

# 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](http://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](mailto:recreation@cranfordnj.org) • Fax: 908-709-7286

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

[www.instagram.com/CranfordRecreationAndParks](http://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](http://www.cranfordsoccerclub.com)

Cranford Police Athletic League (PAL)  
[www.cranfordpal.org](http://www.cranfordpal.org)

Cranford Youth Lacrosse  
[www.cranfordlacrosse.org](http://www.cranfordlacrosse.org)

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

Canoe Club  
[www.cranfordcanoecub.com](http://www.cranfordcanoecub.com)

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

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

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

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

Recreation and Parks  
[www.cranfordnj.org/recreation-parks](http://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](http://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](http://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](mailto: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](http://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!

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](http://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](mailto:recreation@cranfordnj.org). Entry forms will be available on our website, [www.cranfordnj.org](http://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](mailto: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

## 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 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 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

## 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

## 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](mailto: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](http://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](http://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.

