2019 Bulk Waste Permit Application (page 51)

FALL 2019
FALL/WINTER – RECREATION PROGRAMS • POOL PROGRAMS • RECYCLING SCHEDULE
BULK WASTE PERMIT • ROAD REPAVEMENT PROGRAM • LEAF COLLECTION SCHEDULE
OFFICIAL TOWNSHIP WEBSITE – CRANFORDNJ.ORG
# Cranford Township News

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2019- 2020 FALL/WINTER PROGRAMS

GENERAL INFORMATION
1. Registration is on a first come first serve basis and limited to Cranford residents only.
2. Proof of residency is required for all registrations.
3. At the time of registration, registration form and payment in cash, check or credit card is required.
4. A parent must be present when registering children under 18 years of age.
5. We reserve the right to cancel any programs.
6. Classes cancelled due to inclement weather will be made up at the discretion of the Recreation Department. For program cancellations and information on program status due to weather related issues, please call 908-276-6767.
7. When public schools are closed, any programs conducted at public schools are automatically cancelled.
8. All programs meet at the Community Center unless otherwise indicated.
9. Refund Policy: A full refund will be given if requested in writing prior to the first class. Once a program begins, refunds will only be issued in cases of medical reasons with documentation. If paid by cash or check, refunds are issued by township check, so please allow 4-6 weeks. If paid by credit card, refunds will be issued back to the credit card it was paid with.
10. Photo Policy: Please be advised that all participants involved in any department programs or special events are subject to being photographed. The Township of Cranford, without an obligation to provide compensation to those photographed, may use such photographs.
11. All programs are closed during Township holidays.
12. Park & Facility Use Permits: Permits are required for organized activities. Requests for permits must be made in writing by filling out a Facility Use Form. Forms may be obtained at the Recreation Dept. or on the website under the heading “Forms”. Depending on request and organization requesting permit, a fee may be required.

ONLINE REGISTRATION FOR ALL PROGRAMS
Community Pass is your resource for program and class registration for our Fall and Winter sessions beginning on Tuesday, September 17th at 9:00am.

Create your Community Pass account at https://register.communitypass.net/cranford.

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 your account. Please stop by the Recreation Department or call the office at 908-709-7283 if you require assistance setting up your account online. We would be happy to walk you through the process.

You will receive an email containing your login information when your account is created. Be sure to keep this email in a safe place for future online registrations.
Special Events

Recreation Facilities & Parks
Adams Park – Adams Ave. & Lambert St.
Buchanan Park – Centennial Ave. & Buchanan Ave.
Canoe Club – Springfield Ave. & Orange Ave.
Community Center – 220 Walnut Ave.
Crane’s Park (9/11 Memorial) – Springfield Ave. & North Union Ave.
Cranford West – Hope, N.J.
Girl Scout Park – Springfield Ave. & Orange Ave.
Hampton Park – Eastman St. & Hampton St.
Hanson Park – Springfield Ave. & Holly St.
Johnson Park – Johnson Ave.
Lincoln Park – Lincoln Ave.
Mayor’s Park – Springfield Ave. & N. Union Ave.
Memorial Park – Springfield Ave. & Central Ave.
Roosevelt Park – Orange Ave. & Pacific Ave.
Sherman Park – Lincoln Ave. East

Sports Leagues & Organizations
Baseball/Softball – www.cbsl07016.org
Canoe Club – www.cranfordcanoeclub.com
Clay Courts – www.cranfordtennis.com
Hanson Park – www.hansonparkconservancy.com
Hockey – www.cranfordhockeyclub.com
Jaycees – www.cranfordjaycees.com
Lacrosse – www.cranfordlacrosse.org
P.A.L. – www.cranfordpal.org
Recreation and Parks – www.cranfordnj.org
Soccer – www.cranfordsoccer.net
Swim Pool Utility – www.cranfordnj.org

Special Events

Special Olympics Young Athlete Program
Note: Non-Cranford residents may register for this class
Ages: 4 – 7
Days: Saturday
Date: Session 1 – September 28 to November 23*
   Session 2 – TBD
Time: 9:00am – 9:45am
Fee: Free
Min: 6 Max: 15
Note: Parents must participate
*No class October 12, November 9

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

Halloween Parade
Date: Sunday, October 27
Time: 1:00pm
Judging will be held at 1:30pm. Parade begins at 2:00pm. Pumpkin Chunkin at 2:30pm
Site: Community Center Parking Lot

Superheroes, Ghosts, Monsters and kids of all ages in a wide array of costumes, are invited to join us for our annual Halloween Parade and Pumpkin Chunkin Contest! Co-sponsored by the Cranford Jaycees. Judging will be done in the following categories: Ages 0-3, 4-5, 6-7, 8-9, 10-11, 12-16, Adult/Child, Group, and Hand Pulled Mini Float.

Santa Claus is Coming to Town
Date: Saturday, Dec. 7
Time: 9:00am – 12:00pm
Site: Community Center

Celebrate the holiday season with a visit from Santa Claus. Bring the kids to take photos with Santa. Sponsored by the Cranford Jaycees.

Holiday Home Decorating Contest
This year the Cranford Recreation and Parks Department, in conjunction with the Cranford Community Connection will host the 5th Annual Holiday Season Decorating Contest in Cranford. Winners of the three categories -- Most Outrageous, Most Traditional and All-Around Favorite -- will each win a trophy.

Registration forms are available online and at the Cranford Community Center. To be judged, residents must submit their house to the Recreation office by December 6 so the listing of homes can be made available to residents by December 13.
To vote, simply email the Recreation office at recreation@cranfordnj.org or go to our Facebook page https://facebook.com/CranfordRecreationAndParks and like the house of your choice – or place your vote in the ballot box at the Community Center. All votes must be submitted by Wednesday, December 18.
What is Open Center?
Open Center is a program run at the Community Center for all residents of Cranford. It consists of basketball, a game room with two (2) ping pong tables, one (1) air hockey table, three (3) pool tables and a lounge with two (2) flat screen TVs and vending machines.

Open Center Registration
Open Center Registration is open to Cranford residents, and can only be done in person. A parent/guardian must be present for those under 18 years of age. Registration forms are available at the Community Center. Proof of residency must be shown.

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

Who can use the Open Center?
Any resident of Cranford who registered with the Recreation Department can utilize the facilities. All participants must sign in for each visit. Children under 10 years of age must always be accompanied by a parent/guardian. No one will be admitted without prior registration.

When is the center “Open”?
Monday through Thursday from 8am to 10pm, Friday from 8am to 7pm, and Saturday from 9am to 5pm, as long as there are no recreation programs scheduled. Please refer to the specific program in this brochure for scheduling information.

TryCAN
Cranford Recreation & Parks is proud to participate in TryCAN, a collaboration of nearby communities offering inclusive recreation opportunities and social development programs for youth with special needs or those who need special accommodation.

Cranford residents can now enroll in TryCAN programs (space permitting). Past programs have included basketball, baseball, soccer, tennis, lacrosse, flag football, golf, social skills, dance and movement, art, music, martial arts, study skills, and reading. TryCAN is always considering new programs to add.

All programs are led by experienced adult instructors or coaches. Critical to the TryCAN success is the use of volunteer teen Peer Mentors who provide more dedicated support and serve as buddies and “cheerleaders” for program participants. Program offerings and related date/time information will be posted on the TryCAN web page (http://summitcommunityprograms.com/156/TryCAN-Special-Needs). To learn more, contact the TryCAN Coordinator at summitcan@gmail.com or 908-277-2932x13. Program flyers will be posted on the Cranford Recreation & Parks page as well when they become available.

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

Race Day for Hanson Park Conservancy’s 9th Annual Rubber Duck Derby is scheduled for Sunday, October 13, 2019 at 4pm. Over one thousand rubber ducks will be released in the Rahway River at Sperry Park, and splash down the falls, racing to the finish line at the North Union Ave. Bridge. Numerous prizes for the fastest lucky duckies will be awarded. The top prize is a $250.00 gift card.

Purchase a single duck for $5.00 or a Quack Pack of 5 ducks for $20.00 at the Cranford Downtown Street Fair on Sunday, August 25, 2019. Ducks will also be available until sold out at either Periwinkles, 19 North Union Avenue downtown Cranford; and the Cranford Canoe Club, 250 Springfield Ave. All proceeds benefit Hanson Park maintenance and educational programs.

Please secure your tickets early as ducks are limited, and the race has been known to sell out.

If you have not yet walked through this lovely little park, please visit this hidden gem located at 38 Springfield Ave. Have you got your Ducky?

American Red Cross Babysitter’s Training  
1-Day Class

Ages: 11 - 15  
Days: Saturday  
Dates: October 19  
Time: 9:00am – 4:30pm*  
Fee: $95  
*Bring a brown bag lunch

It all starts right here! Give yourself and your children peace of mind when they learn the skills needed to take care of themselves and others left in their care. The Red Cross Babysitter’s Training course will give your child the tools they need to be a responsible caregiver. The course is designed for boys and girls ages 11 – 15 and topics included in the one-day certification course teach you how to: supervise children and infants; perform basic child-care skills such as diapering and feeding; choose age-appropriate games and toys; handle bedtime and discipline issues; identify safety hazards and prevent injuries; care for common injuries and emergencies such as choking, burns, cuts and bee stings; practice CPR and choking skills; make good decisions and keep yourself safe; communicate effectively with parents; and find and interview for babysitting jobs.

To Register: https://register.communitypass.net/Cranford

Cranford’s Recreation Trip and Day Tours
Saturday, September 28, 2019 
8:00am – 4:00pm

Calling all Cranford Tourologists to spend the day on a spectacular walking tour to Kykuit, The Rockefeller Estate, Sleepy Hollow, NY

A majestic paradise with sweeping river views! Kykuit was home to four generations of the Rockefeller family, beginning with the philanthropist John D. Rockefeller, founder of Standard Oil. His business acumen made him, in his day, the richest man in America. Now a historic site of the National Trust for Historic Preservation, this extraordinary landmark has been continuously and meticulously maintained for more than 100 years.

Your Classic Tour includes the main floor of the house, art galleries, inner garden, golf room and coach barn. 2 hours 15 minutes including the shuttle bus ride. Round trip transportation, the Classic Tour and lunch included.

Fee Per Person – $88 (Limited space available)

Day Tours are organized by Cranford Recreation Staff.  
*Departure from Orange Avenue Pool Parking Lot - 8:00am to 4:00pm.

Notes: We recommend all Kykuit tours for ages 10 and up. They are not recommended for ages 5 and under. Strollers and backpack carriers are not permitted inside the house, but can be stored in the free lockers provided at the Kykuit Visitor Center at Philipsburg Manor. Neither the Classic Tour nor the Landmark Tour is wheelchair accessible due to the nature of the terrain. Historic Hudson Valley events are held rain or shine. All attendees must sign waiver.

Reservations booked directly through Cranford Recreation Department online or in-person.  
908-709-7283  
https://register.communitypass.net/Cranford
Health Education and Maintenance Program (Blood Pressure Screening)
Conducted by the Visiting Nurse and Health Services on the following dates:

Wednesday, September 4
Thursday, September 5
Friday, September 6

Times to be determined.
For more information please call 908-709-7283

Safe Driving Set Up – Tuesday, Oct. 1, 2019, @11:30am.
Driving a car is a simple, yet dangerous, action for most people. Being safe in your car extends far beyond putting your seat belt on and adjusting your rear-view mirror before backing out of your driveway. There are many safety precautions to take into consideration when on the road, especially as we age. It is also important to measure yourself in your car periodically to ensure the safest and most ergonomic positioning for optimal driving! This workshop will provide a brief car safety session followed by individualized safe car set up.

Womens Health Program –
Tuesday, October 22, 2019, @6:30pm.
Women’s Health is crucial, that’s why this October a group of passionate Health Care Professionals will explore a variety of Women’s Health topics to not only improve women’s health and understanding, but inspire positive behavior change. These topics include pelvic health such as incontinence and pelvic pain, peri-menopause and how to prepare, and lastly, how to keep your body fit and feeling good throughout life. We will be conducting a variety of screenings and educational workshops.

Concussions: All you need to know –
Tuesday, November 19, 2019, @6:30pm.
A concussions workshop presented by Dr. Joseph Rempson, a concussion specialist, and Ivy Rehab Physical Therapy to review “what is a concussion?”, how a body heals from a concussion and what treatments are available for return to sport/daily activities. All your questions will be answered surrounding this concerning topic.

The Childbearing Year/Babies Need To Move –
Tuesday, February 4 2020, @6:30pm.
Pediatric and Women’s Health Physical Therapists will collaborate to educate you on two important topics surrounding mom and baby. For mom, learn how to keep a healthy body during and after pregnancy (pelvic floor health, diastisis recti and general exercise). For baby, important milestone development and the importance of tummy time. Whether this is your first child or 4th, this session is full of valuable information.

Preventing the flu is easier than treating it.
The Township of Cranford has organized a Flu Shot Clinic on the following dates:

Monday, October 7 from 1:30pm – 3:00pm
Cranford Senior Housing, 40 Meeker Street
(Community Room)

Tuesday, October 15, from 3:30pm – 6:00pm
Cranford Community Center, 220 Walnut Avenue

Meet The Cranford Rec Staff!

POOCH PLUNGE
Sunday Sept. 22
Centennial Avenue Pool
$5 per Dog (Residents)
$10 per Dog (Non-Residents)
Cash Only
Must sign 2019 Pooch Plunge Waiver at Check-In

NO HUMAN SWIMMING – DOGS ONLY
Little Yogis
Ages: 3½–5
Days: Thursday
Dates: Session 1 – September 26 to October 24
       Session 2 – January 16 to February 13
Time: 9:15am – 10:00am
Fee: $70
Min: 5 Max: 12
*No class September 30, October 14, November 11, January 20 and February 17

Your preschooler can join us for an adventure on their yoga mat. Each Little Yogi class will give your child the perfect opportunity to explore yoga poses through music, art, exercise, math, science, reading and more. Classes will challenge children to become more mindful of their bodies and behaviors, on the mat and outside of class.

Yoga mat or towel is required.

Preschool Drawing with Young Rembrandts
Ages: 3 – 5
Days: Monday
Dates: Session 1 – September 23 to December 2*
       Session 2 – January 6 to March 9*
Time: 10:00am – 10:45am
Fee: $106
Min: 5 Max: 10
*No class September 30, October 14, November 11, January 20 and February 17

Session 1 will introduce drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow will introduce students to the wonderful world of color. An illustration of an airplane will take them to new heights. A delicious looking ice cream sundae will delight those with a sweet tooth and learning to draw a friendly lion will be so much fun.

In Session 2 your preschooler’s imagination will ignite as they focus on mastering basic skills like circles and patterning. A mouth-watering pizza and an endearing duck will bring out artistic skills and advanced creativity. An adorable puppy, a Silly Parrot and a very cool Pirate Ship will bring out the adventurer in your little artist. Expand your preschooler’s creative horizons and sign up today!

Mommy and Me Music
Ages: 1 – 3
Days: Monday
Dates: Session 1 – September 23 to December 16*
       Session 2 – January 6 to March 23*
Time: 10:30am – 11:00am
Fee: $120
Min: 6 Max: 10
*No class September 30, October 14, November 11, January 20 and February 17

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.

Mommy & Me Food Explorers
Ages: 3 – 6
Days: Tuesday
Dates: Session 1 – September 24 to November 12*
       Session 2 – January 7 to February 11
Time: 9:30am – 10:15am
Fee: $120
Min: 4 Max: 12
*No class on October 1 and November 5

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

Registration begins on September 17 at 9:00am for ALL programs!
Kiddie Junior Robotics

Ages: 3 – 5
Days: Friday
Dates: October 18 to December 6*
Time: 10:30am – 11:30am
Fee: $145
Min: 5 Max: 8
*No class November 8, 29

By entering into our “Tinker Lab”, young children will be exposed to robotics in a fun, hands-on way. Children will be introduced and progress in the coding and programming of 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.

Mindfulness

Ages: 3 1/2 – 5
Days: Wednesday (Session 1) or Thursday (Session 2)
Dates: Session 1 – October 23 to December 4*
Session 2 – February 6 to March 12
Time: 10:30am – 11:15am
Fee: $75
Min: 5 Max: 15
*No class November 6

Mindfulness provides children with simple, practical tools to help them regulate emotional states and focus attention. It helps children to understand their feelings and become more aware of what they’re thinking to enable them to deal with tough emotions, replacing impulsive reactions with thoughtful responses. Providing children with these life tools helps them to slow down, calm down and feel better in moments of distress. This fun and engaging class will consist of story time and a craft to support each week’s mindful lesson.

Pipsqueak Players

Ages: 4 – 6
Days: Tuesday
Dates: Session 1 – October 22 to December 3*
Session 2 – February 4 to March 10
Time: 10:30am – 11:30am
Fee: $120
Min: 5 Max: 8
*No class on November 5

Come Join Us for a Free Demo Class!
Tuesday, October 15, 10:00am – 10:45am, at the Recreation Dept. Please register on Community Pass for this demo class.

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 first 6 week session will play with the fun and popular books of Adam Rubin including Secret Pizza Party and Dragons Love Tacos. Session 2 will explore colors through Put Me in the Zoo and The Crayon’s Book of Colors! The students will show off their work with a re-imagined staged “reading” of the books.

Stories in Motion and Commotion

Ages: 3 – 5
Days: Wednesday
Dates: October 16 to November 27*
Time: 10:30am – 11:30am
Fee: $135
Min: 8 Max: 12
*No class November 6

An interactive movement class for the little dancer in your life! Children are engaged in performing while learning basic dance steps and movements. Skits, popular music and props are used for your little star to put on a show! Our imaginations are boundless in this class.

Register for programs at https://register.communitypass.net/cranford
Registration begins on September 17 at 9:00am for ALL programs!

**Now 10 Week Session!**

**Stretch-N-Grow for Kids**

**Ages:** 2 – 5  
**Days:** Wednesday  
**Dates:** Session 1 – September 25 to December 11*  
**Time:** 9:30am – 10:00am  
**Fee:** $150  
**Min:** 4  **Max:** 15

*No class October 9 and November 27

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

**Pre-school Arts & Crafts**

**Ages:** 3 – 4  
**Days:** Wednesday  
**Dates:** Session 1 – October 2 to December 18  
**Time:** 11:30am – 12:30pm 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 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.

**Friday’s with My First Friends**

**Ages:** 2 – 3  
**Days:** Friday  
**Dates:** Session 1 – September 27 to December 13*  
**Session 2 – January 10 to March 13**  
**Time:** 9:30am to 10:15am  
**Fee:** $35  
**Min:** 6  **Max:** 20  
*No class on November 8, 29

Designed especially for two and three-year olds, 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.**

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

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

This program is a great way to learn 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!  
This program is conducted using age-appropriate equipment and court sizes.

**Tennis Squirts**

**Ages:** 3 – 5  
**Days:** Saturday  
**Dates:** September 14 to November 2  
**Times:** 9:00am – 9:45am  
**Site:** Hillside Ave. Tennis Courts  
**Fee:** $169

Registration done directly with US Sports Institute
What Matters for Kids

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

### Science Matters

#### Morning Session

**Ages:** 3 – 6 years  
**Days:** Tuesday  
**Dates:**  
  - Session 1 – October 8 to November 19*  
  - Session 2 – January 14 to February 18  
**Time:** 10:15am – 11:15am  
**Fee:** $125  
**Min:** 6  
**Max:** 20  
*No class November 5

#### Afternoon Session

**Ages:** 3 – 6 years  
**Days:** Tuesday  
**Dates:**  
  - Session 1 – October 8 to November 19*  
  - Session 2 – January 14 to February 18  
**Time:** 1:00pm – 2:00pm  
**Fee:** $125  
**Min:** 6  
**Max:** 20  
*No class November 5

### Squirts Camps

**In association with the US Sports Institute**

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

### Parent and Me Multi Sports Squirts

**Ages:** 2 – 3  
**Days:** Saturday  
**Dates:** September 14 to November 2  
**Times:** 9:00am – 10:00am or 10:00am – 11:00am or 11:00am – 12:00pm  
**Site:** Lincoln Park  
**Fee:** $169  

**Registration done directly with US Sports Institute**

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

### Schools Out: Winter Break Camp

**Ages:** 5 – 11  
**Days:** Thursday – Friday  
**Dates:** December 26 to December 27  
**Times:** 9:00am – 4:00pm  
**Site:** Cranford Community Center  
**Fee:** $100  

**Registration done directly with US Sports Institute**

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

Registration begins on September 17 at 9:00am for ALL programs!

**Parent and Me Soccer Squirts**

**Fall Program – 1**
- **Ages:** 3 – 5
- **Days:** Sunday
- **Dates:** September 15 to November 3
- **Times:** 11:00am – 12:00pm
- **Site:** Theodore Roosevelt Park
- **Fee:** $169

**Fall Program – 2**
- **Ages:** 2 – 3
- **Days:** Saturday
- **Dates:** November 16 to December 21*
- **Times:** 3:30pm – 4:30pm
- **Site:** Cranford Community Center
- **Fee:** $109

*No class November 30

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

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**Squirts Basketball**

- **Ages:** 4 – 5
- **Days:** Wednesday
- **Dates:** November 20 to December 18 or January 15 to February 12 or February 26 to March 25
- **Times:** 3:30pm – 4:30pm
- **Site:** Cranford Community Center
- **Fee:** $109

Registration done directly with US Sports Institute

This program is designed to introduce your budding NBA star to the high energy game of basketball. Using proportionately sized basketballs, this program encourages players to develop motor skills and basic technique in passing, dribbling, and shooting. Players will be taught through a series of fun challenges, structured activities and scrimmages.

---

**Grade 1 Basketball**

- **Ages:** 6 – 7
- **Days:** Wednesday
- **Dates:** November 20 to December 18 or January 15 to February 12 or February 26 to March 25
- **Times:** 5:30pm – 6:30pm
- **Site:** Cranford Community Center
- **Fee:** $109

Registration done directly with US Sports Institute

**Kindergarten Basketball**

- **Ages:** 5 – 6
- **Days:** Wednesday
- **Dates:** November 20 to December 18 or January 15 to February 12 or February 26 to March 25
- **Times:** 4:30pm – 5:30pm
- **Site:** Cranford Community Center
- **Fee:** $109

Registration done directly with US Sports Institute

**Winter Program – 1**

- **Ages:** 2 – 3
- **Days:** Saturday
- **Dates:** January 11 to February 8
- **Times:** 3:30pm – 4:30pm
- **Site:** Cranford Community Center
- **Fee:** $109

**Winter Program – 2**

- **Ages:** 2 – 3
- **Days:** Saturday
- **Dates:** February 22 to March 21
- **Times:** 3:30pm – 4:30pm
- **Site:** Cranford Community Center
- **Fee:** $109

Registration done directly with US Sports Institute
Parent & Me T-Ball Squirts

Ages: 2 – 3
Days: Sunday
Dates: September 15 to November 3
Time: 9:00am – 10:00am
Site: Theodore Roosevelt Park
Fee: $169

Registration done directly with US Sports Institute

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

Squirts – T-Ball

Ages: 3 – 5
Days: Sunday
Dates: September 15 to November 3
Time: 9:00am – 10:00am or 10:00am – 11:00am or 11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: $169

Registration done directly with US Sports Institute

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

Senior Squirts – T-Ball

Ages: 5 – 6
Days: Sunday
Dates: September 15 to November 3
Time: 10:00am – 11:00am or 11:00am – 12:00pm
Site: Theodore Roosevelt Park
Fee: $169

Registration done directly with US Sports Institute

Senior Squirts T-Ball is the perfect stepping stone for children who have graduated from our T-Ball Squirts program or for new players looking for their first ever baseball or softball experience! Players will focus on learning the rules and enhancing techniques for hitting, throwing, base running and fielding. Each session will begin with a warm-up, followed by activities and instruction on the skill of the day. Participants then have the opportunity to put their new skills to use in a game-related activity or scrimmage. Skills covered include hitting, throwing, catching, base running, fielding and more. We recommend that participants bring their own glove for this program.

Squirts Multi Sports

Fall Program – 1
Ages: 3 – 5
Days: Saturday
Dates: September 14 to November 2
Times: 9:00am – 10:00am or 10:00am – 11:00am or 11:00am – 12:00pm
Site: Lincoln Park
Fee: $169

Registration done directly with US Sports Institute

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

Winter Program – 1
Ages: 3 – 5
Days: Saturday
Dates: January 11 to February 8
Times: 10:00am – 11:00am or 11:00am – 12:00pm
Site: Cranford Community Center
Fee: $109

Winter Program – 2
Ages: 3 – 5
Days: Saturday
Dates: February 22 to March 21
Times: 1:30pm – 2:30pm or 2:30pm – 3:30pm
Site: Cranford Community Center
Fee: $109

Register for programs at https://register.communitypass.net/cranford
Registration begins on September 17 at 9:00am for ALL programs!

**Soccer Squirts Camps**  
In association with the US Sports Institute

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

### Pre-School Programs – Birth Certificate Required –

#### Squirts Soccer

<table>
<thead>
<tr>
<th>Program</th>
<th>Ages</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Site</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall Program – 1</strong></td>
<td>3 – 5</td>
<td>Saturday</td>
<td>September 14 to November 2</td>
<td>9:00am – 10:00am or 11:00am – 12:00pm</td>
<td>Lincoln Park</td>
<td>$169</td>
</tr>
<tr>
<td><strong>Fall Program – 2</strong></td>
<td>3 – 5</td>
<td>Sunday</td>
<td>September 15 to November 3</td>
<td>9:00am – 10:00am or 11:00am – 12:00pm</td>
<td>Theodore Roosevelt Park</td>
<td>$169</td>
</tr>
</tbody>
</table>

Registration done directly with US Sports Institute

#### 3 Year Old Squirts Soccer

<table>
<thead>
<tr>
<th>Program</th>
<th>Ages</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Site</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall Program</strong></td>
<td>3 Years</td>
<td>Saturday</td>
<td>November 16 to December 21*</td>
<td>10:00am – 11:00am or 1:30pm – 2:30pm</td>
<td>Cranford Community Center</td>
<td>$109</td>
</tr>
<tr>
<td><strong>Winter Program – 1</strong></td>
<td>3 Years</td>
<td>Saturday</td>
<td>January 11 to February 8</td>
<td>1:30pm – 2:30pm</td>
<td>Cranford Community Center</td>
<td>$109</td>
</tr>
<tr>
<td><strong>Winter Program – 2</strong></td>
<td>3 Years</td>
<td>Saturday</td>
<td>February 22 to March 21</td>
<td>10:00am – 11:00am</td>
<td>Cranford Community Center</td>
<td>$109</td>
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</table>

Registration done directly with US Sports Institute

#### 4 Year Old Squirts Soccer

<table>
<thead>
<tr>
<th>Program</th>
<th>Ages</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Site</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall Program</strong></td>
<td>4 Years</td>
<td>Saturday</td>
<td>November 16 to December 21*</td>
<td>11:00am – 12:00pm or 2:30pm – 3:30pm</td>
<td>Cranford Community Center</td>
<td>$109</td>
</tr>
<tr>
<td><strong>Winter Program – 1</strong></td>
<td>4 Years</td>
<td>Saturday</td>
<td>January 11 to February 8</td>
<td>2:30pm – 3:30pm</td>
<td>Cranford Community Center</td>
<td>$109</td>
</tr>
<tr>
<td><strong>Winter Program – 2</strong></td>
<td>4 Years</td>
<td>Saturday</td>
<td>February 22 to March 21</td>
<td>11:00am – 12:00pm</td>
<td>Cranford Community Center</td>
<td>$109</td>
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</tbody>
</table>

Registration done directly with US Sports Institute

#### 5 Year Old Squirts Soccer

<table>
<thead>
<tr>
<th>Program</th>
<th>Ages</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Site</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Winter Program – 1</strong></td>
<td>5 Years</td>
<td>Saturday</td>
<td>January 11 to February 8</td>
<td>12:00pm – 1:00pm</td>
<td>Cranford Community Center</td>
<td>$109</td>
</tr>
<tr>
<td><strong>Winter Program – 2</strong></td>
<td>5 Years</td>
<td>Saturday</td>
<td>February 22 to March 21</td>
<td>12:30pm – 1:30pm</td>
<td>Cranford Community Center</td>
<td>$109</td>
</tr>
</tbody>
</table>

Registration done directly with US Sports Institute

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*Squirts Soccer Camps in association with the US Sports Institute.*

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

### Pre-School Programs – Birth Certificate Required –

**Squirts Soccer**

- **Fall Program – 1**
  - Ages: 3 – 5
  - Days: Saturday
  - Dates: September 14 to November 2
  - Times: 9:00am – 10:00am or 11:00am – 12:00pm
  - Site: Lincoln Park
  - Fee: $169

- **Fall Program – 2**
  - Ages: 3 – 5
  - Days: Sunday
  - Dates: September 15 to November 3
  - Times: 9:00am – 10:00am or 11:00am – 12:00pm
  - Site: Theodore Roosevelt Park
  - Fee: $169

Registration done directly with US Sports Institute

**3 Year Old Squirts Soccer**

- **Fall Program**
  - Ages: 3 Years
  - Days: Saturday
  - Dates: November 16 to December 21*
  - Times: 10:00am – 11:00am or 1:30pm – 2:30pm
  - Site: Cranford Community Center
  - Fee: $109

- **Winter Program – 1**
  - Ages: 3 Years
  - Days: Saturday
  - Dates: January 11 to February 8
  - Times: 1:30pm – 2:30pm
  - Site: Cranford Community Center
  - Fee: $109

- **Winter Program – 2**
  - Ages: 3 Years
  - Days: Saturday
  - Dates: February 22 to March 21
  - Times: 10:00am – 11:00am
  - Site: Cranford Community Center
  - Fee: $109

Registration done directly with US Sports Institute

**4 Year Old Squirts Soccer**

- **Fall Program**
  - Ages: 4 Years
  - Days: Saturday
  - Dates: November 16 to December 21*
  - Times: 11:00am – 12:00pm or 2:30pm – 3:30pm
  - Site: Cranford Community Center
  - Fee: $109

- **Winter Program – 1**
  - Ages: 4 Years
  - Days: Saturday
  - Dates: January 11 to February 8
  - Times: 2:30pm – 3:30pm
  - Site: Cranford Community Center
  - Fee: $109

- **Winter Program – 2**
  - Ages: 4 Years
  - Days: Saturday
  - Dates: February 22 to March 21
  - Times: 11:00am – 12:00pm
  - Site: Cranford Community Center
  - Fee: $109

Registration done directly with US Sports Institute

**5 Year Old Squirts Soccer**

- **Winter Program – 1**
  - Ages: 5 Years
  - Days: Saturday
  - Dates: January 11 to February 8
  - Times: 12:00pm – 1:00pm
  - Site: Cranford Community Center
  - Fee: $109

- **Winter Program – 2**
  - Ages: 5 Years
  - Days: Saturday
  - Dates: February 22 to March 21
  - Times: 12:30pm – 1:30pm
  - Site: Cranford Community Center
  - Fee: $109

Registration done directly with US Sports Institute
Cursive Handwriting

Grades: 3 – 5
Days: Tuesday
Dates: October 22 to December 3*
Time: 4:00pm – 5:00pm
Fee: $125
Min: 4 Max: 8
*No class November 5

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: October 16 to November 6
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.

KINDER COOKING & ARTS AND CRAFTS

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

Monday AM Session

Grades: Kindergarten
Days: Monday
Dates: Session 1 – September 23 to December 16*
      Session 2 – January 6 to March 23*
      Session 3 – April 13 to June 22*
Time: 9:00am – 10:45am
Fee: $130
Min: 6 Max: 12
*No class on September 30, October 14, November 11, January 20, February 17 and May 25

Monday PM Session

Grades: Kindergarten
Days: Monday
Dates: Session 1 – September 23 to December 16*
      Session 2 – January 6 to March 23*
      Session 3 – April 13 to June 22*
Time: 12:30pm – 2:15pm
Fee: $130
Min: 6 Max: 12
*No class on September 30, October 14, November 11, January 20, February 17 and May 25

Friday AM Session

Grades: Kindergarten
Days: Friday
Dates: Session 1 – September 27 to December 13*
      Session 2 – January 10 to March 13
      Session 3 – April 3 to June 12*
Time: 9:00am – 10:45am
Fee: $130
Min: 6 Max: 12
*No class November 8, 29 and April 10

Friday PM Session

Grades: Kindergarten
Days: Friday
Dates: Session 1 – September 27 to December 13*
      Session 2 – January 10 to March 13
      Session 3 – April 3 to June 12*
Time: 12:30pm – 2:15pm
Fee: $130
Min: 6 Max: 12
*No class November 8, 29 and April 10

Register for programs at https://register.communitypass.net/cranford
**KINDER YOGA**

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

**Tuesday AM Session**

| Grades: | Kindergarten |
| Days: | Tuesday |
| Dates: | Session 1 – September 24 to December 10*  
Session 2 – January 7 to March 10  
Session 3 – April 14 to June 16* |
| Time: | 9:00am – 9:40am |
| Fee: | $55 |
| Min: | 8  
Max: | 12 |

*No class October 1 and November 5

**Tuesday PM Session**

| Grades: | Kindergarten |
| Days: | Tuesday |
| Dates: | Session 1 – September 24 to December 10*  
Session 2 – January 7 to March 10  
Session 3 – April 14 to June 16* |
| Time: | 12:00pm – 12:40pm |
| Fee: | $55 |
| Min: | 8  
Max: | 12 |

*No class October 1 and November 5

**Thursday AM Session**

| Grades: | Kindergarten |
| Days: | Thursday |
| Dates: | Session 1 – September 26 to December 12*  
Session 2 – January 9 to March 12  
Session 3 – April 16 to June 18* |
| Time: | 9:00am – 9:40am |
| Fee: | $55 |
| Min: | 8  
Max: | 12 |

*No class November 7, 28

**Thursday PM Session**

| Grades: | Kindergarten |
| Days: | Thursday |
| Dates: | Session 1 – September 26 to December 12*  
Session 2 – January 9 to March 12  
Session 3 – April 16 to June 18* |
| Time: | 12:45pm – 2:15pm |
| Fee: | $95 |
| Min: | 8  
Max: | 12 |

*No class November 7, 28

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**KINDER BOOK CLUB**

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

**Tuesday AM Session**

| Grades: | Kindergarten |
| Days: | Tuesday |
| Dates: | Session 1 – September 24 to December 10*  
Session 2 – January 7 to March 10  
Session 3 – April 14 to June 16* |
| Time: | 9:45am – 11:15am |
| Fee: | $95 |
| Min: | 8  
Max: | 12 |

*No class October 1 and November 5

**Tuesday PM Session**

| Grades: | Kindergarten |
| Days: | Tuesday |
| Dates: | Session 1 – September 24 to December 10*  
Session 2 – January 7 to March 10  
Session 3 – April 14 to June 16* |
| Time: | 12:45pm – 2:15pm |
| Fee: | $95 |
| Min: | 8  
Max: | 12 |

*No class October 1 and November 5

**Thursday AM Session**

| Grades: | Kindergarten |
| Days: | Thursday |
| Dates: | Session 1 – September 26 to December 12*  
Session 2 – January 9 to March 12  
Session 3 – April 16 to June 18* |
| Time: | 9:45am – 11:15am |
| Fee: | $95 |
| Min: | 8  
Max: | 12 |

*No class November 7, 28

**Thursday PM Session**

| Grades: | Kindergarten |
| Days: | Thursday |
| Dates: | Session 1 – September 26 to December 12*  
Session 2 – January 9 to March 12  
Session 3 – April 16 to June 18* |
| Time: | 12:45pm – 2:15pm |
| Fee: | $95 |
| Min: | 8  
Max: | 12 |

*No class November 7, 28

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Registration begins on September 17 at 9:00am for ALL programs!
KINDER GYMADEMS

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

Wednesday AM Session

| Grades:    | Kindergarten                          |
| Days:      | Wednesday                              |
| Dates:     | Session 1 – September 25 to December 11* |
|            | Session 2 – January 8 to March 11       |
|            | Session 3 – April 15 to June 17         |
| Time:      | 10:00am – 11:00am                      |
| Fee:       | $80                                     |
| Min:       | 4                                       |
| Max:       | 12                                      |

*No class October 9 and November 27

Wednesday PM Session

| Grades:    | Kindergarten                          |
| Days:      | Wednesday                              |
| Dates:     | Session 1 – September 25 to December 11* |
|            | Session 2 – January 8 to March 11       |
|            | Session 3 – April 15 to June 17         |
| Time:      | 1:30pm – 2:30pm                        |
| Fee:       | $80                                     |
| Min:       | 4                                       |
| Max:       | 12                                      |

*No class October 9 and November 27

DIY Name Sign

**NEW!**

1-Day Class

| Ages:      | 5 & Up                             |
| Days:      | Tuesday                            |
| Dates:     | November 5                         |
| Time:      | 10:00am – 12:00pm                  |
| Fee:       | $30                                |
| Min:       | 4                                 |
| Max:       | 12                                |

Enjoy a day off from school at our DIY Name sign class. Along with a name sign, children will make a Thanksgiving sign and a Christmas sign.

Speed and Conditioning

**NEW!**

**Speed, Agility & Quickness Training with**

Coach Mike Firestone

| Ages:      | 10 – 18                           |
| Days:      | Tuesday & Thursday                |
| Dates:     | October 3, 8, 10, 15, 17 & 22     |
| Time:      | 5:00pm – 7:00pm                   |
| Site:      | Theodore Roosevelt Park           |
| Fee:       | $60                               |
| Min:       | 6                                 |
| Max:       | 25                                |

Come Join Us for a Free Demo Class!

Tuesday, September 24, 5:00pm – 7:00pm, at Theodore Roosevelt Park. Please register on Community Pass to attend this demo class.

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.

Fall Field Hockey

**NEW!**

| Grades:   | 3 – 8                               |
| Days:     | Saturday                            |
| Dates:    | September 21 to October 26          |
| Time:     | 9:00am – 10:30am                    |
| Site:     | Roosevelt Park                      |
| Fee:      | $45                                |
| Min:      | 10                                 |
| Max:      | 30                                 |

Please bring shin guards and a mouth guard to this clinic. Bring your own field hockey stick if you have one; there are a limited amount of sticks for use at the clinic.

Register for programs at https://register.communitypass.net/cranford
Cartooning with Young Rembrandts

Ages: 6 – 12
Days: Wednesday
Dates: Session 1 – September 25 to November 20*
       Session 2 – January 8 to February 26
Time: 6:00pm – 7:00pm
Fee: $115
Min: 5 Max: 15
*No class October 9

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

Elementary Drawing with Young Rembrandts

Ages: 6 – 12
Days: Tuesday
Dates: Session 1 – September 24 to November 26*
       Session 2 – January 7 to February 25
Time: 4:00pm – 5:00pm
Fee: $115
Min: 5 Max: 15
*No class October 1 and November 5

Session 1 has Back-to-School in full swing as drawing lessons encompass a fascinating world of color, pattern and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We’ll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colorists to warm and cool colors.

In Session 2 students will flex their creative muscle as they take on artistic challenges like our Winter Birdhouses and Sporty Snowboarder. Students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguins and their own version of Gran Wood’s American Gothic. Then get ready for a mix of elegance and graphic style drawings as students complete a Graceful Swan and Line Art Owl. There’s no better way to shake off the winter blues! Sign up for one or both sessions!
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 Engineers

Crazy Chemistry

- **Ages:** 5 – 11
- **Days:** Wednesday
- **Dates:** September 25 to November 20*
- **Time:** 4:30pm – 5:30pm
- **Fee:** $160
- **Min:** 8  **Max:** 16

*No class October 9

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

Roblox Gaming

- **Ages:** 5 – 12
- **Days:** Friday
- **Dates:** September 27 to November 22*
- **Time:** 4:30pm – 5:30pm
- **Fee:** $160
- **Min:** 8  **Max:** 12

*No class November 8

Unlock the power of ROBLOX Studio, the world creation tool used by real-world ROBLOX developers! Learn how to build 3D models and create an adventure in your Roblox World. Bring characters to life with unique animations you design. Students will work in pairs for most of the program.

Creative Sculptures

- **Ages:** 5 – 12
- **Days:** Wednesday (Session 1) or Monday (Session 2)
- **Dates:** Session 1 – September 25 to November 20*
  Session 2 – January 27 to March 23*
- **Time:** 5:30pm – 6:30pm
- **Fee:** $125
- **Min:** 8  **Max:** 12

*No class November 9 and February 17

Most kids LOVE to work up, work big, and work three dimensional! We have so many great sculpture ideas for kids that use everything from toothpicks, cardboard, nature items, and wood. This class will explore various ideas creating 3D sculptures.

Space Exploration

- **Ages:** 5 – 11
- **Days:** Thursday
- **Dates:** January 30 to March 19
- **Time:** 4:30pm – 5:30pm
- **Fee:** $160
- **Min:** 8  **Max:** 12

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 put together a cool contraption that shows the moon going around the earth. Everyone will make and keep a cool lunar wheel that goes against gravity.

Register for programs at https://register.communitypass.net/cranford
**Lego Engineering**

**Ages:** 6 – 11  
**Days:** Monday  
**Dates:** January 27 to March 23*  
**Time:** 4:30pm – 5:30pm  
**Fee:** $160  
**Min:** 8  **Max:** 12  

*No class February 17

Making it move is the name of the game in this class! Kids will love to see their creations in motion using LEGO® wireless remote controls. They will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, kids will understand the basic working principles of many rides in an amusement park. This class is loads of fun and learning for the budding builders.

**Kids2Teens Knit Club**

**Ages:** 8 – 16  
**Days:** Tuesday  
**Dates:** Session 1 –September 24 to November 26*  
**Session 2 – January 7 to February 25**  
**Time:** 6:00pm – 7:00pm  
**Fee:** $125 (Includes materials)  
**Min:** 4  **Max:** 8  

*No class October 1 and November 5

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.

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**Bowling**

**Ages:** 5 – 14  
**Days:** Fridays  
**Dates:** September 27 to November 15  
**Time:** 6:00pm  
**Site:** Jersey Lanes  
**Fee:** $90 – Complete Bowling Program  
$70 – Without Bowling Ball

This 8 week program includes 2 games of bowling each week, use of rental shoes and lightweight balls, 8 free game passes at the program’s end and a brand new bowling ball ($90), or just bowl for fun ($70). Bumpers available for younger bowlers – no gutterballs!! To participate, fill out the registration form found on our flyer and return it to Jersey Lanes by Thursday, September 27. For more information, contact Jersey Lanes at 908-486-6300.

**Minecraft Gaming**

**Ages:** 6 – 11  
**Days:** Friday  
**Dates:** January 31 to March 20  
**Time:** 4:30pm – 5:30pm  
**Fee:** $160  
**Min:** 8  **Max:** 12

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

**Young Henna Artists**

**Ages:** 6 – 12  
**Days:** Friday  
**Dates:** Session 1 –September 27 to November 22*  
**Session 2 – January 31 to March 20**  
**Time:** 5:30pm – 6:30pm  
**Fee:** $125  
**Min:** 8  **Max:** 12  

*No class November 8

Henna, also known as Mendhi/Mehendi, is a temporary tattoo and is used throughout the world as part of wedding or cultural traditions sometimes referred to as mehendi or mehndi. Although this was an old custom it has become a very popular skill to learn over the years especially outside it’s traditional Middle Eastern, South Asian base. This class will teach kids a variety of henna designs.
iDiscover

Grades: 1 – 6
Days: Thursday
Dates: Session 1 – September 26 to October 24
       Session 2 – January 9 to February 6
Time: 7:00pm – 7:45pm
Fee: $95
Min: 5 Max: 15

Stem Enrichment Program

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

Kid Safe Self Defense

Ages: 5 – 15
Days: Thursday
Dates: Session 1 – September 19 to November 21
       Session 2 – January 9 to March 12
Time: 4:40pm – 5:20pm for new students age 5 – 8
      5:30pm – 6:10pm for new students age 9+ and up, and white belts with 1 or 2 stripes
      6:20pm – 7:00pm for 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, fire safety and more!

RMC MUSIC STUDIO

Rock FUNdamentals

Ages: 6 – 10
Days: Thursday
Dates: Session 1 – September 26 to December 5*
       Session 2 – January 9 to February 27
Time: 5:00pm – 5:45pm
Fee: $90
Min: 6 Max: 12

*No class October 31 and November 7, 28

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

Drumline

Ages: 9 – 13
Days: Thursday
Dates: Session 1 – September 26 to December 5*
       Session 2 – January 9 to February 27
Time: 6:00pm – 6:45pm
Fee: $90
Min: 6 Max: 12

*No class October 31 and November 7, 28

Middle schoolers will cover the basics of drumline including marching technique, drumline warm-ups, and cadences using real marching percussion. Thinking about joining drumline in high school but want to get a feel for the activity? Just looking to take your drumming to the next level? Drumline is the perfect fit for you! Come find your rhythm!
STRENGTH AND FITNESS CLUB
570 SOUTH AVE. EAST, CRANFORD • 908-272-3900

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

Youth Programs cont.

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Youth Programs cont.

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Youth Programs cont.

T-Ball (Baseball)
Ages: 4 – 6
Days: Tuesday
Dates: September 12 to October 3 or October 10 to November 7 or November 14 to December 12
Time: 3:30pm – 4:15pm
Site: Strength and Fitness Club (The Turf)
Fee: $90 (Members) $100 (Non Members)
Registration done directly with Strength and Fitness Club

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

Hitting Boot Camp
Ages: 9 – 11
Days: Monday
Dates: September 9 to September 30 or October 7 to October 28 or November 4 to November 25 or December 2 to December 23
Times: 5:30pm – 6:30pm (Ages 9 – 11) 6:45pm – 7:45pm (Ages 12 – 14)
Site: Strength and Fitness Club (The Turf)
Fee: $125 (Members) $135 (Non Members)
Registration done directly with Strength and Fitness Club

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

“The Big Three” Instructional Softball Camp
Ages: 8 – 13
Days: Monday
Dates: September 9 to September 30 or October 7 to October 28 or November 4 to November 25 or December 2 to December 23
Times: 5:30pm – 6:30pm (Ages 8 – 10) 6:45pm – 7:45pm (Ages 11 – 13)
Site: Strength and Fitness Club (The Turf)
Fee: $125 (Members) $135 (Non Members)
Registration done directly with Strength and Fitness Club

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

“The Big Three” Instructional Baseball Camp
Ages: 9 – 14
Days: Monday
Dates: September 9 to September 30 or October 7 to October 28 or November 4 to November 25 or December 2 to December 23
Times: 5:30pm – 6:30pm (Ages 9 – 11) 6:45pm – 7:45pm (Ages 12 – 14)
Site: Strength and Fitness Club (The Turf)
Fee: $125 (Members) $135 (Non Members)
Registration done directly with Strength and Fitness Club

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

Tuesday Session
Ages: 7 – 8
Days: Tuesday
Dates: September 10 to October 1 or October 8 to October 29 or November 5 to November 26
Time: 4:30pm – 5:30pm
Site: Strength and Fitness Club (The Turf)
Fee: $115 (Members)
$120 (Non Members)

Wednesday Session
Ages: 7 – 8
Days: Wednesday
Dates: September 11 to October 2 or October 9 to October 30 or November 6 to November 27
Time: 4:30pm – 5:30pm
Site: Strength and Fitness Club (The Turf)
Fee: $115 (Members)
$120 (Non Members)
Registration done directly with Strength and Fitness Club

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

Soccer Programs
United Soccer Academy’s 2 Day “Schools Out Soccer Camp”
November 7th and 8th, 8:00am – 3:00pm
Players receive soccer instruction at a level that will both challenge them and ensure they have a fantastic experience at camp. USA’s opportunity to put these new skills into practice. Important: Please visit www.UnitedSoccerAcademy.com for additional details or for registration.

NEW! RedBulls Youth Soccer Academy
Please visit their website at https://www.redbullsacademy.com/training/ for more information or to register for an upcoming camp.
SMARTYCAT KIDS

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

Creative Kids

Grades: K – 5
Days: Monday
Dates: Session 1 – September 23 to December 2*
       Session 2 – January 6 to March 9*
Time: 4:30pm – 5:15pm
Fee: $150
Min: 6 Max: 20
*No class September 30, October 14, November 11, January 20 and February 17

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

Elementary Cooking

Grades: 1 – 3
Days: Monday
Dates: Session 1 – September 23 to December 16*
       Session 2 – January 6 to March 23*
       Session 3 – April 13 to June 22*
Time: 3:45pm – 4:45pm
Fee: $70
Min: 8 Max: 12
*No class September 30, October 14, November 11, January 20, February 17 and 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.

Junior Scientists

Grades: K – 3
Days: Monday
Dates: Session 1 – September 23 to December 2*
       Session 2 – January 6 to March 9*
Time: 5:30pm – 6:15pm
Fee: $150
Min: 6 Max: 20
*No class September 30, October 14, November 11, January 20 and February 17

This program is all about making science fun! Children will enjoy hands-on activities and experiments as they explore the basics of biology, chemistry, physics, engineering, technology, earth science and green science. Your scientist will make liquids bubble and fog ooze. We will be launching miniature gas-powered rockets; designing and constructing model structures; building solar powered robots; erupting model volcanoes, studying animals and growing a plant in a test tube. If this sounds like fun then register today!

Creative Kids

Grades: 1 – 3
Days: Monday
Dates: Session 1 – September 23 to December 16*
       Session 2 – January 6 to March 23*
       Session 3 – April 13 to June 22*
Time: 3:45pm – 4:45pm
Fee: $70
Min: 8 Max: 12
*No class September 30, October 14, November 11, January 20, February 17 and 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.

Senior Chefs

Grades: 4 – 5
Days: Thursday
Dates: Session 1 – September 26 to December 12
       Session 2 – January 9 to March 12
       Session 3 – April 16 to June 18
Time: 3:45pm – 4:45pm
Fee: $70
Min: 8 Max: 12

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!
Youth Programs cont.

Saturday Gamers Program

Ages: All ages welcome
Days: Saturday
Dates: 2nd Saturday of the month
Time: 12:00pm – 4:00pm
Site: Cranford Community Center
Fee: None – Registration required

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 are welcome!

Fashion First Workshop

Grades: 2 – 12
Days: Wednesday
Dates: Session 1 – September 25 to November 20
        Session 2 – January 8 to February 26
Time: 4:15pm – 5:15pm (Grades 2 – 5)
      5:30pm – 6:30pm (Grades 6 – 12)
Fee: $165
Min: 6 Max: 15

*No class October 9

Come Join Us for a Free Demo Class!
Wednesday, September 18, 4:15pm – 5:15pm (Gr. 2 – 5) and
5:30pm – 6:30pm (Gr. 6 – 12). Please register on Community Pass for these demo classes.

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

Fire’s 1 Day Basketball Clinics

Ages: 4 – 13
Dates: Monday, September 30 or
      Tuesday, October 1 or
      Wednesday, October 9 or
      Thursday, November 7 or
      Friday, November 8
Time: 9:00am – 12:00pm (doors open 8:45am)
Fee: $30 each day

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

Bring your own basketball, snack and water.

Boys & Girls Basketball Leagues

Grades: 1 – 12*
Dates: November to March
Site: Brookside Place School,
Community Center, Hillside Avenue School,
Livingston Avenue School, Orange Avenue School
Fee: $85

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

Registration can now be done in person at the Community Center or on-line through Team Sideline at www.cranfordrecbasketball.org. Registration began on August 1st and ends on October 18th.

Register for programs at https://register.communitypass.net/cranford
Development Tennis

Ages: 11 – 14  
Days: Saturday  
Dates: September 14 to November 2  
Times: 12:00pm – 1:00pm  
Site: Hillside Ave. Tennis Courts  
Fee: $169  
Note: Registration done directly with US Sports Institute

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

Foundation Tennis

Ages: 5 – 14  
Days: Saturday  
Dates: September 14 to November 2  
Times: 10:00am – 11:00am (Ages 5–8) or 11:00am – 12:00pm (Ages 8–10) or 1:30pm – 2:30pm (Ages 11–14)  
Site: Hillside Avenue Tennis Courts  
Fee: $169  
Registrations done directly with US Sports Institute

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

Mannerations – Social Etiquette

(1 Day Class)

Ages: 6 – 12  
Days: Wednesday  
Dates: October 23  
Time: 4:00pm – 5:00pm  
Fee: $40 for 1 class (Includes instructional materials and a good fun manners bag)  
Min: 5  Max: 10

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

Mannerations – Dining Program

(1 Day Class)

Ages: 6 – 12  
Days: Wednesday  
Dates: November 6  
Time: 4:00pm – 5:00pm  
Fee: $50 for 1 class  
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.
Teen Programs

Teen Yoga

**Ages:** 13 – 17  
**Days:** Thursday  
**Dates:** Session 1 – September 26 to December 12*  
Session 2 – January 9 to March 12  
**Time:** 6:15pm – 7:15pm  
**Fee:** $85  
**Min:** 10  
**Max:** 20  
*No class November 7 and 28

Come Join Us for a Free Teen Yoga Demo Class!
Thursday, September 19, 6:15pm – 7:15pm at the Cranford Recreation Department. Please register on Community Pass if you would like to attend this demo class.

Boys High School Basketball League

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

Registration began on August 1st and will end on October 18th. Registration can now be done in person at the Community Center or on-line through Team Sideline at www.cranfordrecbasketball.org.

Girls High School Basketball League

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

Registration began on August 1st and will end on October 18th. Registration can now be done in person at the Community Center or on-line through Team Sideline at www.cranfordrecbasketball.org.

Teen Zumba

**Ages:** 13 – 17  
**Days:** Monday  
**Dates:** Session 1 – September 23 to December 16*  
Session 2 – January 6 to March 23*  
**Time:** 6:15pm – 7:15pm  
**Fee:** $85  
**Min:** 15  
**Max:** 40  
*No class September 30, October 14, November 11, January 20 and February 17

Come Join Us for a Free Teen Zumba Demo Class!
Monday, September 16, 6:15pm – 7:15pm at the Cranford Recreation Department. Please register on Community Pass if you would like to attend this demo class.

Battle of the Bands

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

Tickets are $5.00 in advance and $8.00 at the door. Proceeds will help support the Cranford High School Senior Class. Look for flyers around the school before the event.
Monday Night Magic
Magic the Gathering for Teens
NEW!
Ages: 13 & Up
Days: Monday
Dates: Session 1 – September 23 to December 2*
       Session 2 – January 6 to March 9
Time: 6:30pm – 8:30pm
Fee: $95 (includes all cards)
Min: 7 Max: 16
*No class September 30, October 14, November 11,
   January 20 and February 17

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

Next Level Game Makers
NEW!
Ages: 13 & Up
Days: Tuesday
Dates: Session 1 – September 24 to November 26*
       Session 2 – January 7 to February 25
Time: 6:30pm – 8:00pm
Fee: $60 (includes all supplies)
Min: 5 Max: 15
*No class October 1 and November 5

Teens are game makers! You will create your very own board
games from scratch, learning about what it means to be a
game designer, how to create and test ideas, and how to work
with others during the development process. At the end of the
program, you will have a prototype to share with friends and
family and other developers.

Wednesday Gamers Program
NEW!
Ages: Teens & Up
Days: Wednesday
Dates: 1st Wednesday of the Month
Time: 6:30pm – 9:30pm
Site: Community Center
Fee: None – Registration required

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

Poetry
Ages: 9 – 14
Days: Thursday
Dates: Session 1 – September 26 to November 21*
       Session 2 – January 23 to February 27
Time: 6:00pm – 7:00pm
Fee: $120
Min: 5 Max: 15
*No class October 24, 31 and November 7

Poetry games and writing activities will help participants to
discover their creative talent and find new ways of expressing
themselves. As they learn to create poetic imagery and find
inspiration in the world around them, they will expand their
writing skills in a fun, enriching environment. No prior poetry
experience is necessary to enjoy this program.
Annual Dodgeball Tournament
Date: TBD
Time: 12:30pm to 5:00pm
Site: Community Center

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

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

Volleyball
Grades: 7 - 12
Days: Monday
Dates: January 6 to March 23*
Time: 8:00pm – 9:30pm
Site: Lincoln School
Fee: $50
Min: 10 Max: 30
Note: This program is subject to school activities
*No class on January 20 and February 17

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

Adult Beginner MahJongg
Ages: 18 & Up
Days: Monday
Dates: Session 1 – September 23 to November 4*
       Session 2 – January 6 to February 24*
Time: 7:00pm – 9:00pm
Fee: $65**
Min: 8 Max: 12
*No class October 14, January 20 and February 17
**Plus $15 materials fee, which includes 2019 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 the class, participants will be fully confident and knowledgeable to join a game of MahJongg while making new friends!

Adult Beginner – Intermediate Tai Chi
Ages: 18 & Up
Days: Tuesday
Dates: Session 1 – September 24 to November 26
       Session 2 – January 7 to March 10
Time: 7:30pm – 8:30pm (Part 2) or 8:30pm – 9:30pm (Part 1)
Fee: $50
Min: 8 Max: 12

Awaken your mind, body and spirit thru Tai Chi’s moving meditation. Tai Chi will help to reduce stress, improve balance, circulation, concentration, flexibility, relaxation and more. These classes follow the Tai Chi 24 Form. Poses 1 – 12 will be explored in the Part 1 class for beginners and Poses 12 – 24 will be explored in the Part 2 class for students already familiar with Tai Chi.
Piano for Beginners
Ages: 18 & up
Days: Tuesday
Dates: Session 1 – September 25 to December 4*
       Session 2 – January 7 to March 10
Time: 10:00am – 11:00am
Fee: $20
Min:  3    Max:  7

Knowledge of reading music not required

Monday Night Yoga
Ages: 18 & Up
Days: Monday
Dates: Session 1 – September 23 to December 9*
       Session 2 – January 6 to March 23*
Time: 7:30pm – 8:30pm
Fee: $85
Min:  10    Max:  25
*No class on October 14, November 11, January 20, Feb. 17

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

Piano – Intermediate
Ages: 18 & up
Days: Tuesday
Dates: Session 1 – September 25 to December 4*
       Session 2 – January 7 to March 10
Time: 11:00am – 12:00pm
Fee: $20
Min:  3    Max:  7

Knowledge of reading music not required

Wednesday Night Yoga
Ages: 18 & Up
Days: Wednesday
Dates: Session 1 – September 25 to December 4*
       Session 2 – January 8 to March 11
Time: 7:00pm – 8:00pm
Fee: $85
Min:  10    Max:  25
*No Class on November 27

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.

Body Barre
Ages: 18 & Up
Days: Tuesday
Dates: Session 1 – September 24 to December 3*
       Session 2 – January 7 to March 10
Time: 10:30am – 11:30am
Fee: $80
Min:  10    Max:  25
*No Class on October 1

Over 35 Basketball
Ages: 35 & up
Days: Monday
Dates: September 23 to August 31*
Time: 7:00pm – 9:30pm
Fee: $75
Min:  15    Max:  40
*No class October 14, November 11, January 20, February 17 and May 25
Adult Beginner Knit Class

**NEW!**

**Ages:** 18 & Up  
**Days:** Tuesday  
**Dates:** Session 1 – September 24 to November 26*  
Session 2 – January 9 to March 12  
**Time:** 7:00pm – 8:00pm  
**Fee:** $125  
**Min:** 10  
**Max:** 15  
*No class October 1 and November 5

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!

Pilates

**Ages:** 18 & up  
**Days:** Thursday  
**Dates:** Session 1 – September 26 to December 5*  
Session 2 – January 10 to March 13  
**Time:** 7:30pm to 8:30pm  
**Fee:** $85  
**Min:** 10  
**Max:** 25  
*No class November 28

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

Beginner Yoga

**Ages:** 18 & up  
**Days:** Friday  
**Dates:** Session 1 – September 27 to December 6*  
Session 2 – January 10 to March 13  
**Time:** 9:15am – 10:15am  
**Fee:** $85  
**Min:** 10  
**Max:** 25  
*No class on November 29

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

Adult Canvas Workshops (1 Day Class)

**NEW!**

**Ages:** 18 & up  
**Days:** Thursday  
**Dates:** November 14 or December 12  
**Time:** 6:30pm – 8:30pm  
**Fee:** $30  
**Min:** 5  
**Max:** 12

Create your own masterpiece, socialize with friends and unwind from the stress of the day. Register for one or both workshops!

Pickleball

**NEW!**

**Ages:** 18 & up  
**Days:** Tuesday  
**Dates:** September 17 to November 5  
**Time:** 6:30pm to 9:30pm  
**Site:** Community Center  
**Fee:** $40

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. *Wear sneakers and bring a water bottle*

Wednesday Gamers Program

**NEW!**

**Ages:** Teens & Up  
**Days:** Wednesday  
**Dates:** 1st Wednesday of the Month  
**Time:** 6:30pm – 9:30pm  
**Site:** Community Center  
**Fee:** None – Registration required

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

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

It’s efficient. It’s fun. But most important, it gets results.
Participants need to bring their own mat (yoga) and water bottle.

Ages: 18 and Up
Days: Wednesday
Dates: Session 1 – October 2 to December 4*
       Session 2 – January 8 to February 26
Time: 7:00pm – 8:00pm
Fee: $115
Min: 4 Max: 8
*No class October 9

Adult Hip Hop
A fun, empowering dance workout with intention to open expression and feel comfortable with the movements. Dance to many fusions of Hip-Hop rhythms. Class begins with warm-up, stretching, and abs followed by dance combos for all levels of experience. Perform like you are a dancer in your own music video and powerfully move!

Ages: 18 & Up
Days: Tuesday
Dates: Session 1 – October 1 to November 19*
       Session 2 – January 7 to February 25
Time: 6:30pm – 7:30pm
Fee: $85
Min: 6 Max: 25
*No class November 5

Senior Programs
Special Senior Services
The Township of Cranford offers year-round services and programs that reflect the wide interests of today's older adults and geared towards promoting health and independence. Seniors do not need to be a member of a club to participate. All programs and services are open to Township residents 60 years and older. We encourage seniors to be active and healthy through a host of support services.

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.

Free Senior Shuttle Bus Service – The Township of Cranford is proud to offer free transportation to and from the Community Center and around Town on Monday through Friday from 8:30am - 2:30pm. Specialty all-day Shopping trips run on the 2nd Tuesday (Blue Star Plaza or Watchung Square) and morning only Shopping trips on the 4th Wednesday (Target or Walmart) of each month. On these days, the bus does not run the regular schedule.
Call 908-709-7283 for information or reservation for trips

Health Education and Maintenance Program (Blood Pressure Screening)
Conducted by the Visiting Nurse and Health Services on the following dates:

- Wednesday, Sept. 4
- Thursday, Sept. 5
- Friday, Sept. 6
- Wednesday, Nov. 13
- Thursday, Nov. 14
- Friday, Nov. 15

Times to be determined.
For more information please call 908-709-7283

Monday Tech for Seniors
NEW!

Time: 9:00am – 10:00am Min: 4 Max: 12

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

Relaxercise

Time: 9:30am – 10:15am Min: 5 Max: 20

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

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 in this excellent 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.

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.

Monday Morning Senior Yoga  NEW!
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.

Tuesday

Healthy Bones
Time: 9:00am – 10:00am  Min: 7  Max: 20
Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Bagels and Bingo  NEW!
Date: 4th Tuesday of the Month
Time: 9:30am – 11:30am
Come join us for a morning of bagels and bingo at the Cranford Recreation Department. Games played every 15 minutes. Guest callers! Prizes!

Reservations required. Call the Recreation Department to register, spots fill up quickly!

Dancercise
Time: 10:15am – 11:15am  Min: 6  Max: 20
LET’S DANCE!
Dance to great music, make new friends, get in shape and have fun! Dancercise will combine elements of fitness – cardio, muscle conditioning, balance and flexibility.

No partners needed.

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 for an afternoon of fun!

Mahjongg
Time: 1:00pm – 4:00pm  Min: 4  Max: 20
Players enjoy the game using strategies to eliminate tiles to win the game. Challenging and lively, time will pass quickly.

Painting Class: Oil, Pastel and Pencil
Time: 10:00am – 12:00pm  Min: 3  Max: 15
Beginners as well as experienced artists are able to create their own masterpieces by using their own preference of media. An instructor provides one-on-one guidance.
NEW!
Senior Floral Arranging Workshop
1 Day Class
Tuesday December 3
11:00am – 12:00pm

Presented by the Floraphile Garden Club and Cranford Recreation Department. Sparkle and twinkle with holiday cheer! This will be just in time to add a beautiful floral accent to your home for the holidays. You will be assisted with putting together your seasonal piece by the Floraphile Garden Club of Cranford. All materials will be provided by the Recreation Department. Limited space available, you must sign up in advance for this program.

Please bring scissors, gloves, and a box to take your display home in.

Healthy Bones
Time: 9:00am – 10:00am  Min: 7  Max: 20
Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Brainercise
Time: 10:15am – 11:15am  Min: 6  Max: 20
This class will incorporate brain games and physical activity combined with mental challenges that will exercise the brain! Fun games and challenges help improve memory, concentration, and reaction time. Exercise the body and mind simultaneously.

Pinochle Club
Time: 10:00am – 12:00pm  Min: 7  Max: 20
Enjoy this popular card game by joining others and forming groups.

Baking for Seniors
Time: 11:30am – 12:30pm  Min: 4  Max: 12
Date:  Session 1 – Oct 9, 23, Nov 6, 20, Dec 4, 18
     Session 2 – Jan 8, 22, Feb 5, 19, March 11, 25
     Session 3 – April 1, 15, May 6, 20, June 3, 17
Join us to create seasonal desserts you can make & serve for any occasion! Nice way to socialize with friends or make new friends and have fun!

Scrabble Club
Time: 10:30am – 12:30pm  Min: 2  Max: 16
Come out and play Scrabble, the classic crossword game in which 2 – 4 players score points by placing tiles, each bearing a single letter, onto a game board. Make new words and new friends!

Canasta Club
Time: 1:00pm – 4:00pm  Min: 7  Max: 20
Enjoy this popular card game by joining others and forming groups.

Beginner Mahjongg
Time: 1:00pm – 3:00pm  Min: 4  Max: 20
Players enjoy this tile game using strategies to eliminate tiles to win the game. It’s a great opportunity to connect with friends together with making new ones.

Crochet Class
Time: 1:00pm – 3:00pm  Min: 10  Max: 20
Bring yarn and crochet hooks to class. An instructor provides one-on-one guidance.

Seniorcise
Time: 1:30pm – 2:30pm  Min: 4  Max: 20
A class structured for active seniors that incorporates aerobics & weights designed to improve endurance, strength, balance, coordination and flexibility.
Thursday

**Intro to Pickleball**

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

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

**Line Dancing**

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

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

**Bridge Club**

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

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

**Senior Yoga**

**Time:** 1:30pm – 2:15pm  
**Min:** 10  
**Max:** 20

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

**Mahjongg**

**Time:** 2:30pm – 4:00pm  
**Min:** 4  
**Max:** 20

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

Friday

**Healthy Bones**

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

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

**Tone Up**

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

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

**Senior Tai Chi**

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

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

**Rummikub Club**

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

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

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**Preventing the flu is easier than treating it.**

The Township of Cranford has organized a Flu Shot Clinic on the following dates:

- **Monday, October 7** from 1:30pm – 3:00pm
  - Cranford Senior Housing
  - 40 Meeker Street (Community Room)
- **Tuesday, October 15** from 3:30pm – 6:00pm
  - Cranford Community Center
  - 220 Walnut Avenue

Times to be determined.
For more information please call 908-709-7283