

# Recreation & Parks Department

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

## OFFICE HOURS

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

Email: [recreation@cranfordnj.org](mailto:recreation@cranfordnj.org) Fax: 908-709-7286

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

[www.instagram.com/CranfordRecreationAndParks](https://www.instagram.com/CranfordRecreationAndParks)

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

### Fall Building Hours:

Monday – Thurs. 8:30am to 10:00pm

Friday – 8:30am to 7:00pm (Teen Night – 7:00pm – 10:00 pm)

Saturday – 9:00am to 5:00pm

### Summer Building Hours:

Monday – Thurs. 8:30am to 10:00pm

Friday – 8:30am to 6:00pm

Saturday – Closed

### Recreation Staff

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

*Director,*

*Recreation & Parks and Swim Pool Utility*

### Recreation & Parks Advisory Board

**Donald Barone**

*Senior Citizen Rep.*

**Craig Miklencic**

*Cranford West Committee Liaison*

**Donald Barone**

*Senior Citizen Rep.*

**Rosanna Byram**

**Susan Cave**

**Michelle Cook**

**Marita Dow**

**Nicole Dreyer**

**Mike Feeley**

**Darron Gottesman**

**William Hulse**

*Board of Ed Rep.*

**Ryan Kulik**

**Shannon McGuire**

**Nikki Mulcahy**

**Debra Nicholls**

**Carolyn Capone Pugliese**, *Chair*

**Frances Pentimone**

**Heinz Ricken**

**Anthony Rossetti**

**Wally Shackell**

**Kaira Trocciola**

**Gina Black**, *Commissioner*

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

*Commissioner/Liaison*

*Director,*

*Recreation & Parks and Swim Pool Utility*

## 2022 FALL & WINTER PROGRAMS

### GENERAL INFORMATION

- Registration is on a first come first serve basis and limited to Cranford residents only.
- Proof of residency is required for all registrations.
- At the time of registration, registration form and payment are required.
- A parent must be present when registering children under 18 years of age.
- We reserve the right to cancel any programs.
- 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**.
- When public schools are closed, any programs conducted at public schools are automatically cancelled.
- All programs meet at the Community Center unless otherwise indicated.
- **All programs are closed during Township holidays.**
- Permits are required for organized activities.

**REFUND POLICY:** A full refund will be given if requested in writing prior to the first class. Once program begins, refunds will only be issued in cases of medical reasons with documentation. Please allow 4 – 6 weeks for refunds that are used by township check.

**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.

## Online Registration for all Programs

Community Pass is your resource for program and class registration within the Township of Cranford. Registration for our Fall program begins Friday, September 16<sup>th</sup> at 9:00am.

**Be sure to create your Community Pass account now by going to:**

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

You can register your entire family from the comfort of your home or workplace 24 hours a day, 7 days a week. Online registration will enable you to register, pay by credit card and receive the latest program updates as they occur through this account. If you would like to register online and require assistance in setting up your account, please stop by the Recreation Department or call the office at 908-709-7283 and we would be happy to walk you through the process.

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

**Please re-visit our website and on-line brochure to learn of any changes or new programs.**



## Recreation Facilities



**Community Center - 220 Walnut Avenue**



**Recreation Center - 375 Centennial Ave.**

## Parks

**Adams Park** – Adams Ave. & Lambert St.

**Buchanan Park** – Centennial Ave. & Buchanan Ave.

**Canoe Club** – Springfield Ave. & Orange Ave.

**Crane's Park (9/11 Memorial)**

- Springfield Ave. & North Union Ave.

**Cranford West** – Hope, NJ

**Girl Scout Park** – Springfield Ave. & Orange Ave.

**Hampton Park** – Eastman St. & Hampton St.

**Hanson Park** – Springfield Ave. & Holly St.

**Johnson Park** – Johnson Ave.

**Lincoln Park** – Lincoln Ave.

**Mayor's Park** – Springfield Ave. & N. Union Ave.

**Memorial Park** – Springfield Ave & Central Ave.

**Roosevelt Field** – Orange Ave. & Pacific Ave.

**Sherman Park** – Lincoln Ave. East



## Park & Building Permits

Permits are required for organized activities. Requests for permits must be made in writing by filling out an application. Forms may be obtained at the Recreation Department or on our website under the heading "Permit for Community Center Room Usage", or "Permit for Park Usage." Depending on the request and organization requesting the permit, a fee may be required. Please click below.



[Permit -ROOMS.pdf](#)



[Permit-PARK.pdf](#)

## Cranford Recreation Center at 375 Centennial Avenue



The new Cranford Recreation Center at 375 Centennial Avenue is expected to open this fall. This beautiful 19,000 square foot facility was planned and designed with the goal of offering exciting recreational opportunities for the entire family. The state-of-the-art Omni-Tek Sport Floor is perfect for a full complement of competitive activities, as well as other exciting programs to build healthy spirits, minds, and bodies for all residents.

It includes two (2) full-size basketball courts, six (6) pickleball courts, and is also lined for volleyball, box lacrosse, and soccer. The anticipated hours of operation will be 8:30 am to 10:00 pm, Monday through Saturday, and 9:00 am to 6:00 pm on Sunday. Hours may be extended depending on league interest.

The facility will primarily be rented out to local groups for practices, training, and games, with a per basketball court rental range of \$75 - \$300/hour, depending on residency, usage, and availability. When not utilized by local leagues, the facility will be available for drop-in programs like pickleball, exercise classes, and basketball. Drop-in fees will be discounted for residents and range from \$10 - \$30 depending on program. Additional information can be found at <https://www.cranfordnj.org/recreation-parks>.

The new Cranford Recreation Center will be a thriving community hub and a defining feature of our community for years to come.



## Cranford Sports Leagues and Organizations

### Cranford Soccer Club

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

### The Cranford Police Athletic League (PAL)

The Cranford Police Athletic League runs flag football (Grades 1 – 3), tackle football (Grades 4 – 8), cheerleading (Grades 4 – 8), wrestling (Grades K – 8), and travel basketball (Grades 4 – 8) during its Fall and Winter seasons. All registrations, general information, program descriptions, and points of contact are located at [www.cranfordpal.org](http://www.cranfordpal.org)

### Cranford Youth Lacrosse

Both our boys’ and girls’ teams, Grade K – 8, play home and away games against other clubs. The goals of these programs are to continue the development of basic lacrosse skills and sportsmanship, and to provide equal playing time for all participants. The goals are to develop young lacrosse players and to teach them additional skills and game strategy as well as good sportsmanship. Registration is done at [www.cranfordlacrosse.org](http://www.cranfordlacrosse.org)

**Baseball/Softball** – [www.cbsl07016.org](http://www.cbsl07016.org)

**Canoe Club** – [www.cranfordcanoeclub.com](http://www.cranfordcanoeclub.com)

**Clay Courts** – [www.cranfordtennis.com](http://www.cranfordtennis.com)

**Hanson Park** – [www.hansonparkconservancy.com](http://www.hansonparkconservancy.com)

**Hockey** – [www.cranfordhockeyclub.com](http://www.cranfordhockeyclub.com)

**Jaycees** – [www.cranfordjaycees.org](http://www.cranfordjaycees.org)

**Lacrosse** – [www.cranfordlacrosse.org](http://www.cranfordlacrosse.org)

**P.A.L.** – [www.cranfordpal.org](http://www.cranfordpal.org)

**Recreation and Parks** – [www.cranfordnj.org/recreation-parks](http://www.cranfordnj.org/recreation-parks)

**Soccer** - [www.cranfordsoccer.com](http://www.cranfordsoccer.com)

## TRYCAN

Interested in community programs for children with special need? **TryCAN** can help! Your Child Can! Every Child Can!

- **TryCAN** coordinates inclusive recreation and social development programs for children with special needs.
- Programs help teach sports and life skills, while focusing on building individual skills, teamwork and fun!
- Programs are taught by experienced coaches and instructors from the community.
- Skill-building sports programs are held a few weeks before start of each session to enable children (those interested) to try out for a particular sport.
- Using out “Children Helping Children” approach, during class your child works with trained volunteer Peer Mentors who sever as assistant coaches, buddies and your child’s biggest cheerleaders. Peer Mentors are high school and middle school students from our communities.
- Programs have included baseball, basketball, lacrosse, soccer, football, tennis, martial arts, golf, learn-to-bike-ride, social skills, reading, art and music.
- Programs are open to children from all communities.
- Programs charge only a nominal fee, thanks to fundraising activities of **TryCAN**. **TryCAN** allows parents and professional volunteers to get involved.
- **TryCAN** provides opportunities to attend **TryCAN** family events, and meet and network with other families with similar needs.
- **TryCAN** offers a comprehensive array of recreation programs for children with special needs or those who need special accommodation.
- To learn more about **TryCAN**, see the **TryCAN** website or contact the **TryCAN** Coordinator at [summitcan@gmail.com](mailto:summitcan@gmail.com) or 908-277-2932 ext. 13.

## What is Open Center?

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

## Open Center Registration – NEW!

Anyone wishing to utilize Open Center must be registered with the Recreation Department prior to using the facilities. Registration can only be done in person. Anyone under the age of 18 must be registered by a parent/guardian, also in person.

## What qualifies as proof of residency?

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

## Who can use the Open Center?

The open center can be used by any resident of Cranford. Anyone wishing to use the facilities must first be registered, and then sign in for each visit. No one will be admitted without prior registration. Children under 10 years of age must be accompanied by a parent/guardian at all times.

## When is the center "Open"?

Fall Open Center hours, as long as there are no recreation programs scheduled, are as follows:

Monday – Thursday 9:30am to 9:45 pm

Fridays - 9:30am to 6:45pm

Saturdays - 9:00am – 4:45pm

You can refer to this brochure to see when various programs are scheduled.



## RULES FOR OPEN CENTER

1. Open Center is designed for use of the gym and game room for all residents of Cranford.
2. **Registration is required to utilize the facility!**
3. All participants must sign in and provide proof of residency before utilizing Open Center.
4. Basketballs, pool, ping pong, air hockey, shuffleboard and foosball equipment must be signed out and only used in the manner of which it is intended. Participants are responsible to return all equipment.
5. No food or drinks are permitted in gym, game room, or lounge.
6. Adult supervision is required for any child under the age of 10.
7. Drugs, smoking, vaping and alcoholic beverages are not permitted anywhere in or around the Community Center. Violators will be prosecuted.
8. Any unruly or inappropriate behavior or profanity will result in that student(s) being asked to leave and/or suspended from the Open Center.
9. No moving or sitting on game tables.
10. No gambling.
11. Proper attire is required. Sneakers must be worn in the gym area.
12. Inappropriate music will be asked to be turned off.
13. Skateboards, scooters and roller blades must be left at the front desk and cannot be used in the building.
14. Bicycles must be locked up outside the Center. No bicycles are allowed in the building.
15. Violators of the rules and regulations will lose privileges of use of the center.

## SPECIAL EVENTS

### Special Olympics Young Athlete Program

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

**Ages:** 2 - 7

**Days:** Saturday

**Dates:** October 1 to November 19

**Time:** 9:00 am – 9:45 am

**Fee:** **Free**

**Parents must participate**

Young Athletes introduces children ages 2 – 7 to the world of Special Olympics New Jersey through: Inclusive sports play that teaches skills like balance, jumping and kicking; Learning social skills like taking turns and playing with a teammate; Building self-confidence, playing as a family, and meeting new friends.

For more information, please visit [www.sonj.org](http://www.sonj.org)

Email: [cranfordyap@gmail.com](mailto:cranfordyap@gmail.com) for more information

### Special Needs Karate

**Ages:** 5 & up

**Days:** Monday

**Dates:** **Session 1 -**

September 12 to October 17

**Session 2 –**

November 7 to December 12

**Time:** 7:00pm – 7:45pm

(Ages 5 – 15)

8:00pm – 8:45pm

(Ages 16 & Up)

**Fee:** **Free**

**Min:** Max: 15

**No class on October 10 and November 21**

Learn the basics of karate with this five-week program. Program runs in conjunction with the Cranford Recreation and Parks Department. For more information or to register, please visit [ucnj.org/opdsn-reg](http://ucnj.org/opdsn-reg)

### Life Skills Through Bike Skills

**Meet at 1025 Orange Ave., Cranford (Orange Avenue Pool Parking lot)**

**Ages:** 8 - 13

**Days:** Saturday

**Dates:** September 24

**Time:** 9:00am – 10:15am

(Ages 8 – 10)

10:30am – 11:45am

(Ages 11 - 13)

Girls in Gear helps riders build confidence on and off their bikes. Weekly sessions are designed through age-appropriate lessons for riders ages 5+ and focus on a mix of emotional development, bike maintenance, and riding skills. We encourage all riding abilities to join us. Scholarships, bikes, and helmets are available for anyone in need of financial assistance.

Registration is open at [girlsingear.org](http://girlsingear.org)

For more information email: [info@girlsingear.org](mailto:info@girlsingear.org)

### Teen Night

**Grades:** 6-8

**Days:** Fridays

**Dates:** October 7<sup>th</sup> – June 9<sup>th</sup>

**Time:** 7:00 pm – 10:00 pm

**Fee:** Free

**No Teen Night 11/11 and 11/25**

Cranford girls and boys in grades 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup>, come to the Community Center and hang out.



## SPECIAL EVENTS

### 3<sup>rd</sup> Annual Halloween House Decorating Contest

Cranford Recreation and Parks Department and Cranford Community Connection are pleased to announce our 3<sup>rd</sup> Annual Halloween House Decorating Contest. Crank up your Halloween creativity and get those decorations out of storage!

Open to all Cranford residents. Winners will be judged by a committee in the following categories:

- Spookiest
- Most Creative
- All Around Favorite

Prizes will consist of a gift certificate to a local establishment, as well as a lawn sign to let everyone know you're a winner.

To secure your entry, register by Thursday, October 13<sup>th</sup>. Judging will take place the week of October 17<sup>th</sup> and winners will be announced the week of October 24<sup>th</sup>. Entry forms will be available on our website, [www.cranfordnj.org](http://www.cranfordnj.org) and at the Community Center.

### 8<sup>th</sup> Annual Holiday Home Decorating Contest

Start the holiday season off by participating in our 8<sup>th</sup> Annual Holiday Home Decorating Contest sponsored by the Cranford Recreation and Parks Department and the Cranford Community Connection. Open to all Cranford residents! Winners will be judged by a committee in the following categories except FAN Favorite which will be judged by **YOU**, the Cranford Residents:

- Most Outrageous
- Most Traditional
- Most Creative
- Most Elegant
- All Around Favorite
- Fan Favorite

Prizes will consist of a gift certificate to a local establishment, as well as a lawn sign to let everyone know you're a winner!

Entries must be submitted by Friday, December 9<sup>th</sup>. Judging will take place the week of December 12<sup>th</sup>, and winners will be announced the week of December 19<sup>th</sup>. Please email a completed entry form and picture of your decorated home to: [recreation@cranfordnj.org](mailto:recreation@cranfordnj.org) Entry forms will be available on our website, [www.cranfordnj.org](http://www.cranfordnj.org) and at the Community Center.

### 3<sup>rd</sup> Annual Halloween Parade

**Date:** Sunday, October 30<sup>th</sup>

**Time:** 1:00 pm

**Meet at the Community Center**

1:30 pm – Judging will be held

2:00 pm - Parade begins at the Community Ctr.

2:30 pm – Pumpkin Chunkin at Town Gazebo

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, December 3<sup>rd</sup>

**Time:** 9:00am – 12:00 pm

**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.





# PRESCHOOL PROGRAMS

## TUESDAY

### Lil' Athletes

Lil' Athletes is a full fitness program designed to work with children to develop the core skills that will be used throughout their lives in sports and fitness. Your child will work toward developing fine motor skills, increase strength and eye/hand coordination

**Ages:** 2 - 5

**Dates:** Oct. 4 to Nov. 22

**Time:** 9:30am – 10:00am

**Fee:** \$150

**Min:** 4      **Max:** 12

**Parent or guardian must attend with child.**

## WEDNESDAY

### Collage Art

Join us for a multi-fun, multi-sensorial art class. Make a dynamic world-themed collage with established contemporary artist Irena Pejovic! Learn about shape, texture, movement, sound, composition and story making. Children will create their own colored paper with newly learned painterly techniques.

**Ages:** 3 - 5

**Dates:** Oct. 5 to Nov. 9

**Time:** 9:30am – 10:30am

**Fee:** \$130

**Min:** 7      **Max:** 14

**Parent or guardian must attend with child.**

## WEDNESDAY

### Parent & Me Storybook Arts-N-Crafts

Come join the fun each week as we read a storybook and do a coordinating activity and craft! This class will see your child's favorite books come to life through art, sensory, play and STEM activities.

**Ages:** 2 - 5

**Dates:** Oct. 5 to Nov. 23

**Time:** 9:30am – 10:30am

**Fee:** \$135

**Min:** 5      **Max:** 10

**Parent or guardian must attend with child.**

### Preschool Drawing

Young children gather, collect and process more stimuli in the preschool years than at any other time in their development. Young Rembrandts prepares their brains for more advanced learning. It is fun, encouraging, and will maximize development, to better prepare them as learners.

**Parent or guardian must attend with child.**

**Ages:** 3 ½ - 5 ½

**Dates:** Oct. 5 to Nov. 16

**Time:** 10:00am – 10:45am

**Fee:** \$135

**Min:** 6      **Max:** 10

**Parent or guardian must attend with child.**



# PRESCHOOL PROGRAMS

## THURSDAY

### Kinderdance International Education Through Dance

#### **KINDERTOTS**

Two-year-old children love to explore. Such freedom allows for a variety of physical activities. Our program allows a two year olds' natural curiosity to flourish in a multitude of ways with an emphasis on movement exploration.

**Ages:** 2

**Dates:** Oct. 6 to Dec. 8

**Time:** 12:30pm – 1:00pm

**Fee:** \$130

**Min:** 5      **Max:** 15

**Parent or guardian must attend with child.**

**No class 11/10 & 11/24**

### Kinderdance International Education Through Dance

#### **CREATIVE DANCE MOVEMENT**

A developmental dance, motor skill, music, and fitness program. Parents enjoy signing their child up for our enrichment program that teaches the basics of ballet, tap, and creative movement, all while incorporating educational concepts. Children dance to original and familiar child friendly music while learning from Kinderdance certified teachers/instructors.

**Ages:** 3 - 5

**Dates:** Oct. 6 to Dec. 8

**Time:** 1:15pm – 1:45pm

**Fee:** \$130

**Min:** 5      **Max:** 15

**Parent or guardian must attend with child.**

**No class 11/10 & 11/24**

## THURSDAY

### Preschool Arts & Crafts

You and your child will enjoy together as you create wonderful projects and memories in this class. There is no need to be crafty – we will work on developing skills like cutting, painting, gluing, coloring, and most of all creativity.

**Ages:** 3 - 4

**Dates:** Oct. 6 to Nov. 17

**Time:** 10:00am – 11:00am  
1:00pm – 2:00pm

**Fee:** \$50

**Min:** 6      **Max:** 10

**Parent or guardian must attend with child.**



## Education Through Dance



# INTERNATIONAL

*"Established in 1979"*

# PRESCHOOL PROGRAMS



## FRIDAY

### Fridays with My First Friends

Designed especially for ages two – three, My First Friends encourages 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.

***Parent or guardian must attend with child.***

**Ages:** 2 - 3

**Days:** Fridays

**Dates:** Oct. 7 to Nov. 18

**Time:** 9:30am – 10:15am

**Fee:** \$40

**Min:** 6      **Max:** 20

***No class on Nov. 11***

***Parent or guardian must attend with child.***



### Basic Martial Arts

Focus your attention and energy, improve your self-confidence through positive encouragement and development and perseverance through adversity and learn how to work as a team.

**Ages:** 3 - 5

**Time:** 3:45pm – 4:15pm

**Dates:** Oct. 7 to Nov. 18

**Fee:** \$135

**Site:** 304 Centennial Ave.  
(Satori Academy)

***No lesson on Nov. 11***

# SPECIAL YOUTH PROGRAMS



## Fire's 1 Day Basketball Clinic

**Ages:** 4 - 13

**Dates:** Monday, Sep. 26

Tuesday, Sep. 27

Wednesday, Oct. 5

Tuesday, Nov. 8

Thursday, Nov. 10

Tuesday, Dec. 27

Wednesday, Dec. 28

Thursday, Dec. 29

**Time:** 9:00am – 11:00am

**Site:** Community Center

**Fee:** \$25 each day

**Min:** 10    **Max:** 60

These basketball clinics will stress the **FUNDAMENTALS** of basketball, including ball handling, dribbling drills, lectures, games and contests. Clinic Director, Bob Firestone, is the former head basketball coach at St. Mary's High School in Elizabeth. Coach Firestone has had the privilege of coaching in the first Girl's McDonald's Basketball Classic at Madison Square Garden. Coach Fire was inducted into the Elizabeth Hall of Fame and the Linden Hall of Fame.

***Bring your own basketball and water bottle.***

## Speed and Conditioning - Saturdays

**Ages:** 7 - 13

**Dates:** Oct. 1 to Nov. 5

**Time:** 11:00am – 12:00pm

**Fee:** \$60

**Min:** 6    **Max:** 25

**Site:** Roosevelt Park

Speed is the most prized athletic skill in all of sports and can be learned and improved through proper training. The specific drills learned and practiced in camp will have a direct impact on an athlete's overall athletic ability.



# FALL AND WINTER RECREATION BASKETBALL 2022 / 2023



When registering on-line, please check the database for a current account. Please do not duplicate your account. Thanks.

## Registration for Boys & Girls Grades 1-12 Fee: \$100.00 Cranford Residents Only!

*\*Registration will begin on Thursday, September 1<sup>st</sup> at 9:00 a.m. and will close on Tuesday, November 1<sup>st</sup>.*

*Registration can now be done in person at the Community Center or on-line through Team Sideline at [www.cranfordrecbasketball.org](http://www.cranfordrecbasketball.org)*

*Don't forget our 1<sup>st</sup> & 2<sup>nd</sup> grade clinic-type division!*



Sponsored by the Cranford Recreation and Parks Department  
For additional information call 908-709-7283 or email [recreation@cranfordnj.org](mailto:recreation@cranfordnj.org)

# YOUTH PROGRAMS

**RUTGERS**

Youth Sports Research Council

RUTGERS UNIVERSITY

Rutgers Youth Sports Research Council  
In partnership with  
New Jersey Recreation and Park Association



THESE LOGOS ARE THE PROPERTY OF THE  
STATE OF NEW JERSEY RECREATION AND PARK ASSOCIATION

- Want to coach recreational youth sports?
- **You need to be certified!**
- Certification is good for all recreational sports in NJ.
- Limited space available – Contact Dave Broadwell at 908-403-2860 or email at [Irishmanni1965@gmail.com](mailto:Irishmanni1965@gmail.com) to reserve your seat.
- **No Walk- in's will be allowed.**
- **Clinic Date: Tuesday September 20, 2022**
- Time 630pm-930pm
- Cranford Recreation Center  
220 Walnut Ave  
Cranford, NJ 07016
- Must register prior to class
- **Cost \$40.00 cash only.**
- **Must Please call and Register by Thursday September 15, 2022**

**RUTGERS**

Youth Sports Research Council

RUTGERS UNIVERSITY

Rutgers Youth Sports Research Council  
In partnership with  
New Jersey Recreation and Park Association



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- Want to coach recreational youth sports?
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- Certification is good for all recreational sports in NJ.
- Limited space available – Contact Dave Broadwell at 908-403-2860 or email at [Irishmanni1965@gmail.com](mailto:Irishmanni1965@gmail.com) to reserve your seat.
- **No Walk- in's will be allowed.**
- **Clinic Date: Wednesday November 16, 2022**
- Time 630pm-930pm
- Cranford Recreation Center  
220 Walnut Ave  
Cranford, NJ 07016
- Must register prior to class
- **Cost \$40.00 cash only.**
- **Must Please call and Register by Thursday November 10, 2022**



PLEASE JOIN US FOR THE

# CRANFORD YOUTH FIELD HOCKEY FALL CLINIC

PRESENTED BY THE CRANFORD RECREATION & PARKS DEPARTMENT

**EVERY SUNDAYS & WEDNESDAYS**

**GRADES 2-6**

Starting Sunday, 9/18/22 - Wednesday, 11/9/22

## **SUNDAYS, 9AM-10:30 AM**

9/18, 9/25, 10/2, 10/9,  
10/16, 10/23, 10/30, 11/6

LOCATION: SHERMAN PARK  
2 DENMAN RD. CRANFORD, NEW JERSEY 07016



CAMP  
FEE  
\$250



## **WEDNESDAYS, 4:30-5:30**

9/21, 9/28, 10/5, 10/12,  
10/19, 10/27, 11/2, 11/9

LOCATION: ROOSEVELT PARK  
PACIFIC AVENUE CRANFORD, NEW JERSEY, 07016

**Scan the QR Code to register or use the link below:**  
<https://register.capturepoint.com/cranford>

# YOUTH PROGRAMS

## MONDAY

### Kinder Cooking & Arts and Crafts

Your child will learn about various preparation tools, kitchen safety and how to prepare and cook simple recipes. The Kinder Arts and Crafts portion includes projects using paint, clay, markers, and finger painting.

**Grades:** Kindergarten

**AM Class -**

**Dates:** Oct. 3 to Nov. 21

**Time:** 9:30am – 11:15am

**PM Class -**

**Dates:** Oct. 3 to Nov. 21

**Time:** 12:30pm – 2:15pm

**Fee:** \$135

**Min:** 6    **Max:** 12

**No class Oct. 10**

### Mad Science -

#### *Crazy Chem Works*

Welcome to the world of chemistry! Children make gooey slime, experiment with different reactions and learn to use tools that chemists use. Polymers and catalysts are only two of the fascinating concepts young scientists explore in this thrilling trip through the chemistry lab!

**Grades:** Kindergarten – 6<sup>th</sup> grade

**Dates:** Oct. 3 to Nov. 21

**Time:** 4:30pm – 5:30pm

**Fee:** \$150

**Min:** 11    **Max:** 20

**No class Oct. 10**

## TUESDAY

### Kinder Book Club

This 2-hour class packs a lot of fun into a short time. We will read books/poems and engage in a variety of activities related to our reading. Activities will cover writing, crafts, science, and cooperative games.

**Grade:** Kindergarten

**AM Class -**

**Dates:** Oct. 4 to Nov. 22

**Time:** 9:30am – 11:30am

**PM Class -**

**Dates:** Oct. 4 to Nov. 22

**Time:** 12:30pm – 2:30pm

**Fee:** \$150

**Min:** 8    **Max:** 12

### School House Chess

Bring chess pieces to life using creative and animated personalities that enable students to learn the game in a fun and exciting way. Students become fascinated with imaginative chess characters that accelerate the learning process.

**Grades:** Kindergarten – 6<sup>th</sup> grade

**Dates:** Oct. 4 to Nov. 15

**Time:** 4:30pm – 5:30pm

**Fee:** \$130

**Min:** 11    **Max:** 20

**No class Oct. 10**

**All supplies and materials are included in the fee.**

## TUESDAY

### Kiddies Kaleidoscope

#### *KALEIDOSCOPE JR. ENGINEERS*

Get an idea, build it, try it – TINKER, DESIGN & CONSTRUCT! Kids are sure to have a blast!!

**Ages:** 5 - 9

**Dates:** Oct. 4 to Nov. 8

**Time:** 4:30pm – 5:30pm

**Fee:** \$165

**Min:** 5    **Max:** 12

**All supplies and materials are included in the fee.**

### Kiddies Junior Robotics

Ready, Set, Code! “Tinker Lab” Children will be introduced to the coding and programming of real, age-appropriate robots.

**Ages:** 5 - 9

**Dates:** Oct. 4 to Nov. 8

**Time:** 5:30pm – 6:30pm

**Fee:** \$165

**Min:** 5    **Max:** 12

**All supplies and materials are included in the fee.**

### Youth Knitting

Basic knitting stitches. Learn how to begin and finish a project and how to read a simple pattern.

**Ages:** 8-16

**Dates:** Oct. 4 to Nov. 22

**Time:** 6:00pm – 7:00pm

**Fee:** \$140

**Min:** 4    **Max:** 8

**All supplies and materials are included in the fee.**



# YOUTH PROGRAMS

## TUESDAY

### Kiddies Kaleidoscope

#### **KALEIDOSCOPE JR. ENGINEERS**

Get an idea, build it, try it – TINKER, DESIGN & CONSTRUCT! Kids are sure to have a blast!!

**Ages:** 5 - 9

**Dates:** Oct. 4 to Nov. 8

**Time:** 4:30pm – 5:30pm

**Fee:** \$165

**Min:** 5      **Max:** 12

**All supplies and materials are included in the fee.**

### Kiddies Junior Robotics

Ready, Set, Code! “Tinker Lab” Children will be introduced to the coding and programming of real, age-appropriate robots.

**Ages:** 5 - 9

**Dates:** Oct. 4 to Nov. 8

**Time:** 5:30pm – 6:30pm

**Fee:** \$165

**Min:** 5      **Max:** 12

**All supplies and materials are included in the fee.**

### Math Club

Students will have fun exploring math concepts from algebra, geometry, statistics and more! During the class, children will solve puzzles, play games, and participate in various hands-on activities.

**Grades:** 1<sup>st</sup> – 3<sup>rd</sup>

**Dates:** Oct. 4 to Nov. 22

**Time:** 4:30pm – 5:30pm

**Grades:** 4<sup>th</sup> – 6<sup>th</sup>

**Time:** 5:30pm – 6:30pm

**Fee:** \$150

**Min:** 5      **Max:** 12

**All supplies and materials are included in the fee.**

## WEDNESDAY

### Built by Me: STEM Programs

#### **LEGO Robotics + Coding –**

#### **AMAZING ENGINEERS**

This fun and interactive program focuses on coding and robotics and introduces students to the engineering design process using LEGO Essential Education Robotics Construction Sets.

**Grades:** 2 - 4

**Dates:** Oct. 12 to Nov. 16

**Time:** 4:00pm – 5:00pm

**Fee:** \$160

**Min:** 5      **Max:** 8

### Built by Me: STEM Programs

#### **LEGO Robotics + Coding –**

#### **WITH SCRATCH MIT**

This class will teach students how to code their robots using Scratch MIT, a block-based code, to program their mBot robots through real life projects such as a solar car and a vacuum robot. This class is very hands on and a lot of fun!

**Grades:** 3 - 5

**Dates:** Oct. 12 to Nov. 16

**Time:** 5:15pm – 6:15pm

**Fee:** \$160

**Min:** 5      **Max:** 8



# YOUTH PROGRAMS

## WEDNESDAY (CON'T.)

### Elementary Drawing

Young Rembrandts' elementary drawing teaches children to break complex objects into foundational shapes. As they learn how to deconstruct and reconstruct images, the experience, repetition, and variety of engaging and relevant subject matter brings them to increased levels of mastery in drawing and in life.

**Grades:** Kindergarten – 6th  
**Dates:** Oct. 5 to Nov. 16  
**Time:** 4:30pm – 5:30pm  
**Fee:** \$175  
**Min:** 6      **Max:** 15

### Fashion First Workshop

Explore and recreate a classic silhouette. Choose your fabric and let's start designing and sketching! **No sewing experience necessary. All Supplies and materials are included in the fee.**

**Dates:** Sep. 28 to Nov. 2  
**Ages:** 7 – 10 (Boys & Girls)  
*Beg.-Adv.*  
**Time:** 4:00pm – 5:30 pm  
**Ages:** 10 – 16 (Boys & Girls)  
*Adv.Beg. – Adv.*  
**Time:** 5:30 pm – 7:00 pm  
**Fee:** \$245  
**Min:** 6      **Max:** 9

## WEDNESDAY

### Kinder BALLEt HIP HOP COMBO

**Grades:** Kindergarten & 1<sup>st</sup> Grade  
**Dates:** Oct. 12 – Nov. 16  
**Time:** 3:45pm – 4:30pm  
**Fee:** \$120  
**Min:** 4      **Max:** 15

### Musical Theatre/Acting

**Grades:** 1<sup>st</sup> – 4<sup>th</sup> Grade  
**Dates:** Oct. 12 to Nov. 16  
**Time:** 4:30pm – 5:30pm  
**Fee:** \$125  
**Min:** 4      **Max:** 15

## WEDNESDAY

### Kinder Collage

Cut, make textures, learn about movement, compose and make a story! Children will work on elaborate collage compositions that will teach them about shapes, pattern and texture

**Grades:** Kindergarten  
**Dates:** Oct. 5 to Nov. 9  
**AM Class -**  
**Time:** 10:45am – 11:45am  
**PM Class -**  
**Time:** 12:15pm – 1:15pm  
**Fee:** \$145  
**Min:** 7      **Max:** 14



# YOUTH PROGRAMS

## THURSDAY

### Junior Golf

Professional staff will instruct boys and girls in aspects of the golf game and swing. **Clubs and balls are supplied, but if you have your own clubs...bring them!!**

**Grades:** 2 – 8 (Boys & Girls)

**Dates:** Oct. 6 to Oct. 27

**Time:** 4:00pm – 5:00pm

**Fee:** \$65

**Min:** 4     **Max:** 25

**Site:** Hyatt Hills Golf Course

### Kiddies Kaleidoscope

#### The Science Exploration Class

Your child will have a blast experiencing age-appropriate scientific concepts while using real child-friendly science tools with a focus on S.T.E.A.M.

**Ages:** 5 - 9

**Dates:** Oct. 6 to Nov. 10

**Time:** 5:30pm – 6:30pm

**Fee:** \$165

**Min:** 5     **Max:** 12

**All supplies and materials are included in the fee.**

### Kinder Book Club

*(refer to Tuesday Kinder Book Club for class description)*

**Grades:** Kindergarten

**AM Class -**

**Dates:** Oct. 6 to Nov. 17

**Time:** 9:30am – 11:30am

**Min:** 8     **Max:** 12

**PM Class -**

**Dates:** Oct. 6 to Nov. 17

**Time:** 12:30pm – 2:30pm

**Fee:** \$150

**Min:** 8     **Max:** 12

## THURSDAY

### Brixology

Kids learn about different types of engineering and then team up to construct a different engineering-themed project using LEGO bricks. Learn about aerospace and mechanical engineering while assembling a space station, building boats & vehicles and much more! Let the tinkering begin.

**Grades:** Kindergarten - Grade 6

**Time:** 4:30pm – 5:30pm

**Dates:** Oct. 6 to Nov. 17

**Fee:** \$150

**Min:** 11     **Max:** 20

## FRIDAY

### Kinder Cooking & Arts and Crafts

*(refer to Monday Kinder Cooking & Arts and Crafts for class description)*

**Grades:** Kindergarten

**AM Class -**

**Dates:** Oct. 7 to Nov. 18

**Time:** 9:30am – 11:15am

**PM Class -**

**Time:** 12:30pm – 2:15pm

**Fee:** \$135

**Min:** 6     **Max:** 12

**No class on Nov. 11**

## FRIDAY

### Artist's Passport

Embark on an around-the-world cultural adventure! Explore far-off places and learn about the people who live there. Make different masterpieces each week such as drums, masks, canvases, gift bags, and more.

**Grades:** Kindergarten - Grade 6

**Time:** 4:30pm – 5:30pm

**Dates:** Oct. 7 to Nov. 18

**Fee:** \$130

**Min:** 11     **Max:** 20

**No class on Nov. 11**

### Basic Martial Arts

Focus your attention and energy, improve your self-confidence through positive encouragement, development and perseverance through adversity and learn how to work as a team.

**Ages:** 6 - 10

**Time:** 4:15pm – 5:00pm

**Dates:** Oct. 7 to Nov. 18

**Fee:** \$135

**Site:** 304 Centennial Ave.  
(Satori Academy)

**No lesson on Nov. 11**



# CRANFORD RECREATION FALL SQUIRTS CLASSES

SATURDAYS @ LINCOLN PARK // SUNDAY'S @ ROOSEVELT PARK

SEP - NOV

8 WEEK PROGRAM

## Multi Sports Class - Saturday, Sep 17 - Nov 5

Parent & Me ages 2-3: 8:30am  
Multi Sports Squirts ages 3-4: 9:30am & 11:30am  
Multi Sports Squirts ages 4-5: 10:30am  
Senior Sports Squirts ages 5-6: 11:30am

## Soccer Squirts Class - Saturday, Sep 17 - Nov 5

Parent & Me ages 2-3: 10:30am & 11:30am  
Soccer Squirts age 3: 8:30am, 9:30am & 11:30am

## Soccer Squirts Class - Sunday, Sep 18 - Nov 6

Parent & Me ages 2-3: 9:30am & 11:30am  
Soccer Squirts age 3: 8:30am & 10:30am

## T-ball Squirts Class - Sunday, Sep 18 - Nov 6

Parent & Me ages 2-3: 8:30am  
T-ball Squirts ages 3-4: 9:30am & 11:30am  
T-ball Squirts ages 4-5: 10:30am

This program adhere's to Covid-19 state and CDC guidelines. Sessions run for 50 mins



REGISTRATION FEE  
**\$195**

## AGES 2-6, ALL ABILITY LEVELS

Visit [USsportsInstitute.com](http://USsportsInstitute.com) for full camp and class descriptions

**LIMITED  
SPACE**

### REGISTRATION

Online or by phone. Register soon  
as these classes typically sell out!



[USsportsInstitute.com](http://USsportsInstitute.com)

**(866) 345 BALL**

# CRANFORD

## FALL TENNIS PROGRAMS



In association with the Cranford  
Recreation Department



### FALL WEEKLY CLASSES

Level	Age	Day	StartTime	EndTime	StartDate	EndDate	Price
Squirts Tennis	3 to 5	Sat	9:00 AM	9:50 AM	17-Sep	5-Nov	\$195
Foundation Tennis	5 to 8	Sat	10:00 AM	10:50 AM	17-Sep	5-Nov	\$195
Foundation Tennis	8 to 11	Sat	11:00 AM	11:50 AM	17-Sep	5-Nov	\$195
Development Tennis	11 to 14	Sat	12:00 PM	12:50 PM	17-Sep	5-Nov	\$195
Foundation Tennis	11 to 14	Sat	12:00 PM	12:50 PM	17-Sep	5-Nov	\$195
Foundation Tennis	11 to 14	Sat	1:00 PM	1:50 PM	17-Sep	5-Nov	\$195

All programs adhere to COVID-19 State and CDC guidelines.  
Visit us online for more program information.



Ages 3-14 | All Abilities | Boys & Girls

ALL CLASSES HELD AT HILLSIDE AVE TENNIS COURTS

#### LIMITED SPACE

**Registration:** Online or by phone.  
Register soon as these classes typically sell out!

#### CONTACT USSI

**Online:** [USsportsInstitute.com](http://USsportsInstitute.com)  
**Phone:** (866) 345-BALL  
**Email:** [Info@USsportsInstitute.com](mailto:Info@USsportsInstitute.com)

# ADULT PROGRAMS

## MONDAY

### Over 35 Basketball

**Ages:** 35+

**New Registration begins Sep. 12**

**Time:** 7:00pm – 9:30pm

**Fee:** \$80

**Min:** 10    **Max:** 25

**\*No class Monday, Oct. 10**



### Yoga

**Ages:** 18 & up

**Dates:** Oct. 3 to Nov. 21

**Time:** 7:00pm – 8:00pm

**Fee:** \$100

**Min:** 10    **Max:** 25

**\*No class Monday, Oct. 10**



## TUESDAY

### Piano - Beginners

**Knowledge of reading music is not required.**

**Ages:** 18 & up

**Dates:** Oct. 4 – Nov. 22

**Time:** 10:00am – 11:00 am

**Fee:** \$30

**Min:** 3    **Max:** 7

### Piano – Intermediate

**Knowledge of reading music is not required.**

**Ages:** 18 & up

**Dates:** Oct. 4 – Nov. 22

**Time:** 11:00am – 12:00 pm

**Fee:** \$30

**Min:** 3    **Max:** 7

### Knitting

Basic knitting stitches. Learn how to begin and finish a project and how to read a simple pattern.

**Ages:** 18 & up

**Dates:** Oct. 4 to Nov. 22

**Time:** 6:00pm – 7:00pm

**Fee:** \$140

**Min:** 4    **Max:** 8

**All supplies and materials are included in the fee.**

### Pickleball

This uptempo game is an entertaining mix of tennis, badminton, ping pong, and racquetball. Easy to learn and great exercise. FUN!!!

**Ages:** 21 & up

**Dates:** Oct. 4 – Nov. 22

**Time:** 6:30pm – 9:30pm

**Fee:** \$55

**Min:** 6    **Max:** 25

## WEDNESDAY

### Pickleball

This uptempo game is an entertaining mix of tennis, badminton, ping pong, and racquetball. Easy to learn and great exercise. FUN!!!

**Ages:** 21 & up

**Dates:** Oct. 5 – Nov. 30

**Time:** 6:30pm – 9:30pm

**Fee:** \$55

**Min:** 6    **Max:** 25

**\*\*No Pickleball Nov. 23\*\***

### Yoga

**Ages:** 18 & up

**Dates:** Oct. 5 – Nov. 16

**Time:** 7:00pm – 8:00pm

**Fee:** \$100

**Min:** 10    **Max:** 25

### Adult Drawing

Explore the possibilities of different techniques in drawing, using various materials and tools. Learn the basic principals in composition, tonal values, gesture drawing, negative and positive space.

**Ages:** 18 & up

**Dates:** Oct. 5 – Nov. 9

**Time:** 6:00pm – 7:30pm

**Fee:** \$165

**Min:** 7    **Max:** 11

**All supplies and materials are included in the fee.**

# ADULT PROGRAMS

## THURSDAY

### Pilates

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

**Ages:** 18 & up

**Dates:** Oct. 6 – Nov. 17

**Time:** 7:30pm – 8:30pm

**Fee:** \$100

**Min:** 10    **Max:** 25

## SUNDAY

### Adult Soccer at Sherman Park

**Ages:** 30+

**Dates:** Sep. 18 – Nov. 20

**Time:** 8:00am – 9:00 am

**Fee:** \$45

**Min:** 10    **Max:** 45



# SENIOR SERVICES

PROOF OF RESIDENCY REQUIRED FOR ALL PROGRAMS

In-person Registration required for all senior programs

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

Free Senior Shuttle Bus Service – Cranford only  
Operates Monday/Tuesday/Friday:  
9:05am – 1:40pm  
Wednesday & Thursday:  
9:05am – 3:00pm

Weekly Specialty Trips run Mondays or Tuesdays  
10:00 am – 1:00 pm  
Pick-ups begin at 9:30 am  
*Reservations required*  
Call 908-709-7283 to make reservations for these bus trips or for more information.

*The Community Center will be closed and there will be no Senior classes or services on:  
Monday, October 10<sup>th</sup>  
Friday, November 11<sup>th</sup>  
Friday, November 25<sup>th</sup>*

## MONDAY

### Keeping Fit with Exercise

**Time:** 9:30am - 10:15am  
An innovative exercise program designed to strengthen bones and increase flexibility in all muscle groups.

### Make it Work Mondays

**Time:** 10:30am – 11:30 am  
High powered, energetic exercise program, can work at your own pace – come out and have FUN!!

### Walking for Health

**Time:** 10:45am - 11:30am  
Fitness, Friends and Fun! Come join our senior walking club that is sure to be fun! Filled with laughter, smiles and conversation.

### Canasta

**Time:** 1:00pm – 3:00pm  
A strategy game that offers an interesting challenge for anyone who enjoys playing card games.

### Mahjong Advanced

**Time:** 12:45pm – 3:45pm  
Players enjoy the game using strategies to eliminate tiles to win the game. Challenging and lively, time will pass quickly. Great way to connect with friends and make new ones.

## TUESDAY

### Health in Motion

**Time:** 9:30am - 10:30am  
Is a low impact-exercise program, for all who have been diagnosed with or are at risk for Osteoporosis.

### Bagels and Bingo

**Time:** 9:30am – 11:30am  
Senior gathering held every 4<sup>th</sup> Tuesday of the month. Stop in and join the fun! Guest callers, many laughs and prizes.

## TUESDAY (CONTINUED)

### Drawing / Painting

**Time:** 10:00am – 12:00 pm  
Beginners, as well as seasoned artists, are able to create their own masterpieces by using their own preference of media.

### Yoga

**Time:** 12:00pm – 1:00pm  
Simple, functional, repetitive, easy to follow movements to help posture, balance, strength and flexibility.

### Mahjong (Beginner)

**Time:** 1:00pm – 3:00pm  
Players enjoy the game using strategies to eliminate tiles to win the game. Challenging and lively, time will pass quickly. Great way to connect with friends and make new ones.

### Crochet Class

**Time:** 1:00pm – 3:00pm  
Yarn, crochet hooks and smiles! What more do you need? Come and join the fun!

### Embroidery is SEW Much Fun

**Time:** 11:00am – 1:00pm  
Craft of decorating fabric with needle and thread to form decorative needle work designs. Sewing is a nice social activity that provides freedom from stress and anxiety. Keeping your hands busy and engaged in your embroidery keeps your thoughts focused on the enjoyment, beauty and satisfaction of the task at hand.



# SENIOR SERVICES

## WEDNESDAY

### Pickleball

**Time:** 9:00am – 1:00pm Pickleball is one of the fastest growing games in the nation. This up-tempo game is an entertaining mix of tennis, badminton, ping pong, and racquetball. It's fast-paced, easy to learn, great exercise, and lots of fun.

### Walking for Health

**Time:** 9:30am - 10:30am  
Fitness, Friends and Fun! Come join our senior walking club that is sure to be fun! Filled with laughter, smiles and conversation.

### Work out Wednesday

**Time:** 9:30am – 10:30am  
High powered, energetic exercise program, can work at your own pace – come out and have FUN!!

### Keeping Fit with Exercise

**Time:** 10:45am – 11:45am  
An innovative exercise program designed to strengthen bones and increase flexibility in all muscle groups.

### Senior Bandstand

**Time:** 12:00pm – 1:00pm  
Let's dance, sing, and socialize to 40's, 50's, and 60's music.

### Pinochle

**Time:** 10:00am – 12:00pm  
Pinochle is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck. Great way to connect with friends and make new ones!

## WEDNESDAY

### Canasta

**Time:** 1:00pm – 4:00pm  
A strategy game that offers an interesting challenge for anyone who enjoys playing card games.

### Scrabble

**Time:** 1:00pm - 4:00pm  
Who doesn't like a classic board game. Come build words and FRIENDSHIPS!

### Tech for Seniors - TBD

**Time:** 12:30pm – 2:00pm  
Learn how to use those newfangled gadgets, cell/smart phones, tablets and computers. Bring your devices and questions.



# SENIOR SERVICES

## THURSDAY

### Pickleball

**Time:** 9:00am – 1:00pm

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

### Yoga

**Time:** 9:30am – 10:15am

Simple, functional, repetitive, easy to follow movements to help posture, balance, strength and flexibility.

### Line Dancing

**Time:** 11:00am – 12:00pm

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

### Mahjong Advanced

**Time:** 2:30pm – 4:00pm

Players enjoy the game using strategies to eliminate tiles to win the game. Challenging and lively, time will pass quickly. Great way to connect with friends and make new ones.

### Thursday Club

**Time:** 12:00pm – 2:00pm

Players enjoy the game using strategies to eliminate tiles to win the game. Challenging and lively, time will pass quickly. Great way to connect with friends and make new ones.

## FRIDAY

### Health in Motion

**Time:** 9:30am - 10:30am

Is a low impact-exercise program, for all who have been diagnosed with or are at risk for Osteoporosis.

### Tai Chi (Beginner)

**Time:** 10:30am – 11:30am

An introduction to learning and practicing the basic movements of Tai Chi. Relaxing and beneficial for wellness of mind and body.

### Tai Chi (Advanced)

**Time:** 11:30am – 12:30pm

A continuation of practicing the basic movements of Tai Chi. Relaxing and beneficial for wellness of mind and body.

### Senior Movies – 1<sup>st</sup> and 2<sup>nd</sup>

#### *Friday of the Month*

**Time:** 12:30pm – 2:30pm

Enjoy popular and classic movies in our air-conditioned Audio-Visual room. Selections for the month will be posted on many social media channels, Community Center and TV34.



# ITEMS YOU CAN RECYCLE AT THE CRANFORD CONSERVATION CENTER

210 Birchwood Avenue



styrofoam  
&  
newspapers



Wednesdays 9:30 am - 3:20 pm

Saturdays & Sundays 9:30 am - 3:50 pm

For more information on Cranford's Food to Energy Program

<https://www.cranfordnj.org/recycling/pages/food-waste-energy-program>

