



- Fall/Winter Recreation Programs
- Pool Programs
- Recycling Schedule
- Bulk Waste Permit
- Flood Information



Cranford Township News

Fall 2021

OFFICIAL TOWNSHIP DEPARTMENTS

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

Mayor	908-709-7206
Kathleen Prunty	k-prunty@cranfordnj.org
Deputy Mayor	908-709-7206
Brian Andrews	b-andrews@cranfordnj.org
Township Commissioners	908-709-7206
Thomas H. Hannen, Jr.	t-hannen@cranfordnj.org
Jason Gareis	j-gareis@cranfordnj.org
Mary O'Connor	m-oconnor@cranfordnj.org
Administrator	908-709-7205
Jamie Cryan	j-cryan@cranfordnj.org
Municipal Clerk	908-709-7210
Patricia Donahue	clerk@cranfordnj.org
Business & Economic Dev.	908-709-7208
Caren Demyen	c-demyen@cranfordnj.org
Construction Code Building Dept.	908-709-7213
Frank Genova	f-genova@cranfordnj.org
Court Administrator	908-709-7242
Lorraine Powell	court@cranfordnj.org
Engineering	908-709-7219
	engineering@cranfordnj.org
Finance	908-709-7250
Lavona Patterson	finance@cranfordnj.org
Fire Dept. 7 Springfield Ave.	908-276-0146 (non-emergency)
Chief Dan Czeh	d-czeh@cranfordnj.org
Health	908-709-7225
Mike Fitzpatrick	health@cranfordnj.org

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

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 Prunty
Mayor

Brian Andrews
Deputy Mayor,
Commissioner of Public Affairs

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

Jason Gareis
Commissioner of Public Safety

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. For the latest information, make sure to follow the Township's **Facebook** (www.facebook.com/TownshipofCranford) and **Twitter** (@CranfordTwpNJ) **Instagram** (@TownshipofCranford).

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



FROM THE MAYOR

This wasn't my original message but Storm Ida called for something else.

We live in a wonderful community. You've heard that before but it's worth repeating because once again, we came together to support one another. In a 14-day period we marked the 10th Anniversary of Hurricane Irene, the 20th Anniversary of 9/11 when we lost six of our own and on September 1 we faced another devastating storm and flood. And, we are still dealing with the COVID-19 Pandemic that took 128 residents.

This Township magazine describes many wonderful programs for residents of all ages and includes information about Township services. These activities are part of what makes Cranford a terrific, desirable community. But, that's only part of the story. It is you – the residents, business owners and employees that are the heart and soul. You are what gives Cranford its character.

In recent days, I spoke with lifelong residents and newcomers and heard the same sentiment. This town is great and in an emergency people always come together. The time between an emergency and people coming together is never long. I saw storm victims helping storm victims with greater damage. I heard about families walking their neighborhood to see who needed help. People shared food, a dry place to rest, wheelbarrows to move debris, they babysat and organized a free toy store for children and so much more.

The Township Committee was committed to removing the storm debris as quickly as possible to avoid health and safety problems and to make sure school routes were cleared for students. We were also sensitive to families having to look at the window and be reminded of what they lost.

I want to recognize and thank our neighbors from Roselle Park and Westfield who found time to lend a hand. It is greatly appreciated. I also have to commend our Police, Fire and First Aid personnel for their professionalism and dedication to keeping Cranford residents safe. Their training and the leadership of Fire Lt. Matt Lubin, the Emergency Management Coordinator, Police Chief Ryan Greco and Fire Chief Dan Czeh is invaluable.

Thank you to every organization and club who came forward in more ways that I can count. Thank you to the amazing and resilient Cranford residents. Your generosity, patience and cooperation is extraordinary. We are fortunate that you call Cranford home.

Stay safe,

Kathleen

Kathleen Miller Prunty
Mayor

CONTENTS

Recreation & Parks Department

Recreation Center Hours.....	5
General Information.....	6
Open Center.....	7
Special Events.....	7
Pre-School Programs.....	9
Youth / Teen Programs.....	14
Adult Programs.....	21
Senior Programs.....	23

Pool & Fitness Center

Pool Programs.....	25
Fall And Winter Membership.....	26
Pool Programs.....	26
Pool Application.....	32

Bulk Waste Program

Application.....	35
Program Information.....	36

Public Works Department

Town Zoning Map.....	38
----------------------	----

Recycling Department

Fall Recycling Schedule.....	40
Recycling Guidelines.....	41

Fire Department

File of Life.....	42
-------------------	----

Engineering Department

Flood Information.....	43
------------------------	----

Office Of Emergency Management

Fall & Winter Preparedness.....	47
---------------------------------	----

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, NJ
- Girl Scout Park – Springfield Ave. & Orange Ave.
- Hampton Park – Eastman St. & Hampton St.
- Hanson Park – Springfield Ave. & Holly St.
- Johnson Park – Johnson Ave.
- Lincoln Park – Lincoln Ave.
- Mayor’s Park – Springfield Ave. & N. Union Ave.
- Memorial Park – Springfield Ave. & Central Ave.
- Roosevelt Park – Orange Ave. & Pacific Ave.
- Sherman Park – Lincoln Ave., East



RECREATION & PARKS DEPARTMENT

Recreation Staff

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

Gerry Fedorchak
Administrative Secretary

Lori-Ann Donnelly
Senior Citizen Program Coordinator

Kathleen Spinelli
Clerk/Receptionist

William Babkowski
Maintenance

Recreation & Parks Advisory Board

Donald Barone
Senior Citizen Rep.

Rosanna Bryam
Susan Cave

Michelle Cook
Marita Dow

Nicole Dreyer
Patrick GIBLIN

Maria Harris
Galadriel Hasbrouck

William Hulse
Board of Education Rep.

Ryan Kulik

Nikki Mulcahy
Debra Nicholls

Carolyn Capone Pugliese

Subha Rajaram
Heinz Ricken

Anthony Rossetti
Wally Shackell

Kira Trocciola
Chris Wu

Craig Mklencic
Cranford West Committee Liaison

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

Brian Andrews
Liaison

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

OFFICE HOURS

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

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

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

www.facebook.com/CranfordRecreationAndParks

www.instagram.com/CranfordRecreationAndParks

ONLINE REGISTRATION FOR ALL PROGRAMS

Community Pass is your resource for program and class registration within the Township of Cranford. 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.





Cranford Sports Organizations

Cranford Soccer Club
www.cranfordsoccerclub.com

Cranford Police Athletic League (PAL)
www.cranfordpal.org

Cranford Youth Lacrosse
www.cranfordlacrosse.org

Baseball/Softball
www.cbsl07016.org

Canoe Club
www.cranfordcanoecub.com

Clay Courts
www.cranfordtennis.com

Hanson Park
www.hansonparkconservancy.com

Hockey
www.cranfordhockeyclub.com

Jaycees
www.cranfordjaycees.org

Recreation and Parks
www.cranfordnj.org/recreation-parks

2021-2022 FALL/WINTER PROGRAMS GENERAL INFORMATION

- Registration is on a first come first serve basis and limited to Cranford residents only.
- Proof of residency is required for all registrations
- At the time of registration, registration form and payment are required.
- A parent must be present when registering children under 18 years of age.
- We reserve the right to cancel any programs.
- Classes cancelled due to inclement weather will be made up at the discretion of the Recreation Department. For program cancellations and information on program status due to weather related issues, please call 908-276-6767.
- When public schools are closed, any programs conducted at public schools are automatically cancelled.
- All programs meet at the Community Center unless otherwise indicated.
- 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.
- 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.
- All programs are closed during Township holidays.
- Park & Building Permits: Permits are required for organized activities. Requests for permits must be made in writing by filing out a Facility Use Form. Forms may be obtained at the Recreation Dept. or on our website under the heading "Room Usage Application." Depending on the request and organization requesting the permit, a fee may be required.
- With COVID guidelines changing frequently, please call the office 908-709-7283 or check our website www.cranfordnj.org for information and the latest updates.

OPEN CENTER

What is Open Center?

... It consists of basketball, a game room with with an air hockey table, three (3) pool tables, one (1) foosball table, two (2) mini dual basketball arcades, shuffle board, 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.

SPECIAL EVENTS

Special Olympics Young Athlete Program

Note: Non-Cranford residents may register for this class

- Ages:** 2 – 7
- Days:** Saturday
- Dates:** October 2 to December 4*
- Time:** 8:45am – 10:00am
- Fee:** Free
- Note:** Parents must participate

***No Class October 9 and November 20 and November 27**

Young Athletes introduces children ages 2 – 7 to the world of Special Olympics New Jersey through: Inclusive sports play that teaches skills like balance, jumping and kicking; 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 – Foundational skills (strength, flexibility and body awareness), walking & running, balance & jumping, trapping & catching, throwing, striking and kicking. For more information, please visit www.sonj.org

TryCAN

Cranford Recreation & Parks is proud to participate in TryCAN, a collaboration of nearby communities offering inclusive recreation opportunities and social development programs for youth with special needs or those who need special accommodation. Cranford residents can now enroll in TryCAN programs (space permitting). Past programs have included basketball, baseball, soccer, tennis, lacrosse, flag football, golf, social skills, dance and movement, art, music, martial arts, study skills, and reading. TryCAN is always considering new programs to add. All programs are led by experienced adult instructors or coaches. Critical to the TryCAN success is the use of volunteer teen Peer Mentors who provide more dedicated support and serve as buddies and "cheerleaders" for program participants. Program offerings and related date/time information will be posted on the TryCAN web page (<https://summitcommunityprograms.com/156/TryCAN-Special-Needs>). To learn more, contact the TryCAN Coordinator, David Guida at dguidjr@cityofsummit.org or 908-277-2932. Program flyers will be posted on the Cranford Recreation & Parks page as well when they become available.

Special Needs Karate

Ages: 5 & Up
Days: Tuesday
Dates: September 14 to October 12
Time: 7:00pm – 7:45pm
(Ages 5 – 15)
8:00pm – 8:45pm
(Ages 16 & Up)
Fee: \$12
Min: 5 **Max:** 15

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

Halloween Parade

Date: Sunday, October 31
Time: 1:00pm
(Meet at Community Center)
1:30pm (Judging will be held)
2:00pm (Parade begins at Community Center)
2:30pm – Pumpkin Chunkin at Town Gazebo

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

2nd Annual Halloween House Decorating Contest

Cranford Recreation and Parks Department and Cranford Community Connection are pleased to announce our 2nd Annual Halloween House Decorating Contest.

Crank up your Halloween creativity and get those decorations out of storage!

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

- Spookiest
- Most Creative
- All Around Favorite

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

DOWNTOWN CRANFORD PRESENTS
14TH ANNUAL SCARECROW STROLL
OCTOBER 15TH~31ST

DOWNTOWN CRANFORD

Downtown Business & Economic Development Office • 908.709.7208 • www.downtowncranford.org

To secure your entry register by Thursday, October 14th. Judging will take place the week of October 18th and winners will be announced the week of October 25th. Entry forms will be available on our website, www.cranfordnj.org and at the Community Center.

7th Annual Holiday Home Decorating Contest

Start the holiday season off by participating in our 7th Annual Holiday Home Decorating Contest sponsored by the Cranford Recreation and Parks Department and the Cranford Community Connection. Open to all Cranford residents! Winners will be judged by a committee in the following categories except FAN favorite which will be decided on by You, the Cranford Residents:

- Most Outrageous
- Most Traditional
- Most Creative
- Most Elegant
- All Around Favorite
- FAN Favorite*

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

Entries must be submitted by Friday, December 10th. Judging will take place the week of December 13th, and winners will be announced the week of December 20th. Please email a completed entry form & a picture

of your decorated home to: recreation@cranfordnj.org. Entry forms will be available on our website, www.cranfordnj.org and at the Community Center.

Santa Claus is Coming to Town

Date: Saturday, December 4
Time: 9:00am – 12:00pm
Site: Community Center

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



PRE-SCHOOL PROGRAMS

Kinder Programs

Fridays with My First Friends

Ages: 2 - 3
Days: Friday
Dates: Session 1 –
October 8 to December 10*
Session 2 –
January 14 to March 4
Times: 9:30am – 10:15am
Fee: \$35
Min: 6 **Max:** 20

**No class on November 5 and 26*

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

An adult or guardian must accompany each child to class.

Fun with Friends – New!

Ages: 4 – 5
Days: Friday
Dates: Session 1 –
October 8 to December 10*
Session 2 –
January 14 to March 4
Times: 1:30pm – 2:30pm
Fee: \$35
Min: 6 **Max:** 20

**No class on November 5 and 26*

Play, Learn and Grow Together!
A fun, new program for 4 and 5 year-old children to encourage playing and sharing. There will be organized activities and also free play, including soccer nets, kid-size basketball hoops, toys, bowling pins, a parachute, scooters, games and more.

Kinder Ballet Hip Hop

Center for Dance Education

732-388-6088 EvyCDE@gmail.com

Ages: Kindergarten
Days: Monday
Dates: September 20 to November 15*
Times: 5:00pm – 5:45pm
Fee: \$105
Min: 4 **Max:** 15

**No class October 11*

KINDER YOGA

Kinder Yoga is a happy, hip, active, yet CALM-ING 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.

TUESDAY AM SESSION

Ages: Kindergarten
Days: Tuesday
Dates: Session 1 –
October 5 to December 14*
Session 2 –
January 11 to March 15*
Session 3 –
April 5 to June 14*
Time: 9:00am – 9:40am
Fee: \$55
Min: 8 **Max:** 12

**No class November 2, April 19*



TUESDAY PM SESSION

Ages: Kindergarten
Days: Tuesday
Dates: Session 1 –
October 5 to December 14*
Session 2 –
January 11 to March 15*
Session 3 –
April 5 to June 14*
Time: 12:00pm – 12:40pm
Fee: \$55
Min: 8 **Max:** 12

**No class November 2, April 19*

THURSDAY AM SESSION

Ages: Kindergarten
Days: Thursday
Dates: Session 1 –
October 7 to December 23*
Session 2 –
January 13 to March 17
Session 3 –
April 7 to June 16*
Time: 9:00am – 9:40am
Fee: \$55
Min: 8 **Max:** 12

**No class November 11, November 25, April 21*



THURSDAY PM SESSION

Ages: Kindergarten
Days: Thursday
Dates: Session 1 –
 October 7 to December 23*
 Session 2 –
 January 13 to March 17
 Session 3 –
 April 7 to June 16*
Time: 12:00pm – 12:40pm
Fee: \$55
Min: 8 **Max:** 12

**No class November 11, November 25, April 21*

KINDER BOOK CLUB

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 you child signs up for both Kinder Book Club and Kinder Yoga.

TUESDAY AM SESSION

Ages: Kindergarten
Days: Tuesday
Dates: Session 1 –
 October 5 to December 14*
 Session 2 –
 January 11 to March 15*
 Session 3 –
 April 5 to June 14*
Time: 9:45am – 11:15am
Fee: \$95
Min: 8 **Max:** 12

**No class November 2, April 19*

TUESDAY PM SESSION

Ages: Kindergarten
Days: Tuesday
Dates: Session 1 –
 October 5 to December 14*
 Session 2 –
 January 11 to March 15*
 Session 3 –
 April 5 to June 14*
Time: 12:45pm – 2:15pm
Fee: \$95
Min: 8 **Max:** 12

**No class November 2, April 19*

THURSDAY AM SESSION

Ages: Kindergarten
Days: Thursday
Dates: Session 1 –
 October 7 to December 23*
 Session 2 –
 January 13 to March 17



Session 3 –
 April 7 to June 16*

Time: 9:45am – 11:15am
Fee: \$95
Min: 8 **Max:** 12

**No class November 11, November 25, April 21*

THURSDAY PM SESSION

Ages: Kindergarten
Days: Thursday
Dates: Session 1
 October 7 to December 23*
 Session 2 –
 January 13 to March 17
 Session 3 –
 April 7 to June 16*
Time: 12:45pm – 2:15pm
Fee: \$95
Min: 8 **Max:** 12

**No class November 11, November 25, April 21*

KINDER COOKING & ARTS AND CRAFTS

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

MONDAY AM SESSION

Ages: Kindergarten
Days: Monday
Dates: Session 1 –
 October 4 to December 13*
 Session 2 –
 January 10 to March 28*
 Session 3 – April 4 to June 20*
Time: 9:00am – 10:45am
Fee: \$130
Min: 6 **Max:** 12

**No class October 11, January 17, February 21, April 18, May 30*

MONDAY PM SESSION

Ages: Kindergarten
Days: Monday
Dates: Session 1 –
 October 4 to December 13*
 Session 2 –
 January 10 to March 28*
 Session 3 – April 4 to June 20*
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 6 **Max:** 12

**No class October 11, January 17, February 21, April 18, May 30*

FRIDAY AM SESSION

Ages: Kindergarten
Days: Friday
Dates: Session 1 –
 October 8 to December 17*
 Session 2 –
 January 7 to March 11
 Session 3 –
 April 1 to June 17*
Time: 9:00am – 10:45am
Fee: \$130
Min: 6 **Max:** 12

**No class November 26, April 15, April 22*

FRIDAY PM SESSION

Ages: Kindergarten
Days: Friday
Dates: Session 1 –
 October 8 to December 17*
 Session 2 –
 January 7 to March 11
 Session 3 –
 April 1 to June 17*
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 6 **Max:** 12

**No class November 26, April 15, April 22*

Kiddies Kaleidoscope

"Shaping young minds, teaching with heart"

Mosaic Storytelling & Art

Ages: 4 – 7
Days: Tuesday
Dates: Session 1 –
October 26 – December 7
Session 2 –
January 11 – February 15
Time: 4:30pm – 5:30pm
Fee: \$160
Min: 5 **Max:** 12

We believe that a lifelong passion for learning begins with reading and exploring. Each week will begin with a curated storybook featuring talented children's author's, illustrators, designers or artists as a catalyst for inspiration. Children will then be led through prompts inviting them to make and create

KINDERDANCE INTERNATIONAL

Education Through Dance

KINDERGYM

MONDAY SESSION

Ages: 3 - 5
Dates: Session 1 –
October 4 to December 13*
Session 2 –
Jan. 10 to March 28*
Time: 11:15am – 11:45am
Fee: \$110
Min: 5 **Max:** 15

*No class October 11

TUESDAY SESSION

Dates: Session 1 –
Oct. 5 to Dec. 7
Session 2 –
Jan. 11 to March 15
Time: 4:30pm – 5:00pm
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

their art for the day. Projects may include: Painting * Collaging * Crafting * Dioramas

Lil' Athletes

Ages: 2 – 5
Days: Tuesday
Dates: Session 1 –
October 5 to November 23*
Session 2 –
January 11 to March 1
Time: 9:30am – 10:00am
Fee: \$150
Min: 4 **Max:** 15

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

along with artistic and rhythmic gymnastic skills. Classes will teach the basic fundamentals on the mat and the balance beam in a fun and innovative way.

KINDERTOTS

Ages: 2
Days: Monday
Dates: Session 1 –
October 4 to December 13*
Session 2 –
Jan. 10 to March 28
Time: 10:00am – 10:30am
Fee: \$110
Min: 5 **Max:** 15

*No class October 11, January 17, February 21

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

Tiaras – NEW!

Ages: 3 ½ - 4 ½
Days: Wednesday
Dates: September 22 to November 10
Times: 4:45pm – 5:30pm
Fee: \$105
Min: 4 **Max:** 15

The Science Exploration Class

Ages: 5 – 9
Days: Wednesday
Dates: Session 1 –
October 6 to November 10*
Session 2 –
January 12 – February 16
Time: 4:30pm – 5:30pm
Fee: \$160
Min: 5 **Max:** 12

Quality enrichment for our future scientists! Classes fostering 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.

ZUMBA

MONDAY SESSION

Ages: 3 - 6
Dates: Session 1 – Oct. 4 to Dec. 13*
Session 2 –
January 10 to March 28*
Time: 10:45am – 11:15am
Fee: \$110
Min: 5 **Max:** 15

*No class October 11, January 17, February 21

TUESDAY SESSION

Dates: Session 1 – Oct. 5 to Dec. 14*
Session 2 –
Jan. 11 to March 15
Time: 4:00pm – 4:30pm
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 students increase their focus and self-confidence, boosting metabolism and enhancing coordination.

US SPORTS INSTITUTE



The US Sports Institute's Squirts programs are designed to introduce children to a variety of sports in a safe and structured environment. All games and activities will encompass hand-eye coordination, balance, agility and movement – all key factors to the early development of children in sport.

In addition to having a great time playing sports, children will develop social interaction and communication skills. All sports are developed through a series of games and activities designed to ensure learning and most importantly: fun, fun, fun!

Registration done directly with US Sports Institute

Squirts Soccer

FALL PROGRAM

Ages: 3
Days: Saturday
Dates: September 18 - November 6
Times: 8:30 am – 9:20 am or
9:30 am – 10:20 am or
11:30 am – 12:20 pm
Site: Lincoln Park
Fee: \$177

Parent & Me Soccer Squirts

FALL PROGRAM

Ages: 2 - 3
Days: Saturday
Dates: September 18 - November 6
Times: 10:30 am – 11:20 am
Site: Lincoln Park
Fee: \$177

Parent & Me Multi Sports Squirts

FALL PROGRAM

Ages: 2 - 3
Days: Saturday
Dates: September 18 - November 6
Times: 8:30 am – 9:20 am
Site: Lincoln Park
Fee: \$177

Squirts Multi Sports

FALL PROGRAM

Ages: 3 - 4
Days: Saturday
Dates: September 18 - November 6
Times: 9:30 am – 10:20 am or
11:30 am – 12:20 pm
Site: Lincoln Park
Fee: \$177

Squirts Multi Sports

FALL PROGRAM

Ages: 4 - 5
Days: Saturday
Dates: September 18 - November 6
Times: 10:30 am – 11:20 am
Site: Lincoln Park
Fee: \$177

Parent & Me T-Ball Squirts

FALL PROGRAM

Ages: 2 - 3
Days: Sunday
Dates: September 19 - November 7
Times: 8:30 am – 9:20 am
Site: Theodore Roosevelt Park
Fee: \$177

Squirts T-Ball

FALL PROGRAM

Ages: 3 - 4
Days: Sunday
Dates: September 19 - November 7
Times: 9:30 am – 10:20 am or
11:30 am – 12:20 pm
Site: Theodore Roosevelt Park
Fee: \$177

Squirts T-Ball

FALL PROGRAM

Ages: 4 - 5
Days: Sunday
Dates: September 19 - November 7
Times: 10:30 am – 11:20 am
Site: Theodore Roosevelt Park
Fee: \$177

Squirts Soccer

FALL PROGRAM

Ages: 3
Days: Sunday
Dates: September 19 - November 7
Times: 8:30 am – 9:20 am
9:30 am – 10:20 am or
11:30 am – 12:20 pm
Site: Theodore Roosevelt Park
Fee: \$177

Parent & Me Soccer Squirts

FALL PROGRAM

Ages: 2-3
Days: Sunday
Dates: September 19 - November 7
Times: 10:30 am – 11:20 am
Site: Theodore Roosevelt Park
Fee: \$177

Squirts Soccer

LATE FALL PROGRAM

Ages: 3 - 4
Days: Saturday
Dates: November 20 – December 11
Times: 10:00 am – 10:50 am or
11:00 am – 11:50 am
Site: Sherman Park
Fee: \$97

Squirts Soccer

LATE FALL PROGRAM

Ages: 4 - 5
Days: Saturday
Dates: November 20 – December 11
Times: 1:00 pm – 1:50 pm
Site: Sherman Park
Fee: \$97



Senior Soccer Squirts

WINTER PROGRAM

Ages: 4 - 5
Days: Saturday
Dates: January 15 – March 5
Times: 11:00 am – 11:50 am
Site: Cranford Community Center
Fee: \$177

Parent & Me Multi Sports

WINTER PROGRAM

Ages: 2 - 3
Days: Saturday
Dates: January 15 – March 5
Times: 3:00 pm – 3:50 pm
Site: Cranford Community Center
Fee: \$177

Squirts Multi Sports

WINTER PROGRAM

Ages: 3 - 4
Days: Saturday
Dates: January 15 – March 5
Times: 2:00 pm – 2:50 pm
Site: Cranford Community Center
Fee: \$177

Squirts Multi Sports

WINTER PROGRAM

Ages: 4 - 5
Days: Saturday
Dates: January 15 – March 5
Times: 1:00 pm – 1:50 pm
Site: Cranford Community Center
Fee: \$177

Senior Soccer Squirts

LATE FALL PROGRAM

Ages: 5 - 6
Days: Saturday
Dates: November 20 – December 11
Times: 12:00 am – 12:50 pm
Site: Sherman Park
Fee: \$97

Parent & Me Soccer

WINTER PROGRAM

Ages: 2 - 3
Days: Saturday
Dates: January 15 – March 5
Times: 9:00 am – 9:50 am
Site: Cranford Community Center
Fee: \$177

Squirts Soccer

LATE FALL PROGRAM

Ages: 3 - 4
Days: Sunday
Dates: November 21 – December 12
Times: 10:00 am – 10:50 am
Site: Sherman Park
Fee: \$97

Soccer Squirts

WINTER PROGRAM

Ages: 3 - 4
Days: Saturday
Dates: January 15 – March 5
Times: 10:00 am – 10:50 am
Site: Cranford Community Center
Fee: \$177

Soccer Squirts

LATE FALL PROGRAM

Ages: 4 - 5
Days: Sunday
Dates: November 21 – December 12
Times: 10:00 am – 10:50 am or
 11:00 am – 11:50 am
Site: Sherman Park
Fee: \$97



Senior Soccer Squirts

LATE FALL PROGRAM

Ages: 5 - 6
Days: Sunday
Dates: November 21 – December 12
Times: 12:00 pm – 12:50 pm
Site: Sherman Park
Fee: \$97

Young Rembrandts

The Power of Drawing

Preschool Drawing with Young Rembrandts

Ages: 3 - 5
Days: Monday
Dates: Session 1 –
October 4 to November 15*
Session 2 –
January 10 to March 7*
Time: 10:00am – 10:45am
Fee: \$115
Min: 5 **Max:** 8

**No class October 11, January 17 and February 21*

Calling all preschoolers! Come draw with Young Rembrandts! Get silly in Session 1 while drawing a clown puppet or put your best costume on as we learn how to draw Frankenstein. Our 6-week curriculum will help your child improve their fine motor skills, patience, and imagination.

In Session 2 we'll draw brand new seasonally appropriate drawings. Each lesson helps prepare youngsters for kindergarten. Don't wait, space is limited, sign up today and fall right into place! Students must be able to hold a pencil.

Pre-school Arts & Crafts

Ages: 3 - 4
Days: Thursday
Dates: Session 1 –
October 7 to December 23*
Session 2 –
January 13 to March 17
Times: 10:00am – 11:00am or
1:00pm – 2:00pm
Fee: \$45
Min: 6 **Max:** 15

**No class November 11 and November 25*

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

Parent or guardian must attend.

YOUTH PROGRAMS

built by me® STEM LEARNING

We are dedicated to using STEM/STEAM technologies as a platform to help children build skills they need to succeed in the 21st century: creativity, critical thinking, communication and cooperation.

Be the Game Designer with Scratch MIT – Adventures Edition – NEW!

Grades: 3 - 5
Days: Tuesday
Dates: October 12 to November 23*
Time: 4:00pm – 5:30pm
Fee: \$185
Min: 5 **Max:** 8

**No class November 2*

Children will learn to code using Scratch MIT, a programming platform developed by MIT that is geared towards children. Students will design, build, test, troubleshoot and play games using this block-based code. Students will start off by creating a simple game and will continue developing and improving their coding skills by building more complex games. By the end of the class, they will create their own unique games to play at home and share with family and friends.

LEGO® WeDo Robotics and Coding

Grades: 1 - 3
Days: Tuesday
Dates: January 11 – February 15
Time: 4:00pm – 5:30pm
Fee: \$185
Min: 5 **Max:** 8

This fun, interactive program will introduce young engineers to coding and robotics using the LEGO® Education WeDo™ Robotics Construction Sets. Students will learn basic programming skills, simple engineering concepts, and the names of the robotic components. They will work in teams of 2 on guided projects building models, attaching sensors and motors, and using a computer to program the model's behavior. Children gain confidence and understanding as they build and code their robot.



Robotics with mBot Robot

Grades: 3 - 5
Days: Wednesday
Dates: January 12 – February 16
Time: 4:30pm – 6:00pm
Fee: \$185
Min: 5 **Max:** 8

If your child is excited about robots and coding this is the perfect class for them. Young engineers will discover the basics of coding and robotics as they learn how to program the mBot robot to complete a variety of tasks, building and expanding their coding skills along the way. This fun and interactive program will have them track and probably chase their mBots through mazes and other activities.

The Art of Filmmaking

Grades: 4 - 7
Days: Wednesday
Dates: October 13 to November 17
Time: 4:30pm – 6:00pm
Fee: \$185
Min: 5 **Max:** 8

This class introduces students to the art and technique of filmmaking using stop-motion techniques. Students 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 effects. 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.

Ballet/Lyrical

Ages: 6 - 8
Days: Wednesday
Dates: September 22 to November 10
Times: 5:30pm – 6:30pm
Fee: \$105
Min: 4 **Max:** 15

Baton Twirling – NEW!

Ages 5 – 15
Days: Monday – Tuesday
Dates: October 4 & 5
Times: 5:45pm – 6:30pm (ages 5 - 9)
6:30pm – 7:15pm (ages 10 - 15)
Fee: \$50
Min: 5 **Max:** 15

Students will learn the sport of baton twirling which entails manipulating (a) baton(s) in combination with dance moves. Unlike the common youth programs, these classes embrace individuality and are custom-fit to the individual. This makes it possible for dancers, gymnasts, cheerleaders, traditional/non-traditional athletes and students with no prior skills/experience to co-exist and experience success in the same class session. The goal is to provide a level playing field for children of all needs, readiness levels and backgrounds the tools they need to progress in the ways that suit them.

Upon registration, students will have to measure the length of their arm in inches (under arm to end of middle finger) in order to purchase the right size baton. Batons Included in price. Sneakers, athletic clothing (no jeans), and no jewelry. Please email with baton measurement and/or any questions. batoncoachforlife@gmail.com

Boys & Girls Basketball Leagues

Grades: 1 – 12*
Days: Monday to Thursday (practices & games)
Saturday (games)
Dates: November to March 2022
Sites: Brookside Place School, Community Center, Hillside Avenue School, Livingston Avenue School.
Fee: \$100

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

Registration can now be done in person at the Community Center or on-line through Team Sideline at www.cranfordrecbasketball.org

Registration began on Monday, August 2nd and will close on Friday, October 15th.

Fashion First Workshop

Ages: 7 – 17
Days: Wednesday
Dates: Session 1 – October 6 to December 8*
Session 2 – January 12 – March 2
Time: 4:00pm – 5:15pm (Ages 7-9, Beginner) or
5:30pm – 6:45pm (Ages 10-17 Beginner/Advanced)
Fee: \$190
Min: 6 **Max:** 15

**No class November 3 and November 24*

Design and create the jumper dress in our fall session, or join us in the winter session

to create a classic sweat top in either a hood style or trendy funnel neck, or do both! Our student designers will explore and recreate a classic silhouette! Start with choosing the fabric, designing and sketching the design. Measure the silhouette for accurate sizing. Cut out the paper pattern, pin and sew your design, have a final fitting and it's done!

Fire's 1 Day Basketball Clinics

Ages: 4 – 13
Dates: Tuesday, November 2 or Thursday, November 4 or Friday, November 5
Time: 9:00am – 12:00pm (doors open 8:45am)
Fee: \$30 per day

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

Bring your own basketball, snack and water.

Fire's Speed, Strength & Agility Clinic

Coach Mike Firestone
Ages: 8 - 15
Days: Thursday
Dates: October 7 to November 4
Time: 6:00pm – 7:00pm
Fee: \$100
Site: Roosevelt Park
Min: 6 **Max:** 25

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



Jazz/Hip Hop

Ages: 6 - 8
Days: Monday
Dates: September 20 to November 15*
Times: 5:45pm – 6:45pm
Fee: \$105
Min: 4 **Max:** 15

*No class October 11

Junior Golf

Grades: 2 – 8
Days: Thursday
Dates: October 7 to October 28
Time: 4:00pm – 5:00pm
Fee: \$60
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!



Kids2Teens Knit Club -NEW!

Ages: 8 - 16
Days: Tuesday
Dates: Session 1 –
October 5 to November 23
Session 2 –
January 11 to March 1
Time: 6:00pm – 7:00pm
Fee: \$160
Min: 4 **Max:** 8

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



Yoga Fun

Ages: 6 - 11
Days: Thursday
Dates: October 7 to October 28
Times: 6:00pm – 6:45pm
Fee: \$70
Min: 4 **Max:** 15

Yoga & Mindfulness with Ms. Z. This class will be a playful mixture of postures, yoga games, and mindfulness. Students will get the chance to exert some energy, learn new breathing techniques, and explore ways to relax.



RMC Studios

We teach. You Rock!

207 Center St., #1233, Garwood, NJ 07027

RMC A Capella Choir

Ages: 10 - 15
Days: Tuesday
Dates: October 5 to November 9
Time: 6:00pm – 7:00pm
Fee: \$245
Site: RMC Music Studios

Registration done directly with RMC Music Studios

For voice students who just can't get enough singing! Come work on voice technique, learn how to harmonize with others and hold your own part, and have fun working on arrangements of popular songs.

RMC's Drumline

Ages: 10 – 15
Days: Tuesday
Dates: October 5 to November 9
Time: 7:00pm – 8:00pm
Fee: \$245
Site: RMC Music Studios

Registration done directly with RMC Music Studios

Come out and learn how to march to the beat of your own drum! Learn the basics of drumming technique, marching band drills and commands, and have fun working on and performing arrangements of drumline music.

RMC's Jazz Ensemble

Ages: 10 – 15
Days: Thursday
Dates: October 7 to November 11
Time: 7:00pm – 8:00pm
Fee: \$245
Site: RMC Music Studios

Registration done directly with RMC Music Studios

Need more jazz in your life? This class is for players looking to join a group of excellent jazz musicians so that they continue to improve their playing skills, learn new techniques, be brought up to speed about the history of jazz, and have chances to perform live!

Young Rembrandts

The Power of Drawing

Cartooning with Young Rembrandts

Ages: 6 - 12
Days: Wednesday
Dates: Session 1 –
October 6 to November 10
Session 2 –
January 12 to February 16
Time: 7:00pm – 8:00pm
Fee: \$135
Min: 5 **Max:** 8

In a Young Rembrandt's cartoon class students experience drawing and fun which are the ingredients for a great time. Young Rembrandts students will capture the spirit of Fall as they draw wind expressions, imagine themselves picking apples and delving into some great scarecrow expressions. Get ready to have tremendous fun and become an amazing cartoonist. Sign up today – space is limited.

Elementary Drawing with Young Rembrandts

Ages: 6 - 12
Days: Wednesday
Dates: Session 1 –
October 6 to November 10
Session 2 –
January 12 to February 16
Time: 5:45pm – 6:45pm
Fee: \$135
Min: 5 **Max:** 8

Fall back into your happy place. Your talented young student will join our enthusiastic instructor in-person for exciting new drawings in their Elementary drawing class. For Session 1 students will draw out every kid's dreamy treehouse, a colorful rainbow giraffe, not-at-all haunted mansion and stylized Eiffel Tower to name just a few. All these drawings await and more to come in Sessions 1 and 2. You won't want to miss this! Enroll in Elementary Drawing today!

Kiddies Kaleidoscope

"Shaping young minds, teaching with heart"

Kaleidoscope Jr. Engineers

Ages: 10 – 15
Days: Thursday
Dates: Session 1 –
October 27 – December 16*
Session 2 –
January 13 – February 17
Time: 4:30pm – 5:30pm
Fee: \$160
Min: 5 **Max:** 12

**No class November 11 & November 25*

Get an Idea! Build it! Try it! Children are natural engineers and love building things. In our hands-on interactive class children will have the opportunity to TINKER, DESIGN and CONSTRUCT following the Idea- Implement-Test "Engineering Design Process". Featuring our "Kiddies Jr. Engineering Tinker Kit" mailed directly to your child with all the materials needed for various STEM related engineering builder activities, your child is sure to have a blast!

Kiddies Junior Robotics

Ages: 5 – 9
Days: Monday
Dates: Session 1 –
October 25 to November 29
Session 2 –
January 10 – February 28*
Time: 4:30pm – 5:30pm
Fee: \$160
Min: 8 **Max:** 12

**No class January 17 and February 21*

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!

Mad Science

Brixology: Lego Based Program – NEW!

Grades: K - 6
Days: Thursday
Dates: Session 1 –
October 7 to December 2*
Session 2 –
January 13 to February 17
Time: 4:00pm – 5:00pm
Fee: \$135
Min: 10 **Max:** 20

**No class November 4, November 11*

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 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. Let the tinkering begin!

Crime Scene Investigation – Virtual Class

Grades: 6 - 12
Days: Monday to Friday
Dates: October 18 to October 22
Time: 4:00pm – 5:30pm
Fee: \$90

STEM principles relating to Forensics and Crime Scene Application are explored. The presentation labs and exercises will cover the following topics: making a magnifying glass, taking, identifying and collecting fingerprints. Create and examine blood splatter patterns, identify an unknown power, chromatography, time-of-death exercises, cast footprints and missing persons. Current or former law enforcement detectives will be teaching this class.

Red Hot Robotics – NEW!

Grades: 1 - 6
Days: Wednesday
Dates: October 6 to December 1*
Time: 4:00pm – 5:00pm
Fee: \$160
Min: 10 **Max:** 20

**No class November 24*

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.

We believe that fostering a love for science, technology, engineering and math at a young age will give children the confidence they need to excel in these fields.

Schoolhouse Chess

Grades: K - 6
Days: Monday
Dates: Session 1 -
October 4 to November 15*
Session 2 -
January 10 to February 28*
Time: 4:00pm – 5:00pm
Fee: \$135
Min: 10 **Max:** 20

**No class October 11, January 17, February 21*

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.



Shockingly Sticky Science – NEW!

Grades: K - 6
Days: Tuesday
Dates: October 5 to November 9
Time: 4:30pm – 5:30pm
Fee: \$135
Min: 10 **Max:** 20

What makes your hair stand up? Is it a magnet or magic? And just what are carbs, anyway? Kids explore a variety of introductory topics about the wonders of both the life and physical sciences.

Thirsty Radish

www.thirstyradish.com

Baking with Fruit*

Ages: 8 - 14
Days: Monday
Dates: Session 1 –
October 18 to November 8
Time: 4:00pm – 5:00pm
Fee: \$110

**Classes will take place via Zoom*

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. Dessert, snack and breakfast items will highlight the delicious flavors and beautiful colors of a variety of fruit. 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 along the way too!)

The MAD Side of Science – NEW!

Grades: K - 6
Days: Tuesday
Dates: January 11 to February 15
Time: 4:30pm – 5:30pm
Fee: \$135
Min: 10 **Max:** 20

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.

The Wonderful World of Herbs -NEW!

Ages: 5 - 12
Days: Wednesday – 1 Day Class
Dates: Session 1 –
October 13 or December 1
Time: 4:00pm – 5:00pm
Fee: \$30
Min: 5 **Max:** 15

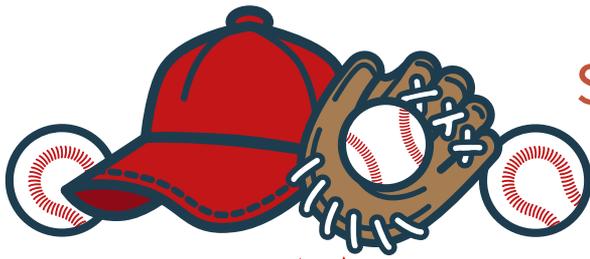
60 minutes of learning and planting your own basic herbs to take home and watch grow. Your child will also make a simple recipe using the featured herbs. All materials included. Please have your child wear clothes that can get dirty, and bring a small take home box.

Winter Salads*

Ages: 8 - 14
Days: Monday
Dates: Session 2 –
January 10 to January 31
Time: 4:00pm – 5:00pm
Fee: \$110

**Classes will take place via Zoom*

Learn to make a variety of beautiful and delicious dishes including hearty dinner salads, grain salads, pasta salads, and more. Participants will prepare and cook ingredients, make dressings, combine flavors, and learn other fundamental kitchen skills as they make dishes that can be shared with the whole family. A full list of ingredients and basic equipment will be provided in advance of each class, so participants are prepared to cook along as we make the week's recipe. An adult must be present nearby while participants are cooking (and will pick up tips too!)



STRENGTH AND FITNESS CLUB

Registration done directly with
Strength and Fitness Club



"The Big Three"

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

*If the mini enrollment number of 4 participants is not obtained with 48 hours of the first session, the camp/clinic will be canceled. Feel free to call about private small group classes, min of 4 participants are a must.

Instructional Softball Camps

Ages: 11 - 13
Days: Monday
Dates: October 4 to October 25 or November 8 to November 29
Times: 6:00 pm – 7:00 pm
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 10

Ages: 8 - 10
Days: Thursday
Dates: October 7 to October 28 or November 11, 18, December 2, 9
Times: 6:00 pm – 7:00 pm
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 6

T-Ball (Baseball)

Ages: 5 & 6
Days: Wednesday
Dates: October 6 to October 27 or November 10 to December 1
Times: 12:00 pm – 1:00 pm
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 8

Ages: 5 & 6
Days: Friday
Dates: October 1 to October 22 or October 29, November 12, 19, December 3
Times: 12:00 pm – 1:00 pm
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 6

Instructional Baseball Camps

Ages: 10 & up All Skills
Days: Wednesday
Dates: October 6 to October 27 or November 10 to December 1
Times: 6:00 pm – 7:00 pm
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 8

Ages: 7 - 8 Rookie
Days: Saturday
Dates: October 2 to October 23 or October 30, November 13, 20, December 4
Times: 9 am - 10:00 am
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 8

Ages: 9 – 10 All Skills
Days: Saturday
Dates: October 2 to October 23 or **October 30**, November 13, 20, December 4
Times: 10:15 am - 11:15 am
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 8

Ages: 11 - 12 All Skills
Days: Saturday
Dates: October 2 to October 23 or **October 30**, November 13, 20, December 4
Times: 11:30 am - 12:30 pm
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 8

Ages: 13 and up All Skills
Days: Saturday
Dates: October 2 to October 23 or October 30, November 13, 20, December 4
Times: 12:45 pm - 1:45 pm
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 8

Ages: 12 and up Pitching
Days: Saturday
Dates: October 2 to October 23 or **October 30**, November 13, 20, December 4
Times: 2:00 pm - 3:00 pm
Site: Strength and Fitness Club (The Turf)
Fee: \$150
Min: 4 **Max:** 8

CRANFORD SOCCER CLUB FALL PROGRAMS

Fall Soccer Season has started, but similar programs will run
Spring 2022

For more information and to register please visit
<https://www.cranfordsoccer.com/>



Recreational Programs

CSC's Recreation program offers a series of introductory soccer sessions aimed at children from Pre-K to 2nd Grade.

Peanuts

AGES/GRADE: PRE-K 4+ CO-ED

Peanuts is an introductory soccer program to familiarize Pre-K children ages 4+ to soccer. The program is designed to introduce younger children to soccer and begin building fundamentals.

Duration: 6 Weeks

KinderKickers

AGES/GRADE: KINDERGARTEN

KinderKickers is our most basic soccer program targeted to kids in Kindergarten. The program is designed to build on skills taught in our Peanuts program and to further develop children's love for the game of soccer.

Duration: 7 weeks

Hot Shots

AGES/GRADE: 1ST & 2ND GRADERS

Practice led by professional trainers from EFC

Players participate in games which are 60-minutes in duration and played on larger fields with designated goalies. Players learn to do throw-ins, goal kicks and basic goal-keeping, all guided by our volunteer parent coaches.

Hot Shots is a recreational soccer program intended to further develop basic soccer skills and learn the fundamental rules of game play.

Duration: 8 weeks

Competitive Soccer Programs

CSC's Competitive Soccer Program offers a higher level of play. Intercountry and Travel programs are coached by volunteer parents and trained weekly by professional trainers.

Intercountry Soccer

AGES/GRADE: 9 – 15

Training Information: Practices are twice a week on weeknights. Practices are run by professional trainers from EFC.

Game Information: Saturdays. Varying times (schedule will be released pre-season).

Intercountry Soccer is a competitive program that participates in the Suburban Youth Soccer League (SYSL). This is comprised of neighboring towns all within 30 minutes from Cranford, NJ.

There are no team tryouts and all players receive playing time.

Travel Soccer

AGES/GRADE: AGES 9 – 19

Travel player age-group eligibility (birth year based) is strictly determined by our governing body NJYS & it's affiliated leagues (MNJYSA, EDP).

Training Information: Practices are twice a week on weeknights. Practices are run by professional trainers from Red Bull.

Game Information: Sundays. Varying times (schedule will be released pre-season).

Formal tryouts are held when forming teams and players are expected to participate in both the Fall and Spring seasons.

For more information and to register please visit <https://www.cranfordsoccer.com/>

Top Soccer

TOPSoccer is a community based training and team placement program for young athletes with special needs. The program is designed to bring the opportunity of learning and playing soccer to any child. The emphasis of this program is on development, training, and meaningful participation rather than on competition. The goal is to enable these athletes to develop their physical fitness, technical skills, courage, and self-esteem, through the joy and excitement of playing soccer.

The Program is available to any Cranford child ages 4 and up that has special needs. Each child will be teamed up with one to two TOPSoccer Buddies. These Buddies are volunteers (12 years and older) from the Cranford community. Buddies participate with TOPSoccer players to enable player participation.

The TOPSoccer Program is free for Cranford residents and runs on Saturdays for 8 weeks.

ADULT PROGRAMS

Advanced Mahjongg – NEW!

Ages: 18 & Up
Days: Tuesday
Dates: Session 1 –
 October 5 to November 23
 Session 2 –
 January 11 to March 1
Time: 7:00pm – 9:00pm
Fee: \$65
Min: 4 **Max:** 12

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

Classes provide ample time for play to test your new skills and have fun. Players should bring their National Mahjongg League (NMJL) card. Perfect for those who have taken a beginner mahjongg class or are familiar with the basics and are now ready to sharpen their skills. We will work on picking hands, build confidence and improve your play through supervised play!

Beginner Knit Class – NEW!

Ages: 18 & Up
Days: Tuesday
Dates: Session 1 –
 October 5 to November 23
 Session 2 –
 January 11 to March 1
Time: 7:00pm – 8:00pm
Fee: \$160
Min: 5 **Max:** 15

In this 8-week course, students will learn the basic knitting stitches, how to begin and finish a project and how to read a simple pattern. This class is also great for anyone with basic skills who wants to improve and build on those skills.

Students must bring their own supplies: Yarn – medium (4) or bulky (5) weight. Wool – acrylic or blend of the two (No cotton, chenille, polyester, no novelty yarn). Solid color or close to solid (small flecks of tonal color are fine). Medium to lighter color is best – no black, dark colors or multi colors.

Needles – straight knitting needles (bamboo or wooden needles preferred but not required). For medium weight yarn: US size 8 or 9. For bulky weight yarn: US size 10 or 11.

Beginner Mahjongg – NEW!

Ages: 18 & Up
Days: Monday
Dates: Session 1 –
 October 4 to November 29*
 Session 2 –
 January 10 to March 28*
Time: 7:00pm – 9:00pm
Fee: \$65**
Min: 8 **Max:** 12

*No class October 11, January 17, February 21

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

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

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

RMC Studios

We teach. You Rock!

207 Center St., #1233, Garwood, NJ 07027

Community Choir – NEW!

Ages: 18 & Up
Days: Thursday
Dates: October 7 to November 18
Time: 7:30pm – 8:30pm
Fee: \$245
Min: 4 **Max:** 20

Do you sing, or did you sing and wish you could get back to using your voice to make music again? Come out to the community choir to learn more about your voice, how to sing without fatigue, expand your range, and work on popular songs that will get you moving and feeling the music in you!



H.I.I.T. – NEW!

Ages: 18 & Up
Days: Wednesday
Dates: Session 1 –
 October 13 to November 17
 Session 2 –
 January 12 to February 16
Time: 7:00pm – 8:00pm
Fee: \$130
Min: 5 **Max:** 25

H.I.I.T. – High Intensity Interval Training. Cardiovascular combined with strength exercise strategy alternating short periods of intense recovery periods. Equipment needed: jump rope, dumbbells (15 lbs. or heavier), ab mat, yoga mat, kettlebell (if you have one), minimum 26 lbs.

Instructor Patty Valdez is H.I.I.T. certified, Kettlebell certified and a 10-year Crossfit Athlete.

Kettleball Strength – NEW!

Ages: 18 & Up
Days: Tuesday
Dates: October 12 to November 16
 Session 2 –
 January 11 to February 15
Time: 7:00pm – 8:00pm
Fee: \$130
Min: 5 **Max:** 25

A high intensity ballistic workout. Combines functional compound movements with equally intense cardio. **Need: 26 lb. kettlebell minimum and a yoga mat.**

Instructor Patty Valdez is H.I.I.T. certified, Kettlebell certified and a 10-year Crossfit Athlete.

Monday Night Yoga

Ages: 18 & Up
Days: Monday
Dates: Session 1 –
October 4 to December 13*
Session 2 –
January 10 to March 28*
Time: 7:00pm – 8:00pm
Fee: \$100
Min: 10 **Max:** 25

*No class October 11, January 17, February 21

Open Soccer

Ages: 30 & Up
Days: Sundays
Dates: 9/26 to 11/14
Site: Walnut Avenue School
Times: 8:00am-9:00am
Fee: \$40

Over 35 Basketball

Ages: 35 & up
Days: Monday
Dates: September 27 - August 29th
Times: 7:00 pm – 9:30 pm
Fee: \$75
Min: 15 **Max:** 40

* No class - October 11, January 17,
February 21, May 30 & July 4

Photography

Ages: 18 & Up
Days: Thursday
Dates: October 7 to November 18*
Time: 7:00pm – 8:30pm
Fee: \$100
Min: 4 **Max:** 15

*No class November 11

This course is designed to familiarize students with the technical as well as creative aspects of photography using a digital camera. The goal is to simplify the camera's options to the essential tools so you can take the camera off auto and shoot in manual mode. You will understand not only how, but why you would choose one option over the other. Controls such as aperture, shutter speed, ISO and others are discussed and how they relate to light, exposure and their effects on the image. A digital SLR, (Single lens reflex) or camera that can be controlled manually is ideal for applying these techniques, but not necessary to take the class.

You will learn basic photograph principles that can be used with any camera to create photographic images that convey your own unique vision.

Piano for Beginners

Ages: 18 & Up
Days: Tuesday
Dates: October 5 to December 7
Time: 10:00am – 11:00am
Fee: \$25
Min: 3 **Max:** 7

Knowledge of reading music is not required.

Piano – Intermediate

Ages: 18 & Up
Days: Tuesday
Dates: October 5 to December 7
Time: 11:00am – 12:00pm
Fee: \$25
Min: 3 **Max:** 7

Knowledge of reading music is not required.

Pickleball

Ages: 18 & Up
Days: Tuesday
Dates: October 5 to November 30
Time: 6:30pm – 9:30pm
Fee: \$50

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.

Pilates

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

Ages: 18 & Up
Days: Thursday
Dates: October 7 to December 16*
January 13 to March 17
Time: 7:30pm – 8:30pm
Fee: \$100
Min: 10 **Max:** 25

*No class November 11 & November 25

Tai Chi

Ages: 18 & Up
Days: Thursday
Dates: Session 1 –
October 7 to December 16*
Session 2 –
January 13 to March 17
Times: 7:00pm – 8:00pm
Fee: \$75
Min: 5 **Max:** 25

*No class November 25

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.

The Wonderful World of Herbs – NEW!

Ages: 18 & Up
Days: Wednesday – 1 Day Class
Dates: Session 1 –
October 6 or December 8
Time: 7:00pm – 8:00pm
Fee: \$30
Min: 5 **Max:** 15

Easy, Simple, Basic, Cooking Herbs. Spend 1-hour learning about basic herbs, growing them and using in basic recipes. So fun and easy! Includes your own DGS Herb Jar, a seasonal refreshing beverage and one hour of plant inspiration.

Wednesday Night Yoga

Ages: 18 & Up
Days: Wednesday
Dates: Session 1 –
October 6 to December 15*
Session 2 –
January 12 to March 16
Time: 7:00pm – 8:00pm
Fee: \$100
Min: 10 **Max:** 25

*No class November 24

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

SPECIAL SENIOR SERVICES

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

In-person registration required for all senior programs.



Monday

Keeping Fit with Exercise

Time: 9:15 am – 10:15 am

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

Tech for Seniors

Time: 10:30 am – 11:15 am

Become Tech Savvy! Learn how to use those newfangled gadgets – cell/smartphones, tablets and computers. Class covers emailing/ texting, social media and more! Bring your device and questions! Classes will meet every other Monday.

Relaxercise

Time: 10:30 am – 11:30 am

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

Beat "IT"

Time: 11:30 am – 12:15 pm

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

Canasta

Time: 1:00 pm – 3:00 pm

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

Tuesday

Health in Motion

Time: 9:30 am – 10:30 am

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

Bagels and Bingo

Time: 9:30 am – 11:30 am

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

Senior Painting

Time: 10:00 am – 12:00 pm

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

Dancercise

Time: 10:45 am – 11:45 am

Let's Dance! Dance to great music, make new friends, get in shape and have fun! Dancercise will combine elements of fitness-cardio, muscle conditioning, balance and flexibility.

Tuesday Morning Yoga

Time: 12:00 pm – 1:00 pm

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

Mahjongg

Time: 1:00 pm – 3:00 pm

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: 1:00 pm – 3:00 pm

Yarn, crochet hooks and smiles! What more do you need? Come join the fun!

Wednesday

Pickleball

Time: 9:00 am – 1:00 pm

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.

Wednesday Walking Club (Outdoors)

Walking for Health!

Time: 9:30 am – 11:30 am

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

Pinochle Club

Time: 10:00 am – 12:00 pm

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!

Tone-up

Time: 10:45 am – 11:45 am

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

Scrabble Club

Time: 12:00 am – 2:00 pm

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

Canasta

Time: 1:00 pm – 4:00 pm

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

Thursday

Pickleball

Time: 9:00 am – 1:00 pm

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: 9:15 am – 10:15 am

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

Line Dancing

Time: 11:00 am – 12:00 pm

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: 12:30 pm – 3:00 pm

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

Mahjogg

Time: 2:30 pm – 4:00 pm

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: 9:30 am – 10:30 am

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

Relaxercise

Time: 10:15 am – 11:00 am

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

Senior Tai Chi

Time: 11:15 am – 12:15 pm

An introductory/continuation of learning and practicing the basic movements of tai chi. Relaxing and beneficial for wellness of mind and body.

Friday Afternoon Movie

(1st & 2nd Friday of the month)

Time: 12:30 pm – 2:30 pm

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.



POOL & FITNESS CENTER



401 Centennial Avenue • Cranford, NJ 07016 • 908-709-7260
web: www.cranfordnj.org • email: pool@cranfordnj.org

Swim Pool Staff

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

Swim Pool Advisory Board

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

WINTER MEMBERSHIP September 27, 2021 – May 24, 2022

HOURS OF OPERATION

Monday through Friday – 5am to 9pm
Saturday & Sunday – 9:am to 6pm
Fitness Center opens at 8am on Saturdays & Sundays

FACILITY CLOSURES

Thanksgiving – Thursday November 25, 2021	New Year's Day – Saturday January 1, 2022
Gator's Swim Meet – Sunday December 5, 2021	Easter – Sunday April 17, 2022
Christmas – Saturday December 25, 2021	Wednesday – May 25, 2022 Thursday – May 26, 2022 Friday – May 27, 2022

IN-PERSON REGISTRATION ONLY

Proof of Residency is required (Driver's License, Union County I.D. Card, etc.).
Birth Certificates of children are required unless they were previous members.

Monday, Tuesday & Wednesday

9:00am to 4:00pm

Thursday & Friday (beginning 9/30)

9:00am to 8:30pm

Guest Privileges

Each member has the privilege of bringing a guest or guests to the facility for a guest fee. You must accompany your guest and you are responsible for educating your guest about the rules of our facility.

POOL RENTALS

Pool Rentals – Available Saturdays & Sundays.

Time: After 6:00pm

Fee: \$300.00 per hour

Call Jenna at 709-7260
for more information.

POOL BIRTHDAY PARTIES



The Cranford Pool & Fitness Center would like to help your child celebrate his or her special day with an indoor pool Birthday Party Package. On either Saturday or Sunday between the hours of 1:00pm – 3:00pm or 3:30pm – 5:30pm you can enjoy the use of the pool and party area. Parents supply the cake, food, drinks and paper products and the pool staff takes care of the party games and clean up! Cost per person is \$10.00 for members and \$15.00 for non-members. All parties must have a minimum of ten (10) paying people at full price and the birthday child is free*. For additional information or to make a reservation call Jenna at 908-709-7260.

***Birthday parties are held during our winter season only!**

MEMBERSHIP FEES

****IN PERSON ONLY****

2021 Summer Pool Members receive a discounted Winter Rate when converting to an Annual Membership!

	Resident	Non-Resident
Individual	\$325	\$475
Family of 2	\$375	\$600
Family of 3	\$400	\$625
Family of 4	\$425	\$650
Senior Citizen (age 62)	\$175	\$325
Add/Child Care Provider	\$200	\$300
Full Corporate (Min. 5 persons)	\$425 per Individual	

Weekday Guest Pass \$10 (After 5:00pm \$5)

Weekend Guest Pass \$15 (After 5:00pm \$5)

2021 Summer Pool Members who register before October 31, 2021, receive a deep discount by paying only the balance of the Annual Membership rate. For example, a Resident Individual Annual Fee is \$500, and their Summer Pool membership fee is \$275. Instead of paying the standard \$325 Winter Membership rate, the Resident Individual saves \$100 with discounted rate of \$225.

For example, a Resident Individual paid \$275 for a Summer membership. The Annual fee for this person is \$500.00. This person would normally pay \$325 for a Winter Membership but if registered by October 31, would only pay the discounted rate of \$225, a savings of \$100!

Annual fee - Summer Membership =
Discounted Winter Rate

In Person Registration Only

Please make checks payable to Cranford Swim Pool Utility.

Visa, Master Card & Discover are accepted. No Refunds will be granted after October 31, 2021.

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

Pool Programs

Management reserves the right to change or adjust the schedule or programs as deemed necessary.

Open and Family Swim

Days: Monday – Friday (Pool shared with other activities)

Time: 9:00am – 11:30am

1:30pm – 6:00pm

7:30pm – 8:45pm

Saturday & Sunday

10:00am – 5:45pm

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.

Days: Monday – Friday

Time: 5:00am – 9:00am

11:30am – 1:30pm

5:30pm – 6:00pm (4 lanes for lap swimming
and 2 lanes for swim team)

Aquatic Exercise Classes – Shallow Water

Days: Monday, Tuesday, Thursday & Friday

Time: 9:00am – 9:45am

Aqua Yoga

Days: Tuesday & Thursday

Time: 12:00pm – 12:30pm

US Masters Fitness & Triathlon Training

Days: Tuesday, Thursday & Saturday

Time: Tuesday, and Thursday

7:30pm – 8:30pm

Tuesday and Thursday

7:00am – 8:00am

Saturday

8:00am – 9:00am

Fee: Daily Drop-in: \$5 Member

\$10 Non-member daily drop-in

Unlimited Classes: \$40 Members

\$50 Non-member

Swim Teams

Jersey Gators

Days: Monday – Friday

Time: 6:00pm – 7:30pm

Cranford High School (November 8 to February 14)

Days: Monday – Friday

Time: 3:30pm – 5:00pm

Starfish Aquatic Institute Training Classes



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

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. Cancellations with at least 2 weeks' notice will receive a 50% refund. No refunds will be given within 1 week of the class start date.

Registration Guidelines

1. Registration is on a first come, first serve basis.
2. Registration form and payment in cash, check or credit card is required at the time of registration.
3. A parent must be present when registering children under 18 years of age.

4. All programs at the facility are also cancelled when public schools are closed due to inclement weather.
5. Classes cancelled due to inclement weather will be made up at the discretion of the Pool & Fitness Center. Please call 908-276-6767 for information on program cancellations and status due to weather related issues.

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, a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at www.starfishaquatics.org.

The Starfish Swimming curriculum is designed for student's ages 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 allowing 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.

SAI 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.

Fee per session: \$85 – Members • \$100 – Non-Members

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 everything 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.

IMPORTANT: THOSE REGISTERED FOR SESSION 1 WILL HAVE FIRST PRIORITY FOR SESSIONS 2 & 3. ALL OTHERS WILL BE PLACED ON A WAITING LIST.



Starfish Swimming 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

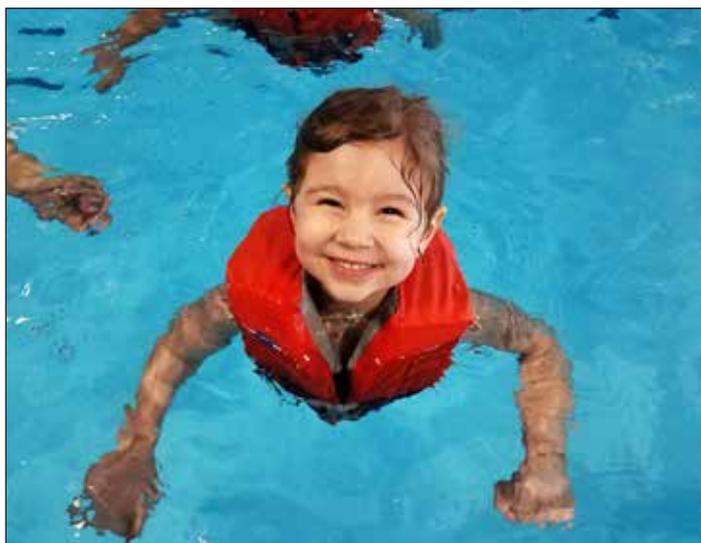
Safety Skill: Identify six methods of preventing recreational water illness.

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.



StarBabies™ & StarTots™

Ages: 6 months – 3 years
Days: Monday
Time: 10:00am to 10:30am
Session 1: 10/4 – 11/15
Session 2: 2/7 – 3/21
Session 3: 3/28 – 5/16 *No class on 4/18

StarBabies™ & StarTots™

Ages: 6 months – 3 years
Days: Sunday
Time: 9:30am to 10:00am
Session 1: 10/3 – 11/21 *No class on 10/31
Session 2: 12/15 – 1/30 *No class on 12/26 or 1/2
Session 3: 2/6 – 3/20
Session 4: 3/27 – 5/22 *No class on 4/17 or 5/8

Sea Squirts (MUST BE POTTY TRAINED)

WEDNESDAY SESSIONS

Ages: 3 years – 5 years
Days: Wednesday
Time: 10:00am to 10:30am or
1:30pm to 2:00pm
Session 1: 10/6 – 11/17
Session 2: 12/1 – 1/26 *No class on 12/22 or 12/29
Session 3: 2/9 – 3/23
Session 4: 3/30 – 5/18 *No class 4/20

SUNDAY SESSIONS

Ages: 3 years – 5 years
Days: Sunday
Time: 9:00am to 9:30am
Session 1: 10/3 – 11/21 *No class on 10/31
Session 2: 12/15 – 1/30 *No class on 12/26 or 1/2
Session 3: 2/6 – 3/20
Session 4: 3/27 – 5/22 *No class on 4/17 or 5/8

THURSDAY SESSIONS

Ages: 3 years – 5 years
Days: Thursday
Time: 10:00am to 10:30am or
1:30pm to 2:00pm or
4:00pm to 4:30pm (Sessions 1, 3 & 4)
Session 1: 10/7 – 11/18
Session 2: 12/2 – 1/27 *No class on 12/23 or 12/30
Session 3: 2/10 – 3/24
Session 4: 3/31 – 5/19 *No class 4/21

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.

CLOWN FISH *(Formerly Level 1)*

Ages: 6 years and up
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

MONDAY SESSIONS

Session 1: 10/4 – 11/15
Session 2: 2/7 – 3/21
Session 3: 3/28 – 5/16
*No class 4/18

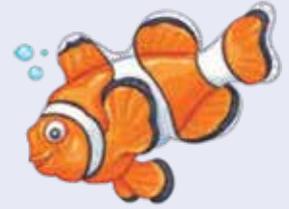
WEDNESDAY SESSIONS

Session 1: 10/6 – 11/17
Session 2: 2/9 – 3/23
Session 3: 3/30 – 5/18
*No class 4/20

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
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

MONDAY SESSIONS

Session 1: 10/4 – 11/15
Session 2: 2/7 – 3/21
Session 3: 3/28 – 5/16
*No class 4/18

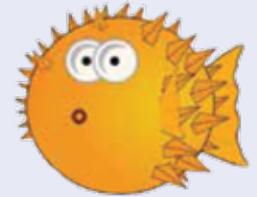
WEDNESDAY SESSIONS

Session 1: 10/6 – 11/17
Session 2: 2/9 – 3/23
Session 3: 3/30 – 5/18
*No class 4/20

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.



Starfish Stroke School™

SEA TURTLES *(Formerly Level 3)*

Ages: 6 years and up
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

MONDAY SESSIONS

Session 1: 10/4 – 11/15
Session 2: 2/7 – 3/21
Session 3: 3/28 – 5/16
*No class 4/18

WEDNESDAY SESSIONS

Session 1: 10/6 – 11/17
Session 2: 2/9 – 3/23
Session 3: 3/30 – 5/18
*No class 4/20

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.



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

PELICANS *(Formerly Level 4)*

Ages: 6 years and up
Days: Tuesday
Time: 4:00pm to 4:30pm

Session 1: 10/5 – 11/16
Session 2: 2/8 – 3/22
Session 3: 3/29 – 5/17
*No class 4/19

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
Days: Tuesday
Time: 4:00pm to 4:30pm

Session 1: 10/5 – 11/16

Session 2: 2/8 – 3/22

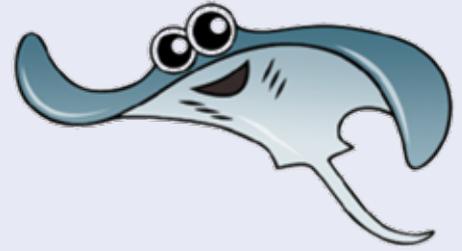
Session 3: 3/29 – 5/17

*No class 4/19

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
Days: Tuesday
Time: 4:00pm to 4:30pm

Session 1: 10/5 – 11/16

Session 2: 2/8 – 3/22

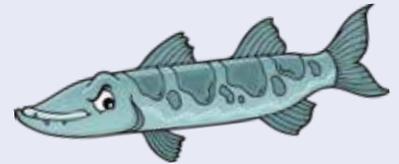
Session 3: 3/29 – 5/17

*No class 4/19

Breaststroke – Endurance

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

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



SWIMPREP

Ages: 6 years and up
Days: Tuesday
Time: 4:00pm to 4:30pm

Session 1: 10/5 – 11/16

Session 2: 2/8 – 3/22

Session 3: 3/29 – 5/17

*No class 4/19

For those who 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.



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: Must be 16 years of age, 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.

For Pretest dates and Class dates, please call the Cranford Pool & Fitness Center.

Additional Courses Offered

Please call for more information

Bloodborne Pathogens Training

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

CPR/AED for Professional Rescuers and Health Care Providers

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



Starfish Swim Instructor

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

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



StarGuard Review Course

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

Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED or current StarGuard/First Aid/CPR/AED certificate. Note: If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.



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

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



BABYSITTING SERVICES

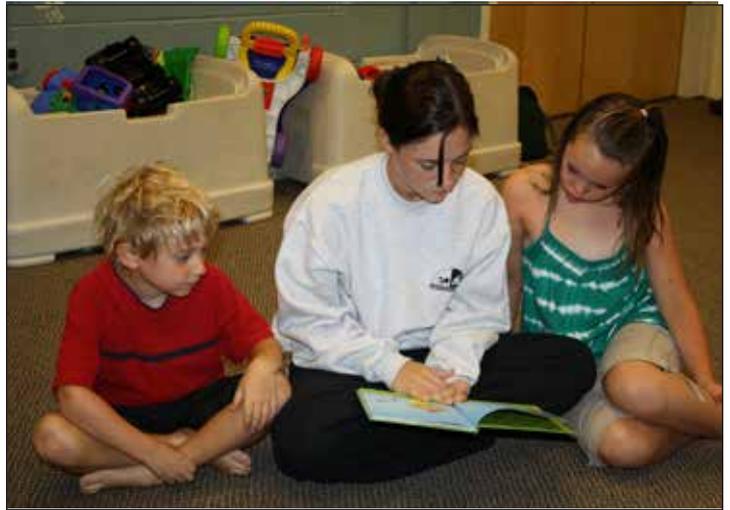
Babysitting is available from 9:00am to 12:00pm Monday through Friday. This service is available so that you can participate in lap swimming; exercise classes; use the fitness center, etc.

A 1½ 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
 \$170 for winter season per child
 (\$50 for each additional child)



Application Form – Winter 2021 - 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: _____

Membership Rules and Regulations

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

New Fitness Program from Horizon Blue Cross Blue Shield of New Jersey

Horizon**bFit** At-A-Glance

What is HorizonbFit**?** **Horizon**bFit**** is a new program offered to select Horizon BCBSNJ members **ages** 18 years or older. The program offers reimbursements of \$20 per month to members who enroll and visit a participating fitness facility at least 12 times a month. Horizon BCBSNJ makes this program available through Advanta Health Solutions, an innovative health and fitness provider that develops and manages physical activity programs to help people live healthier.

How It Works... A simple four-step process makes it easy for members to enroll.



Step One:

Members visit **Horizon**bFit**.com** to check their eligibility.



Step Two:

Once eligibility is confirmed, members search for participating facilities by ZIP code and select a primary fitness facility.



Step Three:

Members complete an online enrollment form and set up an account that is linked to a major credit card. Reimbursements will be posted to the credit card on file.



Step Four:

Members review their account information and fitness facility selection and confirm their enrollment. Their enrollment will become effective on either the 1st or the 15th of the month, depending on when they enroll.

Unlike a discount-only program, **Horizon**bFit**** reimburses members a portion of their monthly fitness facility membership fees when they meet their attendance goals. It's another way Horizon BCBSNJ is Making Healthcare Work.

It Pays To Be Fit!

The rewards are endless when you exercise on a regular basis. You'll be healthier, feel better and have more energy to make the most of each and every day! Now, Horizon Blue Cross Blue Shield of New Jersey is making regular exercise even more beneficial for you with the introduction of **Horizon**bFit****, the program that rewards you when you stay on track to achieve your fitness goals!

Benefits that add up!

When you enroll in **Horizon**bFit****, you become eligible to receive a \$20 reimbursement for every month that you visit your selected fitness facility 12 times or more. That means

that you can earn up to \$240 a year in rewards when you exercise regularly! Enrolling is free and easy to do!

Simply visit **Horizon**bFit**.com** to verify your eligibility, select a participating fitness facility and set up your secure account. Once your online enrollment is confirmed, if you visit your selected fitness facility 12 times or more a month, you'll earn a \$20 reimbursement for that month.

HorizonbFit**** makes getting regular exercise affordable, convenient and more rewarding for you!

Whether you are already an active member of a fitness facility, or thinking of becoming one, visit **Horizon**bFit**.com** today and start enjoying the benefits of living healthier every day!

Fitness Center

Membership includes;

- Instruction in use of equipment
- Assistance with self-directed training regimen

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. Member and their guests are responsible for their own property. Management will not **be responsible for any theft or loss of items.**

5. 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.

6. All members and their guests must wear at least a shirt and shorts or some suitable athletic attire and closed soft-soled shoe-preferably sneakers.

7. Water bottles are permitted in the fitness center. NO eating or gum chewing.

8. Management reserves the right to alter hours of operation when necessary.



CRANFORD TOWNSHIP BULK WASTE CLEANUP PROGRAM

REGISTRATION APPLICATION

Permits by mail from September 1 to September 17 ONLY to ensure adequate time for processing

Name: _____

Telephone: _____

Address: _____

Zone No.: (circle one) 1 2 3 4

Please indicate items you are planning to dispose on collection day by checking below (approximate weights are also listed):

Email: _____

Item	Approx. Weight	Item	Approx. Weight
<input type="checkbox"/> AIR CONDITIONER	100	<input type="checkbox"/> MICROWAVE OVEN	80
<input type="checkbox"/> BATHTUB (CAST IRON)	310	<input type="checkbox"/> REFRIGERATOR	350
<input type="checkbox"/> CHAIR (LARGE STUFFED)	75	<input type="checkbox"/> RUG (5 X 8)	50
<input type="checkbox"/> CHAIR (SMALL)	25	<input type="checkbox"/> SINK (PORCELAIN)	40
<input type="checkbox"/> DESK (LARGE)	100	<input type="checkbox"/> SOFA	150
<input type="checkbox"/> DISHWASHER	130	<input type="checkbox"/> SOFA BED	200
<input type="checkbox"/> DOOR	25	<input type="checkbox"/> STOVE	200
<input type="checkbox"/> DRESSER (ADULT)	170	<input type="checkbox"/> TABLE (LARGE)	100
<input type="checkbox"/> DRYER	150	<input type="checkbox"/> TABLE (SMALL)	30
<input type="checkbox"/> FREEZER	200	<input type="checkbox"/> TOILET & TANK	90
<input type="checkbox"/> GAS BARBEQUE GRILL	70	<input type="checkbox"/> WASHING MACHINE	225
<input type="checkbox"/> HOT WATER HEATER	150	<input type="checkbox"/> WINDOW	30
<input type="checkbox"/> LAWN MOWER	90	<input type="checkbox"/> OTHER: _____	
<input type="checkbox"/> MATTRESS (DOUBLE)	60	_____	

STATEMENT OF AGREEMENT:

I agree there will be no construction materials, regular household garbage, hazardous waste, flammable explosive waste, Ewaste, containers with excessive liquids, mandatory recyclable materials, and similar types of items included in the materials set at the curb for collection. I will not knowingly exceed the weight limitation of 750 lbs of material.

I understand and agree that any unauthorized material or materials that exceed the weight limitations as determined by designated Township officials and/or the contractor be left at the curb and must be removed by the end of the collection day.

Signature: _____ Date: _____

STICKER MUST BE PLACED ON MOST VISIBLE ITEM AT CURB. PLACARD MUST BE DISPLAYED IN FRONT WINDOW TO BE VISIBLE FROM STREET.

FOR DEPARTMENT USE ONLY – \$120.00 PER PERMIT

[] CASH [] CHECK # _____ PERMIT# _____ ZONE# _____

INITIALS: _____ DATE: _____

2021 Bulk Waste Schedule

- Zone 1 – Sept. 27 – Oct. 8
- Zone 2 – Oct. 12 – Oct. 22

- Zone 3 – Oct. 25 – Nov. 5
- Zone 4 – Nov. 8 – Nov. 19

HOW THE CLEANUP PROGRAM WORKS

Homeowners in Cranford can register for a Bulk Waste collection curbside pick-up. Same price and same Zones as prior years. The Zone number can be determined by viewing the enclosed map, visiting cranfordnj.org or calling the Office at 908-709-7299.

A PERMIT IS REQUIRED at a cost of \$120.00 per household. No increase from last year. Two documents are issued. The placard to be placed in the house window and a sticker to be placed curbside on debris.

The amount of material placed at the curbside cannot exceed 750 pounds per permit. Anything over 750 pounds will need a second permit for an additional \$120.00. Registrants should have a general idea of what they will be placing at the curbside when they purchase the permit to determine whether they will need more than one permit.

The Permit fee must be paid at the time of registration. Each registrant will be issued a sticker to be placed on the most prominent object at the curbside and a placard to be displayed in the front window of the house. The Township provides PMUA with an address list of those who paid.

To make it easier, residents can sign up through CommunityPass – <https://register.capturepoint.com/cranford>. "Switch to a Different Community" Drop down to "Cranford Twp.". Cranford Twp. Municipal Bulk Waste Cleanup Program.

Alternatively, the Permit Application with payment can be mailed or delivered to the Health Department Drop box located outside the Health entrance door behind the Municipal Building. Permits will be mailed to registrants or an email notification that the permit is ready to be picked up will be sent.

If a resident misses or forgets to sign up prior to pick-up schedule, PMUA may be able to accommodate residents with last minute sign up as long trucks are still in same zone and the resident drops payment off directly to PMUA offices at 127 Roosevelt Avenue, Plainfield, NJ 07060. Call 908-226-2518 for approval.

MAIL-IN REGISTRATION -

Must be received by September 17th.
No exceptions!

Township of Cranford
Attn: Bulk Waste Permits
8 Springfield Avenue
Cranford, New Jersey 07016

DROP BOX REGISTRATION - Drop Box located at Cranford Municipal Building Health Department (Lower Level) 8 Springfield Avenue. Completed applications must be received by noon on the Wednesday before zone pick-up begins.

Please call the Health Department at 908-709-7299 for additional information.

Permit sales start on September 1st and concludes at noon the Wednesday before zone pick-up begins.

Permit Sale Deadline

Zone 1 – September 22nd
Zone 2 – October 6th
Zone 3 – October 20th
Zone 4 – November 3rd

Make check payable to Township of Cranford.

Permits CANNOT be purchased through the Township after Noon on Wednesday prior to your pickup week.

No refunds will be issued.

ACCEPTABLE & UNACCEPTABLE MATERIALS

The following is a list of acceptable and non-acceptable materials for the cleanup program. This list does not include every possible item but should offer a general guideline.

QUESTIONS ON THE CLEANUP? CALL 908-709-7299

Acceptable Materials

Air Conditioners

Appliances

Stoves, refrigerators, washers, etc.

Note: Please remove doors.

Furniture

Carpeting

Lawn Furniture

Tires

Miscellaneous *Wood or Metal*

Note: Must be bundled in 4' lengths

Non-riding Lawn Mowers

Toys

Old Doors & Windows

Hot Water Heaters

Tools

Clothing / Textiles

Construction Materials

(not by contractor)

Small Piano – Broken Down

Unacceptable Materials

Pesticides, herbicides, etc.

Paint & Paint Thinners

Pool Chemicals

Hazardous Materials

Gas or Propane Canisters & Fuel Tanks

Riding Mowers and Similar Equipment

Construction Materials Generated by Contractors

Auto Batteries

Tree Stumps, Vegetative Waste, Grass

Junked Vehicles

Motor Oil / Filters -
Recycle at Conservation Center

Food Waste & Household Garbage

TV Sets, Computers & Electronics -
Recycle at Conservation Center

Explosive or Flammable Materials

Items of Excessive Weight
Examples: Pianos. Pool Tables & Oil Tanks

Glass Bottles, Aluminum Cans, Newspapers, Magazines and other Mandatory Recyclables

Bricks, Stones, Cement, etc.

Please Note:

- Roll and tie rugs.
- Fencing and posts should be cut in 4 ft. lengths and weigh no more than 50 lbs.
- Place small loose items in sturdy containers or neatly bundled weighing no more than 50 lbs.
- Doors on cabinets and appliances must be removed for safety.
- Any indoor/outdoor gym equipment must be dismantled and cut to 4 ft. lengths.
- No materials will be accepted from non-residents.
- Commercial, industrial, business, or yard waste from landscapers will not be accepted.
- Materials must be placed at the curb before 7:00 a.m. on the first day scheduled for your section.
- Please place materials out **NO EARLIER** than the Saturday before your scheduled pick up.

FOR MORE INFORMATION, PLEASE CALL 908-226-2518. ACCEPTABLE & UNACCEPTABLE MATERIALS

Reminder...These items can be recycled locally all year long:

At Conservation Center

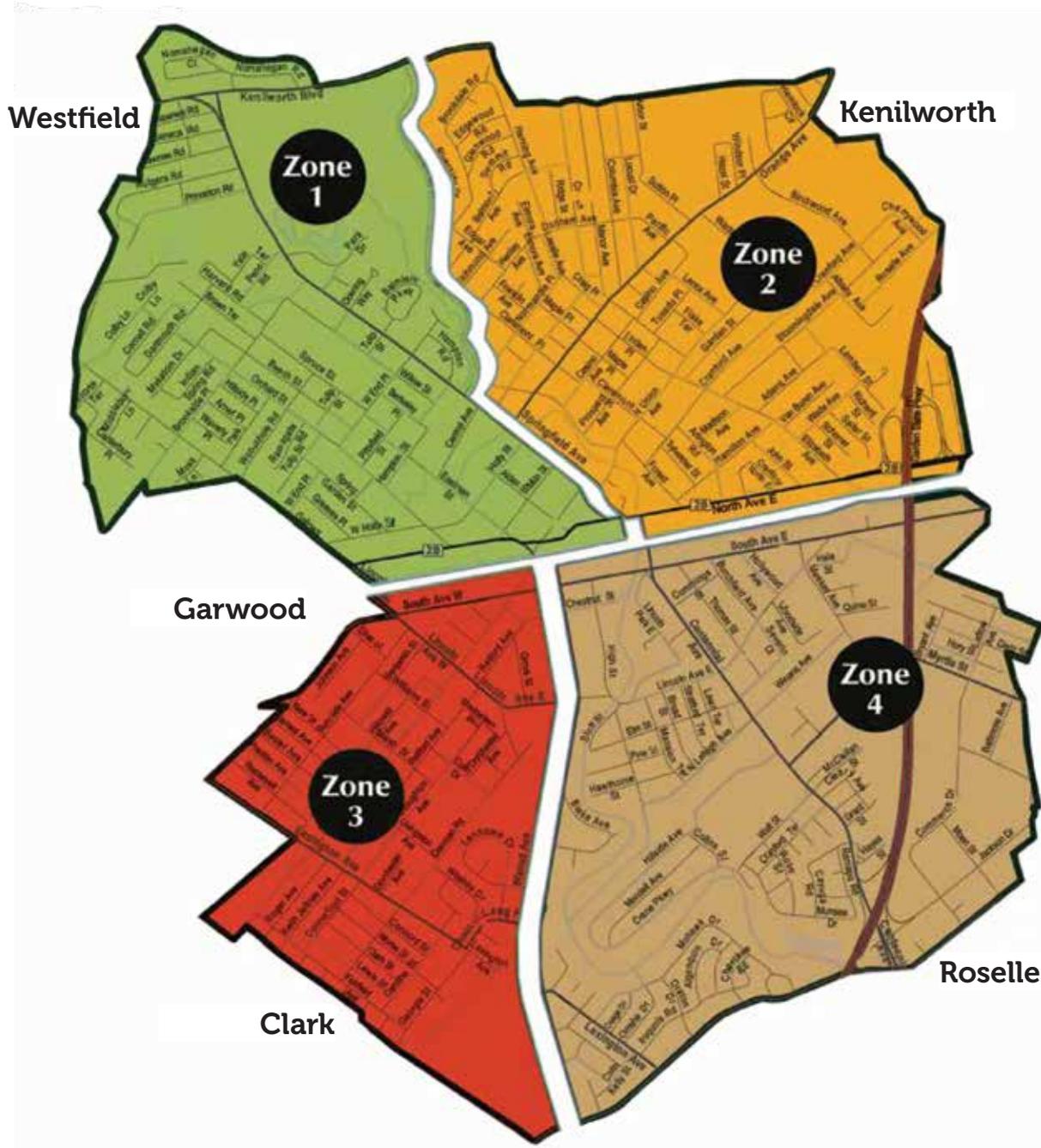
Motor Oil and Motor Oil Filters, Magazines, Junk Mail, Office Paper and E-Waste

On Curbside Recycling Days

Hardcover & Softcover Books, Magazines, Junk Mail, Office Paper

Note: A permit is not required to recycle at Conservation Center.

Zoning Map for Bulky and Leaf Pickup



Zone 1

Northwest section including all streets west of the river and Springfield Ave. toward Kenilworth Blvd. and North Ave. West up to the Garwood/Westfield line.

Zone 3

Southwest section and all streets west of Walnut Ave. to South Ave. West to the Clark/Garwood line.

Zone 2

Northeast section including all of Riverside Drive and all streets to the east of Springfield Avenue linking North Avenue. East to the Roselle Park and Kenilworth line.

Zone 4

Southeast section and all streets east of Walnut Avenue from South Avenue East to Roselle line and all streets north of Raritan Road to Roselle line.



Recycling Department

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

Recycling Staff

Erik 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

Recycling Options

- Curbside Recycling Pickup
- Recycling Drop-Off at the Conservation Center

IMPORTANT CONTACT INFORMATION

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

Giordano - Curbside Recycling Contractor 800-216-2250

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

Report Missed Recycling Pickups Within 24 Hours

Contact Giordano Co. – 800-216-2250 ext. 2
Email: service@gogreengiordano.com

Questions & Answers

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

A. Union County holds collection events for hazardous waste disposal. Visit www.ucnj.org/recycling or call 908-654-9890.

Q. Does the Township provide for residential garbage service?

A. 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?

A. 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?

A. Some options for disposal of bulky waste items are:

1. Contact your private trash hauler for hauling fees.
2. Contact Plainfield Municipal Utilities Authority for Bulk Waste Drop-Off. Visit www.pmua.info or call 908-226-2518.
3. Visit www.cranfordnj.org/recycling for Township updates. See Fall Bulk Waste Program info on page 48.



Union County Recycling Programs

Dates, Times & Locations vary
Visit www.ucnj.org/recycling
or call 908.654.9890

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

2021 – 2022 RECYCLING CALENDAR

- Place recyclables curbside by 6am on scheduled day or the night before
 - Pickups take place rain or shine between 6:30am – 4:30pm
 - Covered container recommended – 32 gallons or larger
 - No plastic bags • Comingle all recyclables • Keep papers dry
- Remove lids, empty liquids, rinse of food debris before recycling

September

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

October

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

November

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

December

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

January – 2022

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

February – 2022

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

RECYCLING PICKUP TAKES PLACE EVERY OTHER MONDAY FOR THE **S** SOUTH SIDE
AND EVERY OTHER TUESDAY FOR **N** NORTH SIDE

Report Missed Recycling Pickups Within 24 Hours

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

Email: service@gogrengiordano.com

Curbside Recycling Guidelines

What **CAN** go into my curbside container

ACCEPTABLE

Commingled Recycling

(Covered Container Recommended – 32 gallon or larger)

✓ Plastic Bottles & Containers

Bottles coded with #1 or #2 only



✓ Mixed Paper

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



✓ Cans

Aluminum and Steel (tin) Cans & Lids



✓ Glass Bottles & Jars

All sizes, shapes & colors



✓ Cardboard

Corrugated, Cereal & Clean Pizza Boxes



✓ Cartons

Milk, Juice & Cardboard Boxes



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

What **CANNOT** go into my curbside container

NOT ACCEPTABLE

✗ Plastic Bags

Please do not bag your recyclables or place bags at curbside

(visit www.plasticfilmrecycling.org for drop off locations)



✗ Styrofoam*

Styrofoam cannot be recycled curbside



✗ Dishware, Glass & Mirrors

These items can be placed in regular garbage



✗ Dirty Pizza Boxes

Leftover food or grease



✗ Shredded Paper*

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



✗ Pots, Pans & Small Appliances



✗ Plastic Containers & Plastic Ware

These items can be placed in regular garbage



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

www.cranfordnj.org/recycling • www.ucnj.org/recycling

CONSERVATION CENTER RECYCLING GUIDELINES

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

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

Aluminum Cans

Designated container

Brown Paper Bags

Bundle separately with corrugated pile

Corrugated Cardboard

Bundle or brown bag

Electronics

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

Fluorescent Bulbs (Tubes Only - No CFL)

Designated container

Glass Bottles & jars

Separate by color

Mixed Papers

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

Bundle with string or twine or brown bag

Newspapers

Bundle with string or twine or brown bag

Plastic Bottles & Jars

Type 1 & 2 Only • Designated container

Type 3 to 7 Separate designated container

Nothing larger than a 5 Gallon Bucket

No Lawn Furniture • No Kiddie Pools or Toys

No Trash Pails

Steel / Tin Cans

Designated container

Styrofoam

Please ensure all Styrofoam has recycling #6

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

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

Used Motor oil & Motor Oil Filters

Designated container.

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

Permits NOT required for recycling



CRANFORD FIRE DEPARTMENT

FILE OF LIFE

PLEASE HANG THIS FORM ON YOUR REFRIGERATOR

For additional forms please contact Cranford Fire Dept. at 908-709-7360

Full Name:	Age:	Date of Birth:
Home Address:	Home Phone #:	
Date File of Life Completed/Updated:	SS #:	

Health History

Please list any present conditions as well as any conditions in which you have had in the past

Heart Condition and/or Attack:	Stroke:
Cancer:	Diabetes:
Seizure Disorder:	High Blood Pressure:
Asthma:	Congestive Heart Failure:
Pacemaker:	Internal Defibrillator:
Psychiatric Illness:	COPD:
Other Medical Conditions:	

Current Medications

Medication Name	Dosage	Medication Name	Dosage
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

Food or Medication Allergies:
Are you allergic to latex?
Special Info (Living Will, Do Not Resuscitate Order, etc & locations of such):
Primary Physician Name & Telephone Number:

Emergency Contact Information

Health Insurance Info.

Name:	Company name:
Relationship:	Policy #:
Phone (Home):	Group #:
Phone (Cell/Work):	Phone #:

ENGINEERING DEPARTMENT

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

Flood Information

FLOOD HAZARD AREAS

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

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

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

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

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

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

Rivers within the Township are limited in capacity and tend to exceed their banks during heavy rainfall events similar to Tropical Storm Floyd on September 16, 1999, during the "Tax Day Storm" on April 15, 2007, and the major flood event on August 27, 2011 due to Hurricane Irene. Most recently, our residents were greatly affected by Tropical Storm Ida on September 1, 2021.

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, or by entering your address in FEMA's Map Service Center website at <https://msc.fema.gov/portal/home>. The Engineer-

ing Department has maps available to look at as well as other flood-related information on the FEMA Flood Insurance Rate Map (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 and some Elevation Certificates may also be available from the Township. Township staff members are available to undertake site visits, if requested and authorized, to review flood, drainage and sewer issues. Additional Floodplain Information can be found on the Township's website at: <https://www.cranfordnj.org/floodplain-management>

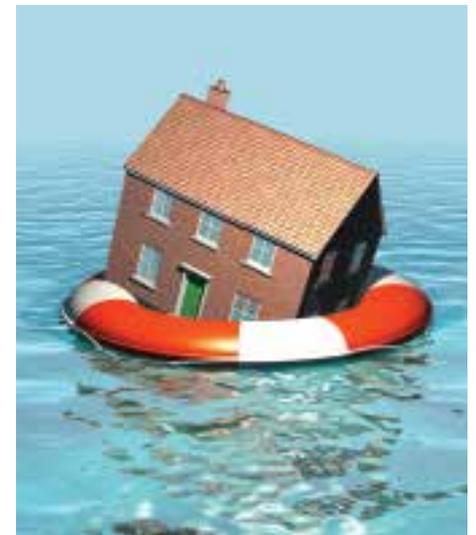
Contact the Township Engineering Department at (908) 709-7219 or engineering@cranfordnj.org for further assistance.

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. Electrocuting 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 and to mitigate and prevent the loss of life and destruction of property and infrastructure during flood events.

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

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 therefore 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.

Additional information regarding flood insurance can be found on the Township's website at <https://www.cranfordnj.org/floodplain-management/news/national-flood-insurance-program-flood-insurance-claims-handbook-fema-f>

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 bio-diversity 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 sign up for emergency text messaging alert through www.nixle.com.

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 or engineering@cranfordnj.org, 8 Springfield Avenue, Cranford, NJ 07016
- Floodplain Information on the Cranford website <https://www.cranfordnj.org/floodplain-management>
- Cranford Public Library

SOLUTIONS TO STORMWATER POLLUTION

Easy things you can do every day to protect our water

What is Stormwater Pollution?

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

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

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

As part of New Jersey's initiative to keep 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 poop-scoopers to pick up wastes.
- Dispose of the wrapped pet waste in the trash or unwrapped in a toilet.
- Never discard pet waste in a storm drain

Don't feed wildlife

- Do not feed wildlife, such as ducks and geese in public areas.



- Many municipalities and other public agencies must enact and enforce a rule that prohibits wildlife feeding in these areas.

Don't litter

- Place trash in receptacles.
- Recycle. Recycle. Recycle.
- Participate in community cleanups.
- Dispose of yard waste properly
- Keep leaves and grass out of storm drains.
- If your municipality or agency has yard waste collection rules, follow them.
- Use leaves and grass clippings as a resource for compost.
- Use a mulching mower that recycles grass clipping into the lawn.

Contact Information

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

Additional information is also available at U.S. Environmental Protection Agency websites:

www.epa.gov/npdes/stormwater or www.epa.gov/nps

New Jersey Department of Environmental Protection Division of Water Quality

Bureau of Nonpoint Pollution Control Municipal Stormwater Regulation Program 609-633-7021



OEM Fall & Winter Preparedness Outreach

Floods and Hurricanes

- Know your flood risk and pay attention to weather forecasts and warnings issued by the National Weather Service or the Township. Evacuate if you are so advised.
- During a Flood, Flash Flood, or Tropical Storm 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 important documents in a waterproof container. Create password-protected digital copies.
- 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.
- NEVER drive around barricades or caution tape and don't walk or drive through flood waters. Turn Around, Don't Drown!
- Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Snowstorms and Extreme Cold

- Prepare your home before winter to help keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing and replace snow shovels and ice melt in advance of the storm season.
- Pay attention to weather reports and ensure you have enough supplies in to stay home for several days. Preparing now will allow you to avoid the rush before the storm.
- During extreme cold, limit your time outside. Dress in layers of warm clothing. Watch for signs of frostbite and hypothermia.
- If under a Winter Storm Warning, stay off roads and ensure your vehicle is parked off the road whenever possible.
- When shoveling snow, take your time and take frequent breaks. Avoid overexertion and make sure to hydrate.
- Ensure that fire hydrants and furnace/boiler vents on your home are cleared of snow and ice.

Visit Ready.NJ.gov for more on how to Plan and Prepare!



Township of Cranford
8 Springfield Avenue
Cranford, NJ 07016

*****ECRWSS****
Local Residential Customer

PRSR STD
EDDM
U.S. POSTAGE
PAID
Union, NJ
Permit 451



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



Follow Us!

Official Cranford Website – www.cranfordnj.org

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

[facebook.com
@TownshipofCranford](https://www.facebook.com/TownshipofCranford)

twitter.com/CranfordTwpNJ

