with parents; and how to find and interview for babysitting jobs.

Register: <https://register.communitypass.net/Cranford>



CRANFORD WEST

- Date:** Weekends only
July through September
Fee: \$25 per night
Cabin and tent sites available
Note: *You must be a Cranford resident at least 21 years of age. Reservations are taken no more than 2 weeks in advance of the date requested, beginning at 8:00am.*

In scenic Hope, NJ a small tract of land located on the banks of Silver Lake is fondly referred to as Cranford West. Need to get away from the hustle and bustle of Cranford? Why not go to this quiet oasis in Northwestern NJ? Take the family or go alone. This is the perfect place to relax and rejuvenate.



SPECIAL OLYMPICS YOUNG ATHLETES PROGRAM

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

- Ages:** 2 – 7
Days: Saturday
Date: April 18 to June 6*
Time: 9:00am – 9:45am
Fee: Free
Min: 6 **Max:** 15
Note: *Parents must participate*

*No class May 23

In conjunction with the Special Olympics, the Young Athletes Program is designed for participation of children ages 2 – 7 with intellectual disabilities. For more information, please visit www.sonj.org/sports/young_athletes

OPEN CENTER

What is Open Center?

... It consists of basketball, a game room with two (2) ping pong tables, two (2) air hockey tables, three (3) pool tables, one (1) foosball table, a new mini dual basketball arcade, a lounge with two flat screen TVs and vending machines..

Open Center

Registration - **New!**

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. You need only to register once per year.

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"?

Fridays in spring 8:00am to 7:00pm,
Fridays in summer 8:00am to 6:00pm
and Saturdays in spring 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.



Playgrounds

Our summer playgrounds program offers children a variety of fun and interesting things to do during summer vacation. Activities include arts & crafts, sports, tournaments, games and much more. Registration begins the first day of camp at any of the four playgrounds.

Grades:	Completed Kindergarten to age 13
Days:	Monday through Friday
Dates:	June 29 to August 14
Time:	9:00am – 12:00pm and 1:00pm – 3:00pm
Sites:	Brookside Place School, Lincoln Park, Mohawk Park & Orange Avenue School
Fee:	\$20



Cranford Canoe Club

250 Springfield Avenue, Cranford, NJ 07016

908-709-7285

www.cranfordcanoecub.com

Dates: Open the last Saturday in April to the first Sunday in November

Hours: Weekends/Holidays – 9:00am – 6:00pm*, April to Nov. 1
(last boat out weekends and holidays)

Weekdays – 11:00am – 6:00pm*, Memorial Weekend to Labor Day

Activity Types: Day Trips, Self-guided Tours, Self-guided Activities

Recommended Length of Visit: 2+ hours

Prices: Canoes and Kayaks – \$25 for 2 hours, Tandem Kayaks
\$35 for 2 hours

*Weather Permitting

You will enjoy the scenery while riding New Jersey's Rahway River. Need a fun, close and easy day trip at an exciting river outfitter? Our self-guided canoeing and kayaking river tours are only 2 hours long, so it's a good lazy-day adventure your camp group won't regret. Our canoes and kayaks are good for all ages, so bring the campers down and make memories, one smile at a time. We can accommodate large groups of up to 100 people per outing. We have soft-serve ice cream, an assortment of drinks and an open outdoor grill serving burgers, hot dogs and fries. Camp directors can contact Ralph Circelli for group scheduling.

BLUE CROSS BLUE SHIELD PROGRAMS

Cranford Recreation is partnering with Blue Cross Blue Shield of New Jersey to bring a series of senior-focused Health and Wellness education programs and health screenings to the Cranford Community Center. Programs are free and open to the public.

Brain Games and Health Screenings –

Monday, April 27, 2020, @10:00am – 12:00pm

Brain Games; Keep the Mind Sharp: This interactive presentation discusses our brain as the “master computer” and the important topic of brain health. There are routine maintenance activities we can do on a daily basis that helps to keep this master organ healthy and in best working order, even as we age. Diet, physical exercise and proper rest will be touched upon. There will also be games and exercises played that stimulate and exercise different areas of our brain to help increase our memory. A strongly exercised brain can help keep our memory strong!

Trivial Pursuit and Health Screenings –

Monday, May 11, 2020, @10:00am – 12:00pm

Trivia offers a multitude of benefits for your brain. Your brain is a machine, and it needs to be used and tuned in order to keep working properly. If you let it sit and don't challenge it, it'll lose its abilities and you'll find yourself having trouble remembering information you once knew, recalling knowledge you've recently gained, and adapting to new situations. When you play trivia you're helping your brain stay sharp and quick and even making yourself smarter in the process in ways you probably haven't realized. Baby Boomers Edition.

CRANFORD'S RECREATION TRIP AND DAY TOUR

Saturday, June 6, 2020 9:00am – 4:30pm

*Calling all Tourologists to spend the day on a spectacular walking tour to:
Alice Austen House & Snug Harbor Botanical Gardens, Staten Island, NY*

Our first stop is the Alice Austen House – immerse yourself in the life of one of America's earliest and most prolific female photographers in the early 1900's. As you stand in the 1690 cottage, named “Clear Comfort”, with the low ceilings and patterned wallpaper, you can feel the presence of her life and artistry. And also her independent spirit.

Our second stop will be at Snug Harbor Botanical Gardens & Chinese Scholar Gardens. Initially built in the 1800's as a home for retired sailors, Snug Harbor Cultural Center & Botanical Garden is said to be the largest ongoing adaptive reuse project in America. The 23 historical buildings, nine botanical gardens and 10 acres of wetlands – set on an 83 acre campus – are the elements of a regional arts center where history, architecture, visual art, theater, dance, music and environmental science provide dynamic experiences for all ages.

\$70 per person (Includes guided tour of Alice Austen House, all grounds, round trip transportation and gratuities). Day Tours are led by Cranford Recreation Staff. Departure from Orange Avenue Pool Parking Lot – 9:00am

Lunch not included. Please bring a lunch or you can purchase your lunch at Harbor Eats. Harbor Eats offers light snacks, coffee/tea, water, sandwiches, burgers, tacos, fries and more. Cash and credit cards accepted.

Event is held rain or shine. This is a walking tour. Please dress for weather conditions. All attendees must sign waiver. Reservations booked directly through Cranford Recreation Department online or in person.

908-709-7283 or www.register.communitypass.net/Cranford

TryCAN

Interested in community programs for children with special needs? **TryCAN** can help!

Your Child Can! Every Child Can!

TryCAN

- **TryCAN** coordinates inclusive recreation and social development programs for children with special needs.
- Programs help teach sports and life skills, while focusing on building individual skills, teamwork and fun!
- Programs are taught by experienced coaches and instructors from the community.
- Skill-building sports programs are held a few weeks before start of each session to enable child (those interested) to try out for a particular sport.
- Using our “Children Helping Children” approach, during class your child works with trained volunteer Peer Mentors who serve as assistant coaches, buddies and your child's biggest cheerleaders. Peer Mentors are high school and middle school students from our communities.
- Programs have included baseball, basketball, lacrosse, soccer, football, tennis, martial arts, golf, learn-to-bike-ride, social skills, reading, art and music.
- Programs are open to children from all communities.
- Programs charge only a nominal fee, thanks to fundraising activities of **TryCAN**. **TryCAN** allows parent and professional volunteers to get involved.
- **TryCAN** provides opportunities to attend **TryCAN** family events, and meet and network with other families with similar needs.
- **TryCAN** offers a comprehensive array of recreation programs for children with special needs or those who need special accommodation.

To learn more about **TryCAN**, see the **TryCAN** webpage or contact the **TryCAN** Coordinator at summitcan@gmail.com or 908-277-2932 ext. 13.

PRE-SCHOOL *SPRING SESSION*

Fridays with My First Friends

Ages: 2 – 3
Days: Friday
Dates: April 17 to June 19
Time: 9:30am – 10:15am
Fee: \$35
Min: 6 **Max:** 20

Designed especially for ages two to three, My First Friends will encourage the importance of playing and sharing within a group. The children will enjoy playing with a multitude of toys, as well as sports equipment and obstacle courses.

An adult or guardian must accompany each child to class.

Fun with Four and Five Year Old Friends NEW!

Ages: 4 – 5
Days: Thursday
Dates: April 16 to June 18
Time: 1:00pm – 2:00pm
Fee: \$35
Min: 6 **Max:** 20

Play, Learn and Grow Together!

A fun, new program for four and five year old children to encourage playing and sharing. There will be organized activities and also free play, including soccer nets, kid-size basketball hoops, toys, bowling pins, a parachute, scooters, games and more.

Mommy and Me Music

Ages: 1 – 3 Years
Days: Monday
Dates: April 13 to June 22*
Time: 11:00am – 11:30am
Fee: \$120
Min: 6 **Max:** 10
Note: Parent must attend

*No class May 25

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.



Lil' Athletes NEW!

Ages: 2 – 5
Days: Thursday
Dates: April 16 to June 18
Time: 9:30am – 10:00am
Fee: \$120
Min: 4 **Max:** 15

Lil' Athletes is a full fitness program designed to work with children to develop the core skills that will be used throughout their lives in sports and fitness. Your child will work towards developing fine motor skills, increase strength and eye/hand coordination. Our goal is to instill the importance of exercise and active play in each child to create healthy habits that will last a lifetime. Our group setting will develop children to learn teamwork, sportsmanship and self-confidence at an early age.

The class begins with a warm up of stretching and yoga, then transitions to cardio fitness and then onto the core skills activities. This program is designed to keep children engaged at all times during the class so they stay interested while having fun and learning key motor skills.

Little Yogis

Ages: 3½ – 5
Days: Thursday
Dates: April 16 to May 21*
Time: 10:15am – 11:00am
Fee: \$70
Min: 5 **Max:** 8

*No class May 7

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

Pre-school Arts & Crafts

Ages: 3 – 4
Days: Thursday
Dates: April 16 to June 18
Time: 10:00am – 11:00am or 1:00pm – 2:00pm
Fee: \$45
Min: 6 **Max:** 15
Note: Parent must attend

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 like 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.

Pre-School – SPRING SESSION

What Matters for Kids?

Super Saturdays at the Community Center

■ Science Matters

Now on Saturdays!

Ages: 4 – 9
Days: Saturday
Dates: April 25 to June 6*
Time: 10:30am – 11:30am
Fee: \$90 per session or \$175 for both
Min: 4 **Max:** 15

*No class May 23

Bang! Pop! Whoa! Kids have a ***BLAST*** learning while participating fully in this hands-on experimentation focused class.



■ Playtime Matters **NEW!**

Now on Saturdays!

Ages: 4 – 9
Days: Saturday
Dates: April 25 to June 6*
Time: 12:00pm – 1:00pm
Fee: \$90 per session or \$175 for both
Min: 4 **Max:** 15

*No class May 23

Kids love this unplugged class where their imagination sparks as they learn and play fun and exciting games – old and new!

Register for both programs and enjoy a bonus supervised snack break (snack not provided) in between classes!

Mommy & Me Food Explorers

Ages: 3 – 6
Days: Wednesday
Dates: April 22 to May 13
Time: 10:30am – 11:15am
Fee: \$80
Min: 5 **Max:** 12

Join us for a fun food adventure while spending quality time together. This class engages children and adults in the creative side of food. Participants will explore where our food comes from, invent recipes together, simplify meal planning, and share their love of food in new ways.

An adult or guardian must accompany each child to class



Music for the Young Beginner **NEW!**

Ages: 3 1/2 – 5
Days: Monday
Dates: April 27 to June 8
Time: 1:00pm – 1:45pm
Fee: \$65
Min: 5 **Max:** 12

Your child will explore the foundations of music and musicianship through singing, movement, and playing instruments. These activities foster an understanding and appreciation of music.



Preschool Drawing with Young Rembrandts

Ages: 3 – 5 Years
Days: Monday
Dates: April 13 to June 8*
Time: 10:00am – 10:45am
Fee: \$106
Min: 5 **Max:** 10

*No class May 25

April showers bring May flowers and springtime is the right time to sign up your preschooler for a Young Rembrandts class! We will begin our adventure with an imaginary trip to the hardware store as we illustrate and learn about different tools. We will continue to stomp away springtime boredom as we draw and color a mighty dinosaur. The sky is the limit as we draw a colorful, patterned butterfly. And we will soar to new heights with our fantastic kite drawing. There's no better time than now to enroll your student!

Kiddies Kaleidoscope

"Shaping young minds, teaching with heart"

www.KiddiesKaleidoscope.com

Kiddies Junior Robotics

NEW!

Age: 3 – 5
Days: Friday
Dates: April 17 to May 22
Time: 10:30am – 11:30am
Fee: \$145
Min: 8 **Max:** 12

By entering into our "Tinker Lab", young children will be exposed to robotics in a fun, hands-on way. Children will be introduced to the coding and programming of real, age-appropriate robots understanding the basics of algorithms while building language and math skills as we work with sequencing, estimation, and problem solving – all while having fun! With Robotics being the wave of the future, children who understand robotics will be at an advantage – literally able to operate the world around them! Featuring Code and Go Mouse, Bit Bots, Cozmo, Bee Bot, Botley, Sphero, Cubetto and Dash and Dot.

Stories In Motion and Commotion

NEW!

Age: 3 – 5
Days: Wednesday
Dates: April 15 to May 20
Time: 10:30am – 11:30am
Fee: \$135
Min: 8 **Max:** 12

An interactive movement class for the little performer in your life! Children are engaged in stories while learning basic dance steps and movements – how about attending a magical ball as fairies and knights or engaging in a tea

party? Imagination is boundless in this class. Classes include dance, acting, music and props.

Squirts Camps and Tennis

In association with the US Sports Institute

US Sports Institute is the #1 community sports provider offering sports camps and classes in a wide variety of sports & for all ability levels. Our professional coaches and year-round support team ensure your sports experience will surpass your expectations.

For additional information please contact the US Sports Institute:
Phone: 732-563-2520 or
www.ussportsinstitute.com.

Registration is done directly with US Sports Institute.

Parent & Me Soccer Squirts

Wednesday Session

Ages: 2 – 3
Days: Wednesday
Dates: April 22 to June 10
Time: 9:30am – 10:30am
Site: Community Center
Fee: \$177

Saturday Session

Ages: 2 – 3
Days: Saturday
Dates: April 18 to June 13
Time: 11:30am – 12:30pm or
12:30pm – 1:30pm
Site: Lincoln Park
Fee: \$177

Sunday Session

Ages: 2 – 3
Days: Sunday
Dates: April 19 to June 14
Time: 9:00am – 10:00am
Site: Theodore Roosevelt Park
Fee: \$177

Parent & Me Soccer Squirts is a fun and positive introduction to soccer for young 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 structured activities, fun based games and scrimmages.

Registration is done directly with US Sports Institute

Soccer Squirts

Wednesday Session

Ages: 3
Days: Wednesday
Dates: April 22 to June 10
Time: 10:30am – 11:30am
Site: Community Center
Fee: \$177



Pre-School – SPRING SESSION

Saturday Session

Ages: 3
Days: Saturday
Dates: April 18 to June 13
Time: 9:00am – 10:00am or
11:30am – 12:30pm or
12:30pm – 1:30pm
Site: Lincoln Park
Fee: \$177

Sunday Session

Ages: 3
Days: Sunday
Dates: April 19 to June 14
Time: 9:00am – 10:00am or
10:00am – 11:00am or
11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: \$177

Squirts soccer is your child's perfect introduction to the most popular sport in the world! Skills covered include dribbling, passing, shooting, stealing, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun! fun! fun!

**Registration is done directly with
US Sports Institute**

Parent & Me Multi Sports Squirts

Ages: 2 – 3
Days: Saturday
Dates: April 18 to June 13
Time: 9:00am – 10:00am or
10:00am – 11:00am
Site: Lincoln Park
Fee: \$177

The Parent & Me Multi Sports Squirts program allows children to try a variety of sports with a helping hand from Mom or Dad! Ease your child into social situations with support and confidence as you engage in fun sports activities and games together.

**Registration is done directly with
US Sports Institute**

Squirts Multi Sports

Ages: 3 – 4
Days: Saturday
Dates: April 18 to June 13
Times: 9:00am – 10:00am or
10:00am – 11:00am
Site: Lincoln Park
Fee: \$177

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, fun!

**Registration is done directly with
US Sports Institute**



Parent & Me T-Ball Squirts

Ages: 2 – 3
Days: Sunday
Dates: April 19 to June 14
Time: 9:00am – 10:00am
Site: Theodore Roosevelt Park
Fee: \$177

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! With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through structured activities, fun based games, and scrimmages.

**Registration is done directly with
US Sports Institute**

T-Ball Squirts

Saturday Session

Ages: 3 – 4
Days: Saturday
Dates: April 18 to June 13
Time: 10:00am – 11:00am or
11:30am – 12:30pm
Site: Lincoln Park
Fee: \$177

Sunday Session

Ages: 3 – 4
Days: Sunday
Dates: April 19 to June 14
Time: 10:00am – 11:00am
Site: Theodore Roosevelt Park
Fee: \$177

Open to both boys and girls, there's no better introduction to the sports of baseball or softball! Skills covered include hitting, throwing, catching, base running, fielding, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

**Registration is done directly with
US Sports Institute**

Senior Squirts T-Ball

Saturday Session

Ages: 5 – 6
Days: Saturday
Dates: April 18 to June 13
Time: 12:30pm – 1:30pm
Site: Lincoln Park
Fee: \$177

Sunday Session

Ages: 5 – 6
Days: Sunday
Dates: April 19 to June 14
Time: 11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: \$177

Senior Squirrels T-Ball is a great way to introduce your young slugger to this exciting game. Players will focus on learning the rules and developing their skills in hitting, throwing, base running and fielding. Each session, players will apply what they have learned into a T-Ball scrimmage.

Please note: participants are required to provide their own glove for this program.

Registration is done directly with US Sports Institute



Squirrels Tennis

Ages: 3 – 5
Days: Saturday
Dates: April 18 to June 13
Time: 9:00am – 9:45am
Site: Hillside Ave.
Tennis Courts
Fee: \$177

Tennis Squirrels is a great way to learn the sport's fundamental skills in a low pressured, fun environment. Following

guidelines set out by the United States Tennis Association (USTA), children will quickly develop their skill base and knowledge of the game through a series of games and activities designed to ensure learning and most importantly: fun, fun, fun!

Registration is done directly with US Sports Institute

Foundation Tennis

Ages: 5 – 14
Days: Saturday
Dates: April 18 to June 13
Time: 10:00am – 11:00am (Ages 5 – 8)
11:00am – 12:00pm (Ages 8 – 10)
1:30pm – 2:30pm (Ages 11 – 14)
Site: Hillside Ave.
Tennis Courts
Fee: \$177

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.

Registration is done directly with US Sports Institute

Education Through Dance KINDERDANCE International

(732) 388-6088 • EvyCDE@gmail.com

Kinder Tots

Age: 2
Days: Tuesday
Dates: April 14 to June 16
Time: 11:30am – 12:00pm
Fee: \$100
Min: 5 **Max:** 15

This toddler class is designed to develop the total child through gross motor skills, movement creativity, physical development and body awareness while learning colors, numbers, shapes and songs. Your child will begin to learn developmentally appropriate dance movements. This program will allow their natural curiosity to flourish in a multitude of ways with emphasis on movement exploration.



Kinder Gym

Ages: 3 – 5
Days: Tuesday
Dates: April 14 to June 16
Time: 12:15pm – 1:00pm
Fee: \$150
Min: 5 **Max:** 12

KinderGym is a developmental floor gymnastics program with emphasis on social & gross motor development, physical fitness, balance & coordination, and muscle strengthening. Classes are filled with fun and challenging motor movement activities along with artistic and rhythmic gymnastic skills. Classes will teach the basic fundamentals on the mat and the balance beam in a fun and innovative way.

Pre-School – *SPRING SESSION*

■ Zumba **NEW!**

Ages: 3 – 5
Days: Tuesday
Dates: April 14 to June 16
Time: 1:00pm – 1:30pm
Fee: \$100
Min: 5 **Max:** 15

High-energy classes packed with specially choreographed, kid-friendly routines and music kids love. Students can expect to strengthen multiple muscle groups including their core, back, arms and legs, while learning developmentally appropriate dance moves to Latin based music. Class will help kids increase their focus and self-confidence, boosting metabolism and enhancing coordination.

Kinder Yoga

Tuesday AM Session

Grades: Kindergarten
Days: Tuesday
Dates: April 14 to June 16
Time: 9:00am – 9:40am
Fee: \$55
Min: 8 **Max:** 12

Thursday AM Session

Grades: Kindergarten
Days: Thursday
Dates: April 16 to June 18
Time: 9:00am – 9:40am
Fee: \$55
Min: 8 **Max:** 12

Tuesday PM Session

Grades: Kindergarten
Days: Tuesday
Dates: April 14 to June 16
Time: 12:00pm – 12:40pm
Fee: \$55
Min: 8 **Max:** 12

Thursday PM Session

Grades: Kindergarten
Days: Thursday
Dates: April 16 to June 18
Time: 12:00pm – 12:40pm
Fee: \$55
Min: 8 **Max:** 12

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.



Kinder Cooking & Arts and Crafts

Monday AM Session

Grades: Kindergarten
Days: Monday
Dates: April 13 to June 22*
Time: 9:00am – 10:45am
Fee: \$130
Min: 6 **Max:** 12

*No class on May 25

Friday AM Session

Grades: Kindergarten
Days: Friday
Dates: April 17 to June 19
Time: 9:00am – 10:45am
Fee: \$130
Min: 6 **Max:** 12

Monday PM Session

Grades: Kindergarten
Days: Monday
Dates: April 13 to June 22*
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 6 **Max:** 12

*No class on May 25

Friday PM Session

Grades: Kindergarten
Days: Friday
Dates: April 17 to June 19
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 6 **Max:** 12

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.

Kinder Book Club

Tuesday AM Session

Grades: Kindergarten
Days: Tuesday
Dates: April 14 to June 16
Time: 9:45am – 11:15am
Fee: \$95
Min: 8 **Max:** 12

Thursday AM Session

Grades: Kindergarten
Days: Thursday
Dates: April 16 to June 18
Time: 9:45am – 11:15am
Fee: \$95
Min: 8 **Max:** 12

Tuesday PM Session

Grades: Kindergarten
Days: Tuesday
Dates: April 14 to June 16
Time: 12:45pm – 2:15pm
Fee: \$95
Min: 8 **Max:** 12

Thursday PM Session

Grades: Kindergarten
Days: Thursday
Dates: April 16 to June 18
Time: 12:45pm – 2:15pm
Fee: \$95
Min: 8 **Max:** 12

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.



Kinder GymAdemics

Wednesday AM Session

Grades: Kindergarten
Days: Wednesday
Dates: April 15 to June 17
Time: 10:00am – 11:00am
Fee: \$80
Min: 4 **Max:** 12

Wednesday PM Session

Grades: Kindergarten
Days: Wednesday
Dates: April 15 to June 17
Time: 1:30pm – 2:30pm
Fee: \$80
Min: 4 **Max:** 12

Our program perfectly blends our knowledge and expertise of sports and academics called GymAdemics! Teamwork is a big focus in every class. Children are simultaneously challenged athletically and academically.

Kinder Ballet NEW!

Grades: Kindergarten
Days: Wednesday
Dates: April 22 to May 27
Time: 4:00pm – 4:45pm
Fee: \$75
Min: 5 **Max:** 15

Introduce your little dancer to the art of ballet! Enhance coordination, balance and flexibility with the teaching of basic ballet positions, steps, and terminology through standing barre work and simple center floor exercises. Your child will also enjoy simple, basic lyrical movement to some of their favorite inspirational songs!



Kinder Hip Hop NEW!

Grades: Kindergarten
Days: Wednesday
Dates: April 22 to May 27
Time: 5:00pm – 5:45pm
Fee: \$75
Min: 5 **Max:** 15

Learn the hottest street style dance moves to hip hop music. This high energy class works on coordination and stretching as well as choreography across the floor & dance routines. It's awesome for self-confidence building, exercise and fun! This class is geared for kindergarten students.

Pipsqueak Players

Ages: 4 – 6
Days: Tuesday
Dates: April 21 to May 26
Time: 10:00am – 10:45am
Fee: \$120
Min: 5 **Max:** 8

Pipsqueak Players is a youth reading enrichment program that uses creative vocabulary games, imaginative role-playing activities, and arts & crafts to boost reading confidence! The students will show off their work with a reimagined staged “reading” of a book!



Youth – SPRING SESSION



Cursive Handwriting

Grades: 3 – 5
Days: Thursday
Dates: April 16 to May 21*
Time: 4:00pm – 5:00pm
Fee: \$125
Min: 4 **Max:** 8

*No class April 30

Learn the art! A beginning cursive handwriting class that uses simple, easy to remember formation strategies, letter connections and a multi-sensory approach. Students will be exposed to the skills needed to read cursive documents and to sign their name with ease. Taught by an occupational therapist with an emphasis on fun, creative techniques to teach the craft that is not always a part of the elementary school curriculum.

Typing Class

Grades: 3 – 8
Days: Wednesday
Dates: May 6 to May 27
Time: 3:45pm – 4:45pm
Fee: \$35
Min: 6 **Max:** 12

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.

Smartycat Kids

Build It, Launch It

NEW!

Grades: K – 5
Days: Monday
Dates: April 13 to June 8*
Time: 4:30pm – 5:15pm
Fee: \$150
Min: 7 **Max:** 15

*No class on May 25

Let's get things moving! This course is all about designing, building, and getting things into motion. Participants will work on individual projects, as well as group projects, as we construct and test machines such as box catapults, gliders and air rockets, balloon powered cars, and more!.

Cool Chemistry

NEW!

Grades: K – 5
Days: Monday
Dates: April 13 to June 8*
Time: 5:30pm – 6:15pm
Fee: \$150
Min: 7 **Max:** 15

*No class on May 25

Would your child love mixing together ingredients in order to explore their properties and see how they change and react? During this cool class, we will make liquids bubble, fog, erupt or change color. We will conduct a variety of fun and safe experiments that will prove how exciting chemical reactions can be!



Cooking Rangers

NEW!

Grades: 1 – 3
Days: Wednesday
Dates: April 15 to May 6
Time: 4:00pm – 5:00pm
Fee: \$20
Min: 4 **Max:** 12

Cooking Rangers is a cooking class for children to learn the benefits of eating healthy foods. It's fun, it's informative and it's delicious!



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: April 29
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.

Manners – Dining Program

(1 Day Class)

Ages: 6 – 12
Days: Monday
Dates: May 4
Time: 4:00pm – 5:00pm
Fee: \$50 for 1 class
 (Includes four-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.

Saturday Gamer's Club

Ages: All ages welcome
Days: Saturday
Dates: 3rd Saturday of the month
Time: 12:00pm – 4:00pm
Fee: Free – Registration required
Site: Cranford Community Center

Come join us for an afternoon of tabletop board games and card games of all kinds. Bring your friends, bring your family members – beginner and expert players welcome!



Elementary Cooking

Grades: 1 – 3
Days: Monday
Dates: April 13 to June 22
Time: 3:45pm – 4:45pm
Fee: \$70
Min: 8 **Max:** 12

*No class on May 25

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.

Young Rembrandts

The Power of Drawing

Cartooning with Young Rembrandts

Ages: 6 – 12
Days: Wednesday
Dates: April 15 to June 3
Time: 6:00pm – 7:00pm
Fee: \$115
Min: 5 **Max:** 15

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. Our students will learn how to personify inanimate objects as they breathe life into everyday clocks. Popular pets will also see the cartoon treatment as they are transformed into colorful characters. Then we will imagine ourselves traveling to far away worlds as we illustrate amazing alien beings. We will also demonstrate to our students that drawing toys can be just as much fun as playing with them.



Elementary Drawing with Young Rembrandts

Ages: 6 – 12
Days: Tuesday
Dates: April 14 to June 9*
Time: 4:00pm – 5:00pm
Fee: \$115
Min: 5 **Max:** 15

*No class June 2

It's spring time and that can mean only one thing: **Springtime drawing with young Rembrandts!** If your children are baseball fans, they will love our baseball still life lesson. Learning about warm colors and cool colors will be the focus as our artists draw a detailed exterior of a house. We will also learn about legendary artist Edward Hooper as we recreate one of his masterpieces.

Finally, we will take an imaginary trip to Japan and learn about the artistry of the kimono. Sign up today!

Youth – SPRING SESSION

Hip Hop KIDZ

NEW!

Center for Dance Education

732-388-6088 • EvyCDE@gmail.com

Ages: 6 – 9
Day: Wednesday
Dates: April 22 to May 27
Time: 6:00pm – 6:45pm
Fee: \$75
Min: 5 **Max:** 15

Learn the hottest street style dance moves to hip hop music. This high energy class works on coordination across the floor and dance routines! It's an awesome class for self-confidence building, exercise, and fun that crosses the whole community. Come for a little bit, or stay the whole time. Learn a new game or share an old favorite! Please bring a game to share.



Golf For Juniors

Ages: 8 – 14
Day: Tuesday
Dates: April 21 to May 26
Time: 4:00pm – 5:00pm
Site: Hyatt Hills Golf Complex
Fee: \$100
Min: 5 **Max:** 10

This popular program invites all beginners, intermediates and advanced golfers to learn the fundamentals of the game, brush up on what you already know and receive tips from a golf pro.



Fashion First Workshop

Ages: 8 – 16
Day: Wednesday
Dates: April 22 to June 10
Time: 4:15pm – 5:15pm
Fee: \$165
Min: 6 **Max:** 15

Calling all fashion designers! Do you have a passion for fashion? The student designers will recreate the TULIP silhouette! Choose your fabric, design and sketch your design, measure your silhouette for sizing, cut your paper pattern on your fabric, then pin and sew your design together. Have a final fitting and then a fashion show on the last class. Fee includes all fabric, notions, trims and use of sewing machines. No sewing experience necessary.

Boys and girls welcome.

Come Join Us for a Free Demo Class!

Wednesday, April 15,
 4:15pm – 5:15pm
 Please register on community pass for this demo class.

Junior Chefs

NEW!

Grades: 4 – 5
Day: Thursday
Dates: April 16 to June 18
Time: 3:45pm – 4:45pm
Fee: \$70

This class will teach your child the FUNdamentals of cooking & baking. Come join us for an hour of creating fun, seasonal dishes. This class is for the older child who loves to cook!

Boys and girls welcome.

Kidsafe Youth Programs

Kid Safe Self Defense

Ages: 5 – 15
Days: Thursday
Dates: April 16 to June 18
Time: 4:40pm – 5:20pm
 (New Students Age 5 – 8)
 5:30pm – 6:10pm
 (White Belts w/Stripe & All New Students Age 9+)
 6:20pm – 7:00pm
 (All Yellow Belts)
Fee: \$85
Min: 10 **Max:** 30

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 safety, fire safety and more!



Sport Camps & Kids 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
Web: www.ussportsinstitute.com

**Registration is done directly with
US Sports Institute**

■ **Foundation Tennis**

Ages: 5 – 14
Days: Saturday
Dates: April 18 to June 13
Time: 10:00am – 11:00pm
(Ages 5 - 8)
11:00am – 12:00pm
(Ages 8 - 10)
1:30pm – 2:30pm
(Ages 11 - 14)
Site: Hillside Ave. Tennis Courts
Fee: \$177

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.

**Registration is done directly with
US Sports Institute**

■ **Development Tennis**

Ages: 11 – 14
Days: Saturday
Dates: April 18 to June 13
Time: 12:00pm – 1:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$177

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 shot.

**Registration is done directly with
US Sports Institute**

Fire's Basketball Clinic

Ages: 4 – 13
Days: Monday – Thursday
Dates: April 6 to April 9
Time: 9:00am – 12:00pm
Fee: \$120
Min: 10 **Max:** 60

This spring break clinic will stress the FUNDAMENTALS of basketball, including ball handling, dribbling drills, lectures, games and contests. Clinic Director Bob Firestone is the former Head Boys Coach at St. Mary's High School in Elizabeth and Head Girls Coach in Elizabeth High School in Elizabeth. Coach Firestone has had the privilege of coaching in the first Girls McDonald's Basketball Classic at Madison Square Garden. Coach Firestone was inducted into the Elizabeth Hall of Fame and the Linden Hall of Fame. **Adjustable baskets available.**

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



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.

■ **Young Entrepreneurs**

Ages: 6 – 12
Days: Thursday
Dates: April 16 to May 28
Time: 4:30pm – 5:20pm
Fee: \$150
Min: 8 **Max:** 16

Through fun games, activities, group projects, and a business simulation program, students will learn business and marketing strategy, teamwork, and essential problem-solving and leadership skills. Every day is filled with challenging activities to help students learn the fundamentals of entrepreneurship and creating a start-up business. Each student develops an idea for a business that he or she can start and on the final day pitch his or her idea in a competition.

Youth – SPRING SESSION



■ Dino Discovery

NEW!

Ages: 6 – 12
Days: Tuesday
Dates: April 14 to May 26
Time: 5:30pm – 6:20pm
Fee: \$150
Min: 8 **Max:** 16

Dino excavation techniques are taught, including identification of replica mammoth and giant T-Rex fossils. Wear appropriate clothing as participants get dirty. Participants bring home a fossil identification booklet and a Jr. Paleontologist completion certificate.



■ Little Magicians

Ages: 6 – 12
Days: Tuesday
Dates: April 14 to May 26
Time: 4:30pm – 5:20pm
Fee: \$150
Min: 8 **Max:** 16

A super fun filled class for our little magicians. Children will learn plenty of tricks to surprise and astound you. From card tricks to levitation to making objects disappear, magic classes have a variety of fun activities to keep everyone entertained.



■ Lego Challenge

Ages: 6 – 12
Days: Thursday
Dates: April 16 to May 28
Time: 5:30pm – 6:20pm
Fee: \$150
Min: 8 **Max:** 16

Children go through exciting experiments, listen to intriguing stories and build originally designed Lego based models that illustrate Science, Technology, Engineering, Art and Math concepts.

RMC Music Studio WE TEACH. YOU ROCK!

RMC Studios Outreach Program offers group musical instruction for all ages, interests and skill levels.

Our dynamic courses run the gamut of musical exploration in a fun and engaging setting!

■ Songwriting

NEW!

Ages: 8 – 12
Days: Tuesday
Dates: April 28 to June 9*
Time: 6:00pm – 6:45pm
Fee: \$65
Min: 6 **Max:** 15

*No class June 2

In this class, students will have the opportunity to build their songwriting skills in a group setting. Students will learn different writing techniques, test their creativity and workshop their songs with classmates. At the end of the semester, students will also have the option of performing their original works.



Wednesday Gamers Program

Ages: Teens and up
Days: Wednesday
Dates: 1st Wednesday of the month
Time: 6:30pm – 9:30pm
Site: Cranford Community Center
Fee: None – Registration required
Min: 8 **Max:** 18

Come join us for an evening of tabletop board games and card games of all kinds.

Electronic Music Workshop

NEW!

Ages: 13 & Up
Days: Tuesday
Dates: April 14 to June 9*
Time: 3:45pm – 4:45pm
Fee: \$75
Min: 3 **Max:** 7

*No Class June 2

Exploring the world of sound using the computer. Creation of original sound collages in the workshop. Sound editing to change sound personality; Synthesizer programming; communication via MIDI; work with loops and sequences; computer-music coding using Csound.

Bring your own laptop & headphones to class.



Teen Zumba

Ages: 13 – 17
Days: Monday
Dates: April 13 to June 22*
Time: 6:00pm – 7:00pm
Fee: \$85
Min: 10 **Max:** 20

*No class May 25

Teens will feel like they are at a dance party as they groove to the beats of salsa, flamenco, and merengue. Teen Zumba is a great cardio workout that strengthens the core and improves flexibility. And it's fun!

Crime Scene Investigation

NEW!

Grades: 6 – 12
Days: Saturday
Dates: May 2 (1 Day Class)
Time: 9:00am – 4:00pm
Fee: \$100

STEM principles relating to Forensics and Crime Scene Application are explored. Students will learn how to process a mock crime scene, collect fingerprints, cast footprints and much more. Current or former law enforcement Detectives will be teaching this class.

Kids2Teens Knit Club

Ages: 8 – 13
Day: Tuesday
Dates: April 28 to June 16
Time: 6:00pm – 7:00pm
Fee: \$125 (Includes Starter Kit)
Min: 4 **Max:** 8

This is a beginner knitting class where students will learn the basics and build upon those skills while creating their own finished projects. Students will progress at their own pace in a fun environment as they develop confidence and a lifelong love of craft and creative expression.



Teen Yoga

Ages: 13 – 17
Days: Thursday
Dates: April 16 to June 18
Time: 6:15pm – 7:15pm
Fee: \$85
Min: 10 **Max:** 20

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

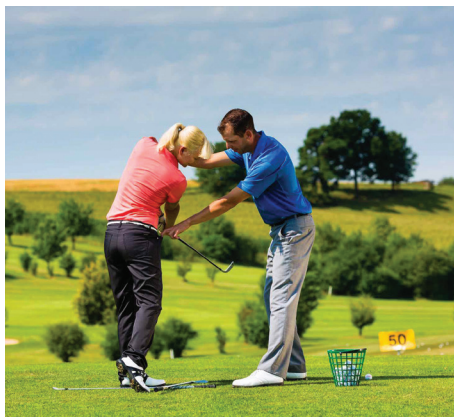
Bring a yoga mat and a water bottle.

Poetry

Ages: 9 – 14
Days: Thursday
Dates: April 23 to May 14
Time: 4:00pm – 5:00pm
Fee: \$80
Min: 5 **Max:** 15

Poetry games and writing activities will help participants 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.

Adult – SPRING SESSION



Golf for Women

NEW!

Ages: 18 & Up
Day: Tuesday
Dates: April 21 to May 26
Time: 10:00am – 11:00am
Site: Hyatt Hills Golf Complex
Fee: \$100
Min: 5 **Max:** 10

This popular program invites all beginners, intermediates and advanced golfers to learn the fundamentals of the game, brush up on what you already know and receive tips from a golf pro.

Mindful Rolling Self-Massage with Massage Balls

NEW!

Ages: 18 & Up
Days: Thursday
Dates: April 30 to June 11
Time: 9:30am – 10:30am
Fee: \$85
Min: 10 **Max:** 20

Let go and roll in this gentle class led by Tracy Hart that uses various types of massage balls to undo tension in the mind and body. Improve your posture, release trigger points, and increase your range of motion in a slow, mindful way designed to allow you to relax and reduce stress.

Please bring a towel or mat to class.

Balance Your Hormones... Naturally

NEW!

Ages: 18 & Up
Days: Wednesday
Dates: April 22 to May 27
Time: 7:00pm – 8:00pm
Fee: \$75
Min: 8 **Max:** 15

In this class you will learn – Why your hormones become unbalanced. What foods to enjoy and avoid for hormone health. Why exercise may negatively impact hormones. How to rethink stress for healthy hormones. Why adequate sleep is vital and how to improve it, and how to support your liver daily for proper detoxification.

Adult Beginner Knit Class

NEW!

Ages: 18 & Up
Days: Tuesday
Dates: April 28 to June 16
Time: 7:00pm – 8:00pm
Fee: \$125
Min: 5 **Max:** 10

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 a sense of accomplishment, improves problem solving skills and promotes creative expression – and it's relaxing & fun!



Piano for Beginners

Ages: 18 & up
Days: Tuesday
Dates: April 14 to June 16
Time: 10:00am – 11:00am
Fee: \$20
Min: 3 **Max:** 7

Knowledge of music not required.

Piano – Intermediate

Ages: 18 & up
Days: Tuesday
Dates: April 14 to June 16
Time: 11:00am – 12:00pm
Fee: \$20
Min: 3 **Max:** 7

Knowledge of music not required.

Body Barre

Ages: 18 and Up
Days: Tuesday
Dates: April 14 to June 16
Time: 10:30am – 11:30am
Fee: \$80
Min: 10 **Max:** 25

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.



Drawing 101

NEW!

Ages: 18 & Up
Day: Thursday
Dates: April 9 to May 14
Time: 6:45pm – 8:45pm
Fee: \$150
Min: 7 **Max:** 12

Unwind in a two-hour Drawing class that focuses on drawing from still life. Explore the possibilities in different techniques in drawing by using various materials and tools. Learn about the basic principles in composition, tonal values, gesture drawing, negative and positive space, drawing with ink and more!

Beginner Yoga

Ages: 18 & up
Days: Friday
Dates: April 17 to June 19
Time: 9:15am – 10:15am
Fee: \$85
Min: 10 **Max:** 25

Everyone has to start somewhere, right? Yoga is great for your health, a wonderful way to destress 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.



Yoga

Monday Night Yoga

Ages: 18 and Up
Days: Monday
Dates: April 13 to June 22*
Time: 7:30pm – 8:30pm
Fee: \$85
Min: 10 **Max:** 25

*No class on May 25

Wednesday Night Yoga

Ages: 18 and Up
Days: Wednesday
Dates: April 15 to June 17
Time: 7:00pm – 8:00pm
Fee: \$85
Min: 10 **Max:** 25

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. Classes are done in bare feet and on an empty stomach.

Bring a yoga mat and a towel.



Adult Pickleball

NEW!

Ages: 18 & up
Days: Monday, Tuesday* and Wednesday
Dates: Beginning March 9
Time: 6:30pm – 9:30pm and/or *9:00am – 11:30am (Tuesday Only)
Site: 375 Centennial Avenue (Formerly the Mayotte-Hurst-Stevenson Tennis Academy)
Fee: \$5 resident drop-in fee, \$8 non-resident
 Payments must be in cash or check only. On-site registration is required
Min: 12 **Max:** 24

Pickleball is one of the fastest growing games in the nation. This up-tempo game is an entertaining mix of tennis, badminton, ping pong, and racquetball. It's fast-paced, easy to learn, great exercise, and lots of fun!

Wear sneakers and bring a water bottle. It is recommended that you bring a paddle if you have one.

Adult – SPRING SESSION

Pilates

Ages: 18 & Up
Days: Thursday
Dates: April 16 to June 18
Time: 7:30pm – 8:30pm
Fee: \$85
Min: 10 **Max:** 25

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength & endurance. Pilates is a good way to build strength in your core muscles for better posture, balance and flexibility. Explore the core!

Bring a mat or towel.



Tai Chi Beginner & Intermediate

Ages: 18 & Up
Days: Tuesday
Dates: April 14 to June 16
Time: 6:25pm – 7:25pm (Part 1)
or
7:30pm – 8:30pm (Part 2)
Fee: \$50
Min: 4 **Max:** 15

Awaken your mind, body and spirit through 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.

Adult Beginner Mahjongg

NEW!

Ages: 18 & Up
Day: Monday
Dates: April 13 to May 18
Time: 7:00pm – 9:00pm
Fee: \$65*
Min: 8 **Max:** 12

***Plus \$15 materials fee, which includes Mahjongg card, payable to the instructor.**

Learn the American version of Mahjongg. It is a game for all ages and is played typically with four people. The game is sociable, competitive, exciting and addictive.

Learn the tiles and their function to the Charleston and National Mahjongg League rules. No Mahjongg experience or knowledge is required. A practice Mahjongg set is provided for the duration of the class. Upon completion of class, participants will be fully confident and knowledgeable to join a game of Mahjongg while making new friends.

Adult Advanced Mahjongg

NEW!

Ages: 18 & Up
Day: Tuesday
Dates: April 14 to May 19
Time: 7:00pm – 9:00pm
Fee: \$65
Min: 4 **Max:** 12

Raise the level of your game! We will continue to play American Mahjongg with emphasis on strategies and techniques designed to improve your game and to help you play more defensively.

Classes provide ample time for play to test your new skills and have fun. Players should bring their National Mahjongg League (NMJL) card. Perfect for those who have taken a beginner

mahjongg class or are familiar with the basics and are now ready to sharpen their skills. We will work on picking hands, build confidence and improve your play through supervised play!



Outdoor Co-Ed Volleyball

Spring & Summer Session

Ages: 18 and Up
Days: Wednesday
Dates: Starting May 20
Time: 6:30pm – Dark
Site: Unami Park
Fee: \$100 per team

This summer's co-ed 4's grass volleyball league is made up of 2 divisions, an "A" division which will be intermediate-advanced and a "B" division which will be recreational-intermediate.

Each team must carry their own insurance. Team sign-up forms are available at the Community Center. Make-up games will be on Mondays.

Note: Registration deadline with payment is May 15.

Questions can be directed to Marty at marty@acesvolleyball.com

PRE-SCHOOL SUMMER SESSION

Pre-school Arts & Crafts

Ages: 3 – 6
Days: Thursday
Dates: July 9 to August 13
Time: 10:00am – 11:00am -
(Ages 3 – 4) or
11:30pm – 12:30pm -
(Ages 5 – 6)
Fee: \$30
Min: 6 **Max:** 15
Note: Parent must attend with
children 3 – 4

You and your preschooler will have lots of fun in this class as you work together creating projects and festive crafts. Your child will also develop skills like cutting, painting, gluing, coloring and most of all creativity. Come have some fun with your preschooler as you make lasting projects and lasting memories!

KINDERDANCE International

Education Through Dance

Kinder Tots

Ages: 2
Days: Tuesday
Dates: July 14 to August 18
Time: 11:30am – 12:00pm
Fee: \$60
Min: 5 **Max:** 15

This toddler class is designed to develop the total child through gross motor skills, movement creativity, physical development and body awareness while learning colors, numbers, shapes and songs. Your child will begin to learn developmentally appropriate dance movements. This program will allow their natural curiosity to flourish in a multitude of ways with emphasis on movement exploration.



Kinder Gym

Ages: 3 – 5
Days: Tuesday
Dates: July 14 to August 18
Time: 12:15pm – 1:00pm
Fee: \$90
Min: 5 **Max:** 12

KinderGym is a developmental floor gymnastics program with emphasis on social & gross motor development, physical fitness, balance & coordination, and muscle strengthening. Classes are filled with fun and challenging motor movement activities along with artistic and rhythmic gymnastic skills. Classes will teach the basic fundamentals on the mat and the balance beam in a fun and innovative way.

Zumba NEW!

Ages: 3 – 5
Days: Tuesday
Dates: July 14 to August 18
Time: 1:00pm – 1:30pm
Fee: \$60
Min: 5 **Max:** 15

High-energy class packed with specially choreographed, kid-friendly routines and music kids love. Students can expect to strengthen multiple muscle groups including their core, back, arms and legs while learning developmentally appropriate dance moves to Latin based music. Classes will help kids increase their focus and self-confidence, boosting metabolism and enhancing coordination.

KinderBridge NEW!

Ages: Entering 1st Grade
Days: Monday – Friday
Dates: August 24 to August 28
Time: 9:00am – 12:00pm
Fee: \$125
Min: 8 **Max:** 12

Come join Mrs. Maroney for a week-long camp to end the summer and get ready for 1st Grade. Activities include **Movement** (yoga, relay races, obstacle courses), **Book Club** (story time, read, write), **Story Related Activities** (arts & crafts, science, games), and most importantly – **Fun!!!**

Young Rembrandts

The Power of Drawing



Junior Zoo Workshop NEW!

Ages: 3 – 6
Days: Monday to Friday
Dates: July 6 to July 10
Time: 10:00am – 11:30am
Fee: \$108
Min: 5 **Max:** 10

This workshop gives our students the chance to draw all the different animals and things we see at the zoo! Llamas, lions, monkeys and more will fill our drawings. We will complete the last day with one large scene including all the animals we drew that week in a clever and cute imaginary zoo. Enroll today to get your spot!

Pre-School – SUMMER SESSION

Junior Down on the Farm Workshop

NEW!

Ages: 3 – 6
Days: Monday to Friday
Dates: August 17 to August 21
Time: 1:00pm – 2:30pm
Fee: \$108
Min: 5 **Max:** 10

We will explore a farm and all the elements that are seen on a farm, including a barn and a tractor, among others. In addition, we will learn to draw a variety of animals that live and play on our farm. On the last day we will combine all the pieces we learned previously into one large farm scene – full of fun! We will use pencils, markers and color pencils to complete our drawings.



Mommy & Me Food Explorers

Age: 3 – 6
Days: Tuesday
Dates: July 7 to July 28
Time: 10:00am – 10:45am or 2:00pm – 2:45pm
Fee: \$80
Min: 5 **Max:** 12

Join us for a fun food adventure while spending quality time together. This class engages children and adults in the creative side of food. Participants will explore where our food comes from, invent recipes together, simplify meal planning, and share their love of food in new ways.

Preschool Drawing with Young Rembrandts

Ages: 3 – 5 Years
Days: Monday
Dates: July 13 to August 24*
Time: 10:30am – 11:15am
Fee: \$82
Min: 5 **Max:** 10

*No class August 17

Explore the depths of your child's artistic skills with a Young Rembrandts drawing class. Get ready to soak in the sun's rays because we'll create beach-inspired imagery during the month of July. Drawings like our charming mermaid will capture your attention. And you'll imagine the feel of sand between your toes when you see our beautiful beach scene. During the month of August, we'll create medieval-themed imagery. Drawings like our castle scene will whisk your child away to the Middle Ages. And no adventure is complete until our hero or heroine draws the legendary dragon. Enroll today!

Lil' Athletes Summer Olympics 2020

Ages: 2½ – 5
Days: Monday
Dates: July 6 to August 10
Time: 9:30am – 10:15am
Fee: \$65
Min: 4 **Max:** 15

Summer Olympics 2020! Each class includes a stretching warm-up and aerobic exercise, plus fitness and strength training. Learn the basic skills of several sports and the virtues of good sportsmanship, and enjoy the spirit of competition – all while having good, clean fun!



Travel Latin America

Ages: 4 – 8
Days: Monday to Friday
Dates: August 10 to August 14
Time: 9:00am – 11:00am
Fee: \$130
Min: 6 **Max:** 12

A week long summer camp for those who wish to learn about 5 different Latin American countries. This camp is like no other, as we explore and learn about traditional cultures, including art, music, food, geographic characteristics & language skills for Spanish speaking countries. Fee includes all camp supplies, mid morning snack and drink and a passport to record travel.

Little Yogis

Ages: 5 – 6
Days: Tuesday
Dates: July 7 to July 28 or August 4 to August 25
Time: 9:15am – 10:00am
Fee: \$60 each session
Min: 5 **Max:** 8

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

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.

Parent & Me Multi Sports Squirts

Wednesday Session

Ages: 2 – 3
Days: Wednesday
Dates: July 1 to July 29
Time: 10:30am – 11:30am
Site: Theodore Roosevelt Park
Fee: \$117

Sunday Session

Ages: 2 – 3
Days: Sunday
Dates: June 28 to August 9
Time: 9:00am – 10:00am
Site: Theodore Roosevelt Park
Fee: \$137

The Parent & Me Multi Sports Squirts program allows children to try a variety of sports with a helping hand from Mom or Dad! Ease your child into social situations with support and confidence as you engage in fun sports activities and games together.

Registration is done directly with US Sports Institute

Squirts Multi Sports

Wednesday Session

Ages: 3 – 4
Days: Wednesday
Dates: July 1 to July 29
Time: 9:30am – 10:30am
Site: Theodore Roosevelt Park
Fee: \$117

Sunday Session

Ages: 3 – 4
Days: Sunday
Dates: June 28 to August 9
Time: 10:00am to 11:00am
Site: Theodore Roosevelt Park
Fee: \$137

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, fun!

Registration is done directly with US Sports Institute

Senior Multi Sports Squirts

Ages: 5
Days: Sunday
Dates: June 28 to August 9
Time: 11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: \$137

This class is the perfect stepping stone for children who have graduated from Squirts Multi Sports or for children looking for their first ever sports experience. Players will learn key skills in a variety of sports through small-sided scrimmages, games, and activities in a variety of sports.

Registration is done directly with US Sports Institute

Senior Multi Sports Squirts Camp

Ages: 5 – 6
Days: Monday – Friday
Dates: July 13 to July 17
Time: 9:00am – 11:00am
Site: Theodore Roosevelt Park
Fee: \$130

Registration is done directly with US Sports Institute

Flag Football Squirts Camp

Ages: 3 – 4
Days: Monday – Friday
Dates: July 27 to July 31
Time: 4:15pm – 5:00pm
Site: Theodore Roosevelt Park
Fee: \$75

Squirts Flag Football is the perfect introduction to one of the nation's most popular sports. Skills covered include throwing, catching, deflagging, and more. Each session is taught through structured activities, fun games, and scrimmages and are designed to ensure learning and most importantly: fun, fun, fun!

Registration is done directly with US Sports Institute



Pre-School – SUMMER SESSION

Flag Football Senior Squirts Camp

Ages: 5 – 6
Days: Monday – Friday
Dates: July 27 to July 31
Time: 5:00pm – 6:30pm
Site: Theodore Roosevelt Park
Fee: \$105

Senior Squirts Flag Football is the perfect program for players graduating from Squirts Flag Football or for children looking for their first ever flag football experience. Focusing on developing an understanding of how to scrimmage, players will improve their skills in passing, receiving and deflagging.

Registration is done directly with US Sports Institute



Flag Football Camp

Ages: 7 – 10
Days: Monday – Friday
Dates: July 27 to July 31
Time: 5:00pm – 7:30pm
Site: Theodore Roosevelt Park
Fee: \$105



Squirts Tennis

Saturday Session

Ages: 3 – 5
Days: Saturday
Dates: June 27 to August 22
Time: 9:00am – 9:45am
Site: Hillside Avenue
Tennis Courts
Fee: \$177

Tuesday Session

Ages: 3 – 5
Days: Tuesday
Dates: June 30 to August 18
Time: 4:00pm – 4:45pm
Site: Hillside Avenue
Tennis Courts
Fee: \$177

Squirts Tennis is a great way to learn the sport's fundamental skills in a low pressured, fun environment. Following guidelines set out by the United States Tennis Association (USTA), children will quickly develop their skill base and knowledge of the game through a series of games and activities designed to ensure learning and most importantly: fun, fun, fun!

Registration is done directly with US Sports Institute

Foundation Tennis

Session – 1

Ages: 5 – 10
Days: Saturday
Dates: June 27 to August 22
Time: 10:00am – 11:00am
(Ages 5 – 8)
11:00am – 12:00pm
(Ages 8 – 10)
Site: Hillside Avenue
Tennis Courts
Fee: \$177

Session – 1

Ages: 5 – 14
Days: Tuesday
Dates: June 30 to August 18
Time: 4:00pm – 5:00pm
(Ages 5 – 8)
5:00pm – 6:00pm
(Ages 5 – 8)
6:00pm – 7:00pm
(Ages 8 – 14)
Site: Hillside Avenue
Tennis Courts
Fee: \$177

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.

Registration is done directly with US Sports Institute



Parent & Me Soccer Squirts

Ages: 2 – 3
Days: Saturday
Dates: June 27 to August 8
Time: 10:00am – 11:00am
Site: Theodore Roosevelt Park
Fee: \$137

Parent & Me Soccer Squirts is a fun and positive introduction to soccer for young 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 structured activities, fun based games, and scrimmages.

Registration is done directly with US Sports Institute

Soccer Squirts

Age 3 – Saturday Session

Ages: 3
Days: Saturday
Dates: June 27 to August 8
Time: 9:00am – 10:00am or 10:00am – 11:00am or 11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: \$137

Age 3 – Sunday Session

Ages: 3
Days: Sunday
Dates: June 28 to August 9
Time: 9:00am – 10:00am
Site: Theodore Roosevelt Park
Fee: \$137

Age 4 – Saturday Session

Ages: 4
Days: Saturday
Dates: June 27 to August 8
Time: 9:00am – 10:00am or 11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: \$137

Age 4 – Sunday Session

Ages: 4
Days: Sunday
Dates: June 28 to August 9
Time: 10:00am – 11:00am or 11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: \$137

Squirts soccer is your child's perfect introduction to the most popular sport in the world! Skills covered include dribbling, passing, shooting, stealing, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

Registration is done directly with US Sports Institute

Senior Soccer Squirts

Ages: 5
Days: Sunday
Dates: June 28 to August 9
Time: 11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: \$137

Senior Squirts Soccer is the perfect program for players graduating from Soccer Squirts or for children looking for their first ever soccer experience. Each session will focus on developing a particular skill or technique including dribbling, passing, ball control, moves & turns, positioning, and more.

Registration is done directly with US Sports Institute

What Matters for Kids?

Join us for one or both camps!

Price is only \$210 for one camp or \$400 for both which includes a supervised break in-between. Please send a light snack and drink each day and a lunch if staying for both camps.

Unplugged!

Ages: 4 – 8
Days: Monday to Thursday
Dates: July 27 to July 30
Time: 9:00am – 12:00pm
Fee: \$210 for 1 Camp
\$400 for both Camps
Min: 10 **Max:** 12

The answer to the statement "I'm Bored"! Unplug your kids from their electronics for a fun, interactive exciting class. We will learn to play checkers, hopscotch, jacks, jump rope and other age-old favorites! They may not give up video games, but at least they will now have a few different options.

Gross! Grime! & Slime!

Ages: 4 – 8
Days: Monday to Thursday
Dates: July 27 to July 30
Time: 1:00pm – 4:00pm
Fee: \$210 for 1 Camp
\$400 for both Camps
Min: 10 **Max:** 12

Join us for a week of slimy fun! We will create, concoct and experiment with everything gross and slimy! It's not JUST about slime, but we will be making and bringing a bunch of different kinds home.



Youth – SUMMER SESSION

Summer Field Hockey Clinic NEW!

Grades: 3 – 8
Days: Wednesday
Dates: July 1 to August 5
Time: 6:00pm – 7:00pm
(Grades 3 – 5)
7:00pm – 8:00pm
(Grades 6 – 8)
Site: Theodore Roosevelt Park
Fee: \$45
Min: 10 **Max:** 30

This program introduces individuals to this popular sport. Participants will have the opportunity to learn the different skills and rules of the game. Please bring your own shin guards and a mouth guard. Also bring your own field hockey stick, if you have one. There are a limited number of sticks available.



Can You Harness the Wind? NEW!

Grades: 4 & 5
Days: Monday – Friday
Dates: July 13 to July 17
Time: 9:30am – 12:00pm
Fee: \$200
Min: 6 **Max:** 15

Taught by Hillside Avenue School 2019-2020 Teacher of the Year, Lori Talbot, children will explore a real world problem through literature and brainstorm creative solutions to solve it. Children will use the Engineering Design Process to create their prototype. Finally, the week will conclude with exploring the life of a young man who used the Engineering Design Process and saved his African Village.

Lax Academy Lacrosse Camp

Session – 1

Grades: K – 5
Days: Monday to Thursday
Dates: June 29 to July 2
Time: 9:00am – 12:00pm
(No Equipment)
Site: Sherman Park
Fee: \$105
Min: 10 **Max:** 60

Session – 2

Grades: K – 6
Days: Monday to Thursday
Dates: August 3 to August 6
Time: 9:00am – 12:00pm
(K–5 No equipment) or
1:00pm – 4:00pm
(Gr. 1–6 w/equipment)
Site: Sherman Park
Fee: \$105
Min: 10 **Max:** 60

Our lacrosse camp is great for young boys and girls who have little or no experience, or who are trying the sport for the first time. The Cranford lacrosse coaches will provide an energetic atmosphere that the campers will feed off of. Campers will be taught lacrosse fundamentals such as throwing, catching, shooting and scooping up groundballs. Coaches will interact with each player and give individualized attention throughout the drills. Mini games will be played as well as daily contests. LAX Academy Lacrosse Camp is a great chance to try out lacrosse for a first time or perfect your skills for those experienced players.

Please bring a lacrosse stick and other equipment as needed.

Fashion First Workshop

Ages:: 7 – 16
Days: Monday to Friday
Dates: July 27 to July 31
Time: 9:00am – 12:00pm or
1:00pm – 4:00pm
Fee: \$225
Min: 6 **Max:** 13

Kentucky Derby Week – Join our morning class and design & create a colorful outfit to wear to the Kentucky Derby including your very own hat! Designers will explore the dress and details of the derby. The class will end with a mock mint julip cocktail and a fashion show.

Mexico Design Week – Join the afternoon class and design and sew a simple drawstring top. Our designers will learn how to hand embroider their design onto their project. Each designer will also explore authentic Mexican fabrics seen throughout their culture. Our designers will also add a backpack or belt for their accessory project.

Classes include all fabric, notions, trims, and use of sewing machines.

Boys and girls welcome.

Come Join Us for a Free Demo Class!

Wednesday, June 17,
4:15pm – 5:15pm
Please register on community pass for this demo class.



Young Rembrandts

The Power of Drawing



Elementary Drawing with Young Rembrandts

NEW!

Ages: 6 – 12
Days: Tuesday
Dates: July 14 to August 25*
Time: 4:00pm – 5:00pm
Fee: \$89
Min: 5 **Max:** 15

*No class August 18

Jump into July with a Young Rembrandts drawing class. We'll create eye-catching imagery of the beautiful Pacific Northwest. This wonderful region provides a scenic backdrop for us to draw inspiration from. We'll imagine a trek thru the lush forests and we'll also draw detailed illustrations of the area's wildlife. In August, we'll create challenging, yet fun drawings. A colorful illustration of an aquarium will introduce your child to proper coloring and shading techniques. We'll also create a vibrant marker illustration as we draw adorable dogs. Open up your child's eyes to the artistic side of animal life. Enroll your artist today!

Cartooning with Young Rembrandts

NEW!

Ages: 6 – 12
Days: Wednesday
Dates: July 15 to August 26*
Time: 6:00pm – 7:00pm
Fee: \$89
Min: 5 **Max:** 15

*No class August 19

Celebrate the month of July with a Young Rembrandts cartoon drawing class. Sumertime in America is the theme of this month's drawings. We'll create wonderful illustrations that feature our Founding Fathers. We'll also draw popular seasonal activities and events like summer camp and a parade. During the month of August, we'll draw cartoon animals. Our animals will come to life with their lively expressions and animated poses. From adorable puppies to talking animals, we'll create humorous drawings that will tickle your funny bone. Enroll today!

Pastel Drawing Workshop Colorful Critters of the Sky & Sea

NEW!

Ages: 7 – 14
Days: Monday to Friday
Dates: July 6 to July 10
Time: 1:00pm – 3:30pm
Fee: \$179
Min: 5 **Max:** 12

Animals lovers rejoice: an all new – all pastel workshop is here! Students will learn pastel drawing and texturing techniques to illustrate whimsical bees, a fanciful army of frogs, a striking owl and more artistic critters filled with detail. Challenge your creative kids by introducing them to the world of pastels, a guaranteed favorite summer tradition for every Young Rembrandts artist. Enroll today!



Monsters, Creatures and Drawing Creeps Workshop

NEW!

Ages: 7 – 14
Days: Monday to Friday
Dates: August 17 to August 21
Time: 9:00am – 11:30am
Fee: \$179
Min: 5 **Max:** 12

Laugh-out-loud funny! Mind-bendingly-creepy! Eerie-but-exciting! If your child is a fan of creepy, crawly monsters, this Summer Art workshop is the perfect fit. Over the course of five days, your child will learn to draw and cartoon a variety of characters and even complete a large composition using pastels. They will learn to draw monsters of all shapes, sizes and colors. There are big monsters... and little monsters! Furry monsters... and scaly monsters! If we can imagine a monster, we'll draw it! They will learn how to draw amazing cartoon characters with humorous expressions and animated poses. Be a part of something fun and special. Enroll your budding artist today!

Youth – SUMMER SESSION

RMC Music

Beginning to Rock Camp

NEW!

Ages: 5 – 7
Days: Monday to Thursday
Dates: August 3 to August 6
Time: 9:00am – 12:00pm
Fee: \$140
Min: 5 **Max:** 20

Newcomers are invited to put rock in their roll! Students get a chance to explore the drums, bass, guitar, keyboard and vocal. Learn about the fundamentals of music, such as pitch, melody, harmony, and rhythm.



Songwriting & Technology Camp

NEW!

Ages: 8 – 12
Days: Monday – Thursday
Dates: August 10 to August 13
Time: 9:00am – 12:00pm
Fee: \$140
Min: 6 **Max:** 15

Let us help you get the creative juices flowing. Play instruments, sing, and practice songwriting to get your musical ideas down on paper. After a song is written, learn the basics of at-home recording by recording your song in GarageBand!

Musical Theater Camp

NEW!

Ages: 8 & Up
Days: Monday – Thursday
Dates: July 20 to July 23
Time: 9:00am – 12:00pm
Fee: \$140
Min: 5 **Max:** 20

Dear Evan Hansen, Hamilton, Mean Girls, oh my! This camp will get you singing & dancing to some of your favorite Musical Theater songs. Students will learn more about the MT world, find their perfect audition songs, learn the different styles of belting and participate in musical theater games & warm ups.



Chess

NEW!

Grades: 2 – 6
Days: Monday to Friday
Dates: August 3 to August 7
Time: 9:00am – 12:00pm
Fee: \$190
Min: 6 **Max:** 25

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.



Minecraft Gaming

Ages: 6 – 12
Days: Monday to Friday
Dates: July 20 to July 24
Time: 9:00am – 12:00pm
Fee: \$199
Min: 8 **Max:** 16

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.

Space Exploration

NEW!

Ages: 6 – 12
Days: Monday to Friday
Dates: July 20 to July 24
Time: 1:00pm – 4:00pm
Fee: \$199
Min: 8 **Max:** 16

Discover how the moon orbits the earth and how the earth and other planets orbit the sun. Discover centrifugal force and make a Lunar Wheel! Have fun as we discover the relationship between the earth and moon. We will perform experiments that simulate a number of activities happening in our solar system.



■ Young Scientists

Ages: 6 – 12
Days: Monday to Friday
Dates: August 10 to August 14
Time: 1:00pm – 4:00pm
Fee: \$199
Min: 8 **Max:** 16

Kids create a crazy colorful melody caused by cool chemical combinations. WOW! First they'll make some colorful chemical reactions and then some colorful homemade finger paint. The grand finale is the craziest, slimiest concoction and the fun continues when they take it home!

■ Lego Challenge

Ages: 6 – 12
Days: Monday to Friday
Dates: August 10 to August 14
Time: 9:00am – 12:00pm
Fee: \$199
Min: 8 **Max:** 16

This camp is designed for children to participate in exciting experiments, listen to intriguing stories and build originally designed Lego based models that illustrate Science, Technology, Engineering, Art and Math concepts.

Kiddies Kaleidoscope

"Shaping young minds, teaching with heart"

■ Making Memories

NEW!

Grades: K–5
Days: Monday to Friday
Dates: August 3 to August 7
Time: 9:00am – 12:00pm or
 9:00am – 4:00pm
Fee: \$150 (Half-day)
 \$225 (Full-day)

Children will have a blast learning through hands-on activities featuring experiments, curated books and art while exploring lessons involving: Science, Math, Reading, Geography, Social Studies, History, and Art & Music.

Please send a light snack and drink each day and a lunch if staying for both camps.

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.

■ Groovy Girls

Grades: K – 5*
Days: Monday to Friday
Dates: July 13 to July 17
Time: 1:00pm – 4:00pm
Fee: \$175
Min: 4 **Max:** 20

*Note: Children will be grouped by age at camp.

**Free hour of supervised lunch break for anyone that would like to stay from the morning Creative Kids program.

One of our most popular summer programs, back by popular demand! This is the perfect place for girls to come together, enjoy the summer with friends, and have fun being a girl! We'll have a wide variety of activities for our groovy girls to participate in – including making our own jewelry, creative art projects, face painting, glitter tattoos, and more. Free time available each day for our girls to work on projects of their choice. We'll end our awesome week of summer fun with a Groovy Girls party. Join with a friend, or come and make many new ones! All new activities for returning participants. Although this program was designed to include activities that are typically preferred by girls, if a boy wishes to join they are welcome to do so.



Youth – SUMMER SESSION

■ Techengineering

Grades: K – 5*

Days: Monday to Friday

Dates: July 20 to July 24

Time: 1:00pm – 4:00pm

Fee: \$175

Min: 4 **Max:** 20

*Note: Children will be grouped by age at camp.

**Free hour of supervised lunch break for anyone that would like to stay from the morning Junior Scientists program.

Our Technology and Engineering Camp is the perfect program for all of the tech lovers out there! Join us for a week filled with exciting technology and engineering challenges, as we do everything from build structures and machines using recycled materials to programming robots and learning about green energy. Children will work in groups for team challenges, and also get to complete individual projects to learn more about how and why the things around us work. (Some individual projects will be brought home, but group projects and technology equipment are not brought home.)

All new lessons and projects for returning participants!



■ Creative Kids

Grades: K – 5*

Days: Monday to Friday

Dates: July 13 to July 17

Time: 9:00am – 12:00pm

Fee: \$175

Min: 4 **Max:** 20

***Note: Children will be grouped by age at camp.**

During our Creative Kids Summer Program, participants will have the chance to explore a wide variety of tools and materials as they paint with watercolors and acrylics, sketch with charcoal and oil pastels, sculpt with clay and make 3D art, make home-made jewelry or key chains, and have free exploration time to work on projects of their choice! Let your child express their inner creativity this summer at Creative Kids Camp! All new projects for returning participants!

■ Junior Scientists

Grades: K – 5*

Days: Monday to Friday

Dates: July 20 to July 24

Time: 9:00am – 12:00pm

Fee: \$175

Min: 4 **Max:** 20

***Note: Children will be grouped by age at camp.**

This program is all about making 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!



Hoops There It Is Basketball Camp

Ages: 6 – 15

Days: Monday to Friday

Dates: August 3 to August 7 or
August 10 to August 14 or
August 17 to August 21

Time: 9:00am – 3:00pm

Site: Community Center

Fee: \$235

Min: 10 **Max:** 60

This one week summer camp, run by Hoops There It Is, will provide age appropriate instruction. The lead instructors for this camp are certified teachers, and the assistants are college sports majors. Free T-shirt and free ice cream party every Friday.

Lunch Program Available.





Speed and Conditioning

*Speed, Agility & Quickness Training
with Coach Mike Firestone*

Ages: 10 – 18
Days: Tuesday & Thursday
Dates: July 14, 16, 21, 23, 28 and 30
Time: 5:00pm – 7:00pm
Site: Theodore Roosevelt Park
Fee: \$60
Min: 10 **Max:** 20

Speed is the most prized athletic skill in all of sports. Just like any other movement skill, it can be learned and improved through proper training. Students who learn the correct running mechanics will be able to maximize their athletic potential. In turn, they will be able to improve their first step quickness and ability to change directions. The specific drills learned and practiced in camp will have a direct impact on an athlete's overall athletic ability. Improve overall speed, agility, quickness, power, acceleration, vertical, and flexibility.



Tennis

Is your child interested in learning the sport of tennis? Both Tennis Instruction and Town Tennis offer children the opportunity to work on fundamentals of the sport and have fun doing it. These programs will help boys and girls better play and appreciate this exciting sport.

Tennis Instruction

Ages: 8 – 11
Days: Monday to Friday
Dates: June 29 to July 31*
Time: 9:00am – 12:00pm
Site: Hillside Ave Tennis Courts
Fee: \$90
Min: 10 **Max:** 60

*No class July 3

Town Tennis

Ages: 10 – 16
Days: Monday to Friday
Dates: June 29 to July 31*
Time: 1:00pm – 4:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$90
Min: 10 **Max:** 60

*No class July 3

Fire's Basketball

Session – 1

Ages: 4 – 13
Days: Monday to Thursday
Dates: July 6 to July 9
Time: 10:00am – 1:00pm
Site: Cranford Community Center
Fee: \$120
Min: 10 **Max:** 60

Session – 2

Ages: 4 – 13
Days: Monday to Thursday
Dates: July 13 to July 16
Time: 9:00am – 12:00pm
Site: Cranford Community Center
Fee: \$120
Min: 10 **Max:** 60

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 include drills, contests, games and awards.

Bring your own basketball and a snack. No lunch available.



Youth – SUMMER SESSION



Sport Camps & Kids 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.
Web: www.ussportsinstitute.com

■ Multi Sports Camp

Ages: 7 – 10
Days: Monday – Friday
Dates: July 13 to July 17
Time: 9:00am – 11:00am
Site: Theodore Roosevelt Park
Fee: \$130

Registration is done directly with US Sports Institute

Multi Sports Camp gives players the opportunity to experience a variety of sports throughout the program including soccer, basketball, flag football, cricket, handball, volleyball, and more! Players will work on developing their skills in each sport before participating in small tournament-style scrimmages.



■ Flag Football Camp

Ages: 7 – 10
Days: Monday – Friday
Dates: July 27 to July 31
Time: 5:00pm – 6:30pm
Site: Theodore Roosevelt Park
Fee: \$105

Registration is done directly with US Sports Institute

■ Tennis Camps

Session – 1

Ages: 5 – 14
Days: Monday – Thursday
Dates: June 29 to July 2
Time: 9:00am – 12:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$156

Session – 2

Ages: 5 – 14
Days: Monday – Friday
Dates: August 3 to August 7
Time: 9:00am – 12:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$195

Session – 3

Ages: 5 – 14
Days: Monday – Friday
Dates: August 10 to August 14
Time: 10:00am – 1:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$195

Session – 4

Ages: 5 – 14
Days: Monday – Friday
Dates: August 17 to August 21
Time: 10:00am – 1:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$195

Registration is done directly with US Sports Institute

Summer tennis camp introduces a wide variety of techniques throughout the week including forehands, backhands, volleys, and serves. Each day will be centered around a tennis "Grand Slam" theme where players participate in fun-filled, innovative and progressive learning games.

Participants will develop an understanding of key tennis techniques and be encouraged to implement these skills into realistic game-play situations.

This camp is appropriate for players ranging from beginners, to those already well versed in the sport of tennis. Groups are separated by age and ability to ensure all players flourish in the optimum positive learning environment while having a great time!

■ Development Tennis

Ages: 8 – 10
Days: Tuesday
Dates: June 30 to August 18
Time: 5:00pm – 6:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$177

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.

Registration is done directly with US Sports Institute

Teen – SUMMER SESSION



Kids2Teens Knit Club

Ages: 8 – 16
Day: Tuesday
Dates: June 30 to August 18
Time: 6:00pm – 7:00pm
Fee: \$125 (Includes Starter Kit)
Min: 4 **Max:** 8

This is a beginner knitting class where students will learn the basics and build upon those skills while creating their own finished projects. Students will progress at their own pace in a fun environment as they develop confidence and a lifelong love of craft and creative expression.

Poetry

Ages: 9 – 14
Days: Thursday
Dates: July 9 to July 30
Time: 4:00pm – 5:00pm
Fee: \$80
Min: 5 **Max:** 15

This popular class involves using food as writing prompts. It's accessible for people with no prior writing experience and designed so that anyone with an interest in writing can create poetry.

Teen Zumba

Ages: 13 – 17
Days: Monday
Dates: July 6 to August 10
Time: 6:00pm – 7:00pm
Fee: \$50
Min: 10 **Max:** 20

Teens will feel like they are at a dance party as they groove to the beats of salsa, flamenco, and merengue. Teen Zumba is a great cardio workout that strengthens the core and improves flexibility.

Please bring a water bottle.



Crime Scene Investigation Class!

Grades: 6 – 12
Day: Monday
Dates: August 3 (1 Day Class)
Time: 9:00am – 4:00pm
Fee: \$100

STEM principles relating to Forensics and Crime Scene Application are explored. Students will learn how to process a mock crime scene, collect fingerprints, cast footprints and much more. Current or former law enforcement Detectives will be teaching this class.

Teen Yoga

Ages: 13 – 17
Days: Thursday
Dates: July 9 to August 13
Time: 6:15pm – 7:15pm
Fee: \$50
Min: 10 **Max:** 20

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

Bring a yoga mat and a water bottle.

Adult

Beginner Yoga

NEW!

Ages: 18 & Up
Days: Friday
Dates: July 10 to August 14
Time: 9:15am – 10:15am
Fee: \$50
Min: 10 **Max:** 25

Everyone has to start somewhere, right? Yoga is great for your health, a wonderful way to destress 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.

Outdoor Co-Ed Volleyball

Spring & Summer Session

Ages: 18 & Up
Days: Wednesday
Dates: Starting May 20*
Time: 6:30pm – Dark
Site: Unami Park
Fee: \$100 per team

***Note registration deadline with payment is May 15**

This summer's co-ed 4's grass volleyball league is made up of 2 divisions, an "A" division which will be intermediate-advanced and a "B" division which will be recreational-intermediate.

Each team must carry their own insurance. Team sign-up forms are available at the Community Center. Make-up games will be on Mondays.

Questions can be directed to Marty at marty@acesvolleyball.com



Adult – SUMMER SESSION

Body Barre

Ages: 18 & Up
Days: Tuesday
Dates: July 7 to August 11
Time: 10:30am – 11:30am
Fee: \$50
Min: 10 **Max:** 25

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.



Yoga

Monday Night Yoga

Ages: 18 & Up
Days: Monday
Dates: July 6 to Aug. 10
Time: 7:30pm – 8:30pm
Fee: \$50
Min: 10 **Max:** 25

Wednesday Night Yoga

Ages: 18 & Up
Days: Wednesday
Dates: July 8 to Aug. 12
Time: 7:00pm – 8:00pm
Fee: \$50
Min: 10 **Max:** 25

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. Classes are done in bare feet and on an empty stomach.

Bring a yoga mat and a towel.



Tai Chi Beginner & Intermediate

Ages: 18 & Up
Days: Tuesday
Dates: July 7 to August 11
Time: 6:25pm – 7:25pm (Part 1)
or
7:30pm – 8:30pm (Part 2)
Fee: \$50
Min: 4 **Max:** 15

Awaken your mind, body and spirit through 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.

Note: Registration deadline with payment is May 17.



Pilates

NEW!

Ages: 18 & Up
Days: Thursday
Dates: July 9 to August 13
Time: 7:30pm – 8:30pm
Fee: \$50
Min: 10 **Max:** 25

Pilates is a popular workout program that focuses on strengthening most of the major muscles of the body. It combines elements of gymnastics, yoga, and physical therapy techniques to deliver a well-rounded workout.

Knitting for Adults

Ages: 18 & Up
Days: Tuesday
Dates: June 30 to August 18
Time: 7:00pm – 8:00pm
Fee: \$125
Min: 5 **Max:** 10

In this 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 a sense of accomplishment, improves problem solving skills and promotes creative expression – and it's relaxing & fun!



Senior Programs

Special Senior Services

• Free Senior Shuttle Bus Service – Cranford residents only.

Operates Monday/Tuesday/Friday, 9:15am – 1:40pm and Wednesday/Thursday, 8:35am – 2:40pm.

Specialty trips run the 2nd Tuesday and the 4th Wednesday of each month. On these days, the bus does not run the regular schedule.

Call 908-709-7283 (Option #3) to make reservations for these bus trips or for more information.

• Health Education and Maintenance Program (Blood Pressure Screenings and Weight Counseling). Conducted by the Visiting Nurse and Health Services. Call 908-709-7283 (Option #3) for dates and times.

• Volunteers to teach senior class, short term or long term, or provide one-day class/seminars are always needed. Please call 908-709-7283 (Option #3) 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 class 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.

In-person registration required for all senior programs.

All Senior Program participants are required to sign new registration sheets beginning August 1st.

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

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

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 to round out this excellent program.



Senior Spring Flower Arrangement (1 Day Class)

Days: April 20
Time: 11:00am – 12:00pm

Celebrate the beginning of Spring with your own colorful spring floral arrangements! The Floraphile Garden Club will help you create a beautiful spring garden display unlike any other using fresh flowers and greenery. You will be able to take home your gorgeous container arrangement and display in your home to welcome in the new fresh season. All materials will be provided by the Recreation Department. **Please bring scissors, gloves, and box to take your spring arrangement home in.** Limited space available, you must sign up in advance for this special program.

Senior Movies

Time: 11:30am – 1:30pm

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.

No movies in August.

Monday Morning Senior Yoga

Time: 11:45am – 12:30pm
Min: 6 **Max:** 20

Simple, functional, repetitive, easy to follow movements to help posture, balance, strength and flexibility. Includes relaxation period at the end of class. Exercise your inner being to a happier and healthier you, while maintaining a positive attitude.

Bring an exercise or yoga mat to class.

MahJongg

Time: 1:00pm – 4:00pm

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

Does not meet in July or August.

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

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 us for an afternoon of fun.

Senior Programs

Tuesday

Senior Specialty Trips

Join the shopping fun every 2nd Tuesday of the month and take the senior bus to Boscovs, Watchung View Mall, Bluestar Shopping Center and more. Destinations change for each trip. Time: 9:30am – 1:30pm. For reservations call: 908-709-7283 (Option #3)

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.

Bagels and Bingo

Time: 9:30am – 11:30am

Senior gathering held every 4th Tuesday of the month. Stop in and join the fun! Guest callers, many laughs and prizes!

Does not meet in July and August.
Reservations required.

Pastel 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 experienced artist provides one-on-one guidance.

Does not meet in July and August.

Dancercise

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

Lets 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.

Does not meet in July and August.

Tech for Seniors

Time: 11:30am – 12:15pm
Min: 4 **Max:** 12

Become Tech Saavy! Learn how to use those newfangled gadgets – cell phones, 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.

Does not meet in July and August.

Beginning 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

For beginners and advanced students. Bring yarn and crochet hooks to class. Have fun and learn new techniques and stitches with fellow crocheters and an experienced instructor.

Canasta Extreme

NEW!

Time: 1:00pm – 3:00pm
Min: 4 **Max:** 12

Canasta Extreme is for the seasoned player. It's all play and no instruction. You must have prior experience to play.

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.

Does not meet in July and August.

Wednesday

Senior Specialty Trips

Join the shopping fun the 4th Wednesday of every month. Take the senior bus for this half day trip to Kenilworth (Walmart, Home Goods, TJ Max), Linden (Supersize Walmart), Target, Clark Commons and more. A new destination every trip. Time: 9:30am – 12:00pm. For reservations call 908-709-7283 (Option #3).

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.

Pinochle Club

Time: 10:00am – 12:00pm
Min: 4 **Max:** 20

Pinochle is a card game designed to be played by two to four players. It involves exchanging and putting together different combinations of cards in order to score points. Learning the basic rules only takes a few minutes, but the fast-paced excitement of the game can provide hours of fun! Beginners welcome!

Braincise

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.

Does not meet in July and August.

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!

Baking for Seniors

Time: 11:30am – 12:30pm
Dates: April 1, 15, May 6, 20, June 3, 17
Min: 4 **Max:** 12

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!

Does not meet in July and August.

Senior Wednesday Group

Time: 12:30pm – 3:00pm

Looking for something to do? Come have fun! A great way to make new friends, socialize and enjoy recreational activities.

Canasta Club

Time: 1:00pm – 4:00pm

Enjoy this popular card game by joining others and forming groups. Must have knowledge of the game.

Does not meet in July and August.

Thursday

Intro to Pickleball

Time: 9:30am – 12:00pm
Site: 375 Centennial Avenue
(Formerly the Mayotte-Hurst-Stevenson Tennis Academy)
Note: Program will move to 375 Centennial Ave. on March 5th

Pickleball is one of the fastest growing games in the nation. This up-tempo game is an entertaining mix of tennis, badminton, ping pong, and racquetball. It's fast-paced, easy to learn, great exercise, and lots of fun.

Senior Thursday Group

Time: 12:30pm – 3:00pm

Looking for something to do? Come have fun! A great way to make new friends, socialize and enjoy recreational activities.

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. All who come will play – no sit outs. There is no charge to play.



Senior Yoga

Time: 1:30pm – 2:15pm

Simple, functional, repetitive, easy to follow movements to help posture, balance, strength and flexibility. Includes relaxation period at the end of class. Bring an exercise or yoga mat to class.

Does not meet in July and August.

Line Dancing

Time: 11:00am – 12:00pm

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.

MahJongg

Time: 2:30pm – 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

Time: 10:30am – 11:15am

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

Does not meet in July and August



Senior Tai Chi

Time: 11:30am – 12:30pm
Min: 7 **Max:** 12

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

Rummikub is a tile-based game, combining elements of the card game rummy and mahjongg. This club is a great way to connect friends together with making new ones. All participants must provide their own game boards.

Does not meet in July and August

Senior Friday Group

Time: 12:30pm – 3:00pm

Looking for something to do? Come have fun! A great way to make new friends, socialize and enjoy recreational activities.

Public Works Department

364 North Avenue East • Cranford, NJ 07016 • 908-709-7217 • www.cranfordnj.org/public-works

Public Works Staff

Erik M. Hastrup
Assistant Superintendent

Maryann Valdivia
Administrative Secretary

Hours of Operation

Monday – Friday

7:30am – 4:00pm

Phone: 908-709-7217

Fax: 908-931-0590

Conservation Center

210 Birchwood Avenue

Year Round Hours of Operation

Wednesday

9:30am – 3:20pm

Saturday & Sunday

9:30am – 3:50pm

Closed Major Holidays

2020 Spring River Cleanup

Sat., April 18

Rain Date: Sat., April 25

For info contact
Mike Scotti:

CranfordRiver@gmail.com



2020 Yard Waste Permit

A Yard Waste Permit is required to drop off home generated yard debris.

2020 Permit is valid until April 7, 2021

Annual Fee: \$75

Please Note: Only one permit will be mailed per household. To obtain a permit for a second vehicle in your household, you must wait until April 25th and come in-person to the Conservation Center. There is a limit of two permit stickers per household for the \$75 fee.

How to Purchase a 2020 Yard Waste Permit

In-Person: At Conservation Center: You must present your NJ car registration for the vehicle you are registering. Bring a check for \$75 to "Township of Cranford."

By Mail: Fill out application form. Enclose a check for \$75 to "Township of Cranford."

Mail to: DPW – Yard Waste Permit, 364 North Ave. East, Cranford, NJ 07016.

Leaves

Leaves can be brought to the center all year-round without a permit. The Fall Leaf Collection schedule will be in the September issue of the Township News.

Acceptable Yard Waste

- Grass Clippings, leaves, "Gum Balls"
- Yard and garden clippings
- Hedges & Shrubs (Do not need to bundle)
- Tree parts and stumps (Maximum length - 24" long)
- Firewood (maximum length - 24" long and 2 ft. in diameter)

Unacceptable Yard Waste

- Broken concrete, stones, bricks, dirt
- Tree stumps larger than 2 ft. in diameter
- Demolition material, rotten wood, treated wood, wood chips
- Tree parts larger than 24" in length
- Combustible materials, i.e.: vehicle batteries, gasoline, solvents

Helpful Hints

Affix permit sticker to the driver's side rear window. You can purchase a one-time permit for \$20. If buying a new car: remove permit sticker from old vehicle and bring to Conservation Center. We will issue a new sticker at no charge.

CLEAN COMMUNITIES – Mini-Grant funding is available for groups and organizations interested in organizing a Community Clean-Up program.

To Learn more contact: dpw@cranfordnj.org

Mail - In Conservation Center Permit Application

To Apply by Mail:

- Applications are accepted beginning March 2, 2020
- 2020 Permits expire April 7, 2021
- One car permit per household address will be sent via mail.
- For a second permit, you must apply in person beginning April 25th at Conservation Center.
- For in-person registration, you do not need this application but you are required to present the NJ car registration for the vehicle you are registering.

- Please fill out the application form completely and clearly.
- Enclose a check for \$75.00 to "Township of Cranford"
- Enclose a copy of your car registration.

Mail To:

DPW – Yard Waste Permit
364 North Avenue East
Cranford, NJ 07016

If you do not receive your permit in 10 days or have any questions please call: 908-709-7217x2

Checks Only... No Cash

2020 Conservation Center Permit Application

Please print clearly.

Name: _____

Cranford Address: _____

Vehicle Make & Model: _____ Color: _____

License Plate No. _____

☐

Photocopy of Vehicle Registration Attached

☐

Leased Car

☐

Company Owned Car

Name of Lessor or Company _____

If you are applying for a permit for a leased or company owned car you are required to also mail a copy of your Driver's License.

Enclosed is your check # _____, payable to "Township of Cranford"

OFFICE USE ONLY

Permit No. _____ Date Processed _____

Initials: _____ Entered _____

RECYCLING Department

364 North Avenue East • Cranford, NJ 07016 • 908-709-7217 • www.cranfordnj.org/recycling

Recycling Staff

Erik M. Hastrup
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

Visit Online For

**Recycling News
and Updates**

cranfordnj.org/recycling

Recycling Options

Curbside Recycling Pickup

Recycling Drop-off at the Conservation Center

IMPORTANT CONTACT INFORMATION

Cranford DPW/Recycling Department **908-709-7217**
dpw@cranfordnj.org

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

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

Report Missed Recycling Pickups Within 24 Hours

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

Email: service@gogreengiardano.com

Questions & Answers

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

Union County holds collection events for hazardous waste disposal.

Visit www.ucnj.org/recycling or call 908-654-9890.

Q. Does the Township provide for residential garbage service?

The Township does not provide residential garbage service. Residents must contract privately for this service. For info, contact the Health Dept.: 908-709-7225.

Q. How do I dispose of latex paint?

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?

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 or call 908-226-2518.
3. Visit www.cranfordnj.org/recycling for Township updates.

Union County Recycling Programs

Dates, Times & Locations vary
Visit 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

Be a
Better Recycler
& **DOWNLOAD** the
Recycle Coach™ app

You get:

- A personalized collection schedule
- Custom pick-up reminders
- A 'What Goes Where?' search tool
- And more!

Get it on Google play | Available on the App Store | Search "Recycle Coach"



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 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 • www.ucnj.org/recycling

CONSERVATION CENTER RECYCLING GUIDELINES

Items must be separated • Please read signage • Containers are clearly labeled • Plastic bags are not recyclable

** *Recycling improperly can result in contaminating an entire truck load and puts the Township at risk for hefty fines***

Aluminum Cans

Designated container

Brown Paper Bags

Bundle separately with corrugated pile

Corrugated Cardboard

Bundle or brown bag

Electronics

Computers, monitors, printers, 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, 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 Separate designated container

Nothing larger than a 5 Gallon Bucket

No Lawn Furniture • No Kiddie Pools or Toys

No Trash Pails

Steel / Tin Cans

Designated container

Styrofoam

Please ensure all Styrofoam has recycling #6
 Only furniture & appliance packaging; clean, white block foam, white clean foam accepted.
 No: egg cartons; peanuts; dirty, wet or colored foam

Used Motor oil & Motor Oil Filters

Designated container.

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

Permits NOT required for recycling

2020 – 2021 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

March

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

April

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

May

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

June

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

July

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

August

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	24/31	25	26	27	28	29

September

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

October

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	31

November

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

December

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		

January – 2021

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
24/31	25	26	27	28	29	30

February – 2021

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						

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

POOL & FITNESS Center

401 Centennial Avenue • Cranford, NJ 07016 • 908-709-7260
www.facebook.com/cranford-pool-fitness-center • email: pool@cranfordnj.org

Swim Pool Staff

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

Swim Pool Advisory Board

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

Luke Paine, Chairperson

Barbara Bilger

Chris Chapman

Kevin Comer

Jerry Dobbins

Christopher Kolibas

Rich Pizzutta

Juan Ruiz

Ellen Heaney Springer

Kathleen Miller Prunty
Deputy Mayor / Liaison

SUMMER MEMBERSHIP (May 23 – September 13, 2020)

Pools Open Memorial Day Weekend

OUTDOOR POOL HOURS of OPERATION (Orange & Centennial)

(Hours are subject to change)

Memorial Day Weekend	May 23 – 25	10:00 am to 7:00 pm
Weekdays	May 26 – June 19	4:00 pm to 8:00 pm
Weekends	May 30 – June 21	10:00 am to 7:00 pm
Open House	May 31	12:00 pm to 6:00 pm
Daily	June 22 – September 6	10:00 am to 8:00 pm
Labor Day	September 7	12:00 pm to 6:00 pm
Post Labor Day	September 8 – 11	4:00 pm to 7:00 pm
Post Labor Day	September 12 – 13	12:00 pm to 6:00 pm

Orange Avenue Pool – Closes September 7 @ 6:00 pm

Centennial Avenue Pool – Closes September 13 @ 6:00 pm

Facility reopens for winter season on Monday, September 28 at 5:00 am

DIVING BOARDS & SLIDES open at 12:00 pm – *when staffing permits.*

Pools will be open until 9:00pm

Thursday & Friday nights from June 25 – August 7.

Open House

May 31 – 12pm to 6pm

Registration 2020

All registration is performed at the Centennial Avenue Pool complex or online at www.cranfordnj.org/pool-fitness-center

Registration Begins:

Residents & Annual Members March 9
Non-Residents (Summer or Winter) April 6
Open Registration (current waiting list first)..... April 13

DO NOT set up a new account as your ID's will no longer work with the new account!

Online Registration: You can securely register your entire family at one time from the comfort of your home or workplace, 24 hours a day, 7 days a week. If re-registering and you do not know your password, **PLEASE** call the pool and we will send it to you.

If you have already created an account with Community Pass, you are able to use that login information. If you do have an account, upon completing registration you will receive an email containing your login information. Be sure to keep this email in a safe place so that you can continue to enjoy the convenience of online registration.

In-Person Registration Hours

Monday & Wednesday..... 9:00 am to 4:00 pm
Tuesday & Thursday..... 9:00 am to 8:30 pm
Friday 9:00 am to 2:00 pm
Saturday 10:00 am to 2:00 pm

Call for night and weekend hours after July 1, 2020

Proof of Residency: A Union County I.D. Card, etc. is required. Birth Certificates of children are required unless they were verified as a member during the previous year. Please keep your I.D. cards from season to season. There is a \$10 lost card fee.

Refund Policy: A full refund will be given if requested in writing prior to the first day of membership. Once membership begins, refunds will only be issued in cases due to medical reasons and will require documentation. Refunds are issued by township check, so please allow 4 - 6 weeks.

Guest Privileges: Each member has the privilege of bringing a guest or guests to the facility for a guest fee. Members are responsible for educating your guest about the rules of our facility. **All guests must be with a member when entering the facility, even if using a guest pass.**

Beginning March 9, Guest Pass booklets available for members only!

5 Pass Books are \$40.00 – 10 Pass Books are \$80.00. **Only 2 booklets per membership.**

Passes expire September 13, 2020

No refunds are given on passes. There are a limited number of Pass Books issued. Purchase them early. They are available on a first come first serve basis.

2020 MEMBERSHIP FEES

Summer Fees

	Resident	Non/Resident
Individual	\$ 275	\$ 475
Family of 2	325	600
Family of 3	375	625
Family of 4 or more	400	675
Add/Child Care Provider	200	300
Senior Citizen (age 62)	100	250
Weekday Guest Pass (After 5 pm \$5)	10	
Weekend Guest Pass (After 5 pm \$5)	15	

An individual who is 22 years of age or older or will become 22 years of age before Labor Day cannot be considered as a "child" in this membership.

A child who is 2 years of age or older, or will become 2 years of age before Labor Day is considered a "child".

Annual Fees

	Resident	Non/Resident
Individual	\$ 500	\$ 700
Family of 2	600	925
Family of 3	625	950
Family of 4 or more	650	975
Add/Child Care Provider	250	400
Senior Citizen (age 62)	200	500

An individual who is 22 years of age or older or will become 22 years of age in the current year cannot be considered as a "child" in this membership.

A child who is 2 years of age or older, or will become 2 years of age in the current year is considered a "child".

Make checks payable to: Cranford Swim Pool Utility.

Visa, Master Card & Discover are accepted.

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

Facilities may close early on evenings of special events. Events will be posted and announced at each pool.

FLOAT NIGHTS

Centennial Avenue Pool

July 10, 24, & August 7

Orange Avenue Pool

June 26 & July 17, 31

MOVIE NIGHTS

Orange Avenue Pool

August 14

Centennial Avenue Pool

August 21

ORGANIZED PARTIES OR RENTALS

Please be advised, there are no organized parties or rentals during the summer season. You can still have you child's birthday party at the facility, but please realize space is limited and not reserved.

Guest fees will still apply.



Pool Programs

Summer Swim Team

The Cranford Gators Swim Team practices at the Centennial Avenue Pool. Swim meets are held Wednesday evenings and Saturday mornings at different facilities. Ages 8 to 18 compete in a summer league which begins in June and ends in the early part of August.

For more info contact the front desk at 908-709-7260

Swim Pool Utility Swim Team

Day: Monday – Friday

Time: 1:30pm – 4:00pm

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.

Day: May 26 - September 4 – Monday – Friday

Time: 5:00am – 9:00am

11:00am – 1:30pm

4:00pm – 6:30pm

May 23 – Aug. 30 – Saturday & Sunday, Holidays

12:00pm – 4:00pm

The indoor pool is available to members only during lap swimming hours.

Aquatic Exercise Classes

Aquatic Aerobics Classes

Days: May 26 – September 4
Monday, Tuesday, Thursday, Friday

Time: 9:00am – 9:45am

Fee: Daily Drop-in

\$5 Member

\$10 Non-member

Summer Fees

\$95 per Member

\$125 per Non-member

Unlimited Classes

\$40 per Month Member

\$50 per Month Non-member



US Masters & Fitness Swimming

Days: May 26 – September 5

Time: Tues & Thur - 7:00am – 8:00am
Mon, Tues & Thur - 6:30pm – 7:30pm
Sat. - 8:00am - 9:00am

Fee: Daily Drop-in

\$5 Member

\$10 Non-member

Summer Fees

\$95 per Member

\$125 per Non-member

Unlimited Classes

\$40 per Month Member

\$50 per Month Non-member



Starfish Swimming

The Cranford Pool and Fitness Center is pleased to be affiliated with Starfish Aquatics Institute. The Starfish Aquatics curriculum is used in our swim pool program. 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.

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.

Registration begins April 20, 2020

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.

Star Babies & Star Tots Swim Courses

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.

Centennial Avenue Swim Lessons

StarBabies™ & StarTots™

Ages: 6 months – 3 years
Time: 11:15am to 11:50am
Session 1: June 29 – July 3
2: July 6 – July 10
3: July 13 – July 17
4: July 20 – July 24
5: July 27 – July 31
6: Aug. 3 – Aug. 7
7: Aug. 10 – Aug. 14
8: Aug. 17 – Aug. 21

Fee: \$50 per Session

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

Formerly our Pre/K program. This Starfish Swim School will be designed for our 3 – 5 year olds.

Ages: 3 years – 5 years
Time: 11:15am to 11:50am
Session 1: June 29 – July 3
2: July 6 – July 10
3: July 13 – July 17
4: July 20 – July 24
5: July 27 – July 31
6: Aug. 3 – Aug. 7
7: Aug. 10 – Aug. 14
8: Aug. 17 – Aug. 21

Fee: \$50 per Session

StarBabies™ & StarTots™

Ages: 6 months – 3 years
Days: Mon, Tues, Thur, Fri
Time: 7:00pm – 7:30pm
Session 1: July 6 – July 16
2: August 3 – August 13
Fee: \$85 per Session

Adult Swim Classes

Days: Tuesday & Thursday
Time: 7:00pm to 8:00pm
Fee: \$10 Member
\$15 Non-member Drop In



SAVE THE DATE

We will be participating in the
**World's Largest
Swim Lesson**
again this year.
Mark your calendars for
Thursday June 18
More details to follow.

The Starfish Swimming skills are proprietary information of SAI and cannot be copied or reproduced

Centennial Avenue 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.

Session Dates for all Programs

- Session 1:** June 29 – July 3
2: July 6 – July 10
3: July 13 – July 17
4: July 20 – July 24
5: July 27 – July 31
6: Aug. 3 – Aug. 7
7: Aug. 10 – Aug. 14
8: Aug. 17 – Aug. 21

Fee: \$50 per Session



CLOWNFISH (Formerly Level 1)

Ages: 6 years and up
Times: 9:45am – 10:20am or
10:30am – 11:05am

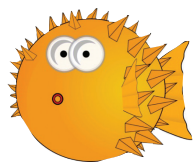
Trust and Submersion – Body Position and Air Recovery

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
Time: 9:45am – 10:20am or
10:30am – 11:05am

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
Time: 9:45am – 10:20am or
10:30am – 11:05am

Body Rotation – Integrated Movement

Safety Skill:

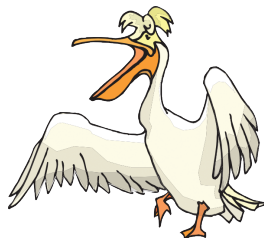
Tread water for 15 seconds AND survival float and tread water for 30 seconds.

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.

Orange Avenue 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
Time: 9:45am – 10:20am or
10:30am – 11:05am

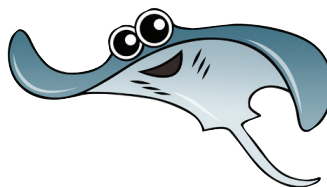
Freestyle, Backstroke and Introduction to Butterfly

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
Time: 9:45am – 10:20am or
10:30am – 11:05am

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 6)

Ages: 6 years and up

Time: 9:00am – 9:35am

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

Time: 9:00am – 9:35am

For those who have 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.

Orange Avenue Swim Lessons

StarBabies™ & StarTots™

Ages: 6 months – 3 years

Time: 11:15am to 11:50am

Session 1: June 29 – July 3

2: July 6 – July 10

3: July 13 – July 17

4: July 20 – July 24

5: July 27 – July 31

6: Aug. 3 – Aug. 7

7: Aug. 10 – Aug. 14

8: Aug. 17 – Aug. 21

Fee: \$50 per Session

Sea Squirts

Formerly our Pre/K program. This Starfish Swim School will be designed for our 3 – 5 year olds.

Ages: 3 years – 5 years

Time: 11:15am to 11:50am

Session 1: June 29 – July 3

2: July 6 – July 10

3: July 13 – July 17

4: July 20 – July 24

5: July 27 – July 31

6: Aug. 3 – Aug. 7

7: Aug. 10 – Aug. 14

8: Aug. 17 – Aug. 21

Fee: \$50 per Session

Orange Avenue 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.

Session Dates for all Programs

Session 1: June 29 – July 3

2: July 6 – July 10

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4: July 20 – July 24

5: July 27 – July 31

6: Aug. 3 – Aug. 7

7: Aug. 10 – Aug. 14

8: Aug. 17 – Aug. 21

Fee: \$50 per Session





CLOWNFISH

(Formerly Level 1)

Ages: 6 years and up

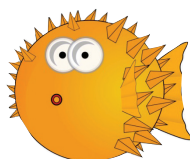
Times: 9:45am – 10:20am or
10:30am – 11:05am

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)

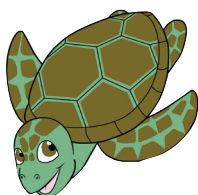
Ages: 6 years and up

Time: 9:45am – 10:20am or
10:30am – 11:05am

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)

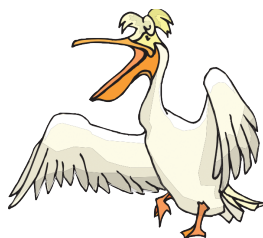
Ages: 6 years and up

Time: 9:45am – 10:20am or
10:30am – 11:05am

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.



PELICANS (Formerly Level 4)

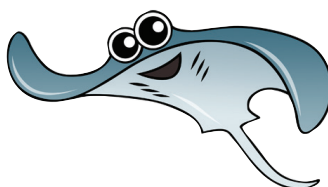
Ages: 6 years and up

Time: 9:45am – 10:20am or
10:30am – 11:05am

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)

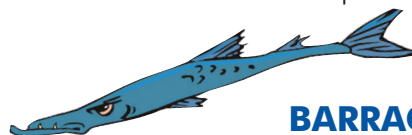
Ages: 6 years and up

Time: 9:45am – 10:20am or
10:30am – 11:05am

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 6)

Ages: 6 years and up

Time: 9:00am – 9:35am

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

Time: 9:00am – 9:35am

For those who have completed Barracudas.

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Orange Avenue Starfish Stroke School™

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

Starfish Aquatic Institute Training Classes

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

Must be at least 16 years old.

PRETEST for July Class:

Day: Monday
Dates: July 6, 2020
Time: 5:00pm – 7:30pm

CLASS DATES:

Day: Mondays, Tuesdays and Thursdays
Dates: July 7, 9, 13, 14, 16, 20, 21, 23
Time: 5:00pm – 9:30pm

PRETEST for August Class:

Day: Monday
Dates: August 3, 2020
Time: 5:00pm – 7:30pm

CLASS DATES:

Day: Mondays, Tuesdays and Thursdays
Dates: August 4, 6, 10, 11, 13, 17, 18, 20
Time: 5:00pm – 9:30pm
Fee: \$250 Members
\$300 Non-Members



Star Course

This program is designed for children 11 years old (or who have completed the 5th grade) through 14 years of age. This will not certify anyone to be a lifeguard but will build a foundation of basic water safety knowledge, attitudes and skills for future lifeguards.

CLASS DATES:

Day: Monday through Thursday
Dates: Call Centennial Avenue Pool if interested.
Fee: \$100.00 Members
\$125.00 Non Members

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.

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.



Starfish Swimming Program Staff



KIDZ KLUB 2020



Members Only

Week 1	June 22 to June 27
Week 2	June 29 to July 3
Week 3	July 6 to July 10
Week 4	July 13 to July 17
Week 5	July 20 to July 24
Week 6	July 27 to July 31
Week 7	August 3 to August 7
Week 8	August 10 to August 14
Week 9	August 17 to August 21
Week 10	August 24 to August 28

Weekly sessions include a variety of arts & crafts, games, sports, swimming, outdoor play and day trips, which are included in the weekly price. **Swim lessons are available for a discounted rate.**

Kidz Klub is designed for four age groups: 5/6 years old; 7/8 years old; and 9/10 years old; as well as 11/12 year olds siblings or "graduates" of Kidz Klub. You may attend all sessions, a few, or just one week or whatever fits your schedule.

Camp Hours: Weekdays 8:00am to 5:30pm. Earlier drop-off at 7:00am and later pick-up at 6:30pm is available for an additional fee: \$5.00 per hour.

Fees:

1 - 3 weeks	\$220.00 each week
4 - 6 weeks	\$210.00 each week
7+ weeks	\$200.00 each week

A non-refundable registration fee of \$75.00 per child is required at the time of registration. Fee includes KK clothing & Rash Guard swim shirt. A 20% deposit is also required at the time of registration with the balance being due by June 11, 2020. A 10% discount is available for additional children calculated on the shortest enrollment.

Space is limited – Register early! Pool Membership must be paid in full before registering for Kidz Klub.

Enrollment begins March 17, 2020

Cranford Pool & Fitness Center
401 Centennial Avenue, Cranford, NJ 07016

Monday through Friday, 8:30am – 3:30pm
Additional hours by appointment

Registration packets will be available at the Cranford Pool & Fitness Center or online @ www.cranfordnj.org/pool-fitness-center by February 17, 2020

For additional information, please call Jennifer or Jenna at 908-709-7260 Ext.2307.

Parent orientation will be held on Thursday, June 11, 2020 6:00pm.



CRANFORD Fitness Center

**YOU MUST BE AN ANNUAL MEMBER TO USE THE FITNESS CENTER.
NO SUMMER MEMBERS ARE PERMITTED.**

Membership includes;

- Instruction in use of equipment
- Assistance with self-directed training regimen
- Video-led routine for spin bikes

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. Members and guests are responsible for their own property. Management will not **be responsible for any theft or loss of items.**
5. All members and guests must wear at least a shirt and shorts or some suitable athletic attire and closed soft-soled shoes - preferably sneakers.
6. Water bottles are permitted in the fitness center. NO eating or gum chewing.
7. Management reserves the right to alter hours of operation when necessary.
8. 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.

Hours of Operation

Memorial Day Weekend	May 23 – 25	10:00 am to 7:00 pm
Weekdays	May 26 – September 4	5:00 am to 8:00 pm
Weekends	May 30 – June 21	10:00 am to 7:00 pm
Open House	May 31	12:00 pm to 6:00 pm
Weekends	June 27 – September 6	9:00 am to 8:00 pm
Labor Day	September 7	11:00 am to 7:00 pm
Post Labor Day	September 8 – 11	5:00 am to 7:00 pm
Post Labor Day	September 12 – 13	12:00 pm to 6:00 pm

Open until 9:00 pm on Thursday & Friday nights from June 25 through August 7



**WiFi Connected • Universal/Paramount Equipment • Personal Exercise Plan
Free Weights/Treadmills/Stationary Bikes • Stairmasters/Elliptical Trainers**

Membership Rules and Regulations

1. **Observe all posted rules.**
2. **NO prolonged underwater swimming or breath holding.**
3. **Proper footwear MUST be worn at all times within the facility.**
4. **No mermaid fins or other fin toys are permitted.**
5. Members must scan their membership card to gain attendance into the facility. **NO Exceptions!**
6. Members are responsible for the actions of their guests. Parents are responsible for the actions of their children. **No guests are permitted to enter facility without a member present.**
7. Children under the age of 12 are not allowed to enter the facility unless accompanied by an adult. The adult is expected to remain in the facility as long as the children are in the facility.
8. Boys/Girls over the age of 5 are not permitted in the ladies/men's room.
9. Hair shoulder length or longer **MUST** be pulled back.
10. **Glass or ceramic containers are not permitted anywhere in the facility.**
11. **Alcoholic beverages and controlled dangerous substances are prohibited throughout the facility and may result in loss of membership. Bags and coolers are subject to search.**
12. No pets allowed in the facility at any time.
13. Members and guests are liable for their own insurance in case of an accident or injury. Members and their guests use the facility at their own risk.
14. Members are responsible for the safe keeping of their valuables. Cranford Pool and Fitness Center employees, Advisory Board Members, Township Commissioner and the Township of Cranford will not be responsible for the loss of any items in or around the facility. Individuals are responsible for their own belongings.
15. No smoking is allowed in the facility. Violators will be subject to a \$250 to \$1,000 fine.
16. Gum chewing is prohibited throughout the entire pool and fitness complex.
17. Selling of food or merchandise, except by authorized pool personnel or agents, will not be tolerated. Behavior or activities creating conditions of danger or annoyance are prohibited in the pool complex. Loud playing radios are included in this category.
18. No food is allowed in the indoor pool area.
19. **No person will be allowed to enter the pool area unless a lifeguard is on duty.**
20. All patrons are required to shower before entering the pool and/or sauna.
21. Only bathing suits are permitted in the pool and sauna.
22. **Toys, rubber balls, inner tubes, flotation devices and snorkels are not permitted in the pool.**
23. Lifeguards and facility staff are responsible for enforcing all rules and regulations. Violations will be brought to the attention of the management staff who will take whatever action necessary to correct the situation.
24. Dress within the pool complex shall be consistent with standards of good taste. All bathers must wear appropriate attire.
25. Any person having a communicable disease, open blisters or cuts, sores or inflamed eyes, ears, nose or mouth infections, or any type of skin disease, **will be excluded from the pool area, fitness center and babysitting area.** A doctor's certificate of permission must be obtained by anyone who disagrees with the decision of management. Management continues to maintain the right of refusal.
26. Dressing or undressing may only take place in the locker room.
27. **Infants must wear rubber pants over their diapers while they are in the water. Wearing disposable diapers or swim diapers and rubber pants are only permitted in the intermediate and baby pool areas. NO ONE IN DIAPERS IS PERMITTED IN THE MAIN AREA.**
28. Band-Aids must be removed before entering the pool. They must be discarded into a garbage can.
29. No rough play in the pool (pushing, shoving, chicken fights, cannonballs and sit outs).
30. Use of the starting blocks is prohibited unless under the supervision of a swim coach or instructor.
31. No diving into the pool at any time except during an instructional class.
32. 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.
33. Parents are not allowed on the pool deck during swim lessons and/or swim practice.
34. Pool equipment such as kickboards, swim noodles, pull buoys, buoyance belts and hand buoys are available for use in the indoor pool area. Please return all equipment to its proper place when you are finished with it.
35. Flotation devices such as "swimmies" or life vests are not allowed. However, children are allowed to wear the bathing suits with the flotation device built into the suit.
36. 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.
37. If it is determined there is thunder and/or lightning in the area, all pools and pool areas will be required to close immediately. All pools and the immediate areas will remain closed for 30 minutes past the last visible lightning strike or thunder.
38. Must be 18 years of age or older to swim in lap lanes and during indoor lap swimming times.
39. **Management reserves the right to alter hours of operation when necessary.**
40. **There are No exceptions to any rules and regulations that govern the facility.**

Babysitting

Babysitting is available from 9:00am to 12:00pm Monday through Friday beginning June 22. This service is available so that you can participate in lap swimming; exercise classes; use the fitness center, etc.

A 2 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
\$100 for summer season for first child.
(\$25 for each additional child)



Application Form – Summer 2020



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 Pool 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: _____

Engineering Department

8 Springfield Avenue • Cranford, NJ 07016 • 908-709-7219 • www.cranfordnj.org/engineering-department

Flood Information

FLOOD HAZARD AREAS

Flooding is the number one natural disaster in the United States and the Township of Cranford, causing the most property damage. The Township is located in the Rahway River watershed and is traversed by a number of rivers that can cause flooding within the Township including the following:

Rahway River Nomahegan Brook College Branch Orchard Brook

The **Rahway River** enters the Township's municipal boundary from the Township of Springfield and flows in a southerly direction to the Township's boundary with the Township of Clark. Tributaries to the Rahway River include the Nomahegan Brook, College Brook and Orchard Brook.

Nomahegan Brook is tributary to the Rahway River and begins in the northern portion of the Township within Nomahegan Park.

College Branch starts within the western portion of the Township and combines with the Rahway River along Park Drive.

Orchard Brook enters the Township's southwestern municipal boundary from the Borough of Garwood and enters the Rahway River along Orchard Street.

Rivers within the Township are limited in capacity and tend to exceed their banks during heavy rainfall events similar to Tropical Storm Floyd on September 16, 1999 and during the "Tax Day Storm" on April 15, 2007. More recently, the Township experienced a major flood event on August 27, 2011 due to Hurricane Irene.

Information on whether your property is in the 100-year floodplain can be obtained by coming into the Cranford

Municipal Building and having the Engineering Department help you. Maps are available to look at as well as other flood-related information on the FIRM. The Engineering office can provide technical assistance relating to floodways, flood hazard areas, flood elevations and data on historical flooding, and is available to advise owners of appropriate flood protection measures. Flood depth information may also be available from the Township. The Township also has some Elevation Certificates available. Township staff members are available to undertake site visits, if requested and authorized, to review flood, drainage and sewer issues.

Contact the Township Engineering Department at (908) 709-7219 for further assistance.

FLOOD SAFETY

The following common sense guidelines can help you from the dangers of flooding:

- Do not drive through a flooded area. More people drown in cars than anywhere else. Do not drive around barriers.
- Do not walk through flowing water. Currents can be deceptive. Six inches of water can knock you off your feet.
- Stay away from power lines and electrical wires. If your house is about to be flooded, turn off the power at the service box. Electrical current can travel through water. Electrocution is the 2nd leading cause of death during floods.
- Be alert to gas leaks. Turn off the gas to your house before it floods. If you smell gas, report it to a Township official or your gas company. Do not use candles, lanterns or open flames if your gas has been shut off.
- Keep children away from the flood waters, ditches, culverts and storm drains. Flood waters can carry

unimaginable items that have dislodged themselves. Culverts may suck smaller people into them rendering them helpless.

- Clean everything that has been wet. Flood water will be contaminated with sewage and other chemicals which pose severe health threats.
- Look out for animals, especially snakes and rodents. Small animals that have been flooded out of their home may seek shelter in yours.
- Do not use gas engines, such as generators, or charcoal fires indoors during power outages. Carbon monoxide exhaust can pose serious health hazards.



PROPERTY PROTECTION MEASURES

If your property is susceptible to flooding, there are many flood damage reduction measures you can employ.

- Install a sump pump system to dispose of infiltrating water to grade outside of the structure
- Watertight seals can be applied to brick and block walls to protect against low-level flooding.

- Utilities such as heating and air conditioning systems, water heaters and other major appliances can be elevated to higher floors in the structure or on raised platforms.
- Temporary measures such as moving furniture and other valuables to higher floors or sandbagging exterior openings will also help.
- Elevating or relocating the entire structure may also be a feasible option.

The Township's storm preparation addresses known "hot-spot" flooding areas and attempts to keep critical roads, buildings and services protected, not to protect every house in town that might flood.

FLOODPLAIN PERMIT REQUIREMENTS

All development within the 100-yr. floodplain (not just construction of buildings, but filling, excavation, fences, etc.) is required to obtain a Township Permit. Applications must be made prior to doing any work in a floodplain area. Please contact the Township Engineering Department to receive all the information you will need in order to properly develop in the floodplain at (908) 709-7219. You may report any illegal development activities to the above number as well.

SUBSTANTIAL IMPROVEMENT / DAMAGE

The NFIP requires that if the cost of improvements to a building or the cost to repair damages from any cause to a building exceeds 50% of the market value of the building (excluding land value), the entire building must be brought up to current floodplain management standards. Building improvement projects include exterior and interior remodeling, rehabilitation, additions and repair and reconstruction projects. Please contact the Township Engineering Department at (908) 709-7219 for further information.

FLOOD INSURANCE

If you do not have flood insurance,

talk to your insurance agent. Most homeowner's insurance policies do not cover damage from floods. Flood insurance is only available to those participating communities in the National Flood Insurance Program (NJIP). Because of our floodplain management programs that attempt to protect us from the multiple flooding hazards, Cranford is part of the NJIP and thus, residents are able to obtain flood insurance. Cranford also participates in the NJIP's Community Rating System (CRS) and is presently rated as a Class 7 community which earns our residents flood insurance premium discounts.

Be sure to check your policy to ensure you have adequate coverage. Usually these policies cover the building structure, but not the contents. Contents coverage can also be obtained by asking. There is a 30-day waiting period before flood insurance coverage becomes effective. Plan ahead; do not wait until a flood is predicted before purchasing flood insurance.

If you are building inside the floodplain, the purchase of flood insurance is mandatory if using a federally regulated/insured bank for a loan.

NATURAL & BENEFICIAL FUNCTIONS

Floodplains play a valuable role in providing natural and beneficial functions to the area around, and including, Cranford. Floodplains that are relatively undisturbed provide a wide range of benefits to both human and natural systems. These benefits provide aesthetic pleasure as well as function to provide active processes such as filtering nutrients. Parts of the Rahway River, Nomahegan Brook, College Branch and Orchard Brook floodplain are used as a means to filter chemical run-off so that these areas can maintain biodiversity and ecosystem sustainability. The floodplains enhance fish and other wildlife habitats and provide feeding/breeding grounds. And lastly, the floodplains provide natural erosion control and open space so further flooding damage does not occur.

DRAINAGE SYSTEM MAINTENANCE

As simple as it may sound, simply keeping smaller ditches and stream free of debris can dramatically improve the run-off capacity of low-lying areas, as well as greatly reduce the occurrence blockage that significantly contributes to flooding. It is illegal to dump materials into a waterway and violators may be fined. If you see someone in the act of dumping or see debris in one of our watercourses, please contact the Department of Public Works at (908) 709-7217.

FLOOD WARNING SYSTEM

Many times, flooding along the Rahway River within Cranford can be predicted days in advance, giving ample warning for preparation and evacuation. However, in the event of a flash flood due to large rain event, you may be the first to notice the oncoming situation and have only hours to execute your plan. Notify the Township Police/Fire Department. The Township's Emergency Alert System will be activated. Tune your radio to 680AM for local and National Weather Service Updates. You will also see regular interruption on local radio and television stations advising you of the situation.

In addition, please feel free to sign up for emergency text messaging alert through www.nixle.com or the Township of Cranford's website at www.cranford.com. Standard text messaging rates may apply.

ADDITIONAL INFORMATION

If you should require further or more detailed information regarding flood-related issues in Cranford, here are some additional sources:

- FEMA.gov website
- Cranford Municipal Building – Engineering Department (908) 709-7219, 8 Springfield Avenue, Cranford, NJ 07016
- Floodplain FAQ page on the www.cranfordnj.org website.
- Cranford Public Library

Solutions to Stormwater Pollution

Easy things you can do every day to protect our water

What is Stormwater Pollution

Water from rain and melting snow that flows over lawns, parking lots and streets is known as stormwater runoff. This water, which travels along gutters, into catch basins and through storm drain pipes and ditches, usually is not treated, but then flows or is discharged into local waterbodies. Along the way, the stormwater picks up trash (fast-food wrappers, cigarette butts, styrofoam cups, etc.) and toxins and other pollutants (gas, motor oil, antifreeze, fertilizers, pesticides and pet droppings). This polluted stormwater can kill fish and other wildlife, destroy wildlife habitat, contaminate drinking water sources and force the closing of beaches because of health threats to swimmers.

Human activity is largely responsible for the stormwater pollution. Everything that we put on the ground or into the storm drain can end up in our water. Each of us has a responsibility to make sure these contaminants stay out of our water. Whether we have clean water is up to you.

By sharing the responsibility and making small, easy changes in our daily lives, we can keep common pollutants out of stormwater. It all adds up to cleaner water and it saves the high cost of cleaning up once it's dirty.

As part of New Jersey's initiative to keep out water clean and plentiful and to meet federal requirements, many municipalities and other public agencies including colleges and military bases must adopt ordinances or other rules prohibiting various activities that contribute to stormwater pollution. Breaking these rules can result in fines or other penalties.

As a resident, business or other member of the New Jersey community, it is important to know these easy things you can do every day to protect our water.



Limit your use of fertilizers and pesticides

- Do a soil test to see if you need fertilizers
- Do not apply fertilizers if heavy rain is predicted.
- Look into alternatives for pesticides.
- Maintain a small lawn and keep the rest of your property or yard in a natural state with trees and other native vegetation that requires little or no fertilizer.
- If you use fertilizers and pesticides, follow the instructions on the label on how to correctly apply it.
- Make sure you properly store or discard any unused portions.

Properly use and dispose of hazardous products

- Hazardous products include some household or commercial cleaning products, lawn and garden care products, motor oil, antifreeze and paints.
- Do not pour any hazardous products down a storm drain because storm drains are usually connected to local waterbodies and the water is not treated.



- If you have hazardous products in your home or work place, make sure you store or dispose of them properly. Read the label for guidance.
- Use natural or less toxic alternatives when possible.
- Recycle motor oil.

Contact your municipality, county or facility management office for the locations of hazardous waste disposal facilities.

Keep pollution out of storm drains

- Municipalities and many other public agencies are required to mark certain storm drain inlets with messages reminding people that storm drains are connected to local water bodies.
- Do not let sewage or other wastes flow into a stormwater system.

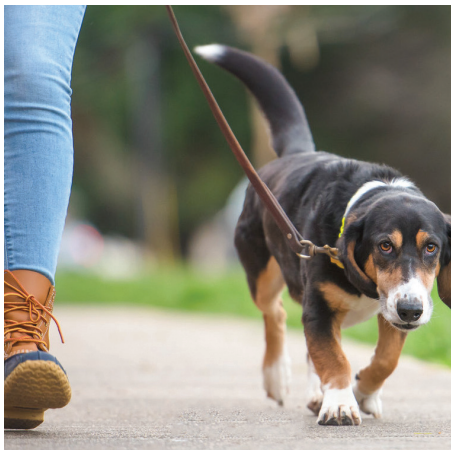


Clean up after your pet

- Many municipalities and public agencies must enact and enforce local pet-waste rules.
- An example is requiring pet owners or their keepers to pick

up and properly dispose of pet waste dropped on public or other people's property.

- Make sure you know your town's or agency's requirements and comply with them. It's the law. And remember to:
 - Use newspaper, bags or pooper-scoopers to pick up wastes.
 - Dispose of the wrapped pet waste in the trash or unwrapped in a toilet.
 - Never discard pet waste in a storm drain



Don't feed wildlife

- Do not feed wildlife, such as ducks and geese in public areas.
- Many municipalities and other public agencies must enact and enforce a rule that prohibits wildlife feeding in these areas.



Don't litter

- Place trash in receptacles.
- Recycle. Recycle. Recycle.
- Participate in community cleanups.

Dispose of yard waste properly

- Keep leaves and grass out of storm drains.
- If your municipality or agency has yard waste collection rules, follow them.
- Use leaves and grass clippings as a resource for compost.
- Use a mulching mower that recycles grass clipping into the lawn.

Contact Information

For more information on stormwater related topics, visit www.njstormwater.org or www.nonpointsource.org

Additional information is also available at U.S. Environmental Protection Agency websites: www.epa.gov/npdes/stormwater or www.epa.gov/nps

New Jersey Department of Environmental Protection
Division of Water Quality
Bureau of Nonpoint Pollution Control
Municipal Stormwater Regulation Program 609-633-7021



The Township of Cranford
8 Springfield Avenue
Cranford, NJ 07016

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twitter.com/CranfordTwpNJ

Sign up for the Nixle Alert System which provides instant text messaging and emails about road closures, emergency situations, severe storms, and more. www.nixle.com