

FORT LEE DEPARTMENT OF RECREATION

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IMPORTANT – PLEASE READ THE FOLLOWING REGISTRATION PROCEDURES

Payment for classes: Check, money order, or cash only (exact change is appreciated)

Registration takes place at the Fort Lee Recreation Center, at 1500 8th Street (the bottom of Stillwell Avenue). Our office number is 201-592-3612.

Registration for Winter 2019 classes is as follows:

Please see back page for information on ADULT CLASS REGISTRATION.

Initial registration for FORT LEE RESIDENTS only will take place Saturday, January 5th (Pre-K classes only) and Sunday, January 6th (K-12 classes) from 2:00 – 5:00 P.M. Numbers will be assigned upon order of arrival. No one will be allowed to register for more than one individual outside his or her family (Ft Lee residents only!)

NON-RESIDENTS WILL BE ABLE TO REGISTER FOR ANY AVAILABLE PRE-K OR K-12 CLASSES BEGINNING MONDAY, JANUARY 14th.

DUE TO AN OVERLAP OF AGES, REGISTRATION FOR “INTRODUCTION TO BALLET” AND “ABRAKADOODLE - CANVAS AND CLAY” WILL BEGIN ON SATURDAY DURING PRE-K PROGRAM REGISTRATION.

Saturday, January 5th from 2:00 P.M. – 5:00 P.M., Fort Lee residents may register for all **Pre-K Classes** listed below. No registrations for K-12 or Adult Classes will be accepted during this time!

ABRAKADOODLE – “TWOOSY DOODLER”
ABRAKADOODLE – “MINI DOODLER”
ABRAKADOODLE – “CANVAS AND CLAY”
BONNIE BLU BABY STEP DANCERS
BONNIE BLU INTRODUCTION TO BALLET
BONNIE BLU TINY DANCERS
CREATIVE TOTS
EXPLORERS JR. – “SNOWMAN SCIENCE”
GETTING READY

JULIE’S MUSIC APPRECIATION
KIDZMUSIK
MOMMY AND ME PLAY ART
SOCCER ELEMENTS
SOCCER SIPS
SPORT SQUIRTS
TENNIS SQUIRTS

Sunday, January 6th from 2:00 P.M. to 5:00 P.M. Fort. Lee residents may register for all K - 12 Programs. You may also register for any Pre-K and Adult classes that still remain available.

NO REGISTRATIONS WILL BE ACCEPTED ON MONDAY, JANUARY 7th.

REGISTRATION WILL RESUME WEEKDAYS, STARTING TUESDAY, JANUARY 8th FROM 9:00 A.M. – 3:30 P.M. AT THE RECREATION OFFICE.

*****REFUND POLICY*****

REFUNDS WILL ONLY BE GIVEN PRIOR TO THE CLASS START DATE. NO REFUNDS/CREDITS WILL BE GIVEN ONCE A CLASS HAS STARTED. IN THE EVENT A CLASS IS CANCELLED DUE TO INSUFFICIENT REGISTRATION, PARTICIPANTS WILL RECEIVE A FULL REFUND.

YOU MAY CHOOSE TO REGISTER AFTER A CLASS START DATE, HOWEVER, THE PRICE OF THE CLASS WILL NOT BE PRO-RATED.

Please Note: All registrants must be age appropriate by the time of the first scheduled class. Any registrants not age appropriate will be placed on a waiting list.

If you have not registered with us before, we will require the following information at the time of registration: Name of participant, Address, Home Telephone Number, Emergency Telephone Number, School, Proof of Age (**Birth Certificate or Passport**), and Proof of Residency (**ONLY a lease, deed, property tax bill, maintenance agreement, most recent cancelled maintenance check, most recent cancelled rent check, a Community Center Identification Card, or a valid drivers license will be accepted**).

We encourage anyone who has not previously registered with us to come into the office to be placed in our computer system before the first day of registration. Please be sure to bring in all necessary information as listed above. Doing this will expedite the registration procedure.

WINTER PROGRAM FACILITIES

Recreation Office / Recreation Center
1500 8th Street - Bottom of Stillwell Avenue
(201) 592-3612

Youth Center
2265 Lemoine Avenue
(201) 592-3755

Jack Alter Community Center
1355 Inwood Terrace
201-592-4699

FORT LEE RECREATION DEPARTMENT WEBSITE

The Borough of Fort Lee has an official website on the Internet: www.fortleenj.org. Just click the Recreation Department link in order to view our seasonal bulletins, facilities, and other information

PRE-K PROGRAMS

ABRAKADOODLE® TWOOSY DOODLER ART

Wednesday:	9:45 A.M. – 10:30 A.M. begins January 23 rd	Location: Youth Center
Saturday:	10:15 A.M. – 11:00 A.M. begins January 26 th	Limit per class: 10
Ages:	18 months – 3 years (with caregiver)	Session: 8 weeks
		Fee: \$115.00*

Let us introduce your “budding” artist to the FUN world of art! Our all-new winter session will focus on developing their fine motor skills as they use an assortment of painting tools like flour, dot paints and, of course, hands and fingers! Your “twoosy” artist will get to form expressive paint strokes like Van Gogh, explore primary colors and mixing in the Jasper Johns style and even create “action art” like Jackson Pollack! Watch their imaginations, and their creativity, soar with this “first steps into art” class. All paints are washable but dress for messy fun!

*** CHECKS MUST BE MADE PAYABLE TO ABRAKADOODLE**

ABRAKADOODLE® MINI-DOODLER ART

Wednesday	10:45 A.M. – 11:30 A.M. begins January 23 rd	Location: Youth Center
Saturday:	11:15 A.M. – 12:00 P.M. begins January 26 th	Limit per class: 10
Ages:	3 – 5 years (drop-off class)	Session: 8 weeks
		Fee: \$115.00*

Be inspired by Salvatore Dali and sculpt a silly clay elephant. Learn paper folding skills as you create 3D paper houses similar in style to the artwork of Edward Hopper. Paint and print a night time peacock scene motivated by the work of James Whistler’s famous peacock room. All this, and more, awaits your little artist in our all new 8-week session. Dress for messy fun!

*** CHECKS MUST BE MADE PAYABLE TO ABRAKADOODLE**

ABRAKADOODLE® CANVAS AND CLAY

Tuesday:	3:45 – 4:45 P.M.	Location: Youth Center
Ages:	4 – 6 years	Begins: January 22 nd
Session:	8 weeks	Limit per class: 12
		Fee: \$130.00*

*****Please note: Due to an overlap of ages, registration for this class begins Saturday, January 5th**

For the artist who likes to “mix mediums”, this is a great fusion of clay and canvas art techniques! Using air-dry clay, and other modeling/sculpting compounds, you will get to design animal bowls, create owl scenes on canvas, fashion awesome clay mosaics and even craft pigs on a farm. New projects are introduced weekly! Dress for messy fun!!!!

***CHECKS MUST BE MADE PAYABLE TO ABRAKADOODLE**

BONNIE BLU – BABY STEP DANCERS

Tuesday:	2:45 – 3:30 P.M.	Location: Recreation Center
Ages:	2 ½ - 3 ½ years	Begins: January 22 nd
Session:	8 weeks	Class Limit: 20
		Fee: \$90.00*

This class is a gentle introduction to the exciting world of dance. Using age-appropriate music, your child will build on their already developing coordination and listening skills, while being instructed in the basics of dance. Simple steps, pleasing music and easy-going teaching methods all combine to create an enjoyable “first dance” experience. **Please note: Participants must have a parent/adult chaperone stay for each class!**

***CHECKS MUST BE MADE PAYABLE TO BONNIE BLU DANCE**

BONNIE BLU - INTRODUCTION TO BALLET

Tuesday:	4:30 – 5:10 P.M. (limit 20)	Location: Recreation Center
	6:00 – 6:40 P.M. (limit 20)	Begins: January 22 nd
Ages:	4 - 6 years	Fee: \$90.00*
Session:	8 weeks	

*****Please note: Due to an overlap of ages, registration for this class begins Saturday, January 5th**

Your little ones will begin to learn all the ballet basics including positions, turns and combinations to a selection of music from Disney classics. A perfect beginning for the future ballet dancer! Ballet flats are suggested for this class. Classes are taught by instructors from Bonnie Blu Dance.

***CHECKS MUST BE MADE PAYABLE TO BONNIE BLU DANCE**

BONNIE BLU - TINY DANCERS

Tuesday:	3:45 – 4:25 P.M.	Location: Recreation Center
Ages:	3 – 5 years	Begins: January 22 nd
Session:	8 weeks	Class Limit: 20
		Fee: \$90.00*

The perfect beginning for your little dancer! This class introduces children to basic jazz and ballet movements. Dance routines incorporate singing to make this a complete and fun musical experience for your little one. Instructors from Bonnie Blu Dance

***CHECKS MUST BE MADE PAYABLE TO BONNIE BLU DANCE**

CREATIVE TOTS

Monday:	3:30 – 4:15 P.M.	Location: Youth Center
	4:30 – 5:15 P.M.	Begins: January 28 th
Ages:	4 - 5 years (Not in Kindergarten)	Limit per Class: 8
Session:	8 weeks	Fee: \$25.00

This program is a creative, interactive art class designed to develop artistic skills and build confidence. Drawing, painting, “collaging” and designing their own unique “works of art” allow your child’s artistic expression to flow.

Instructor: Dina Pappas. Please note: **Children should bring a smock to each class.**

CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE

EDUCATION EXPLORERS **JUNIOR EXPLORERS “SNOWMAN SCIENCE”**

Wednesday:	10:30 – 11:15 A.M.	Location: Recreation Center
Ages:	3 – 5 years	Begins: January 23 rd
Session:	8 weeks	Limit per class: 10
		Fee: \$130.00*

In this fun and interactive class, your preschooler will be introduced to the popularly growing S.T.E.M. concepts of **S**cience, **T**echnology, **E**ngineering, and **M**ath! Children will explore science and seasons with exciting hands-on experiments and projects. Creating a “snowstorm” in a bottle, making their own snow and designing salt crystal “snowflakes” are just a few of the projects they will enjoy this winter.

***CHECKS MUST BE MADE PAYABLE TO EDUCATION EXPLORERS**

“GETTING READY”
ONCE A WEEK - MOMMY (OR DADDY) AND ME CLASS

Monday or Thursday: 11:00 A.M – 12:00 P.M.
Ages: 2 and 3 years
Session: 8 weeks
Limit per class: 8

Location: Youth Center
Begins: Thursday, January 24th
Monday, January 28th
Cost: \$40.00

Help your toddler “Get Ready” for “real school” with this class. Children will begin to discover socialization skills while learning basic concepts like color, letter and number recognition. Singing, arts and crafts, puzzle solving, and play, round out our 8-week course. This class is offered **once a week**. You may choose to register for **either** the Monday or Thursday session. Instructor: Dina Pappas

CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE

“GETTING READY”
TWICE A WEEK - MOMMY (OR DADDY) AND ME CLASS

Monday and Thursday 9:45 – 10:45 A.M.
Ages: 2 and 3 years
Session: 8 weeks
Class limit: 8

Location: Youth Center
Begins Thursday, January 24th and
Monday, January 28th
Fee: \$80.00

Perfect for the more mature toddler, this class meets **twice a week**, on Mondays and Thursdays, from 9:45 – 10:45 A.M. Although a little more advanced than the “Getting Ready Once a Week” class (see description at the top of this page), the lessons are similar. The keys to a child’s success are socialization, learning and play – and all criteria is met within this course. Instructor: Dina Pappas

CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE

JULIE’S MUSIC APPRECIATION

Friday: 10:15 – 11:00 A.M. (6 months – 3 years)
Saturday: 10:15 – 11:00 A.M (6 months – 4 years)
Session: 8 weeks
Fee: \$100.00*

Location: Jack Alter Community Center
Begins: Friday, January 25th
Saturday, January 26th
Limit per class: 15

This class will highlight the universal language of music. Parents and children will experience a wide variety of musical pieces and learn musical concepts such as dynamics, tempo, rhythm, tone and pitches. These classes are designed to expose children to a unique musical experience that will result in a greater appreciation for music.

*** CHECKS MUST BE MADE PAYABLE TO JULIE SUNG**

KIDZMUSIK WITH “MR. JOE & CARMEN”

Monday: 10:15 – 11:00 A.M.
Ages: 6 months – 4 years
Session: 8 weeks

Location: Recreation Center
Begins: January 28th
Class limit: 25
Fee: \$100.00*

Children and adults alike will enjoy taking a musical journey with us into melody, harmony, and rhythm, where fun and enrichment are the ultimate goals! Our “tiny tots” will learn about the dynamics of tempo, pitch and timbre, play with age-appropriate musical instruments, dress in colorful costumes and dance and sing along with favorite characters like Elmo, Dora the Explorer, and Mickey Mouse! Join us for fun and leave with satisfaction in this all-inclusive musical adventure! ***CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

MOMMY (or DADDY) AND ME PLAY ART CLASS

Tuesday: 10:00 – 10:45 A.M.
11:00 – 11:45 A.M.
12:00 – 12:45 P.M.
Ages: 2 & 3 years
Session: 8 weeks

Location: Youth Center
Begins: January 22nd
Limit per Class: 8
Fee: \$25.00

In this class, parents will help the children develop their artistic skills. Toddlers will be introduced to basic drawing, painting and collage work, as well as special projects geared to children's stories and fairy tales. Each child must have a parent or adult caretaker present at class. Instructor: Dina Pappas

Please note: Children, and perhaps adults, should bring a smock to each class.
CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE

SOCCER ELEMENTS

Saturday: 10:00 - 10:45 A.M.
Ages: 4 & 5 years
Session: 7 weeks

Location: Jack Alter Community Center
Begins: January 26th
Class Limit: 24
Fee: \$85.00*

Soccer Elements is our "next" step program. While continuing in a fun environment, players will learn the key techniques of soccer including: dribbling, passing and shooting. This program is ideal for our 5-year-olds and those 4-year-old children that are confident in group environments. Children should wear shorts or sweat pants, t-shirts, sneakers and shin guards.

***CHECKS MUST BE MADE PAYABLE TO: PROACTIVE SPORTS**

SOCCER SIPS

Saturday: 9:00 – 9:45 A.M.
Ages: 3 & 4 years
Session: 7 weeks

Location: Jack Alter Community Center
Begins: January 26th
Class Limit: 24
Fee: \$85.00*

Soccer Sips is a dynamic, creative, non-competitive soccer program for pre- school children, ages 3 – 4 years. Trained coaches and pre- school professionals will offer a positive introduction to soccer in a friendly environment. Children should wear shorts or sweat pants, t-shirts, sneakers and shin guards.

***CHECKS MUST BE MADE PAYABLE TO: PROACTIVE SPORTS**

US SPORTS INSTITUTE SPORT SQUIRTS

Friday: 3:30 – 4:30 P.M.
Ages: 3 - 5 years
Session: 7 weeks

Location: Jack Alter Community Center
Begins: January 25th
Limit per class: 10
Fee: \$150.00*

Your child will love this exciting program as they are introduced to soccer, basketball, hockey, and more! The US Sports Institute brings a fun, non-competitive environment that encompasses hand/eye coordination, balance, and agility; all key factors to the early development of children in sport.

***CHECKS MUST BE MADE PAYABLE TO USSI**

US SPORTS INSTITUTE **TENNIS SQUIRTS**

Wednesday: 3:30 – 4:30 P.M.
4:30 – 5:30 P.M.
Ages: 3 – 5 years
Session: 7 weeks

Location: Youth Center
Begins: January 23rd
Limit per class: 8
Fee: \$150.00*

US Sports Institute tennis is a fun-filled learning adventure that introduces children to the world of tennis. Tennis Squirts is a great way to learn the fundamental skills including racquet swing, stance, volleying and coordination in a low pressured, fun environment. All equipment is provided.

***CHECKS MUST BE MADE PAYABLE TO USSI**

K-12 CLASSES

ABRAKADOODLE® **CANVAS AND CLAY**

Tuesday: 3:45 – 4:45 P.M.
Ages: 4 – 6 years
Session: 8 weeks

Location: Youth Center
Begins: January 22nd
Limit per class: 12
Fee: \$130.00*

*****Please note: Due to an overlap of ages, registration for this class begins Saturday, January 5th**

For the artist who likes to “mix mediums”, this is a great fusion of clay and canvas art techniques! Using air-dry clay, and other modeling/sculpting compounds, you will get to design animal bowls, create owl scenes on canvas, fashion awesome clay mosaics and even craft pigs on a farm. New projects are introduced weekly!

Dress for messy fun!!!!

***CHECKS MUST BE MADE PAYABLE TO ABRAKADOODLE**

ABRAKADOODLE® **DRAWSTER – SKETCHER KIDS**

Tuesday: 5:00 – 6:00 P.M. begins January 22nd
Saturday: 12:15 – 1:15 P.M. begins January 26th
Ages: 7 – 12 years
Session: 8 weeks

Location: Youth Center
Class Limit: 12
Fee: \$130.00

Calling all artists! If you love to draw, this sketcher class is perfect for you. Learn shading and shadow techniques, perspective and more! During this 8-week winter course, you will be instructed in the basics of how to sketch/draw portraits, landscapes, animals and even monster trucks!

***CHECKS MUST BE MADE PAYABLE TO ABRAKADOODLE**

BASKETBALL

Friday: 4:30 – 5:30 P.M.
Ages: 5 and 6 years
Session: 7 weeks

Location: Jack Alter Community Center
Begins: January 25th
Limit per class: 20
Fee: \$150.00

The ideal class for children who want to learn and develop their skills in this dynamic and high energy game. The Basketball Squirts curriculum is designed to develop motor skills and improve technique through a series of fun basketball challenges and games. Using proportionately sized basketballs, participants will develop their skills in passing, dribbling, and shooting in a safe, relaxed, and fun environment.

*** CHECKS MUST BE MADE PAYABLE TO USSI**

BONNIE BLU BUBBLEGUM HIP HOP

Tuesday: 5:15 – 5:55 P.M.
Ages: 6 – 10 years
Session: 8 weeks

Location: Recreation Center
Begins: January 22nd
Class Limit: 20
Fee: \$90.00*

Join us as we instruct your child in the “FUN”-damentals of dance. This class will feature great dance moves by incorporating music from today’s popular recording artists! We have the songs that “kids” love to dance to! Instructors from Bonnie Blu Dance.

***CHECKS MUST BE MADE PAYABLE TO BONNIE BLU DANCE**

BONNIE BLU HIP HOP

Tuesday: 6:40 – 7:20 P.M.
Ages: 9 – 12 years
Session: 8 weeks

Location: Recreation Center
Begins: January 22nd
Class Limit: 20
Fee: \$90.00*

Learn entire dance routines, accompanied by the music of today’s popular recording artists. This class is perfect for the dancer who wants to “go beyond” the basic dance routines! Instructors from Bonnie Blu Dance.

***CHECKS MUST BE MADE PAYABLE TO BONNIE BLU DANCE**

BONNIE BLU - INTRODUCTION TO BALLET

Tuesday: 4:30 – 5:10 P.M. (limit 20)
6:00 – 6:40 P.M. (limit 20)
Ages: 4 - 6 years
Session: 8 weeks

Location: Recreation Center
Begins: January 22nd
Fee: \$90.00*

*****Please note: Due to an overlap of ages, registration for this class begins Saturday, January 5th**

Your little ones will begin to learn all the ballet basics including positions, turns and combinations to a selection of music from Disney classics. A perfect beginning for the future ballet dancer! Ballet flats are suggested for this class. Classes are taught by instructors from Bonnie Blu Dance.

***CHECKS MUST BE MADE PAYABLE TO BONNIE BLU DANCE**

BONNIE BLU TAP

Tuesday: 6:40 – 7:20 P.M.
Ages: 6 - 10 years
Session: 8 weeks

Location: Recreation Center
Begins: January 22nd
Class Limit: 15
Fee: \$90.00

Learn to “tap away” to the rhythm of your favorite songs with this exciting class! This exciting dance class is being offered to boys and girls from 6 – 10. Please note: tap shoes are required for this class. Classes are taught by instructors from Bonnie Blu Dance.

***CHECKS MUST BE MADE PAYABLE TO BONNIE BLU DANCE**

CHESS

Tuesday: 4:50 – 5:50 P.M.
Ages: Grades K – 5
Session: 8 weeks

Location: Jack Alter Community Center
Begins: January 22nd
Class limit: 20
Fee: \$120.00*

Chess is a complex game of strategy, incorporating elements of art, science, and sports! This intriguing game disciplines the mind and aids in the development of your logical thinking and abstract reasoning skills. Our beginner chess class, taught by instructors from the International Chess Academy, will incorporate all these qualities and teach your child the rules of the game, basic strategy, checkmate concepts and basic end-of-game principals. Join us this fall as we teach your child the dynamics of the “game of masters”!

***CHECKS MUST BE MADE PAYABLE TO I.C.A.**

CREATIVE CRAFTS

Wednesday: 4:00 – 4:40 P.M. - Grades K - 2
4:50 – 5:30 P.M. - Grades K – 2
5:40 – 6:20 P.M. - Grades 3 - 5
Session: 8 weeks

Location: Youth Center
Begins: January 23rd
Limit per class: 10
Fee: \$25.00

Join us this winter as we craft our way to fun! During our 8-week session, we will be working with appealingly unique projects that are just perfectly suited to “chase away your winter blues”! Your crafter will be delighted as they get to create frosty snowflakes, assemble enchanting hearts and many more seasonal projects.

Instructor: Kim Kellas *Please note: **Children should bring a smock to each class.**

CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE

EDUCATION EXPLORERS EXPLORER SPACE SCIENCE

Wednesday: 4:15 – 5:00 P.M.
Ages: Grades K - 4
Session: 8 weeks

Location: Recreation Center
Begins: January 23rd
Limit per class: 20
Fee: \$130.00*

Blast off for fun and knowledge as we study science and outer space. This exciting session is packed with hands-on experiments and projects. Design and build a “stomp rocket”, construct galaxy crystals, form space slime, and even create moon sand! All this and much more is in store for our explorers!

***CHECKS MUST BE MADE PAYABLE TO EDUCATION EXPLORERS**

EDUCATION EXPLORERS SUPER HERO S.T.E.M.

Wednesday: 5:15 – 6:00 P.M.
Ages: Grades K - 4
Session: 8 weeks

Location: Recreation Center
Begins: January 23rd
Limit per class: 20
Fee: \$130.00*

Design and build a tower that can support Superman®! Create a glider for Batman®! Find out how Ironman’s® helmet keeps him safe! All this and more awaits your “explorer”. Join us, for this all-new session, as we combine Superheroes with the core principles of **S**cience, **T**echnology, **E**ngineering and **M**ath!

***CHECKS MUST BE MADE PAYABLE TO EDUCATION EXPLORERS**

EXPRESS YOURSELF

Thursday: 3:30 – 4:15 P.M. – Kindergarten only
4:30 – 5:15 P.M. - 1st and 2nd grade
Session: 8 weeks

Location: Youth Center
Begins: January 24th
Limit per class: 10
Fee: \$40.00

This creative, fun, interactive class is designed to develop your child's artistic skills by using a varied assortment of art supplies and crafts and by employing exciting art techniques. Enhance your child's understanding of the concepts of form, color and self-expression. Instructor: Dina Pappas.

Please note: **Children should bring a smock to class.**

CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE

GOLF CLINIC BY TGA

Saturday: 9:30 – 10:30 A.M. – Ages 5 - 8
10:30 – 11:30 A.M. – Ages 9 - 12
Session: 6 weeks

Location: Jack Alter Community Center
Begins: January 26th
Limit per class: 16
Fee: \$110.00*

TGA brings the golf course to you! Our award-winning curriculum incorporates golf instruction, educational components, and character development lessons in a fun and nurturing environment. Students develop skills and understanding of the game through station-based activities and drills that increase in difficulty throughout this 5-level program. Come tee it up with TGA.

***CHECKS MUST BE MADE PAYABLE TO TGA OF BERGEN COUNTY**

“KIDZ DO YOU WANT TO BE A POPSTAR?”

Friday: 4:00 – 4:45 P.M.
Ages: Grades K – 3
Session: 8 weeks

Location: Recreation Center
Begins: January 25th
Limit per class: 15
Fee: \$100.00*

This class is geared for all our future “American Idol” contestants who love singing and performing. You will be coached on stage presence, vocal projection and more. Learn how to entertain a crowd and develop skilled body movements that coordinate with the lyrics of age-appropriate songs. Kids will sing and dance and have a chance to “solo” and lead the group! Every student will feel like a “shining star”!

***CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

“KIDZ GUITAR ROCKERS”

Wednesday: 3:45 – 4:30 P.M. **EXPERIENCED STUDENTS**
4:30 – 5:15 P.M. **NEW STUDENTS**
Ages: 5 – 8 years
Session: 8 weeks
Fee: \$200.00 includes a Lyon Guitar to keep. \$125 if child has their own guitar

Location: Jack Alter Community Center
Begins: January 23rd
Limit per class: 7

Guitar playing has become so popular with children! Let us introduce your child to their first guitar instruction and to the world of musical instruments as well! Your mini-musician will learn strumming and picking methods, basic chords and will soon be singing along to their own musical accompaniment! Each child (who does not already have their own guitar) will work with, and get to keep, their very own Lyon guitar, a very well-respected company in the music field!

***CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

“KIDZ PUBLIC SPEAKING”

Friday: 4:45 – 5:30 P.M.
Ages: Grades K – 5
Session: 8 weeks

Location: Recreation Center
Begins: January 25th
Limit per class: 15
Fee: \$100.00*

This class will introduce your children to the art of public speaking, expressing their ideas effectively, respecting others opinions, and “speaking up” for themselves. With a combination of elocution lessons, “acting out” real life situations, and some etiquette reminders, students will have fun and learn to be more confident speakers.

Students will be offered a chance to use a real microphone and learn to engage the audience!

***CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

“KIDZ THEATRE FOR THE YOUNG ACTOR AND ACTRESS”

Monday: 4:00 – 4:45 P.M.
Ages: Grades K - 5
Session: 8 weeks

Location: Recreation Center
Begins: January 28th
Limit per class: 15
Fee: \$100.00*

Kidz Theatre offers children the opportunity to explore their imagination, improve their self-confidence, and most importantly experience a fun, rewarding outlet for their creativity. Our aspiring “actors and actresses” will participate in a variety of activities including theatre games, role-playing and more, all designed to develop their focus, vocal projection, and listening / movement skills.

****CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

KIDZ ZUMBA

Monday: 4:45 – 5:30 P.M.
Ages: Grades K – 5
Session: 8 weeks

Location: Recreation Center
Begins: January 28th
Class limit: 12
Fee: \$100.00*

This class is the “FUN AND EASY WAY TO STAY FIT”! Zumba is a fusion of International music, with an emphasis on Latin tunes, that combines choreography with aerobics. With simple, easy to follow Zumba routines, the children will work out to the lively sounds of music and age-appropriate pop songs, leading them to fitness and fun! ***CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

MARTIAL ARTS **EAST MEETS WEST SELF DEFENSE PROGRAM**

Monday and/or Thursday: 6:30 – 7:30 P.M.
Ages: 5 – 16 years
Session: 8 weeks
Class Limit: 20

Location: Recreation Center
Begins: Monday, January 28th
Thursday, January 24th
Fee: \$100.00 for once a week
\$160.00 for twice a week

Learn traditional, combined Martial Arts in an organized and controlled environment. This program, taught by certified Black Belt instructor Thomas Luterzo, will teach the students self-defense, discipline and self-confidence. Many forms of martial arts will be combined to include the practices of striking and kicking, grappling, submission techniques and throws and sweeps.

PLEASE NOTE: Students are required to independently purchase heavyweight, white belted grappling uniforms for class. *** CHECKS MUST BE MADE PAYABLE TO THOMAS LUTERZO**

PING-PONG FUN

Saturday: 9:00 – 9:55 A.M. Ages 6 – 9 years
10:00 – 10:55 A.M. Ages 10 – 14 years
11:00 – 11:55 A.M. Ages 14 – 17 years
Session: 8 weeks

Location: Recreation Center
Begins: January 26th
Limit per class: 12
Fee: \$105.00*

Welcome to the exciting world of Table Tennis! Imagine a game which allows children to have fun while sharpening their mental skills, concentration and focus! Studies have shown that ping-pong (table tennis) stimulates a child's brain process while also affecting their bodies' developing muscles – and it's fun!

***CHECKS MUST BE MADE PAYABLE TO KIDDIEGYMUSA LLC**

TENNIS CLINICS

Wednesday: 3:30 – 4:30 P.M. Grades K – 3
4:30 – 5:30 P.M. Grades 4 – 8

Location: Jack Alter Community Center
Begins: January 23rd
Limit per class: 12

Friday: 3:45 – 4:45 P.M. Grades K - 1
4:45 – 5:45 P.M. Grades 1 - 2
5:45 – 6:45 P.M. Grades 2 - 3

Location: Youth Center
Begins: January 25th
Limit per class: 6

Saturday: 10:00 – 11:00 A.M. Grades K - 1
11:00 – 12:00 P.M. Grades 1 - 2
12:00 – 1:00 P.M. Grades 2 - 3

Location: Youth Center
Begins: January 26th
Limit per class: 6

All tennis classes: Session – 6 weeks Fee \$120.00*

This introductory tennis class emphasizes fundamentals, footwork, and fun!!! Free use of rackets during class time or bring your own. Instructors: Barry Ruback and Staff.

*** CHECKS MUST BE MADE PAYABLE TO ALL PRO TENNIS**

VOLLEYBALL CLINIC BY TGA

PLEASE NOTE: NEW DAY, TIMES AND AGES

Friday 3:30 – 4:30 P.M. Grades K – 3rd
4:30 – 5:30 P.M. Grades 4th – 6th
Session: 6 weeks

Location: Jack Alter Community Center
Begins: January 25th
Limit per class: 12
Fee: \$95.00"

Ready, set, spike! TGA Volleyball brings an exciting, fast paced game that develops the skills of teamwork, passing, setting, serving and blocking in each lesson. Coaches lead students through games and activity stations that incorporate athletics, academics, and life skills to create a fun and encouraging environment. Come serve it up with TGA today!

***CHECKS MUST BE MADE PAYABLE TO TGA OF BERGEN COUNTY**



ADULT CLASSES

ADULT WATERCOLOR WORKSHOP

Monday: 7:00 – 8:30 P.M.
Ages: 18 and over
Session: 8 classes

Location: Recreation Center
Begins: January 28th
Limit: 15
Fee: \$50.00

Study watercolor techniques with award winning artist and president of the Fort Lee Artists Guild, Barry Shiff. This class is for anyone who has a love of the watercolor genre – from beginners to the more experienced artist as well. Instruction will be taught in the traditional watercolor style and will include landscapes, seascapes and sailing vessels.

Please note, participants must provide their own supplies. A supply list will be provided upon registration.

Instructor: Barry Shiff

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BODY SCULPTING

Tuesday and/or Thursday
10:00 – 11:00 A.M.
Ages: 18 and over
Session: 12 Weeks
Limit per Class: 25 (Minimum 8)

Location: Jack Alter Community Center
Begins: Thursday, January 3rd
Tuesday, January 8th
Fee: \$142.00 for once a week*
\$235.00 for twice a week*

Improve your muscle tone and overall appearance through this non-impact strength workout. Increase your physical strength and accelerate your metabolism. Reduce the risk of injuries by developing strong muscles, which helps to protect joints. Bring a mat to class! Weights will be discussed at the first class. Instructor: Ulli Arlt

***CHECKS MUST BE MADE PAYABLE TO ULLI ARLT**

