

FORT LEE DEPARTMENT OF RECREATION

IMPORTANT – PLEASE READ THE FOLLOWING REGISTRATION PROCEDURES

USSI Multi-Sports Squirts, USSI Soccer Squirts and TGA Golf Clinic are registering ON-LINE ONLY beginning September 1st. No in person registration will be accepted for these classes. Please go to the specific link below for further information.

USSI Multi Sports Squirts (ages 3 - 5 years)

Thursdays: 3:40 – 4:30 P.M. and 4:40 – 5:30 P.M. beginning September 22nd at the Jack Alter Community Center

Further class information and registration information may be found at:

<https://usasportgroup.com/recreation/1385-fort-lee-recreation-fort-lee-nj>

USSI Soccer Squirts (ages 3 – 5 years)

Tuesdays: 3:40 – 4:30 P.M. (3 - 4 years) and 4:40 – 5:30 (4 - 5 years) beginning September 20th at the Jack Alter Community Center

Further class information and registration information may be found at:

<https://usasportgroup.com/recreation/1385-fort-lee-recreation-fort-lee-nj>

TGA Golf (ages 5 – 10 years)

Wednesdays: 4:00 – 5:00 P.M. ages 5-7

5:00 – 6:00 P.M. ages 8-10

Classes begin September 21st at the Jack alter Community Center

Further class information and registration information may be found at:

<https://bergencounty.playtga.com/fortleefall22>

TENNIS CLASSES FOR CHILDREN AND ADULTS

Registration for all tennis classes takes place in-person only on September 1st from 7PM – 8PM at the Recreation Center. Registration is on a first come first serve basis.

5-week outdoor tennis lessons, **Cost - \$115**

Check, Venmo or Cash only

Checks must be made payable to ALL PRO TENNIS

Those paying with cash MUST have exact change.

Saturdays beginning September 10th

2:00 – 2:55 PM - 6 through 8 years

3:00 – 3:55 PM - 9 through 11 years

4:00 – 4:55 PM - 12 through 17 years

Thursdays beginning September 8th – Adults only

10:00 AM - 10:55 AM

11:00 AM - 11:55 AM

For further registration information, please e-mail Barry Ruback at: barrys10s@gmail.com and be sure to include your telephone number

2022 – FALL CLASSES

Registration procedures listed below are for classes that appear in this brochure with the exception of the classes that appear above (TGA Golf, USSI Multi Sports USSI Soccer, and All Pro Tennis)

If you have not registered with us before, we will require the following information at the time of registration: Proof of Age (**Birth Certificate or Passport**), and Proof of Residency (**ONLY a lease, deed, property tax bill, maintenance agreement, a valid Community Center Identification Card, or a valid Fort Lee driver's license will be accepted**).

Registration for Fall 2022 begins for Fort Lee residents only:

Date: Saturday, September 17th

Time: 12PM – 2PM

Place: Recreation Center, 1500 8th Street (the bottom of Stillwell Avenue)

Registration will resume weekdays from 9AM – 3:30PM beginning September 19th

Non-residents will be able to register for any classes that remain available beginning Monday, September 26th

Payment for classes: Check, money order, or cash only (please have exact change)

You may choose to register after a class start date, however, the price of the class will not be pro-rated.

*****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.

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

FALL PROGRAM FACILITIES

Recreation Office
Bottom of Stillwell Avenue
201-592-3612

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

Youth Center
2265 Lemoine Avenue

FORT LEE RECREATION DEPARTMENT WEBSITE

www.fortleenj.org

Click on the Recreation Department link in order to view our seasonal bulletins, facilities, and other information.



Like us on Facebook – Fort Lee Recreation

PRE-K CLASSES

CREATIVE TOTS

Thursday: 4:15 – 4:55 P.M.
5:00 – 5:40 P.M.

Ages: 4 - 5 years (Not in Kindergarten)

Session: 6 weeks

Location: Youth Center

Begins: October 6th

Limit per Class: 8

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” geared to children’s stories will allow your child’s artistic expression to flow. Instructor: Miss Shaina.

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

***CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

*****NEW CLASS**

KIDZ GYMNASTICS **(Parent and me)**

NEW CLASS***

Wednesday: 9:00 – 9:40 A.M.

Ages: 2- 4 ½ years

Session: 8 weeks

Location: Recreation Center

Begins: October 12th

Class limit: 18

Fee: \$115.00

This “parent” and me gymnastics and dance class will introduce little ones to the foundations of gymnastic, tumbling, and creative movement at an age-appropriate level. Every week, with the help of instructors and a caregiver, children will improve their motor skills, stretch, and balance on real gymnastics equipment including soft mats, balance beams, a mini-trampoline, a horizontal bar, stepping stones, and more. Children will move around to stimulating music, developing their strength, flexibility, and balance while having fun.

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

KIDZMUSIK WITH "MR. JOE & CARMEN"

Friday: 9:15 – 9:55 A.M.
Ages: 6 months – 4 years
Session: 8 weeks

Location: Recreation Center
Begins: October 7th
Class limit: 20
Fee: \$115.00*

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! Your little ones will play with age-appropriate musical instruments, dress in colorful costumes, and learn about dynamics, tempo, pitch and more. Kids will also dance and sing along with our favorite characters like Elmo, Dora the Explorer, and Mickey Mouse! Join us for fun and education in this all-inclusive musical adventure!

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

PARENT AND ME ART CLASS

Wednesday: 10:00 – 10:45 A.M.
11:00 – 11:45 A.M.
Ages: 2 & 3 years
Session: 6 weeks

Location: Youth Center
Begins: October 12th
Limit per Class: 8
Fee: \$25.00

What better way to spend the morning with your little ones than making a work of art with painting, gluing, glitter and much more. This class is structured around a children's book. Your child's masterpiece will be related to the theme of the book. 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.

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K – 12 CLASSES

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: 6 weeks

Location: Youth Center
Begins: October 12th
Limit per class: 8
Fee: \$25.00*

Leap into some creative fun with our all-new 6-week craft classes! Seasonal projects, including pumpkins, apples, squirrels, and even a haunted house are just some of the exciting projects your “crafter” will enjoy working with in these fun-filled classes. Instructor: Miss Kim

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

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EXPRESS YOURSELF

Monday: 4:15 – 5:00 P.M.
Ages: Grades K – 1st
Session: 6 weeks

Location: Recreation Center
Begins: October 3rd
Class limit: 8
Fee: \$30.00*

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: Miss Shaina

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

***CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

*****NEW CLASS**

JUNK JOURNALING

NEW CLASS***

Tuesday: 4:00 – 5:00 P.M.
Ages: Grades 4 - 6
Session: 6 weeks

Location: Youth Center
Begins: October 4th
Class limit: 10
Fee: \$30.00*

Discover the joy of Junk Journaling! In this new class, your child will be able to let their imagination run wild while creating a unique, personal journal. Not only will they get their creative juices flowing, but students will also be playing their part in “reducing, re-using and recycling” as they create journals using recycled “junk” materials like scrap paper, used greeting cards, old calendars, stickers, lace/fabric scraps and more! The possibilities are endless! Instructor: Miss Kim

***CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

“KIDZ ACTING”

Monday: 3:30 – 4:15 P.M.
Ages: 6 – 11 years
Session: 8 weeks

Location: Recreation Center
Begins: October 3rd
Class limit: 10
Fee: \$115.00*

In this fun class with Miss Alexis, kids will act, play drama games, explore their imaginations, and much more. Kids will improvise, role play, and even craft their own short play! Students will have the opportunity to act individually and in pairs or groups, to navigate what it means to have the spotlight to themselves, as well as how to share it. There will be a final performance at the end of the semester.

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

KIDZ CREATIVE WRITING”

Monday: 5:45 – 6:30 P.M.
Ages: 8 ½ - 12 years
Session: 8 weeks

Location: Recreation Center
Begins: October 3rd
Class limit: 12
Fee: \$115.00*

This creative writing class with Miss Momo, an instructor with The School of the New York Times, will prove to be an asset for children as they build their writing skills in a fun and exciting way! Students will use their distinctive imaginations and knowledge to write during every class (ex. creative stories, movie scenes, opinion pieces, etc.). Each class will be tailored to the students' individual grade levels and abilities. By the end of the program, kids will have a portfolio of their final edited compositions. New projects every semester.

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

“KIDZ DEBATE”

Friday: 3:30 – 4:15 P.M.
Ages: 9 1/2 – 13 years
Session: 8 weeks

Location: Recreation Center
Begins: September 30th
Class limit: 10
Fee: \$115.00*

In this high-spirited class with Miss Momo, kids will develop their skills of persuasion! Students will participate in class-wide debates on a variety of topics and learn to persuade others. They will also learn techniques to help them become more confident and back up their arguments with proof and supporting details. New debate topics every semester.

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

“KIDZ GUITAR ROCKERS”

Friday: 5:45 – 6:30 P.M. Location: Recreation Center
Ages: 6 ½ - 10 years Begins: September 30th
Session: 7 weeks Class limit: 7
Fee: \$230.00* includes a guitar and case \$130* if child has their own guitar

Guitar is great for kids who want to play a fun instrument that allows them to play solo, in a group, or even accompany themselves while singing. Let Miss Momo introduce your child to guitar instruction. Your young musician will learn strumming and picking methods, simple chords, and exciting rhythms as well as a short song or two.

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

“KIDZ POPSTARS”

Monday: 5:00 – 5:45 P.M. Location: Recreation Center
Ages: 5 1/2 – 9 years Begins: October 3rd
Session: 8 weeks Class limit: 12
Fee: \$115.00*

This class is geared toward children who love singing and performing. Students will be coached on stage presence, vocal projection, and more. They will sing and dance to pop and Disney songs and get the chance to “solo” if they wish. Your children will also practice skilled body movements that coordinate with the lyrics of age-appropriate songs.

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

“KIDZ PUBLIC SPEAKING”

Friday: 5:00 – 5:45 P.M. Location: Recreation Center
Ages: 5 – 8 years Begins: September 30th
Session: 8 weeks Class limit: 12
Fee: \$115.00*

In this class, Miss Momo will introduce kids to the art of public speaking at an age-appropriate level, increasing their confidence and comfort with speaking in front of a group. Students will learn to express their ideas, present before a group, and listen effectively. They will also learn positive body language, vocal projection, and how to manage nerves. They will play games that make public speaking fun and will deliver prepared and “pop” presentations. There will be final presentations on the last day of class, which parents are invited to attend.

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

“KIDZ WRITE”

Friday: 4:15 – 5:00 P.M.
Ages: 6 – 8 years
Session: 8 weeks

Location: Recreation Center
Begins: September 30th
Class limit: 10
Fee: \$115.00*

In this class, children will practice writing through fun and unique projects like riddles, imaginative stories, photo prompts, and poems. Miss Momo, an instructor with The School of the New York Times, will guide students as they maneuver their way through parts of speech, complete sentences, story structure, and more! Each class will be tailored to the students' individual ages and abilities. New projects every semester.

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

“KIDZ ZUMBA”

Monday: 4:15 – 5:00 P.M.
Ages: 6 – 12 years
Session: 8 weeks

Location: Recreation Center
Begins: October 3rd
Class limit: 12
Fee: \$115.00*

Zumba is a fun and easy way for kids to incorporate fitness into their routines. With a fusion of Latin-inspired beats and aerobic dance, kids will learn choreography and get a cardio workout through easy-to-learn moves. This class offers the opportunity for kids to move to upbeat age-appropriate music and feel good about themselves, while experiencing exercise in a fun, social way.

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

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

Monday and/or Thursday 7:00 – 7:50 P.M.
Ages: 5 – 14 years
Session: 8 weeks
Class Limit: 20

Location: Recreation Center
Begins: Monday, October 3rd
Thursday: October 6th
Fee: \$100.00 for once a week
\$150.00 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. Students will be broken into age-appropriate groups.

PLEASE NOTE: Students are required to independently purchase heavyweight, white belted grappling uniforms for class. No martial arts uniform that contains other school's logos or designs are to be worn inside this program. ***CHECKS MUST BE MADE PAYABLE TO THOMAS LUTERZO**

*****NEW CLASS**

MINDS IN MOTION
OUTER SPACE AND PHYSICS FUN

NEW CLASS***

Tuesday: 4:30 – 5:30 P.M.
Ages: 6 – 11 years
Session: 6 weeks

Location: Recreation Center
Begins: October 11th
Class Limit: 14
Fee: \$110.00*

Come join an exciting world of space exploration as you build and take home your very own Solar System Kit! You will assemble your own model, learn all about our planetary neighborhood, and watch the planets move around the sun powered by battery or solar power. Check out our real meteorite fragment samples! Take part in other exciting activities involving physics, air pressure, and density. Be mesmerized as you take home your own stunt plane and learn about the four major forces of flight! All this and much more!

***CHECKS MUST BE MADE PAYABLE TO MINDS IN MOTION**

PING-PONG FUN

Wednesdays: 4:00 – 4:55 P.M. Ages 7 – 10 years
5:00 – 5:55 P.M.. Ages 11 -15 years
Limit per class: 12
Session: 6 weeks

Location: Recreation Center
Begins: October 12th
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**

ADULT CLASS

*****NEW CLASS**

MARTIAL ARTS
EAST MEETS WEST SELF DEFENSE PROGRAM

NEW CLASS***

Monday and/or Thursday 8:00 – 8:50 P.M.
Ages: 15 years and up
Session: 8 weeks
Class Limit: 20

Location: Recreation Center
Begins: Monday, October 3rd
Thursday: October 6th
Fee: \$100.00 for once a week
\$150.00 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. No martial arts uniform that contains other school's logos or designs are to be worn inside this program. ***CHECKS MUST BE MADE PAYABLE TO THOMAS LUTERZO**