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

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.

2020 SPRING & SUMMER PROGRAMS

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.
**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

**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

**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

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.

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

**CONTACTS**

**Recreation Facilities & Parks**

**Cranford Sports Organizations**

**SPECIAL EVENTS**

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8:00pm – 8:45pm (Ages 16 & Up)
**Fee:** $12
**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.

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**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.

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**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

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**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
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.cranfordcanoeclub.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.

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**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.
**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

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**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** offers a comprehensive array of recreation programs for children with special needs.
- **Programs** are taught by experienced coaches and instructors from the community.
- **Programs** provide 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 summitecan@gmail.com or 908-277-2932 ext. 13.
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

| 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.

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.

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.

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.

Register for programs online at: https://register.communitypass.net/Cranford
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! Whoo! Kids have a *BLAST* learning while participating fully in this hands-on experimentation focused class.

Playtime Matters

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

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

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

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**Kiddies Junior**

**Robotics**

**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.

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**NEW!**

**Stories In Motion and Commotion**

**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.

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**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:  

Registration is done directly with US Sports Institute.

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**Parent & Me Soccer Squirts**

**Wednesday Session**

**Ages:** 2 – 3  
**Days:** Wednesday  
**Dates:** April 22 to June 10  
**Time:** 10:30am – 11:30am  
**Site:** Community Center  
**Fee:** $177

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**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

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.

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**Soccer Squirts**

**Wednesday Session**

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

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Register for programs online at: https://register.communitypass.net/Cranford
Pre-School – Spring Session

### Saturday Session

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<th>Ages</th>
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<th>Dates</th>
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<th>Site</th>
<th>Fee</th>
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<tr>
<td>3</td>
<td>Saturday</td>
<td>April 18 to June 13</td>
<td>9:00am – 10:00am or 11:30am – 12:30pm or 12:30pm – 1:30pm</td>
<td>Lincoln Park</td>
<td>$177</td>
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### Sunday Session

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<td>3</td>
<td>Sunday</td>
<td>April 19 to June 14</td>
<td>9:00am – 10:00am or 10:00am – 11:00am or 11:00am – 12:00pm</td>
<td>Theodore Roosevelt Park</td>
<td>$177</td>
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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

### Squirts Multi Sports

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<thead>
<tr>
<th>Ages</th>
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<tr>
<td>3 – 4</td>
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<td>$177</td>
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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 Multi Sports Squirts

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<td>Saturday</td>
<td>April 18 to June 13</td>
<td>9:00am – 10:00am or 10:00am – 11:00am</td>
<td>Lincoln Park</td>
<td>$177</td>
</tr>
</tbody>
</table>

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

### Parent & Me T-Ball Squirts

<table>
<thead>
<tr>
<th>Ages</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Site</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 – 3</td>
<td>Sunday</td>
<td>April 19 to June 14</td>
<td>9:00am – 10:00am</td>
<td>Theodore Roosevelt Park</td>
<td>$177</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ages</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Site</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 – 4</td>
<td>Saturday</td>
<td>April 18 to June 13</td>
<td>10:00am – 11:00am or 11:30am – 12:30pm</td>
<td>Lincoln Park</td>
<td>$177</td>
</tr>
</tbody>
</table>

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

#### Sunday Session

<table>
<thead>
<tr>
<th>Ages</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Site</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 – 4</td>
<td>Sunday</td>
<td>April 19 to June 14</td>
<td>10:00am – 11:00am</td>
<td>Theodore Roosevelt Park</td>
<td>$177</td>
</tr>
</tbody>
</table>

### Senior Squirts T-Ball

#### Saturday Session

<table>
<thead>
<tr>
<th>Ages</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Site</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 – 6</td>
<td>Saturday</td>
<td>April 18 to June 13</td>
<td>12:30pm – 1:30pm</td>
<td>Lincoln Park</td>
<td>$177</td>
</tr>
</tbody>
</table>
**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 Squirts 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**

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**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**

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**Squirts 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 Squirts 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**

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**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.

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**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.

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**Education Through Dance**

**KINDERDANCE International**

(732) 388-6088 • EvyCDE@gmail.com
Registration for our Spring and Summer Sessions begins on Wednesday, March 18th at 10:00am.

**Zumba**

- **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

**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 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

*No class on May 25

**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.
**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!
Registration for our Spring and Summer Sessions begins on Wednesday, March 18th at 10:00am

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 on May 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
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
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
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
Register for programs online at: https://register.communitypass.net/Cranford

Mannerations – 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.

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
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

*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!
**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.

**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.**

**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.

**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.

**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 (Ages 5 - 8)
- 12:00pm – 1:00pm (Ages 8 - 10)
- 1:30pm – 2:30pm (Ages 11 - 14)
**Site:** Hillside Ave. Tennis Courts
**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.
Registration for our Spring and Summer Sessions begins on Wednesday, March 18th at 10:00am

**Youth – SPRING SESSION**

**Dino Discovery**

- **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.

**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.

**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.

**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**

- **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.

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!

Electronic Music Workshop

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.

Crime Scene Investigation

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.

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.

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.

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.

Register for programs online at: https://register.communitypass.net/Cranford
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!

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  
**Day:** 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.

**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  
**Site:** 375 Centennial Avenue  
(Formerly the Mayo-Y Hurst-Stevenson Tennis Academy)  
**Fee:** $5 resident drop-in fee, $8 non-resident  
**Min:** 12  **Max:** 24  

*No class on May 25

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.**

Register for programs online at: https://register.communitypass.net/Cranford
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
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.

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 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.

Pre-school Summer Session

Kinder Bridge

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!!!

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.

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!
Junior Down on the Farm Workshop

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.

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!

Mommy & Me Food Explorers

Ages: 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: 10

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.

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.

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!

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.usportsinstitute.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:  | 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

Register for programs online at: https://register.communitypass.net/Cranford
Registration for our Spring and Summer Sessions begins on Wednesday, March 18th at 10:00am

**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

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

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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

Age 4 – Sunday Session

| Ages: 4                  |
| Days: Sunday             |
| Dates: June 28 to August 9|
| Time: 9:00am – 10:00am or|
| 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

Unplugged!

| Ages: 4 – 8                  |
| Days: Monday to Thursday     |
| Dates: July 27 to July 30    |
| Time: 9:00am – 12:00pm       |
| Fee: $137                    |

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: 9:00am – 12:00pm       |
| Fee: $137                    |

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.

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.
Youth – SUMMER SESSION

Summer Field Hockey Clinic
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.

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)
   1:00pm – 4:00pm
   (Gr. 1–6 w/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)
   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.

Can You Harness the Wind?
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.

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.

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.

Registration for our Spring and Summer Sessions begins on Wednesday, March 18th at 10:00am
Young Rembrandts

**The Power of Drawing**

**Young Rembrandts**

**Cartooning with Young Rembrandts**

**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!

**Monsters, Creatures and Drawing Creeps Workshop**

**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!

**Elementary Drawing with Young Rembrandts**

**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!

**Pastel Drawing Workshop Colorful Critters of the Sky & Sea**

**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!

Register for programs online at: https://register.communitypass.net/Cranford
Registration for our Spring and Summer Sessions begins on Wednesday, March 18th at 10:00am.
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.

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.

**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

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.
■ Techgineering

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!

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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

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.

**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
Registration for our Spring and Summer Sessions begins on Wednesday, March 18th at 10:00am

**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
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.**

**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

Register for programs online at: https://register.communitypass.net/Cranford
**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.

**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.

**Pilates**

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!
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 Programs

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 Savvy! 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.**

**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!

**Brainercise**

*Time:* 10:15am – 11:15am

*Min: 6  Max: 20

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

**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.  
**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.

**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**

**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 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.

**Saturday**

**Bridge Club**

**Time:** 1:00pm – 4:00pm  
**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.  
**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.