

FORT LEE DEPARTMENT OF RECREATION

IMPORTANT – PLEASE READ THE FOLLOWING REGISTRATION PROCEDURES

TGA OF BERGEN COUNTY is registering ON-LINE ONLY beginning March 13th at 8AM. No in person registration will be accepted for these classes. Please go to the specific link below for further information.

TGA GOLF (grades 1 – 5)

Wednesdays: 4:00 – 5:00 P.M. ages 5 - 7 years
5:00 – 6:00 P.M. ages 8 – 10 years

Classes begin April 12th at the Jack Alter Community Center

Further class information and registration information may be found at:

<https://bergencounty.playtga.com/fortleesprng23>

Registration for USA SPORT GROUP Soccer Squirts, Track and Field, and Multi-Sports has begun and is on-going. All classes take place indoors 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>

USA SPORT - SOCCER

Senior Soccer Squirts:	Sundays	9:00 – 9:50 AM	Ages 5 - 7 years	Beginning April 16 th
Parent and Me Soccer Squirts:	Sundays	10:00 – 10:50 AM	Ages 2 – 3 years	Beginning April 16 th
Squirts Soccer:	Sundays	11:00 – 11:50 AM	Ages 3 – 5 years	Beginning April 16 th

USA SPORT - TRACK AND FIELD

Squirts Track & Field:	Tuesdays	3:40 - 4:30 PM	Ages: 3 - 5 years	Beginning April 18 th
Senior Track and Field Squirts:	Tuesdays	4:40 – 5:30 PM	Ages 5 - 7 years	Beginning April 18 th

USA SPORT - MULTI SPORTS SQUIRTS

Squirts Multi-Sports:	Thursdays	3:40 - 4:30 PM	Ages 3 – 5 years	Beginning April 20 th
Senior Multi-Sports:	Thursdays	4:40 – 5:30 PM.	Ages 5 – 6 years	Beginning April 20 th

2023 – SPRING 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 and USSI Soccer)

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 Spring 2023 begins for Fort Lee residents only:

Date: Saturday, March 18th

Time: 12PM – 2PM

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

**Registration will resume weekdays from 9AM – 3:30PM
beginning Monday, March 20th**

Non-residents will be able to register for any classes that remain available beginning Monday, March 27th.

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.

SPRING 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: 4:45 – 5:25 P.M.

Ages: 4 - 5 years (Not in Kindergarten)

Session: 6 weeks

Location: Youth Center

Begins: April 13th

Class limit: 8

Fee: \$30.00*

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**

JULIE’S MUSIC APPRECIATION

Saturday: 10:15 – 11:00 A.M

Ages: 6 months – 3 years

Session: 6 weeks

Location: Recreation Center

Begins: April 15th

Class limit: 10

Fee: \$115.00*

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**

KIDZ GYMNASTICS
(Parent and Me)

Wednesday: 9:00 – 9:40 A.M.
Ages: 2 - 4 ½ years
Session: 8 weeks

Location: Recreation Center
Begins: April 12th
Class limit: 18
Fee: \$125.00

This “parent and me” gymnastics and dance class will introduce little ones to the foundations of gymnastics, 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”
(Parent and Me)

Friday: 9:15 – 9:55 A.M.
Ages: 6 months – 4 ½ years
Session: 8 weeks

Location: Recreation Center
Begins: April 14th
Class limit: 18
Fee: \$120.00*

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 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

Wednesday: 10:15 – 11:00 A.M.
Ages: 2 & 3 years
Session: 6 weeks

Location: Youth Center
Begins: April 12th
Limit per Class: 8
Fee: \$30.00

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.
CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE

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: April 12th
Limit per class: 8
Fee: \$30.00*

Spring into some creative fun with our all-new 6-week craft classes! Seasonal projects, including a Mother's Day gift, mosaic butterflies, and a rocket 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.**

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

EXPRESS YOURSELF

Monday: 4:45 – 5:25 P.M. Grades K - 1
5:30 – 6:10 P.M. Grades 2 - 3
Session: 6 weeks

Location: Youth Center
Begins: April 10th
Limit per class: 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**

JUNK JOURNALING

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

Location: Youth Center
Begins: April 11th
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: 4:20 – 5:05 PM
Ages: 6 – 11 years
Session: 8 weeks

Location: Recreation Center
Begins: April 10th
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**

“WRITERS’ WORKSHOP”

Monday: 5:50 – 6:35 P.M.
Ages: 8 ½ - 12 ½ years
Session: 8 weeks

Location: Recreation Center
Begins: April 10th
Class limit: 12
Fee: \$115.00*

This practical 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, personal narratives, 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 to take home. 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: April 14th
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 learn a standard debate format and learn techniques to help them become more confident, and back up their arguments with proof and supporting details. New debate topics will be featured every semester.

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

“KIDZ GUITAR ROCKERS”

Friday:	5:45 – 6:30 P.M.	Location: Recreation Center
Ages:	7 – 10 ½ years	Begins: April 14 th
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 simple chords and exciting rhythms, as well as a couple short familiar songs, and strumming methods.

*** Note: Class space may be limited due to returning Fall 2022 and Winter 2023 students.*

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

“KIDZ POPSTARS”

Monday:	5:05 – 5:50 P.M.	Location: Recreation Center
Ages:	5 1/2 – 9 years	Begins: April 10 th
Session:	8 weeks	Class limit: 12
Fee:	\$115.00*	

This class is for children who love singing and performing. Students will be coached on stage presence, vocal projection, and more. They will sing and move to Pop and Disney songs, and get the chance to “solo” if they wish! We will incorporate easy to follow dance moves that coordinate with the lyrics of age-appropriate songs. There will be a mini performance at the end of the semester.

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

“KIDZ PUBLIC SPEAKING”

Friday:	5:00 – 5:45 P.M.	Location: Recreation Center
Ages:	5 – 8 ½ years	Begins: April 14 th
Session:	8 weeks	Class limit: 12
Fee:	\$115.00*	

In this popular 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: April 14th
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 short nonfiction projects about their own lives. 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: 3:30 – 4:15 P.M.
Ages: 6 – 12 years
Session: 8 weeks

Location: Recreation Center
Begins: April 10th
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 6:30 – 7:30 PM
Ages: 5 – 16 years
Session: 7 weeks
Class Limit: 25

Location: Recreation Center
Begins: Monday, April 17th
Thursday: April 20th
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
CHEMICAL CREATIONS

NEW CLASS***

Tuesday: 4:30 – 5:30 P.M.
Ages: 1st – 5th Grades
Session: 6 weeks

Location: Recreation Center
Begins: April 11th
Class Limit: 12
Fee: \$110.00*

Come experience a hands-on world of fun as you conduct a variety of scientific experiments. Learn all about energy and molecules, create a crazy bouncy glob from blue and make some scary green slime! Make your very own UV bracelet and watch it react to the sun! Work with “magic sand” and watch snow being created! All this and more awaits our “junior scientists”.

***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
Session: 7 weeks

Location: Recreation Center
Begins: April 12th
Limit per class:10
Fee: \$120.00*

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**