

# FORT LEE DEPARTMENT OF RECREATION

## IMPORTANT – PLEASE READ THE FOLLOWING REGISTRATION PROCEDURES

TGA Golf and all USA Sport classes are registering ON-LINE ONLY. Registration has begun and is on-going. No in person registration will be accepted for these classes. Please go to the specific link below for further information.

### **TGA GOLF (grades K – 5)**

Tuesdays: 3:30 – 4:30 P.M. Grades K – 2<sup>nd</sup>  
4:30 – 5:30 P.M. Grades 3<sup>rd</sup> - 5<sup>th</sup>

Classes begin September 12<sup>th</sup> at the Jack Alter Community Center

Further class information and registration information may be found at:

<https://bergencounty.playtga.com/fortleefall23>

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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/orgs/?oid=1385>

### **USA SPORT - TRACK AND FIELD (6-week class)**

Squirts Track & Field: Tuesdays 3:40 - 4:30 PM Ages 3 - 5 years Beginning Sept. 12<sup>th</sup>  
Foundation Track and Field: Tuesdays 4:40 – 5:30 PM Ages 5 - 7 years Beginning Sept 12<sup>th</sup>

### **USA SPORT - MULTI SPORTS SQUIRTS (6-week class)**

Squirts Multi-Sports: Thursdays 3:40 - 4:30 PM Ages 3 – 5 years Beginning Sept 14<sup>th</sup>  
Squirts Multi-Sports: Thursdays 4:40 – 5:30 PM Ages 3 - 5 years Beginning Sept 14<sup>th</sup>

### **USA SPORT – SOCCER (6-week class)**

Squirts Soccer: Thursdays 3:40 – 4:30 PM Ages 3 & 4 years Beginning Sept. 14<sup>th</sup>  
Squirts Soccer: Thursdays 4:40 – 5:30 PM Ages 4 & 5 years Beginning Sept 14<sup>th</sup>

### **USA SPORT – SUNDAY SOCCER (4-week class)**

Senior Soccer Squirts Sundays 9:00 – 9:50 AM Ages 5 - 7 years Beginning Sept. 24<sup>th</sup>  
Parent and Me Soccer Squirts: Sundays 10:00 – 10:50 AM Ages 2 – 3 years Beginning Sept. 24<sup>th</sup>  
Squirts Soccer: Sundays 11:00 – 11:50 AM Ages 3 – 5 years Beginning Sept. 24<sup>th</sup>

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# 2023 – 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, USA Multi Sports, USA Sports Track and Field 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 Fall 2023 begins for Fort Lee residents only:

**Date: Thursday, September 14<sup>th</sup>**

**Time: 5PM – 8PM**

**Place: Recreation Center, 1500 8<sup>th</sup> Street (the bottom of Stillwell Avenue)**

**Registration will continue weekdays from 9AM – 3:30PM  
beginning Friday, September 15<sup>th</sup>**

Non-residents will be able to register for any classes that remain available beginning Monday, September 25<sup>th</sup>

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](http://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**

**\*\*\*NEW CLASS**

**BUDDING BALLERINAS & TAPPERS**  
by WIGGLE AND GIGGLE

**NEW CLASS\*\*\***

Wednesday: 4:00 – 4:45 PM  
Ages: 3 – 4 years  
Session: 8 weeks

Location: Recreation Center  
Begins: October 11<sup>th</sup>  
Class limit: 15  
Fee: \$130.00\*

A first step into the world of ballet and tap. Dancers will be introduced to ballet positions and vocabulary, as well as rhythm and basic tap steps. Children will develop coordination and skills in memorizing combinations and counting steps. Learning ballet and tap fundamentals through fun activities while growing to love dance.

**\*CHECKS MUST BE MADE PAYABLE TO WIGGLE AND GIGGLE**

## **CREATIVE TOTS**

Thursday: 4:00 – 4:35 P.M.  
Ages: 4 - 5 years (Not in Kindergarten)  
Session: 6 weeks

Location: Youth Center  
Begins: October 5<sup>th</sup>  
Class limit: 8  
Fee: \$30.00\*

This program is a creative, interactive art class designed to develop artistic skills and build confidence. Drawing, painting, and designing their own unique works of art allowing 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: October 14<sup>th</sup>  
Class limit: 12  
Fee: \$120.00\*

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: October 4<sup>th</sup>  
Class limit: 18  
Fee: \$130.00

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: October 6<sup>th</sup>  
Class limit: 18  
Fee: \$125.00\*

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: October 4<sup>th</sup>  
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

**\*\*\*NEW CLASS**

**BITTY BALLERINAS & TAPPERS**  
by WIGGLE AND GIGGLE

**NEW CLASS\*\*\***

Wednesday: 4:50 – 5:30 P.M.  
Ages: 5 – 6 years  
Session: 8 weeks

Location: Recreation Center  
Begins: October 11<sup>th</sup>  
Limit per class: 15  
Fee: \$130.00\*

Building on our ballet and tap knowledge. Dancers will be introduced to ballet techniques and review vocabulary, as well as building on rhythm and tap step combinations. Children will develop coordination and skills in memorizing combinations and counting steps. Learning ballet and tap fundamentals through fun activities while growing to love dance.

**\*CHECKS MUST BE MADE PAYABLE TO WIGGLE AND GIGGLE**

**\*\*\*NEW CLASS**

**BLOOMING BALLERINAS & TAPPERS**  
by WIGGLE AND GIGGLE

**NEW CLASS\*\*\***

Wednesday: 5:40 – 6:25 P.M.  
Ages: 7 – 8 years  
Session: 8 weeks

Location: Recreation Center  
Begins: October 11<sup>th</sup>  
Limit per class: 15  
Fee: \$130.00\*

Building on our ballet and tap knowledge. Dancers will expand and enhance ballet techniques and review vocabulary, as well as building on rhythm and tap step combinations. Children will develop coordination and skills in memorizing combinations and counting steps. Learning ballet and tap fundamentals through fun activities while growing to love dance.

**\*CHECKS MUST BE MADE PAYABLE TO WIGGLE AND GIGGLE**

**\*\*\*NEW CLASS****CODING CLASS  
by TECHROOTS ACADEMY****NEW CLASS\*\*\***

Thursday: 3:45 – 4:45 P.M.  
 Ages: Grades 5<sup>th</sup> - 8<sup>th</sup>  
 Session: 5 weeks

Location: Recreation Center  
 Begins: October 5<sup>th</sup>  
 Limit per class: 20  
 Fee: \$175.00\*

Students will learn and gain an understanding in how to code their own website! Each week will build upon itself and by the end of the class they will have their own custom coded website that they can take home. Coding and STEM based education teaches children more than science and mathematic concepts. The focus on hands-on learning with real-world applications helps develop a variety of skill sets, including creativity and problem solving. Students are **STRONGLY ENCOURAGED** to bring this own laptop. If a student doesn't have one, you can borrow one from TechRoots academy for the class.

**\*CHECKS MUST BE MADE PAYABLE TO TechRoots ACADEMY**

**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: October 4<sup>th</sup>  
 Limit per class: 8  
 Fee: \$40.00\*

Leap into some creative fun with our all-new 8-week craft classes! Seasonal projects, including a mosaic turkey, wood leaf and pumpkins are just some of the exciting projects your “crafter” will enjoy working within these fun-filled classes.

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

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

**EXPRESS YOURSELF**

Thursday: 4:45 – 5:25 P.M. Grades K - 1  
 5:35 – 6:15 P.M. Grades 2 - 3  
 Session: 6 weeks

Location: Youth Center  
 Begins: October 5<sup>th</sup>  
 Limit per class: 10  
 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 that are geared to children's stories. 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**

## **“SMASH” JOURNALING**

Tuesday: 4:00 – 5:00 P.M.  
Ages: Grades 4 - 6  
Session: 8 weeks

Location: Youth Center  
Begins: October 3<sup>rd</sup>  
Class limit: 10  
Fee: \$40.00\*

Each child has their own special memories or mementos that are unique to just them. Greeting cards, family photos, ticket stubs, stickers and more all hold a special place in your child’s heart and now, in their very own smash journal. This craft class encourages your child to create a “catch-all” to “smash” their treasured memories in. Whether they choose to write, draw, color, glue or staple their special ideas into the journals, this craft project is sure to be a “smashing” success. In addition to having fun, by using recycled materials your crafter will be playing an important role in the future by Reducing Reusing and Recycling!

Instructor: Ms. Kim Kellas

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

## **“KIDZ ACTING”**

Monday: 4:20 – 5:05 PM  
Ages: 6 – 10 ½ years  
Session: 8 weeks

Location: Recreation Center  
Begins: October 2<sup>nd</sup>  
Class limit: 10  
Fee: \$120.00\*

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 DEBATE”**

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

Location: Recreation Center  
Begins: October 6<sup>th</sup>  
Class limit: 10  
Fee: \$120.00\*

In this 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, as well as techniques to help them become more confident, and back up their arguments with proof and supporting details. They will also give individual persuasive presentations to try to persuade their peers. 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: October 6 <sup>th</sup>
Session:	7 weeks	Class limit: 7**
Fee:	\$245.00* 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.

**\*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: October 6 <sup>th</sup>
Session:	8 weeks	Class limit: 12
Fee:	\$120.00*	

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**

### **\*\*\*NEW CLASS**

### **“KIDZ SPANISH CLUB”**

### **NEW CLASS\*\*\***

Monday:	3:35 – 4:20 P.M.	Location: Recreation Center
Ages:	6 ½ - 9 years	Begins: October 2 <sup>nd</sup>
Session:	8 weeks	Class Limit: 10
Fee:	\$120.00	

This NEW immersive language class for beginners will introduce your child to conversational Spanish. Children will learn basic vocabulary/verbs with a focus on small talk and useful phrases. Units will include: introducing yourself, colors, animals, hobbies, foods, and more! Students will learn through speaking, games, and activities. They will not be required to write, but Ms. Priscilla will write words and phrases so the students can begin to familiarize themselves with written Spanish as well. The instructor is a certified ESL teacher who is fluent in English and Spanish.

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



## "KIDZ WRITE"

Friday: 4:15 – 5:00 P.M.  
Ages: 6 – 8 ½ years  
Session: 8 weeks

Location: Recreation Center  
Begins: October 6<sup>th</sup>  
Class limit: 10  
Fee: \$120.00\*

In this class, children will practice writing through fun and unique projects like imaginative stories, photo prompts, and short non-fiction 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**

## MARTIAL ARTS

Monday and/or Thursday 6:30 – 7:30 PM  
Ages: 5 – 14 years  
Session: 7 weeks  
Class Limit: 25

Location: Recreation Center  
Begins: Monday, October 2<sup>nd</sup>  
Thursday: October 5<sup>th</sup>  
Fee: \$100.00 for once a week  
\$150.00 for twice a week

Learn Martial Arts in an organized and safe environment while having fun. This program, taught by Lee Yalowitz (Mr. Lee), will teach the students self-defense, discipline, and confidence. The class will focus on the fundamentals of grappling, stand up fighting and basic movement drills. Martial Arts will help you on your journey no matter what path you choose. Students are encouraged to purchase a HEAVY WEIGHT WHITE BELT GRAPPLING UNIFORM.

**\*CHECKS MUST BE MADE PAYABLE TO LEE YALOWITZ**

**\*\*\*NEW CLASS**

## RE/CO ROBOT by MINDS IN MOTION

**NEW CLASS\*\*\***

Tuesday: 4:30 – 5:30 P.M.  
Ages: 8 – 12 years  
Session: 6 weeks

Location: Recreation Center  
Begins: October 10<sup>th</sup>  
Class Limit: 12  
Fee: \$120.00\*

Build and take home your very own RE/CO Robot! It comes equipped with an infrared sensor and artificial intelligence. With the wireless remote control added, RE/CO Robot can access new play modes like storytelling, singing, dancing, and even programming. With its tank like tracks, students can enjoy guiding it over all sorts of terrain or allow the friendly robot to lead the way, using its infrared sensor to find a clear path in patrol mode. This class combines assembling with 106 pieces, STEAM learning with infrared sensors, programming with easy directional commands, and having fun with the freedom of a handy wireless remote control!

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

## **PROSMASH TABLE TENNIS CLUB**

Tuesday: 4:00 – 4:55 P.M. Ages 8 – 12 years      Location: Recreation Center  
5:00 – 5:55 P.M. Ages 13 -18 years      Begins: October 3<sup>rd</sup>  
Session: 7 weeks      Limit per class:12  
Fee: \$135.00\*

ProSmash Table Tennis welcomes you to the exciting world of Table Tennis! With a focus on fun and engagement, we strive to make table tennis accessible and enjoyable for kids of all ages and skill levels. Through a combination of games, drills, and friendly competition, children will develop their hand-eye coordination, reflexes, and motor skills, while also improving their confidence and social skills.

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

## **ADULTS**

**\*\*\*NEW CLASS**

**PROSMASH TABLE TENNIS CLUB**

**NEW CLASS\*\*\***

Tuesday: 6:00 – 7:00 P.M.  
Ages: 18+  
Session: 7 weeks

Location: Recreation Center  
Begins: October 3<sup>rd</sup>  
Limit per class: 12  
Fee: \$135.00

Welcome to the exhilarating realm of ProSmash Table Tennis, where the thrill of the game comes to life! Within our unique approach to Ping Pong training, we extend a warm invitation to adult learners seeking to master the art of table tennis. Our expertise lies in delivering engaging and enjoyable training sessions that cater to individuals of all skill levels. Whether you're a novice looking to delve into the sport or a seasoned player aiming to refine your technique, we have you covered. Our provisions include top-tier Table Tennis paddles and balls at your disposal during training sessions. So, if you're ready to embark on a journey that combines the finesse of Ping Pong with the joy of learning, ProSmash Table Tennis eagerly awaits your presence.

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

