

# CRANFORD TOWNSHIP *News*



Spring & Summer  
Recreation Programs  
Summer Pool Programs  
& Sign-up Application  
Recycling Schedule  
Flood Information

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

**Spring  
Summer  
2022**

# OFFICIAL TOWNSHIP DEPARTMENTS

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

<b>Mayor</b> Kathleen Prunty	<b>908-709-7206</b> k-prunty@cranfordnj.org
<b>Deputy Mayor</b> Jason Gareis	<b>908-709-7206</b> j-gareis@cranfordnj.org
<b>Township Commissioners</b> Brian Andrews Gina Black Mary O'Connor	<b>908-709-7206</b> b-andrews@cranfordnj.org g-black@cranfordnj.org m-oconnor@cranfordnj.org
<b>Administrator</b> Jamie Cryan	<b>908-709-7205</b> j-cryan@cranfordnj.org
<b>Municipal Clerk</b> Patricia Donahue	<b>908-709-7210</b> clerk@cranfordnj.org
<b>Business &amp; Economic Dev.</b> Caren Demyen	<b>908-709-7208</b> c-demyen@cranfordnj.org
<b>Construction Code Building Dept.</b> Frank Genova	<b>908-709-7213</b> f-genova@cranfordnj.org
<b>Court Administrator</b> Lorraine Powell	<b>908-709-7242</b> court@cranfordnj.org
<b>Engineering</b>	<b>908-709-7219</b> engineering@cranfordnj.org
<b>Finance</b> Lavona Patterson	<b>908-709-7250</b> finance@cranfordnj.org
<b>Fire Dept.</b> 7 Springfield Ave. Chief Dan Czeh	<b>908-276-0146 (non-emergency)</b> d-czeh@cranfordnj.org
<b>Health</b> Mike Fitzpatrick	<b>908-709-7225</b> health@cranfordnj.org

<b>Library</b> 224 Walnut Avenue Michael Maziekien	<b>908-709-7272</b> library@cranfordnj.org
<b>Planning &amp; Zoning</b>	<b>908-709-7216</b> zoning@cranfordnj.org
<b>Police Dept.</b> Chief Ryan Greco	<b>908-272-2222 (non-emergency)</b> police@cranfordnj.org
<b>Public Works</b> 364 North Avenue East Erik Hastrup	908-709-7217 dpw@cranfordnj.org e-hastrup@cranfordnj.org
<b>Recreation &amp; Parks</b> 220 Walnut Avenue Steve Robertazzi	<b>908-709-7283</b> recreation@cranfordnj.org
<b>Recycling</b> Erik Hastrup	<b>908-709-7217</b> e-hastrup@cranfordnj.org
<b>Swim Pool Utility</b> 401 Centennial Avenue Steve Robertazzi	<b>908-709-7260</b> pool@cranfordnj.org
<b>Tax Assessor</b> Bryan Flynn	<b>908-709-7211</b> assessor@cranfordnj.org
<b>Tax Collector</b> Karyn Kinane	<b>908-709-3981</b> k-kinane@cranfordnj.org
<b>TV 35</b> Edward Davenport	<b>908-709-3995</b> tv35@cranfordnj.org
<b>Vital Statistics</b> Joan Holler	<b>908-709-7238</b> j-holler@cranfordnj.org

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

*Clean streets and sidewalks, attractive and well-maintained buildings make a great first impression to visitors. The Township and property owners share the responsibility for keeping Cranford looking great. You can help by reporting problems or safety concerns to Township officials.*

Overflowing trash containers	Health Department	908-709-7225
Solid Waste	Health Department	908-709-7225
Residential property maintenance, weeds	Property Maintenance	908-709-7240
Commercial property maintenance	Property Maintenance	908-709-7240
Deteriorated, unsafe signs & awnings	Property Maintenance	908-709-7240
Broken parking meter	Police Department	908-272-2222
Malfunctioning traffic light	Police Department	908-272-2222
Streetlight out	PSE&G	1-800-436-7734
Victorian Streetlight out	Police	908-709-7336
Broken street benches	DMC	908-709-7208
Damaged/missing street signs	Public Works	908-709-7217
Leaking fire hydrant	Fire Department	908-709-7360
Fire safety code problems	Fire Department	908-709-7360
Broken tree limbs, street trees	Public Works	908-709-7217
Missed Recycling	Public Works	908-709-7217

*If you have a question or concern that isn't mentioned or you are not sure who to call, please contact the Township Administrator at 908-709-7205 and we will take care of the matter promptly.*

## Township Committee

**Kathleen Miller Prunty**  
Mayor

**Jason Gareis**  
Deputy Mayor,  
Commissioner of Public Safety

**Brian Andrews**  
Commissioner of Public Works  
and Engineering

**Gina Black**  
Commissioner of Public Affairs

**Mary O'Connor**  
Commissioner of Finance

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

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

Township of Cranford  
8 Springfield Avenue  
Cranford, NJ 07016

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

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

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

## Message from the Mayor



Welcome Spring and Summer. After two years of uncertainty and lives impacted by COVID-19 and flooding, we are very excited to announce programs and activities at our parks, playgrounds, Community Center and Town Pools.

This informative magazine describes many wonderful programs for residents of all ages, as well as information about Township services. The outdoor pools at Centennial and Orange Avenue will be open for the full summer season and registration is currently open. We think the previously approved

Splash Pad being installed at Orange Avenue Pool will attract many young families.

The Swim Pool Utility Advisory Board and staff have been hard at work on a marketing campaign to increase pool memberships. Declining memberships since 2011 and the Pandemic forced closure of one pool in 2020 and 2021 but we are hopeful the numbers will increase because the Pool Utility is funded by memberships.

Take some time to look through this magazine and consider signing up for programs from fitness to crafts, yoga to tech, cooking to crochet and so much more. And, be sure to enjoy our many parks and playgrounds.

Thank you to the Pools, Parks and Recreation staff and the many instructors who allow us to provide great programs.

Enjoy the summer and stay safe,

*Kathleen*  
Kathleen Miller Prunty  
Mayor

## Contents

### Township Directory

Contact Information 2

### Recreation and Parks

Online Registration Information 4

Spring Session 9

Summer Session 18

### Public Works

2022 Yard Waste Permit  
Information 23

Yard Waste Permit  
Application Form 24

### Recycling Department

What to Recycle 26

2022 Recycling Schedule 27

### Pool&Fitness Center

Pool Programs 30

Swim Lessons 31

Additional Courses 32

Fitness Center 37

### Engineering Department

Flood Information Guide 40

Stormwater Pollution  
Newsletter 42

# RECREATION & PARKS department

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

## Recreation Staff

**Stephen P. Robertazzi**

**CPRP, RA, CPO**

*Director*

*Recreation & Parks and  
Swim Pool Utility*

**Carol Kaminski**

*Program / Senior Citizen  
Coordinator*

**Aaryn Backiel**

*Program Specialist*

**Kathleen Spinelli**

*PT Administrative Secretary*

**Eva Piassek**

*PT Account Payable*

**William Babkowski**

*Maintenance*

**Jan Koedam**

*PT Maintenance*

## Recreation & Parks Advisory Board

**Donald Barone**

*Senior Citizen Rep.*

**Rosanna Byram**

**Susan Cave**

**Michelle Cook**

**Marita Dow**

**Nicole Dreyer**

**Mike Feeley**

**Darren 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/Liaison*

**Stephen P. Robertazzi**

**CPRP, RA, CPO**

*Director Recreation & Parks  
and Swim Pool Utility*

## OFFICE HOURS

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

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

### Spring Building Hours:

Monday – Thurs. – 8:00am to 10:00pm

Friday – 8:00am to 7:00pm

Saturday – 9:00am to 5:00pm

### Summer Building Hours:

Monday – Thurs. – 8:00am to 10:00pm

Friday – 8:00am to 6:00pm

Saturday – Closed

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

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

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

## 2022 SPRING & SUMMER PROGRAMS

### GENERAL INFORMATION

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

9. **Refund Policy:** A full refund will be given if requested in writing prior to the first class. Once a program begins, refunds will only be issued in cases of medical reasons with documentation. Please allow 4-6 weeks for refunds that are issued by township check.
10. **Photo Policy:** Please be advised that all participants involved in any department programs or special events are subject to being photographed. The Township of Cranford, without an obligation to provide compensation to those photographed, may use such photographs
11. All programs are closed during Township holidays.
12. **Park & Building Permits:** Permits are required for organized activities. Requests for permits must be made in writing by filling out a Facility Use Form. Forms may be obtained at the Recreation Dept. or on the website under the heading "Room Usage Application." Depending on request and organization requesting permit, a fee may be required.

## ONLINE REGISTRATION FOR ALL PROGRAMS

Community Pass is your resource for program and class registration within the Township of Cranford. Registration for our Spring and Summer Sessions begins Monday, April 11th at 10:00am.

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

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

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

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## CONTACTS

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### Recreation Facilities & Parks

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

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

### Cranford Sports Organizations

#### Cranford Soccer Club

All Cranford kids can learn and enjoy “the beautiful game” in a variety of programs offered by Cranford Soccer. From pre-K through high school, including recreational and travel teams and our TOP Soccer program for children with special needs, every kid in Cranford is welcome to play. Spring, Fall and Winter programs are available. Create an account at [www.cranfordsoccer.com](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 3 – 8), wrestling (Grades K – 8), and travel basketball (Grades 4 – 8) during its Fall and Winter seasons.

**Baseball/Softball**– [www.cbsl07016.org](http://www.cbsl07016.org)  
**Canoe Club**– [www.cranfordcanoecub.com](http://www.cranfordcanoecub.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)

**A PAL Track program** is in development. 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, Grades 1 – 4, play home and away games against other clubs. The goals of these programs are to continue the development of basic lacrosse skills and sportsmanship, and to provide equal playing time for all participants. The travel division, Grades 5 – 8, offers a more skilled level of play against other competitive teams. The goals are to develop young lacrosse players and to teach them additional skills and game strategy as well as good sportsmanship. Registration is done at [www.cranfordlacrosse.org](http://www.cranfordlacrosse.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)

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## TryCAN

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

Your Child Can! Every Child Can!

#### TryCAN

- **TryCAN** coordinates inclusive recreation and social development programs for children with special needs.
- Programs help teach sports and life skills, while focusing on building individual skills, teamwork and fun!
- Programs are taught by experienced coaches and instructors from the community.
- Skill-building sports programs are held a few weeks before start of each session to enable child (those interested) to try out for a particular sport.

- Using our “Children Helping Children” approach, during class your child works with trained volunteer Peer Mentors who serve as assistant coaches, buddies and your child’s biggest cheerleaders. Peer Mentors are high school and middle school students from our communities.
- Programs have included baseball, basketball, lacrosse, soccer, football, tennis, martial arts, golf, learn-to-bike-ride, social skills, reading, art and music.
- Programs are open to children from all communities.
- Programs charge only a nominal fee, thanks to fundraising activities of **TryCAN**. **TryCAN** allows parent and professional volunteers to get involved.

- **TryCAN** provides opportunities to attend **TryCAN** family events, and meet and network with other families with similar needs.
- **TryCAN** offers a comprehensive array of recreation programs for children with special needs or those who need special accommodation.

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

## MEMORIAL DAY PARADE

- Date:** Monday, May 30  
**Time:** 9:00am  
**Site:** Start is at the Community Center and ends at Memorial Park  
**Note:** *In the event of inclement weather, services will be held in The Cranford Community Center at 10:00am.*

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

## FOURTH OF JULY CELEBRATION

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

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



## CRANFORD WEST

- Date:** Weekdays (T – TH) & Weekends  
July through September  
**Fee:** \$40 per night  
Tent sites available  
**Note:** *Registration beings Friday, June 3.*  
*You must be a Cranford resident at least 21 years of age.*

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

## SPECIAL OLYMPICS YOUNG ATHLETES PROGRAM

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

- Ages:** 2 – 7  
**Days:** Saturday  
**Date:** April 30 to June 11\*  
**Time:** 8:45am – 10:00am  
**Fee:** Free  
**Min:** 6                      **Max:** 15  
**Note:** *Parents must participate*

\*No class May 23

Young Athletes introduces children ages 2 - 7 to the world of Special Olympics New Jersey through : Inclusive sports play those teachers skills like balance, jumping and kicking; Learn social skills like taking turns and playing with a teammate; Build self-confidence, and play as a family and meet new friends.

Young Athletes focuses on the following skills - Foundation skills (strength, flexibility and body awareness), walking & running, balance & jumping, trapping & catching, throwing striking and kicking. For more information, please visit [www.sonj.org](http://www.sonj.org)

## OPEN CENTER

### What is Open Center?

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

### Open Center Registration - **New!**

Anyone wishing to utilize Open Center must be registered with the Recreation Department prior to using the facilities. Registration can only be done in person. Anyone under the age of 18 must be registered by a parent/guardian, also in person. Registration forms are available at the Community Center. Proof of residency must be shown. You need only to register once per year.

### What qualifies as proof of residency?

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

### Who can use the Open Center?

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

### When is the center "Open"?

Fridays in spring 8:00am to 7:00pm,  
Fridays in summer 8:00am to 6:00pm  
and Saturdays in spring 9:00am  
to 5:00pm as long as there are no  
recreation programs scheduled. You  
can refer to this brochure to see when  
various programs are scheduled.



## Playgrounds

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

- Grades:** Completed Kindergarten to age 13  
**Dates:** June 27 to August 12  
**Monday through Wednesday**  
**Time:** 9:00am – 11:30am and 1:00pm – 3:00pm  
**Thursday & Friday**  
**Time:** 9:00am – 12:00pm  
**Sites:** Brookside Place School, Lincoln Park, Mohawk Park & Orange Avenue School  
**Fee:** \$35



## Cranford Canoe Club

250 Springfield Avenue, Cranford, NJ 07016

908-709-7285

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

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

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

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

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

**Recommended Length of Visit:** 2+ hours

**Prices:** Canoes and Kayaks – \$30 for 2 hours, Tandem Kayaks  
\$40 for 2 hours

\*Weather Permitting

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

## SPECIAL EVENTS

### TEEN NIGHT

**Grades:** 6 – 8  
**Days:** Fridays  
**Date:** April 29 to June 17\*  
**Time:** 7:00pm – 10:00pm  
\* No Teen night May 27

Cranford girls and boys in 6th, 7th and 8th come and hang out.

### KARATE FOR SPECIAL NEEDS

**Ages:** 5 and Up  
**Days:** Wednesday  
**Date:** April 6 to May 4  
**Time:** 7:00pm – 7:45pm  
(Ages 5 – 15)  
8:00pm – 8:45pm  
(Ages 16 & Up)  
**Fee:** \$12

Presented by Union County Board of Chosen Freeholders, Office for Persons with Disabilities & Special Needs and Cranford Recreation Department. For more information and to register, visit [WWW.UCNJ.ORG/OPSN-REG](http://WWW.UCNJ.ORG/OPSN-REG)

### CHILDREN HERB PROGRAM

**Ages:** 5 – 8  
**Days:** Thursday  
**Date:** April 28  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$40  
**Min:** 5 **Max:** 25

Come and learn some history and basic tips using kitchen herbs. How to grow and use them in your kitchen.

### ADULT HERB PROGRAM

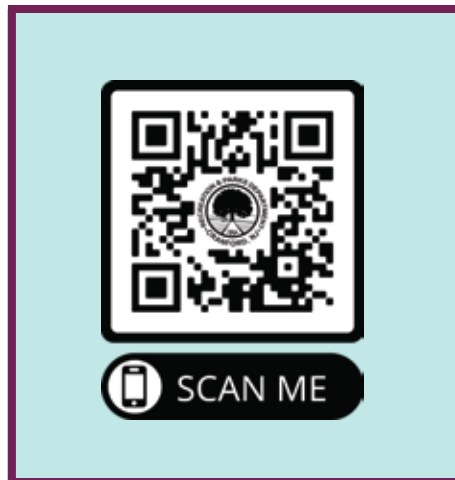
**Ages:** 18 & Up  
**Days:** Wednesday  
**Date:** April 27  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$40  
**Min:** 5 **Max:** 25

Come and learn some history and basic tips using kitchen herbs. How to grow and use them in your kitchen.

### CRIME SCENE INVESTIGATION

**Days:** Saturday  
**Date:** April 30  
**Time:** 9:00am – 4:00pm  
**Fee:** \$90  
**Min:** 12 **Max:** 25

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



### ADULT EDIBLE FLOWER PROGRAM

**Ages:** 18 & Up  
**Days:** Wednesday  
**Date:** May 4  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$40  
**Min:** 5 **Max:** 25

Not only are flowers beautiful in your garden, but some of these great beauties are also perfect in your kitchen.



### CHILDREN EDIBLE FLOWER PROGRAM

**Ages:** 5 – 8  
**Days:** Thursday  
**Date:** May 5  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$40  
**Min:** 5 **Max:** 25

Not only are flowers beautiful in your garden, but some of these great beauties are also perfect in your kitchen.

### MANNERATIONS SOCIAL ETIQUETTE

**Ages:** 6 – 8  
**Days:** Saturday  
**Date:** May 7  
**Time:** 10:00am – 11:00am  
**Fee:** \$60  
**Min:** 5 **Max:** 12

During this one-day class, children learn that 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.

### Family Brunch : Sheet Pan Pancakes (Online via Zoom)

**Days:** Saturday  
**Date:** May 14  
**Time:** 11:00am – 12:00pm  
**Fee:** \$20  
**Min:** 3 **Max:** 12

Make a delicious pan of pancakes with your favorite toppings such as blueberries or mini chocolate chip. Children will take center stage in preparing a batch of sheet pan pancakes that can be sliced and shared with the whole family after class, with parents joining in the fun as well.



# PRE-SCHOOL *SPRING SESSION*

## Kinder Yoga

### Tuesday AM Session

**Grades:** Kindergarten  
**Days:** Tuesday  
**Dates:** April 5 to June 7 (10 weeks)  
**Time:** 9:00am – 9:40am  
**Fee:** \$55  
**Min:** 8 **Max:** 12

### Tuesday PM Session

**Grades:** Kindergarten  
**Days:** Tuesday  
**Dates:** April 5 to June 7 (10 weeks)  
**Time:** 12:00pm – 12:40pm  
**Fee:** \$55  
**Min:** 8 **Max:** 12

### Thursday AM Session

**Grades:** Kindergarten  
**Days:** Thursday  
**Dates:** April 7 to June 9 (10 weeks)  
**Time:** 9:00am – 9:40am  
**Fee:** \$55  
**Min:** 8 **Max:** 12

### Thursday PM Session

**Grades:** Kindergarten  
**Days:** Thursday  
**Dates:** April 7 to June 9 (10 weeks)  
**Time:** 12:00pm – 12:40pm  
**Fee:** \$55  
**Min:** 8 **Max:** 12

Kinder Yoga is a happy, hip, active, yet **CALMING** introduction to yoga for boys and girls. This class aims to boost focus and promote a sense of well-being through movement and relaxation.

Kinder Yoga is the perfect preparation for Kinder Book Club! Please bring a mat and water bottle. All children who attend Kinder Yoga and Kinder Book Club will have snack time.



## Kinder Cooking & Arts and Crafts

### Monday AM Session

**Grades:** Kindergarten  
**Days:** Monday  
**Dates:** April 4 to June 13\* (10 weeks)  
**Time:** 9:00am – 10:45am  
**Fee:** \$130  
**Min:** 6 **Max:** 12

\*No class on May 30

### Monday PM Session

**Grades:** Kindergarten  
**Days:** Monday  
**Dates:** April 4 to June 13\* (10 weeks)  
**Time:** 12:30pm – 2:15pm  
**Fee:** \$130  
**Min:** 6 **Max:** 12

\*No class on May 30

### Friday AM Session

**Grades:** Kindergarten  
**Days:** Friday  
**Dates:** April 8 to June 17 (10 weeks)  
**Time:** 9:00am – 10:45am  
**Fee:** \$130  
**Min:** 6 **Max:** 12

### Friday PM Session

**Grades:** Kindergarten  
**Days:** Friday  
**Dates:** April 8 to June 17 (10 weeks)  
**Time:** 12:30pm – 2:15pm  
**Fee:** \$130  
**Min:** 6 **Max:** 12

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

## Kinder Book Club

### Tuesday AM Session

**Grades:** Kindergarten  
**Days:** Tuesday  
**Dates:** April 5 to June 7 (10 weeks)  
**Time:** 9:45am – 11:15am  
**Fee:** \$95  
**Min:** 8 **Max:** 12

### Tuesday PM Session

**Grades:** Kindergarten  
**Days:** Tuesday  
**Dates:** April 5 to June 7 (10 weeks)  
**Time:** 12:45pm – 2:15pm  
**Fee:** \$95  
**Min:** 8 **Max:** 12



### Thursday AM Session

**Grades:** Kindergarten  
**Days:** Thursday  
**Dates:** April 7 to June 9 (10 weeks)  
**Time:** 9:45am – 11:15am  
**Fee:** \$95  
**Min:** 8 **Max:** 12

### Thursday PM Session

**Grades:** Kindergarten  
**Days:** Thursday  
**Dates:** April 7 to June 9 (10 weeks)  
**Time:** 12:45pm – 2:15pm  
**Fee:** \$95  
**Min:** 8 **Max:** 12

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! Please bring a water bottle, and snack if your child signs up for both Kinder Book Club and Kinder Yoga.

# Pre-School – SPRING SESSION

## KINDERDANCE International

Education Through Dance

### ■ Zumba

**Ages:** 3 – 6  
**Days:** Tuesday  
**Dates:** April 25 to June 13 (7 weeks)  
**Time:** 10:45am – 11:15pm  
**Fee:** \$110  
**Min:** 5    **Max:** 15

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

### Kinder Ballet Hip Hop

**Grades:** Kindergarten and 1st  
**Days:** Wednesday  
**Dates:** April 6 to May 11 (6 weeks)  
**Time:** 4:45pm – 5:30pm  
**Fee:** \$110  
**Min:** 4    **Max:** 20

### Ballet Lyrical

**Grades:** 1 – 3  
**Days:** Thursday  
**Dates:** April 7 to May 12 (6 weeks)  
**Time:** 4:45pm – 5:30pm  
**Fee:** \$110  
**Min:** 4    **Max:** 20

### Kinder Gym

**Ages:** 3 – 5  
**Days:** Tuesday  
**Dates:** April 25 to June 13 (7 weeks)  
**Time:** 11:15am – 11:45am  
**Fee:** \$110  
**Min:** 5    **Max:** 15

**KINDERGYM** is a developmental floor gymnastics program with emphasis on social & gross motor development, physical fitness, balance & coordination, and muscle strengthening. Classes are filled with fun and challenging motor movement activities.



### Lil' Athletes

**Ages:** 2 – 5  
**Days:** Tuesday  
**Dates:** April 26 to June 14 (8 weeks)  
**Time:** 9:30am – 10:00am  
**Fee:** \$150  
**Min:** 4    **Max:** 12

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

### ■ Kindertots

**Ages:** 2  
**Days:** Tuesday  
**Dates:** April 25 to June 13 (7 weeks)  
**Time:** 10:00am – 10:30am  
**Fee:** \$110  
**Min:** 5    **Max:** 15

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

### ■ Preschool Prep Literacy Class **NEW!**

**Ages:** 3 – 4  
**Days:** Monday  
**Dates:** April 25 to June 6 (6 weeks)  
**Time:** 9:00am – 10:30pm  
**Fee:** \$215  
**Min:** 5    **Max:** 15  
**Note:** Child must be potty trained for the class

Child development classes geared for the 3- or 4-year-old entering preschool the following year! Focus will be on letter and sound recognition. Your child will learn the phonetics of each letter sound and shape of each letter through the use of tactile and sensory play. Targeted goals will be the expansion of language.



### ■ Parent & Me Storybook Arts & Crafts **NEW!**

**Ages:** 2 – 5  
**Days:** Wednesday  
**Dates:** April 27 to June 15  
**Time:** 9:30am – 10:30am  
**Fee:** \$130  
**Min:** 5    **Max:** 10  
**Note:** Materials are included

This weekly themed storybook program will consist of activities such as, Three Little Pigs, Chicka Chicka Boom Boom, Bug Soups, Dragons Love Taco's, Etc...

## Fridays with my First Friends

**Ages:** 2 – 3  
**Days:** Friday  
**Dates:** April 29 to June 17 (8 weeks)  
**Time:** 9:30am – 10:15am  
**Fee:** \$35  
**Min:** 6 **Max:** 15

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



## Preschool Prep Math Class **NEW!**

**Ages:** 3 – 4  
**Days:** Monday  
**Dates:** April 25 to June 6 (6 weeks)  
**Time:** 10:40am – 12:10pm  
**Fee:** \$215  
**Min:** 5 **Max:** 15  
**Note:** Child must be potty trained for the class

Child development classes geared for 3- or 4-year-old entering preschool the following year! Focus will be on early math skills. Your child will work on number recognition, counting, patterns, sequencing, shape recognition and sorting through the use of tactile and sensory play.



## Collage Art

**Ages:** 3 – 5  
**Days:** Wednesday  
**Dates:** April 27 to June 1  
**Time:** 9:30am – 10:30am  
**Fee:** \$120  
**Min:** 6 **Max:** 12  
**Note:** Parents must attend with child

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. In this class, the students will use handmade paper and creative cutouts to make a world they know and imagine while learning about image and story making through collage. They will create their own-colored paper with newly learned painterly techniques. Each student goes home with their own artwork.



## Kinder Collage Art

### Wednesday AM Session

**Grades:** Kindergarten  
**Days:** Wednesday  
**Dates:** April 27 to June 1  
**Time:** 10:45am – 11:45am  
**Fee:** \$130  
**Min:** 6 **Max:** 12

### Wednesday PM Session

**Grades:** Kindergarten  
**Days:** Wednesday  
**Dates:** April 27 to June 1  
**Time:** 12:15pm – 1:15pm  
**Fee:** \$130  
**Min:** 6 **Max:** 12

Cut, make textures, learn about movement, compose and make a story! Kindergarten-age students will work on elaborate collage compositions that will teach them, about shapes, pattern and texture. They will be inspired by famous artists and masterpieces.

## Adventure Series **NEW!**

**Ages:** 3 – 7  
**Days:** Saturday  
**Date:** April 30 to June 11  
**Time:** 8:00am – 9:00am  
 (Ages 3 – 4)  
 9:15am – 10:15am  
 (Ages 5 – 7)  
**Fee:** \$149  
**Min:** 10 **Max:** 20

Get your kids moving, using their imagination and invoking their problem-solving skills all while engaging in cooperative play with their friends. **\*Every child gets a shirt\***

## Hobby Quest

### Drone Programming NEW!

**Grades:** 3 – 8  
**Days:** Mondays  
**Dates:** April 25 to June 13\*  
**Time:** 3:30pm – 4:30pm  
**Fee:** \$175  
 (All materials/supplies are included in this fee)  
**Min:** 8 **Max:** 16

\*No class May 30

Have you ever wanted to fly a drone? Well, we can do you one better. In this ALL-NEW course, we will teach you to PROGRAM a drone to follow your every command. You will learn to code, using different methods from simple's cue cards that the drone obeys, to programming complex missions, to creating code that makes the drone dance with you. Anyone can use a remote control to fly a drone; you will learn something that only a few people can do: how to program a drone using lines of code to make it obey your every command. Think you have what it takes to code your drone through an obstacle course? There's only one way to find out! For the final class you and your classmates will create a fill-on dance video in which you, your classmates and the drones all perform a dance that you coded together.

### Command It! Code It! Fly It! It's Amazing!



## LEGO Robotics and Coding – Amazing Engineers

**Grades:** 1 – 3  
**Days:** Tuesday  
**Dates:** April 26 to May 31  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$155  
**Min:** 5 **Max:** 8

This program focuses on coding and robotic as it introduces to the engineering design process using LEGO Essential Education Robotics Construction Sets. Children will work in pairs building models. They will define problems, brainstorm solutions, and test their prototypes to improve their ideas. Children will gain confidence and understanding as they build and explore their construction projects.

### Brixology: Lego Based Program

**Grades:** Kindergarten – 6th  
**Days:** Friday  
**Dates:** April 29 to June 17  
**Time:** 3:30pm – 4:30pm  
**Fee:** \$160  
 (All materials/supplies are included in this fee)  
**Min:** 4 **Max:** 10

BRIXOLOGY sets the foundation for our next generation of makers! Kids learn about different types of engineering and then team up to construct a different engineering-themed project using LEGO bricks. They learn about aerospace engineering while assembling a space station. They explore mechanical engineering as they build boats and vehicles.

That's not all, from carnival rides to drawing machines, mechanical animals to truss bridges; your future engineer will build upon their creativity to solve real-world design challenges while developing their problem-solving and team-building skills.

## Red Hot Robotics

**Grades:** 1 – 6  
**Days:** Wednesday  
**Dates:** April 27 to June 15  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$110  
**Min:** 4 **Max:** 10

Explore the basic and complex technology used to design and build robots. Discover how machines and robots work and how they make our lives easier. Learn about simple machines, gear structure, battery wiring, motor principles, and electronic circuits. Experiment with different forms of locomotion – including wheels, legs, and "tracks". Build your very own robot and other projects!

## mBot Robotics and Coding with Scratch MIT

**Grades:** 3 – 5  
**Days:** Wednesday  
**Dates:** April 27 to June 1  
**Time:** 4:30pm – 6:00pm  
**Fee:** \$185  
**Min:** 5 **Max:** 8

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. Children will spend time coding and testing their robots to sense the environment and navigate obstacles. They will also have the chance to learn concepts of physics, such as sound and frequency, ultrasonic sensors and RGB LEDs. This class is very hands-on and a lot of fun!



## The MAD Side of Science

**Grades:** Kindergarten – 6th  
**Days:** Tuesday  
**Dates:** April 26 to May 31  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$170  
(All materials/supplies are included in this fee)  
**Min:** 10 **Max:** 10

Experiments are the best part of being a Mad Scientist! In this program, kids learn about several specialized areas of science, including forensics, geology, kinesiology, meteorology, entomology, and mechanical engineering.

## NASA Academy of Future Space Explorers

**Grades:** Kindergarten – 6th  
**Days:** Thursday  
**Dates:** April 28 to June 16  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$170  
(All materials/supplies are included in this fee)  
**Min:** 10 **Max:** 10

## Pi-oneers Club/ NEW! Math Enrichment Program

**Grades:** 1st – 3rd or 4th – 6th  
**Days:** Tuesday  
**Dates:** April 26 to June 14  
**Time:** 4:30pm – 5:30pm (Grades 1 - 3)  
5:30pm – 6:30pm (Grades 4 - 6)  
**Fee:** \$160  
**Min:** 5 **Max:** 12

Have fun exploring math concepts from algebra, geometry, statistics and more! Participate in games and hands-on activities. Develop problem solving skills, and meet new friends!

## Kiddies Kaleidoscope

### Kiddies Junior Robotics

**Ages:** 5 – 9 Years Old  
**Days:** Mondays  
**Dates:** April 25 to June 6\*  
**Time:** 4:30pm – 5:30pm  
**Fee:** \$150  
(All materials/supplies are included in this fee)  
**Min:** 5 **Max:** 12

\*No class May 30

By entering into our “Tinker Lab”, young children will be exposed to robotics in a fun, hands-on way. Children will be introduced to the coding and programming of real, age-appropriate robots understanding the basics of algorithms while building language and math skills as we work with sequencing, estimation and problem solving—all while having fun!

With Robotics being the wave of the future, children who understand robotics will be at an advantage – literally able to operate the world around them! Featuring: code and go mouse, bit bots, cozmo, bee bot, botley, sphere, cubette and bash and dot

### Kiddies Kaleidoscope- The Science Exploration Class

**Ages:** 4 – 9 Years Old  
**Days:** Thursday  
**Dates:** April 28 to June 2\*  
**Time:** 4:30pm – 5:30pm  
**Fee:** \$150  
**Min:** 5 **Max:** 12

Quality enrichment for our future scientists! Classes that foster curiosity, exploration and experimentation. 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. Children take home their projects for most classes!!  
Projects/Experiments in: \*Chemistry \* S.T.E.A.M \* Earth Science \* Biology

## Young Rembrandts

### Drawing Classes for kids

**Ages:** 6 – 12 Years Old  
**Days:** Wednesday  
**Dates:** April 27 to June 15  
**Time:** 5:45pm – 6:45pm  
**Fee:** \$187  
**Min:** 5 **Max:** 8

Spring is kicking off with playful fun lesson inspired by flowers and robots. Our students will learn how to think outside of the box as they create stylized drawings of an intricately patterned fish, a cartoon alligator and a detailed illustration featuring an aerial view from the perspective of a jet plane!

### Drawing 101

**Grades:** 5 – 8  
**Days:** Wednesday  
**Dates:** April 27 to June 1  
**Time:** 5:00pm – 6:00pm  
**Fee:** \$160  
(All materials/supplies are included in this fee)  
**Min:** 7 **Max:** 11

Join us for a multi-fun multi-sensorial art class. Make a dynamic world-themed collage with established contemporary artist Inrena Pejovic! Learn about Shape, Texture, Movement, Sound, Composition, and Story Making.

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



# Youth – SPRING SESSION

## The Art of Filmmaking with Stop-Motion

**Ages:** 4 – 7 Years Old  
**Days:** Tuesdays  
**Dates:** April 26 to May 31  
**Time:** 5:15pm – 6:45pm  
**Fee:** \$185  
**Min:** 5 **Max:** 8

This class introduces students to the art and technique of filmmaking using stop-motion techniques. Children will go through the steps required to make a short stop-motion movie, including writing a script, drawing a storyboard, developing characters, making puppets or using Lego, shooting scenes, editing, and adding sound effect. By the end of the program, each student will have completed a short movie on a subject of their choice that you can watch together during the last session.



## Knitting Class

**Ages:** 8 – 16 Years Old  
**Days:** Tuesdays  
**Dates:** April 26 to June 14  
**Time:** 6:00pm – 7:00pm  
**Fee:** \$135  
**Min:** 4 **Max:** 8

(All materials/supplies are included in this fee)

## Fashion First Workshop LLC

**Ages:** 7 – 17 Years Old  
**Days:** Wednesdays  
**Dates:** April 27 to June 15 (8 weeks)  
**Time:** 4:00pm – 5:00pm (7 – 9 Beginner)  
5:00pm – 6:00pm (10+ Advanced beginner)  
**Fee:** \$225

(All materials/supplies are included in this fee)

**Min:** 6 **Max:** 15

Designing the cut-out top calling all fashion designers! Do you have a passion for fashion? With the help of Fashion First Workshops, the student's designers will create the all-new design the Cut-Out Top for spring. This style of top never goes out of fashion and is perfect for the spring and summer months. At the beginning of class, each designer will get to select their own fabric. You will start with sketching and rendering your design. Measuring, pinning and cutting out your design. Know how to use a sewing machine? Great! Otherwise, we will teach you. **\*\*\*The class fee includes all fabric, trims, notions and use of the sewing machines. If you have your own machine and want to bring it to class and use it that's great, please do! \*\*\***

## Junior Golf

**Grades:** 2 – 8  
**Days:** Wednesday  
**Dates:** April 27 to June 15  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$90  
**Site:** Hyatt Hills  
**Min:** 2 **Max:** 25

Our professional staff will teach children all aspects of the golf game and swing. Clubs and balls are supplied, however if you have your own clubs bring them!

## Delicious Salads (Online via Zoom)

**Ages:** 8 – 14 Years Old  
**Days:** Mondays  
**Dates:** May 2 to May 23 (4 weeks)  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$110  
**Min:** 4 **Max:** 12  
**Site:** Online

Learn to make all types of delicious salads with the season's offerings. Participants will learn about cooking with the seasons and share their love of food in a joyful environment. Each week we will make a new recipe including interesting flavor combinations and homemade dressings. An ingredient and basic equipment list for each class will be provided in advance so each participant is prepared to cook along. There will be plenty to share with the whole family once class ends. An adult must be present while participants are cooking (and will pick up tips along the way too!)



## Field Hockey

**Grades:** 2 – 3 or 4 – 5  
**Days:** Tuesday  
**Dates:** May 3 to June 7  
**Time:** 3:30pm – 4:30pm (Grades 2 - 3)  
4:30pm – 5:30pm (Grades 4 - 5)  
**Fee:** \$45  
**Site:** Roosevelt Field  
**Min:** 8 **Max:** 20

## Basic Martial Arts **NEW!**

**Ages:** 3 – 8 Years Old  
**Days:** Fridays  
**Dates:** April 29 to June 17\* (8 weeks)  
**Time:** 3:30pm – 4:00pm (Ages 3 - 5)  
 4:15pm – 4:45pm (Ages 6 - 8)  
**Fee:** \$110  
**Site:** 304 Centennial Avenue (Satori Academy)  
**Min:** 8 **Max:** 20

\*No class May 27

The focus of this class is Basic Martial Arts training and concepts to teach the students how to focus their attention and energy, improve their self-confidence through positive encouragement, develop perseverance through adversity, and learn how to work together as a team.

## Magic Program **NEW!**

**Grades:** Kindergarten – 5th  
**Days:** Friday  
**Dates:** April 29 to June 17\*  
**Time:** 3:30pm – 4:30pm  
**Fee:** \$175  
**Min:** 8 **Max:** 16

\*No class May 27



## Chess Lessons

**Ages:** All Levels  
**Days:** Tuesdays  
**Dates:** April 26 to June 14  
**Time:** 5:30pm – 6:30pm  
**Fee:** \$30 Pay Per Day (All materials/supplies are included in this fee)  
**Min:** 4

All levels are welcomed from beginner to advance.

## School House Chess

**Grades:** Kindergarten – 6th  
**Days:** Monday  
**Dates:** April 25 to June 13  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$135 (All materials/supplies are included in this fee)  
**Min:** 4 **Max:** 10

Schoolhouse Chess brings 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. Our instructors bring all the materials and supplies to your school and cover the rules and strategies of chess.



## Fire's Basketball

**Ages:** 4 – 13  
**Dates:** Monday April 18  
 Tuesday April 19  
 Wednesday April 20  
 Thursday April 21  
**Time:** 9:00am – 11:00am  
**Site:** Cranford Community Center  
**Fee:** \$20 Each Day  
**Min:** 10 **Max:** 60

## Teen

### Field Hockey

**Grades:** 6 – 8  
**Days:** Wednesday  
**Dates:** May 4 to June 8  
**Time:** 3:30pm – 4:30pm  
**Fee:** \$45  
**Site:** Roosevelt Field  
**Min:** 8 **Max:** 20



### Teen Yoga

**Ages:** 13 – 17  
**Days:** Monday  
**Dates:** April 4 to June 13  
**Time:** 5:45pm – 6:45pm  
**Fee:** \$100  
**Min:** 10 **Max:** 20

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

**Bring a yoga mat and a water bottle.**

# Adult – SPRING SESSION



## Monday Night Adult Yoga

**Ages:** 18 & Up  
**Days:** Monday  
**Dates:** April 4 to June 13\*  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$100  
**Min:** 10 **Max:** 25  
\*No class May 30

## Wednesday Night Adult Yoga

**Ages:** 18 & Up  
**Days:** Wednesday  
**Dates:** April 6 to June 8  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$100  
**Min:** 10 **Max:** 25

## Adult Pilates

**Ages:** 18 & Up  
**Days:** Thursday  
**Dates:** April 7 to June 9  
**Time:** 7:30pm – 8:30pm  
**Fee:** \$100  
**Min:** 10 **Max:** 25

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

## Piano for Beginners

**Ages:** 18 & up  
**Days:** Tuesday  
**Dates:** April 26 to June 14  
**Time:** 10:00am – 11:00am  
**Fee:** \$25  
**Min:** 3 **Max:** 7

Knowledge of music not required.



## Piano – Intermediate

**Ages:** 18 & up  
**Days:** Tuesday  
**Dates:** April 26 to June 14  
**Time:** 11:00am – 12:00pm  
\$25  
**Min:** 3 **Max:** 7

Knowledge of music not required.



## Adult Knitting

**Ages:** 18 & Up  
**Days:** Tuesday  
**Dates:** April 26 to June 14  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$135  
**Min:** 4 **Max:** 8  
(All materials/supplies are included in this fee)

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!





## Adult Soccer

**Ages:** 30 & Up  
**Days:** Sunday  
**Dates:** April 24 to June 26  
**Time:** 8:00am – 9:00am  
**Site:** Livingston Ave School  
**Fee:** \$45  
**Min:** 10 **Max:** 40

## Adult Tai Chi

**Ages:** 21 & Up  
**Days:** Thursday  
**Dates:** April 28 to June 2  
**Time:** 7:00pm – 8:00pm  
**Fee:** \$75  
**Min:** 4 **Max:** 15

Tai Chi is a Chinese form of martial arts that involves slow, controlled and low-impact movements. Tai Chi also improves muscle strength and flexibility. It reduces stress improves mood, better sleep and promotes weight loss. Depending on the speed and size of the movements, tai chi can also provide aerobic benefits.



## Adult Pickleball

**Ages:** 21 & Up  
**Days:** Wednesday  
**Dates:** April 27 to June 15  
**Time:** 6:30pm – 9:30pm  
**Fee:** \$60



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!

## Adult Drawing 101

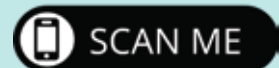
**Ages:** 18 & Up  
**Day:** Wednesday  
**Dates:** April 27 to June 1  
**Time:** 6:15pm – 7:45pm  
**Fee:** \$150  
**Min:** 7 **Max:** 11

(All materials/supplies are included in this fee)

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



**CRANFORD  
 RECREATION  
 COMMUNITY  
 PASS**



# SUMMER SESSIONS

## Tennis

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

### Tennis Instruction

**Ages:** 8 – 11  
**Days:** Monday to Friday  
**Dates:** June 27 to August 12\*  
**Time:** 9:00am – 12:00pm  
**Site:** Hillside Ave Tennis Courts  
**Fee:** \$125  
**Min:** 10 **Max:** 60

\*No class July 4



### Town Tennis

**Ages:** 10 – 16  
**Days:** Monday to Friday  
**Dates:** June 27 to August 12\*  
**Time:** 1:00pm – 4:00pm  
**Site:** Hillside Ave. Tennis Courts  
**Fee:** \$125  
**Min:** 10 **Max:** 60

\*No class July 4

### Cheerleading Camp

**Grades:** K – 8  
**Days:** Monday to Friday  
**Dates:** June 27 to July 1  
**Time:** 9:00am – 12:00pm  
**Site:** Roosevelt Park  
**Fee:** \$150

## Fire's Basketball

### Session – 1

**Ages:** 4 – 13  
**Dates:** Monday June 27  
Tuesday June 28  
Wednesday June 29  
Thursday June 30  
**Time:** 9:00am – 11:00am  
**Site:** Cranford Community Center  
**Fee:** \$20 Each Day  
**Min:** 10 **Max:** 60

### Session – 2

**Ages:** 4 – 13  
**Dates:** Monday July 5  
Tuesday July 6  
Wednesday July 7  
Thursday July 8  
**Time:** 9:00am – 11:00am  
**Site:** Cranford Community Center  
**Fee:** \$20 Each Day  
**Min:** 10 **Max:** 60

### 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 include drills, contests, games and awards.

**Bring your own basketball, bring a snack. No lunch available.**



## Kamp Kinder Dance

**Ages:** 3 – 6  
**Days:** Monday – Thursday  
**Dates:** July 11 to July 15  
July 25 to July 29  
August 8 to August 12  
**Time:** 1:00pm – 3:00pm  
**Fee:** \$130  
**Min:** 8 **Max:** 20

Kamp Kinderdance for boys and girls ages 3-6 blends numerous techniques and movements from one or more of our enrichment programs: Kinder dance, Kindergym, Kindermotion and Yoga (non-spiritual, non-religious).

This 2-hour summer camp introduces young dancers to the fundamentals of dance and creative movement while promoting the development of a strong and flexible body, increased balance, mind-body awareness and coordination and creativity. Dancers will also strengthen their motor, cognitive, social and emotional skills.

## Mini Photography Summer Camp

**NEW!**

**Grades:** 4 – 8  
**Days:** Monday – Thursday  
**Dates:** July 18 to July 21  
**Time:** 9:00am – 10:30am  
**Fee:** \$115  
**Min:** 6 **Max:** 12

Session highlights include learning to manipulate perspective, and capturing impressions of images through reflective surfaces. The class concludes with a Gallery Show in which the students present their work.

# SUMMER SESSIONS

## Shazam!! Mini Magic Summer Camp

**NEW!**

**Grades:** 4 – 8  
**Days:** Monday – Thursday  
**Dates:** July 18 to July 21  
**Time:** 10:45am – 12:15pm  
**Fee:** \$115  
**Min:** 6 **Max:** 12

Get ready to wow your audiences by learning amazing illusions!

## Kiddies Kaleidoscope 2022 Summer Camp

**Grades:** Kindergarten – 5  
**Days:** Monday – Friday  
**Dates:** August 8 to August 12 or  
August 15 to August 19  
**Time:** 9:00am – 4:00pm  
**Fee:** \$255  
**Min:** 5 **Max:** 15

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



## Baking with Fruit – Online Cooking Classes with Thirsty Radish

**Ages:** 8 – 14  
**Days:** Monday  
**Dates:** July 12 to August 2  
**Time:** 4:00pm – 5:00pm  
**Fee:** \$110  
**Min:** 3 **Max:** 12

Each week we will bake a delicious new recipe in which fruit has a starring role. Participants will learn the fundamentals of baking while making delicious treats they can share with the whole family. This class will involve cooking with dairy, eggs, and flour among other ingredients. An adult must be present nearby while participants are cooking (and will pick up tips too!).



## Summer KinderBridge

**Grades:** Children Entering 1st  
**Days:** Monday – Friday  
**Dates:** August 15 to August 19  
**Time:** 9:00am – 12:00pm  
**Fee:** \$150  
**Min:** 8 **Max:** 12

For children entering 1st grade. The basic structure would include movement, bookclub, snack, & story related active. An opportunity to have structured learning before heading back to school-reading, writing, listening, sight word actives, yoga, relay races, cooperative games, arts & science activities.

## Latin American Camp

**Ages:** 3 – 6  
**Days:** Monday – Friday  
**Dates:** August 15 to August 19  
**Time:** 10:00am – 12:00pm  
**Fee:** \$130  
**Min:** 8 **Max:** 12

Kids will get to experience the culture and tradition of 5 Latin American Counties.

## Lax Academy Lacrosse Camp

**Ages:** Kindergarten – 4  
**Days:** Monday – Thursday  
**Dates:** June 27 to June 30 or  
July 25 to July 28  
**Time:** 9:00am – 12:00pm  
**Site:** Sherman Park  
**Fee:** \$105



# Senior Programs

## Special Senior Services

### • Free Senior Shuttle Bus Service – Cranford only.

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

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

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

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

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

### PROOF OF RESIDENCY REQUIRED FOR ALL PROGRAMS

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

### In-person registration required for all senior programs

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

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

## Monday

### Keeping Fit with Exercise

**Time:** 9:15am – 10:15am

An innovative exercise program designed to strengthen bones and increase flexibility in all muscle groups.

### Dancercise

**Time:** TBD

Lets Dance! Dance to great music, make new friends, get in shape and have fun! Dancercise will combine elements of fitness-cardio, muscle conditioning, balance and flexibility. Not partners needed.

### Tone-up

**Time:** TBD

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

### Canasta

**Time:** 1:00pm – 3:00pm

A strategy game that offers an interesting challenge for anyone who enjoys playing card games.

## 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 4th Tuesday of the month. Stop in and join the fun! Guest callers, many laughs and prizes!

**Reservations required.**

## Senior Drawing

**Time:** 10:00am – 12:00pm

Beginners as well as experienced artists are able to create their own masterpieces by using their own preference of media.

## Relax-Ercise

**Time:** TBD

Relax, Recharge, Refresh with Tuesday morning. Meditation oxygenates your brain, increases energy, reduces stress and improves the immune system. Most importantly, helps maintain a positive attitude.

## Tuesday Afternoon Senior Yoga

**Time:** 12:00pm – 1:00pm

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



## Mahjong

**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 join the fun!

# Senior Programs

## Wednesday

### Embroidery is SEW much fun!

**NEW!**

**Dates:** April 27 to June 15  
**Time:** 9:00am – 10:00am  
**Max** 12

Craft of decorating fabric with needle and thread to form decorative needle work designs. Sewing is a nice social setting and create works of all. As ye sew so shall ye rip!



### Tech for Seniors

**Dates:** April 27  
**Time:** 12:30pm – 1:30pm

Become Tech Savvy! Learn how to use those newfangled gadgets cell/smart phones, tablets and computers. Class covers emailing/texting, social media and more! Bring your device and questions!

### Wednesday Walking Club (Outdoors) Walking for Health!

**Time:** 9:30am – 11:30am

Fitness, Friends and Fun! Come join our senior walking club that is sure to be fun! Filled with laughter, smiles and conversation.

### 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.

### Pinochle Club

**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!

### Workout Wednesday **NEW!**

**Dates:** Begins April 27  
**Time:** 9:30am – 10:30am

### Keeping Fit with Exercise

**Time:** 10:45am – 11:45am

An Innovative exercise program designed to strengthen bones and increase flexibility in all muscle groups.

### Beat "IT"

**Time:** TBD

Let's pound it out! Come join our high energy, fun cardio class!

### Canasta

**Time:** 1:00pm – 4:00pm

A strategy game that offers an interesting challenge for anyone who enjoys playing card games.

### Quilting Made Easy! **NEW!**

**Dates:** April 27 to June 15  
**Time:** 10:15am – 11:15am  
**Max** 12

The process of joining 3 layers of fabric together using needle and thread. Anyone can make table running or table cloths with this easy to sew method. Don't needle the quilter!

### Scrabble Club

**Time:** 12:00pm – 2:00pm

Who doesn't like a classic board game? Come build words and friendships!



## 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.

### Thursday Morning Yoga

**Time:** 9:15am – 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.

### Thursday Senior Group

**Time:** 12:30pm – 3:00pm

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



## Mahjong

**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.

## 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!

### Relax-Ercise

**Time:** TBD

Relax, Recharge, Refresh with Friday morning meditation. It oxygenates your brain, increases energy, reduces stress and improves the immune system. Most importantly, helps maintain a positive attitude.



### Senior Tai Chi

**Time:** 10:15am – 11:15am  
(Beginner)

**Time:** 11:15am – 12:00pm  
(Advanced)

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



## Friday Afternoon Senior Movie

(1st & 2nd 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 TV35.

## Craft with a Purpose

(3rd Friday of the month)

**Time:** 12:30pm – 2:00pm

Exercising your creative side by making projects that are attractive and useful with friends!

## Kitchen Time with Esther

(4th Friday of the month)

**Time:** 12:30pm – 2:00pm

Interactive/ hands on sessions in the kitchen with cooking, baking kitchen skills and tips.

# Public Works department

364 North Avenue East • Cranford, NJ 07016 • 908-709-7217 • [www.cranfordnj.org/public-works](http://www.cranfordnj.org/public-works)

## Public Works Staff

**Erik M. Hastrup**  
Superintendent

## Hours of Operation

**Monday – Friday**  
**7:30am – 4:00pm**  
**Phone: 908-709-7217**  
**Fax: 908-931-0590**

## Conservation Center

210 Birchwood Avenue

## Year Round Hours of Operation

Wednesday  
9:30am – 3:20pm

Saturday & Sunday  
9:30am – 3:50pm

## Closed Major Holidays

## 2022 Spring River Cleanup

**Sat., April 16**

Rain Date: Sat., April 23

For info contact  
Jason Stevens:  
[Cranfordrivercleanup@gmail.com](mailto:Cranfordrivercleanup@gmail.com)



## 2022 Yard Waste Permit

A Yard Waste Permit is required to drop off home generated yard debris. 2022 Permit is valid until April 5, 2023

Annual Fee: \$85 — For Second Vehicle Additional \$20 Charge.

**Please Note:** Only one permit will be mailed per household. To obtain a permit for a second vehicle in your household, you must wait until May 1st and come in-person to the Conservation Center. There is a limit of two permit stickers per household.

## How to Purchase a 2022 Yard Waste Permit

**In-Person:** At Conservation Center: You must present your NJ car registration for the vehicle you are registering. Bring a check for \$85 to "Township of Cranford."

**By Mail:** Fill out application form. Enclose a check for \$85 to "Township of Cranford."

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

## Leaves

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

## Acceptable Yard Waste

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

## Unacceptable Yard Waste

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

## Helpful Hints

Affix permit sticker to the driver's side rear window. If buying a new car: remove permit sticker from old vehicle and bring to Conservation Center. We will issue a replacement sticker at no charge.

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

To Learn more contact: [dpw@cranfordnj.org](mailto:dpw@cranfordnj.org)

# Mail - In Conservation Center Permit Application

## To Apply by Mail:

- Applications are accepted beginning March 5, 2022
- 2022 Permits expire April 5, 2023
- One car permit per household address will be sent via mail.
- For a second permit, you must apply in person beginning May 1st at the Conservation Center for a charge of \$20.
- For in-person registration, you do not need this application but you are required to present the NJ car registration for the vehicle you are registering.

- Please fill out the application form completely and clearly.
- Enclose a check for \$85.00 to "Township of Cranford"
- Enclose a copy of your car registration.

**Mail To:**  
**DPW – Yard Waste Permit**  
**364 North Avenue East**  
**Cranford, NJ 07016**

If you do not receive your permit in 15 days or have any questions please call: 908-709-7217x2

## Checks Only... No Cash

### 2022 Conservation Center Permit Application

Please print clearly.

Name: \_\_\_\_\_

Cranford Address: \_\_\_\_\_

Vehicle Make & Model: \_\_\_\_\_ Color: \_\_\_\_\_

License Plate No. \_\_\_\_\_ Phone #: \_\_\_\_\_

Photocopy of Vehicle Registration Attached

Leased Car       Company Owned Car

Name of Lessor or Company \_\_\_\_\_

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

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

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#### OFFICE USE ONLY

Permit No. \_\_\_\_\_ Date Processed \_\_\_\_\_

Initials: \_\_\_\_\_ Entered \_\_\_\_\_



# RECYCLING department

364 North Avenue East • Cranford, NJ 07016 • 908-709-7217 • [www.cranfordnj.org/recycling](http://www.cranfordnj.org/recycling)

## Recycling Staff

**Erik M. Hastrup**  
Recycling Coordinator

## Conservation Center

210 Birchwood Avenue

### Year-Round Hours of Operation

Wednesdays  
9:30am to 3:20pm

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

### Closed Major Holidays

## Visit Online For

Recycling News  
and Updates

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

## Recycling Options

Curbside Recycling Pickup

Recycling Drop-off at the  
Conservation Center

## IMPORTANT CONTACT INFORMATION

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

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

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

## Report Missed Recycling Pickups Within 24 Hours

Contact Giordano Co. – 800-216-2250 ext. 2  
Email: [service@gogreengiardano.com](mailto:service@gogreengiardano.com)

## Questions & Answers

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

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

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

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

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

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

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

Some options for disposal of bulky waste items are:

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

## Union County Recycling Programs

Dates, Times & Locations vary  
Visit [www.ucnj.org/recycling](http://www.ucnj.org/recycling)  
or call 908.654.9890

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



## CURBSIDE RECYCLING GUIDELINES

**What CAN go into my curbside container**

### ACCEPTABLE

#### Commingled Recycling

*(Covered Container Recommended – 32 gallon or larger)*

✓ **Plastic Bottles & Containers**

*Bottles coded with #1 or #2 only*



✓ **Mixed Paper**

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



✓ **Cans**

*Aluminum and Steel (tin) Cans & Lids*



✓ **Glass Bottles & Jars**

*All sizes, shapes & colors*



✓ **Cardboard**

*Corrugated, Cereal & Clean Pizza Boxes*



✓ **Cartons**

*Milk, Juice & Cardboard Boxes*



**PLEASE DO NOT USE PLASTIC BAGS!  
RECYCLABLES MUST BE CLEAN OF FOOD DEBRIS.**

**What CANNOT go into my curbside container**

### NOT ACCEPTABLE

✗ **Plastic Bags**

*Please do not bag your recyclables or place bags at curbside*

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



✗ **Styrofoam\***

*Styrofoam cannot be recycled curbside*



✗ **Dishware, Glass & Mirrors**

*These items can be placed in regular garbage*



✗ **Dirty Pizza Boxes**

*Leftover food or grease*



✗ **Shredded Paper\***

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



✗ **Pots, Pans & Small Appliances**



✗ **Plastic Containers & Plastic Ware**

*These items can be placed in regular garbage*



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

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

## CONSERVATION CENTER RECYCLING GUIDELINES

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

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

**Aluminum Cans**

Designated container

**Brown Paper Bags**

Bundle separately with corrugated pile

**Corrugated Cardboard**

Bundle or brown bag

**Electronics**

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

**Fluorescent Bulbs (Tubes Only - No CFL)**

Designated container

**Glass Bottles & jars**

Separate by color

**Mixed Papers**

Magazines, junk mail, envelopes, file folders, office paper, notebook paper, catalogs, phone books, paperboard, non-corrugated boxes like cereal boxes, gift boxes and shoe boxes

**Bundle with string or twine or brown bag**

**Newspapers**

Bundle with string or twine or brown bag

**Plastic Bottles & Jars**

Type 1 & 2 Only • Designated container

Type 3 to 7 Separate designated container

**Nothing larger than a 5 Gallon Bucket**

**No Lawn Furniture • No Kiddie Pools or Toys**

**No Trash Pails**

**Steel / Tin Cans**

Designated container

**Styrofoam**

Please ensure all Styrofoam has recycling #6

Only furniture & appliance packaging; clean, white block foam, white clean foam accepted.

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

**Used Motor oil & Motor Oil Filters**

Designated container.

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

**Permits NOT required for recycling**

# 2022 / 2023 RECYCLING SCHEDULE

Newspapers & Magazines must be bundled with twine and put at the curb. Corrugated cardboard must be flattened and bundled with twine. Mixed paper and junk mail must be tied or put in paper bag at the curb.  
 Commingled: Paper milk and juice cartons, empty aerosol cans, plastic bottles and jars type 1 & 2, aluminum cans, foil, pie plates, glass bottles and jars, steel tin cans.

Giordano pickups are made rain or shine. Place your recyclables at the curbside by 6am on the scheduled day or night before pickup.

## March

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

## April

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

## May

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

## June

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

## July

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

## August

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

## September

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

## October

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

## November

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

## December

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

## January-2023

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

## February-2023

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

\* Independence Day Holiday make-up collection will be Friday, July 8th - Southside

S Southside Pickups

N Northside Pickups

# POOL & FITNESS center

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

## Swim Pool Staff

**Stephen P. Robertazzi, CPRP, RA, CPO**  
*Director, Recreation and Parks/  
Swim Pool Utility*  
**Jenna Matousek, CPO, LGIT, SSIT**  
*Aquatics Manager*

## Swim Pool Advisory Board

**Stephen P. Robertazzi, CPRP, RA, CPO**  
*Director, Recreation and Parks/  
Swim Pool Utility*  
**Luke Paine, Chairperson**  
**Barbara Bilger**  
**Dr. Chris Chapman**  
**Jerry Dobbins**  
**Dennis Geier**  
**Ellen Heaney Springer**  
**Christopher Kolibas**  
**Teresa Montani**  
**Rich Pizzutta**  
**Juan Ruiz**  
**Mary Sciarillo**  
**Kathleen Miller Prunty**  
*Mayor/Liaison*

## SUMMER MEMBERSHIP (May 28 – September 5, 2022)

Pools Open Memorial Day Weekend

## OUTDOOR POOL HOURS of OPERATION (Orange & Centennial)

(Hours are subject to change)

Memorial Day Weekend	May 28 – 30	10:00 am to 7:00 pm
Weekdays	May 31 – June 21	4:00 pm to 7:00 pm
Closed	June 22	
Weekends	June 4 – June 19	10:00 am to 7:00 pm
Daily	June 24 – September 4	10:00 am to 8:00 pm
Labor Day	September 5	12:00 pm to 6:00 pm

**Orange Avenue Pool** – Closes September 5 @ 6:00 pm

**Centennial Avenue Pool** – Closes September 5 @ 6:00 pm

Facility reopens for winter season on Monday, September 26 at 5:00 am

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

Pools will be open until 9:00pm  
Friday nights from July 1 – August 5.

## Open House

**Centennial | May 21 – 12pm to 6pm**

**Orange | May 22 – 12pm to 6pm**

## Registration 2022

All registration is performed at the Centennial Avenue Pool complex or online at [www.cranfordnj.org/pool-fitness-center](http://www.cranfordnj.org/pool-fitness-center)

### Registration Begins:

All Summer & Annual Memberships ..... March 1  
(resident & non-resident)

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

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

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

### In-Person Registration Hours

Monday.....	9:00 am to 4:00 pm
Tuesday .....	9:00 am to 4:00 pm
Wednesday .....	9:00 am to 4:00 pm
Thursday .....	9:00 am to 8:30 pm
Friday .....	9:00 am to 4:00 pm

### Call for night and weekend hours after July 1, 2022

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

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

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

Beginning March 7, Guest Pass booklets available for members only!  
5 Pass Books are \$40.00 – 10 Pass Books are \$80.00.

**Passes expire September 5, 2022**

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



## 2022 MEMBERSHIP FEES

### Summer Fees

	Resident	Non/Resident
Individual	\$ 300	\$ 475
Family of 2	375	625
Family of 3	425	675
Family of 4 or more	475	725
Add/Child Care Provider	300	300
Senior Citizen (age 62)	125	300
Weekday Guest Pass (After 5 pm \$5)	10	
Weekend Guest Pass (After 5 pm \$5)	15	

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

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

### Annual Fees

	Resident	Non/Resident
Individual	\$ 550	\$ 750
Family of 2	650	975
Family of 3	675	1,000
Family of 4 or more	700	1,025
Add/Child Care Provider	300	400
Senior Citizen (age 62)	225	525

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

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

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

**Visa, Master Card & Discover are accepted.**

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

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

### FLOAT NIGHTS

**Centennial Avenue Pool**

July 8, 22 & August 5, 19

**Orange Avenue Pool**

July 15, 29 & August 12, 26

**"Lookout for more special events throughout the season"**

### ORGANIZED PARTIES OR RENTALS

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

Guest fees will still apply.



# Pool Programs

## Summer Swim Team

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

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

## Swim Pool Utility Swim Team

Day: Monday – Friday

Time: 1:30pm – 4:00pm

**Lap Swimming** – The pool will be devoted entirely to lap swimming unless otherwise noted.

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

**Day:** May 31 - September 2  
Monday – Friday

**Time:** 5:00am – 9:00am

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

## Aquatic Exercise Classes

### Aquatic Aerobics Classes

**Days:** May 31 – September 4  
Monday, Tuesday, Thursday, Friday

**Time:** 9:00am – 9:45am

**Fee:** Daily Drop-in  
\$5 Member  
\$10 Non-member

Summer Fees  
\$95 per Member  
\$125 per Non-member

Unlimited Classes  
\$40 per Month Member  
\$50 per Month Non-member



### US Masters & Fitness Swimming

**Days:** May 31 – September 5

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

**Fee:** Daily Drop-in  
\$5 Member  
\$10 Non-member

Summer Fees  
\$95 per Member  
\$125 per Non-member

Unlimited Classes  
\$40 per Month Member  
\$50 per Month Non-member

## Starfish Swimming

The Cranford Pool and Fitness Center is pleased to be affiliated with Starfish Aquatics Institute. The Starfish Aquatics curriculum is used in our swim pool program. Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

### What is Starfish Swimming®?

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

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

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

**Registration begins April 25, 2022**

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

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

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

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

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

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

# Star Babies & Star Tots Swim Courses

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

## Trust and Comfort

### Safety Skill:

Understand constant and dedicated surveillance.

### Swim Skill:

Parent and child are relaxed and confident and enjoy going in the water together.

## Body Positions

### Safety Skill:

Fit and properly put a lifejacket on the child.

### Swim Skill:

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

## Submersion

### Safety Skill:

Use floatation to help someone in the water and know how to call 911.

### Swim Skill:

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

## Air Recovery and Rollover

### Safety Skill:

Identify six methods of preventing recreational water illness

### Swim Skill:

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

## Forward Movement

### Safety Skill:

Know about infant and child CPR.

### Swim Skill:

Move through the water independently 10 feet with or without floatation.

# Centennial Avenue Swim Lessons

## StarBabies™ & StarTots™

- Ages:** 6 months – 3 years  
**Time:** 11:15am to 11:50am  
**Session 1:** June 27 – July 1  
**2:** July 5 – July 8  
**3:** July 11 – July 15  
**4:** July 18 – July 22  
**5:** July 25 – July 29  
**6:** Aug. 1 – Aug. 5  
**7:** Aug. 8 – Aug. 12  
**8:** Aug. 15 – Aug. 19
- Fee:** \$50 per Session  
 \$40 2<sup>nd</sup> Session

## Sea Squirts

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

- Ages:** 3 years – 5 years  
**Time:** 11:15am to 11:50am  
**Session 1:** June 27 – July 3  
**2:** July 5 – July 8  
**3:** July 11 – July 15  
**4:** July 18 – July 22  
**5:** July 25 – July 29  
**6:** Aug. 1 – Aug. 5  
**7:** Aug. 8 – Aug. 12  
**8:** Aug. 15 – Aug. 19
- Fee:** \$50 per Session | \$40 2<sup>nd</sup> Session

## Adult Swim Classes

- Days:** Tuesday & Thursday  
**Time:** 7:00pm to 8:00pm  
**Fee:** \$15 Member  
 \$20 Non-member Drop In



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

# Centennial Avenue Starfish Swim School – 6 Years and Up

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

## Session Dates for all Programs

- Session 1:** June 27 – July 1  
**2:** July 5 – July 8  
**3:** July 11 – July 15  
**4:** July 18 – July 22  
**5:** July 25 – July 29  
**6:** Aug. 1 – Aug. 5  
**7:** Aug. 8 – Aug. 12  
**8:** Aug. 15 – Aug. 19

**Fee:** \$50 per Session  
\$40 2<sup>nd</sup> Session



## CLOWNFISH (Formerly Level 1)

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

### Trust and Submersion – Body Position and Air Recovery

#### Safety Skill:

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

#### Swim Skill:

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



## PUFFERFISH (Formerly Level 2)

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

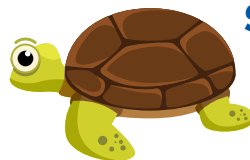
### Submersion

#### Safety Skill:

Reach or throw (Don't Go) and know how to call 911.

#### Swim Skill:

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



## SEA TURTLES (Formerly Level 3)

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

### Body Rotation – Integrated Movement

#### Safety Skill:

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

#### Swim Skill:

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

## Orange Avenue Starfish Stroke School™

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



## PELICANS (Formerly Level 4)

**Ages:** 6 years and up  
**Time:** 9:00am – 9:35am or  
10:30am – 11:05am

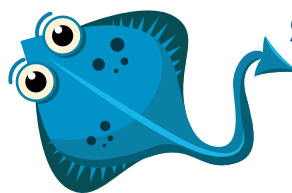
### Freestyle, Backstroke and Introduction to Butterfly

#### Safety Skill:

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

#### Swim Skill:

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



## STINGRAYS (Formerly Level 5)

**Ages:** 6 years and up  
**Time:** 9:00am – 9:35am or  
9:45am – 10:20am

### Butterfly

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

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





## BARRACUDAS

(Formerly Level 6)

**Ages:** 6 years and up

**Time:** 9:00am – 9:35am



## SWIMPREP

**Ages:** 6 years and up, having passed Barracudas

**Time:** 9:00am – 9:35am

### Breaststroke – Endurance

#### Safety Skill:

Discuss the Starfish safety concepts AND tread water or survival float for 2 minutes.

#### Swim Skill:

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

### For those who have completed Barracudas

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

## Orange Avenue Swim Lessons

### StarBabies™ & StarTots™

**Ages:** 6 months – 3 years

**Time:** 11:15am to 11:50am

**Session 1:** June 27 – July 1

**2:** July 5 – July 8

**3:** July 11 – July 15

**4:** July 18 – July 22

**5:** July 25 – July 29

**6:** Aug. 1 – Aug. 5

**7:** Aug. 8 – Aug. 12

**8:** Aug. 15 – Aug. 19

**Fee:** \$50 per Session  
\$40 2<sup>nd</sup> Session

### Sea Squirts

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

**Ages:** 3 years – 5 years

**Time:** 11:15am to 11:50am

**Session 1:** June 27 – July 1

**2:** July 5 – July 8

**3:** July 11 – July 15

**4:** July 18 – July 22

**5:** July 25 – July 29

**6:** Aug. 1 – Aug. 5

**7:** Aug. 8 – Aug. 12

**8:** Aug. 15 – Aug. 19

**Fee:** \$50 per Session  
\$40 2<sup>nd</sup> Session

## Orange Avenue Starfish Swim School – 6 Years and Up

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

### Session Dates for all Programs

**Session 1:** June 27 – July 1

**2:** July 5 – July 8

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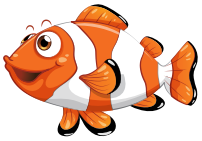
**6:** Aug. 1 – Aug. 5

**7:** Aug. 8 – Aug. 12

**8:** Aug. 15 – Aug. 19

**Fee:** \$50 per Session  
\$40 2<sup>nd</sup> Session





## CLOWNFISH

(Formerly Level 1)

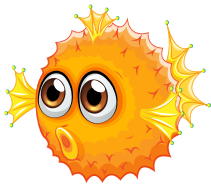
**Ages:** 6 years and up  
**Times:** 9:45am – 10:20am or  
10:30am – 11:05am

### Trust and Submersion-

#### Body Position and Air Recovery

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

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



## PUFFERFISH

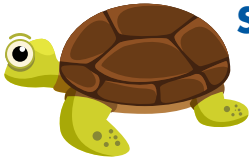
(Formerly Level 2)

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

### Submersion

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

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



## SEA TURTLES (Formerly Level 3)

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

### Body Rotation – Integrated Movement

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

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



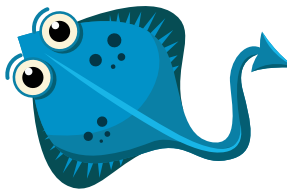
## PELICANS (Formerly Level 4)

**Ages:** 6 years and up  
**Time:** 9:00am – 9:35am or  
9:45am – 10:20am

### Freestyle, Backstroke and Introduction to Butterfly

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

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



## STINGRAYS (Formerly Level 5)

**Ages:** 6 years and up  
**Time:** 9:00am – 9:35am or  
9:45am – 10:20am

### Butterfly

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

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

6 years and up



## BARRACUDAS

(Formerly Level 6)

**Ages:**  
**Time:** 9:00am – 9:35am

### Breaststroke – Endurance

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

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



## SWIMPREP

**Ages:** 6 years and up, having passed Barracudas  
**Time:** 9:00am – 9:35am

## Orange Avenue Starfish Stroke School™

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

### For those who have completed Barracudas

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

# Starfish Aquatic Institute Training Classes

The Cranford Pool and Fitness Center is pleased to be affiliated with Starfish Aquatics Institute. Starfish Aquatics Institute is a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

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

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

## Cancellations & Refunds –

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



## Safety Classes StarGuard Training

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

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

Candidates will be taught the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive

and take over. This course also includes training in aquatic-specific first aid and cardiopulmonary resuscitation (CPR) training and AED.

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

*Must be at least 16 years old.*

## \* Call for Dates



## Star Course

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

### CLASS DATES:

**Day:** Monday through Thursday

**Dates:** Call Centennial Avenue Pool if interested.

**Fee:** \$100.00 Members  
\$125.00 Non Members



## Additional Courses Offered - *call for information*

### Bloodborne Pathogens Training

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



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

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

scenarios. Course covers adults, children and infants and includes free online refreshers.

### Starfish Swim Instructor

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

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

### StarGuard Review Course

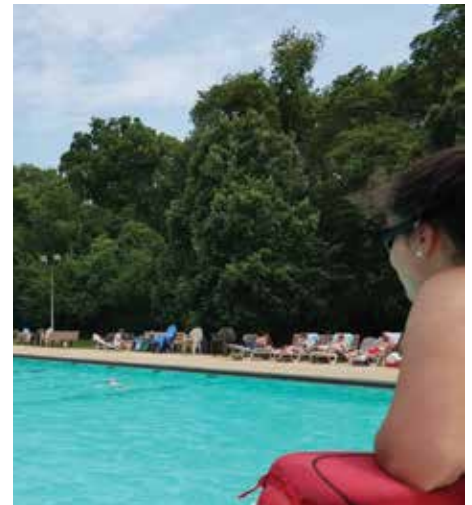
The Review course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding.

**Prerequisite:** Current Red Cross Lifeguarding/First Aid/CPR/AED or current StarGuard/First Aid/CPR/AED certificate.

Note: If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.

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

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



Starfish Swimming Program Staff



# CRANFORD Fitness Center

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

## Membership includes;

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

## Rules of the Fitness Center

1. All members are required to scan their membership cards when entering and leaving the fitness center.
2. **All members in the fitness center must be 18 years of age or older.** An individual between the ages of 14 & 18 years of age will be allowed to use the equipment when closely and continuously supervised by an adult who assumes all responsibility for him or her.
3. Equipment use is at your own risk. You are liable for your own insurance in case of any injury or accident.
4. Members and guests are responsible for their own property. Management will not **be responsible for any theft or loss of items.**
5. All members and guests must wear at least a shirt and shorts or some suitable athletic attire and closed soft-soled shoes - preferably sneakers.
6. Water bottles are permitted in the fitness center. NO eating or gum chewing.
7. Management reserves the right to alter hours of operation when necessary.
8. Please do not bring gym bags, pocketbooks or other articles into fitness center. You may bring a lock and use a locker on a daily basis to protect your valuables.

## Hours of Operation

Memorial Day Weekend	May 28 – 30	10:00 am to 7:00 pm
Weekdays	June 1 – September 2	5:00 am to 8:00 pm
Weekends	June 4 – June 26	10:00 am to 7:00 pm
Open House	May 21	12:00 pm to 6:00 pm
Weekends	July 2 – September 4	9:00 am to 8:00 pm
Labor Day	September 5	11:00 am to 6:00 pm
Post Labor Day	September 6 – 9	5:00 am to 7:00 pm
Post Labor Day	September 10 – 11	10:00 am to 6:00 pm

Open until 9:00 pm on Thursday & Friday nights from July 1 through August 5



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

# Membership Rules and Regulations

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

# Babysitting

Babysitting is available from 9:00am to 12:00pm Monday through Friday beginning June 27. This service is available so that you can participate in lap swimming; exercise classes; use the fitness center, etc.

A 2 hour time limit is allowed per child. **You must remain on the premises.**Please do not abuse this service!!!

**Fee:** \$ 5.00 per hour or any part of the hour, per child  
 \$100 for summer season for first child.  
 (\$25 for each additional child)



## Application Form – Summer 2022



Address \_\_\_\_\_

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

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

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

Name	Date of Birth	Sex	I.D. Number

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

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

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

**Office Use Only**

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

New Member  Renewal  Conversion

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

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

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

# Engineering department

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

## Flood Information

### FLOOD HAZARD AREAS

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

#### **Rahway River Nomahegan Brook College Branch Orchard Brook**

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

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

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

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

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

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

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

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

### FLOOD SAFETY

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

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

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

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



### PROPERTY PROTECTION MEASURES

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

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



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

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

## FLOODPLAIN PERMIT REQUIREMENTS

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

## SUBSTANTIAL IMPROVEMENT / DAMAGE

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

## FLOOD INSURANCE

If you do not have flood insurance,

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

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

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

## NATURAL & BENEFICIAL FUNCTIONS

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

## DRAINAGE SYSTEM MAINTENANCE

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

## FLOOD WARNING SYSTEM

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

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

## ADDITIONAL INFORMATION

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

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

# Solutions to Stormwater Pollution

**Easy things you can do every day to protect our water**

## A Guide to Healthy Habits for Clean Water

Pollution on streets, parking lots and lawns is washed by rain into storm drain, then directly to our drinking water supplies and the ocean and lakes our children play in. Fertilizer, oil, pesticides, detergents, pet waste, grass clippings: You name it and it ends up in our water.

Stormwater pollution is one of New Jersey's greatest threats to clean and plentiful water, and that's why we're all doing something about it.

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

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



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



## Limit your use of fertilizers and pesticides

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

## Properly use and dispose of hazardous products

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



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

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

## Keep pollution out of storm drains

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



## Clean up after your pet

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

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

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



## Don't feed wildlife

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



## Don't litter

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

## Dispose of yard waste properly

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

## Contact Information

For more information on stormwater related topics, visit [www.njstormwater.org](http://www.njstormwater.org) or [www.nonpointsource.org](http://www.nonpointsource.org)

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

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



## OEM Spring & Summer Preparedness Outreach

### *Floods and Thunderstorm Safety*

- Know your flood risk and pay attention to weather forecasts and warnings issued by the National Weather Service or the Township.
- NEVER drive around barricades or caution tape and don't walk or drive through flood waters. Turn Around, Don't Drown!
- When thunderstorms are in the area, no place outside is safe from lightning. Get inside a substantial building or hard-topped vehicle as soon as you hear thunder. Wait 30 minutes after the storm subsides to resume outdoor activities. Sheds, picnic shelters, tents, or covered porches do NOT protect you from lightning.
- While sheltering indoors during a thunderstorm, don't use a corded phone and stay away from electrical equipment and plumbing. Don't take a bath, shower, or wash dishes.
- During a Flood or Flash Flood, watch, be prepared to evacuate; make a plan and include your pets, transportation route, and possible destinations (friends, relatives, etc). Keep your car's gas tank at least  $\frac{3}{4}$  filled, bring in outside furniture, unplug electrical appliances and bring valuables to high points in your home.
- Keep all trees and shrubs well-trimmed and clear loose and clogged rain gutters and downspouts.
- Prepare a "Go Kit" – Gather supplies you will need, keeping in mind each person's specific needs. Don't forget the needs of your pets. Obtain extra batteries and charging devices for phones and other critical equipment.
- If you have a sump pump, ensure it is in good working order before the storm season.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

### *Extreme Heat Safety*

- Know the Signs of Heat Illness: Heat Exhaustion is characterized by feeling faint, excessive sweating, nausea or vomiting, muscle cramps, and a rapid, weak pulse. Get to a cooler location and cool down by taking sips of sports drinks or water.
- Heat Stroke is characterized by a throbbing headache, no sweating, red, dry, hot skin, nausea or vomiting, and a rapid, strong pulse. This is a serious medical emergency in which you should call 9-1-1 immediately.
- It is never safe to leave people or pets in a closed car on a warm day, even for a very brief time.
- Slow down; Wear loose, lightweight, and light-colored clothing; Take frequent breaks; Drink plenty of fluids; and seek shade when outdoors during a heatwave.
- Avoid high-energy activities or outdoor work during the peak midday and afternoon heat.

*Visit [Ready.NJ.gov](http://Ready.NJ.gov) for more on how to Plan and Prepare!*



**CRANFORD FIRE DEPARTMENT**  
**BUREAU OF FIRE PREVENTION & RISK MANAGEMENT**  
7 SPRINGFIELD AVE, CRANFORD, NJ 07016  
PHONE: (908)709-7360  
FAX: (908) 276-6183  
WWW.CRANFORDNJ.ORG

**CHIEF DANIEL CZECH**  
*Fire Chief*

**LT. MATTHEW LUBIN**  
*Fire Official*

## **SPRING FIRE & LIFE SAFETY TIPS**

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**Every season brings its own safety hazards. Spring is the time we traditionally clean up our homes or businesses. Here are a few things you can add to your list:**

- Check your dryer vents and the hose/pipe connecting the dryer to the outside vent. Clean out any lint. Simply cleaning the lint filter on the dryer is not sufficient to prevent dryer fires.
- Clean up clutter both inside your home/business and outside on your property. Know that the excessive accumulation of clutter is dangerous and does lead to serious fires.
- If you used a fireplace this winter, now is a good time to have it cleaned and inspected. Contact a licensed chimney professional.
- As always, make sure you check the batteries and test your smoke and carbon monoxide alarms. Remember, you need to replace any smoke alarm older than ten (10) years and any carbon monoxide alarm older than (7) years.
- As you prepare to fire up your grill, remember these tips: Grills must only be used outdoors, away from structures and other combustible materials such as wood fences. While seemingly obvious, failure to follow this instruction is a common cause of grill-related house fires, particularly when the weather is uncooperative which may tempt people to move their grills into their garage or underneath an overhang on a deck or porch.
- It is vital to clean grills and ensure they are free of grease buildup before using them. This is particularly important with propane and gas fueled grills because they are most prone to grease build-up.
- Use caution when fueling lawn mowers and other small engines. Store gasoline only in approved containers with the lids closed tightly, and never store the fuel anywhere in your home. Let hot lawnmowers and other equipment cool down before storing or refueling.
- Spring means storm season – Remember that any thunderstorm or heavy rain can cause flash flooding. Just six inches of moving water can knock a person down. Two feet can sweep a vehicle away! When you're walking or driving, stay clear of flood water. And remember, if you can hear thunder, there is a danger of lightning. Stay indoors and away from windows during thunderstorms – and remember that power surges from lightning can come through your homes phone and electrical wires.

***Visit our website at [CranfordNJ.org/Fire-Department](http://CranfordNJ.org/Fire-Department) for more safety tips.***

# SIGN UP NOW for Summer Playground Camp!



- Lincoln
- Mohawk
- Orange
- Brookside



Dates: June 27<sup>th</sup> – August 12<sup>th</sup>

Monday, Tuesday, Wednesday  
9:00am – 11:30am\*\* 1:00pm – 3:00pm

Thursday & Friday, 9:00am - 12:00pm

Fee: \$35

\*\*Each playground requires separate registration\*\*

\*\*Playgrounds closed 11:30am – 1:00pm\*\*



# One Membership. Two Outdoor Pools. Your Choice.

*Sign up  
Today!*  
and spend the  
summer at the  
Cranford Pools.

The **Centennial Avenue Pool** and **Orange Avenue Pool** are both conveniently located and have plenty of parking.



Registration begins  
**MARCH 1**

*New!*

Splash Pad and slide, locker rooms, play areas, snack stands, swim lessons, picnic tables and chairs.



SCAN ME



READY. SET. *Splash!*  
Registration starts March 1

\*special rate for seniors

908-709-7260  
pool@cranfordnj.org  
www.cranfordnj.org





The Township of Cranford  
8 Springfield Avenue  
Cranford, NJ 07016

\*\*\*\*\*ECRWSS\*\*\*\*\*

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 [@TownshipofCranford](#)

 [CranfordTwpNJ](#)

**Official Cranford Website – [www.cranfordnj.org](http://www.cranfordnj.org)**

Sign up for the Nixle Alert System which provides instant text messaging and emails about road closures, emergency situations, severe storms, and more. [www.nixle.com](http://www.nixle.com)