

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 Fall 2018 classes is as follows:

Initial registration for FORT LEE RESIDENTS only will take place Saturday, September 15th (Pre-K classes only) and Sunday, September 16th (K-12 classes) from 3:00 – 6:00 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.

NON-RESIDENTS WILL BE ABLE TO REGISTER FOR ANY AVAILABLE PRE-K OR K-12 CLASSES BEGINNING MONDAY, SEPTEMBER 24th.

DUE TO AN OVERLAP OF AGES, REGISTRATION FOR “INTRODUCTION TO BALLET” AND “ABRAKADOODLE – PINCH, PAT, PUSH, PULL WITH CLAY” WILL BEGIN ON SATURDAY DURING PRE-SCHOOL PROGRAM REGISTRATION.

Saturday, September 15th from 3:00 P.M. – 6:00 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 – “TWOSEY DOODLER”
ABRAKADOODLE – “MINI DOODLER”
ABRAKADOODLE – “CLAY”
BONNIE BLU BABY STEP DANCERS
BONNIE BLU INTRODUCTION TO BALLET
BONNIE BLU TINY DANCERS
CREATIVE TOTS
EDUCATION EXPLORERS - STORYBOOK

GETTING READY
THE HAPPY PIANO
JULIE’S MUSIC APPRECIATION
KIDZMUSIK FOR TINYTOTS
MOMMY AND ME PLAY ART
SOCCER ELEMENTS
SOCCER SIPS
USSI SPORT SQUIRTS

Sunday, September 16th from 3:00 P.M. to 6:00 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, SEPTEMBER 17TH.

REGISTRATION WILL RESUME WEEKDAYS, STARTING TUESDAY, SEPTEMBER 18th 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.

FALL 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 – “ YUMMY ART”

Wednesday:	9:45 A.M. – 10:30 A.M. begins October 10 th	Location: Youth Center
Saturday:	10:15 A.M. – 11:00 A.M. begins October 13 th	Limit per class: 10
Ages:	18 months – 3 years (with caregiver)	Session: 8 weeks
		Fee: \$115.00*

Your little “twoosey-doodler” will have great fun discovering their creative nature in this “first” art class that seems yummy enough to eat. As they begin to develop their fine motor skills and improve their counting abilities each week, they will also be creating adorable masterpieces. Watch their imaginations soar as they mold “delicious donuts”, paint “messy cupcakes” and construct “fruit puzzles”. All paints are washable but dress for messy fun!

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

ABRAKADOODLE® MINI-DOODLER – “One SWEET World”

Wednesday	10:45 A.M. – 11:30 A.M. begins October 10 th	Location: Youth Center
Saturday:	11:15 A.M. – 12:00 P.M. begins October 13 th	Limit per class: 10
Ages:	3 – 5 years (drop-off class)	Session: 8 weeks
		Fee: \$115.00*

What a “sweet” way for your child to have artistic fun! Using the creative methods of printing, painting, paper projects and more, your mini-doodler will get to form some “deliciously sweet” and imaginative art as they design watermelon puzzles, paint yummy cupcakes, delectable donuts and more! Join in on this messy and creative art class! Dress for messy fun!

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

ABRAKADOODLE® PINCH, PAT, PUSH, PULL with CLAY!

Tuesday:	3:45 – 4:45 P.M.	Location: Youth Center
Ages:	4 – 6 years	Begins: October 9 th
Session:	8 weeks	Limit per class: 12
		Fee: \$130.00*

*****Please note: Due to an overlap of ages, registration for this class begins Saturday, September 15th**

Use your fingers to turn a variety of clay materials into ceramic objects. Be inspired by ancient and modern artists using model magic, air dry clay and modeling tools, to create your own expressions of clay art. Create 3D art such as castles, lanterns, mobiles, animals and more! 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: October 9 th
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: October 9th
Ages: 4 - 6 years Fee: \$90.00*
Session: 8 weeks

*****Please note: Due to an overlap of ages, registration for this class begins Saturday, September 15th.**
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: October 9th
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: October 15th
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 "STORYBOOK S.T.E.M."**

Wednesday: 10:30 – 11:15 A.M. Location: Recreation Center
Ages: 3 – 5 years Begins: October 10th
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 **Science**, **Technology**, **Engineering**, and **Math**! Through the use of entertaining projects and experiments, the children will begin to realize the "connection" between some of their favorite stories and the STEM principles that apply to them. This educational class is a must for the "junior explorer" with a love of stories and science techniques. ***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, October 11th
Monday, October 15th
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 Monday or Thursday from 11A.M. – 12 Noon. 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, October 11th and
Monday, October 15th
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

THE HAPPY PIANO®

Thursday: 1:00 – 1:45 P.M.
Ages: 3 – 5 years
Session: 8 weeks
Fee: \$185 (includes a \$35 material fee that is charged once per school year)

Location: Youth Center
Begins: October 11th
Class limit: 6

Early childhood piano lessons have proven to be a significant way to improve a youngsters’ intellect and their critical thinking skills performance. Let us teach your child the basics of piano playing, as well as giving them the foundations, and love, of music in a gentle, fun atmosphere.
***CHECKS MUST BE MADE PAYABLE TO HAPPY PIANO**

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, October 5th
Saturday, October 6th
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: October 15th
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: October 9th
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: October 20th
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: October 20th
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

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

Location: Jack Alter Community Center
Begins: October 4th
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**



K-12 CLASSES

ABRAKADOODLE® PINCH, PAT, PUSH, PULL with CLAY!

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

Location: Youth Center
Begins: October 9th
Limit per class: 12
Fee: \$130.00*

*****Please note: Due to an overlap of ages, registration for this class begins Saturday, September 15th**

Use your fingers to turn a variety of clay materials into ceramic objects. Be inspired by ancient and modern artists using model magic, air dry clay and modeling tools, to create your own expressions of clay art. Create 3D art such as castles, lanterns, mobiles, animals and more! Dress for messy fun!!!!

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

ABRAKADOODLE® S.T.E.M. TO S.T.E.A.M. ART

Tuesday: 5:00 – 6:00 P.M. begins October 9th
Saturday: 12:15 – 1:15 P.M. begins October 13th
Ages: Grades 1 - 5
Session: 8 weeks

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

Join Abakadoodle this fall as we use a variety of art techniques and cool materials to create, build, and design! Boys and girls will explore innovative S.T.E.A.M. concepts in a fun, hands-on, creative way through ART! Dress for messy fun!

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

BASKETBALL

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

Location: Jack Alter Community Center
Begins: October 4th
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 USSJ**

BONNIE BLU BUBBLEGUM HIP HOP

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

Location: Recreation Center
Begins: October 9th
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: October 9th
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: October 9th
Fee: \$90.00*

*****Please note: Due to an overlap of ages, registration for this class begins Saturday, September 15th.**

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: October 9th
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: October 9th
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: October 10th
Limit per class: 10
Fee: \$25.00

Apples, leaves, pumpkins and even turkeys are plentiful in this all-new 8 week fall creative crafts session. With Halloween “tricks” and Thanksgiving “treats” your child will create beautiful, hand-made projects that complement the fall season perfectly. Instructor: Kim Kellas

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

CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE

CUPCAKE WORKSHOP

Thursday: 4:00 – 4:50 P.M. – Grades K - 4
5:00 – 5:50 P.M. – Grades 1 - 5
Session: 6 weeks
Location: Recreation Center
Begins: October 11th
Class Limit: 12
Fee: \$90.00*

This “sweet” class, taught by the owner of Minty H Cupcakes, is perfect for children who want to learn the art of decorating cupcakes. Children will learn, and refine, decorating skills from simple color mixing to the more involved fondant flower-making, coloring frostings and fondants, as well as sugar craft techniques. Imagine their excitement as they begin learning the artistry of creating sugar craft animals and flowers and so much more! Please send a smock or apron with your child.

CHECKS MUST BE MADE PAYABLE TO MINA AU

EDUCATION EXPLORERS EXPLORER ENGINEERING

Wednesday: 4:15 – 5:00 P.M.
Ages: Grades K - 4
Session: 8 weeks
Location: Recreation Center
Begins: October 10th
Limit per class: 20
Fee: \$130.00*

Introduce your child to the fascinating science of engineering. In this session, your child will begin the journey into the world of “simple machines” like the pulley, lever, inclined plane and more! They will learn to incorporate these “first” machines into more complex engineering challenges like “crazy catapults”, “wrecking balls”, and “pulley designs” all while exploring the forces of motion, energy and physics!

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

EDUCATION EXPLORERS FULL S.T.E.A.M. AHEAD

Wednesday: 5:15 – 6:00 P.M.
Ages: Grades K - 4
Session: 8 weeks
Location: Recreation Center
Begins: October 10th
Limit per class: 20
Fee: \$130.00*

If your child has an interest in the sciences, then our 8-week session is perfect for them. Each class will be an exploration of one of the S.T.E.A.M. concepts through project-based learning and experiments. Our all new fall projects include geoboard designs, simple circuit robot building, polymer slime and much more.

***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 grade only
Session: 8 weeks

Location: Youth Center
Begins: October 11th
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: October 20th
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 our 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: October 12th
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. **NEW STUDENTS**
4:30 – 5:15 P.M. **EXPERIENCED STUDENTS**
Ages: 5 – 8 years
Session: 8 weeks
Fee: \$200.00 includes a Rogue Guitar to keep. \$125 if child has their own guitar

Location: Jack Alter Community Center
Begins: October 10th
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 Rogue 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: October 12th
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: October 15th
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: October 15th
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**

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: October 13th
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 KIDDEGYMUSA LLC**

TENNIS CLINICS

Tuesday: 3:30 – 4:30 P.M. Grades K – 1st Location: Jack Alter Community Center
3:30 – 4:30 P.M. Grades 2 and 3 Begins: October 2nd
4:30 – 5:30 P.M. Grades 4 and 5 Limit per Class: 6
4:30 – 5:30 P.M. Grades 6 and up Fee: \$100.00*

Session: 5 weeks

Small classes are broken into age groups for more individualized attention. Fundamentals will be taught, including: Forehand, Backhand, Serve and Volley. **Bring a racquet to class.**

Instructors: Barry Ruback and Staff.

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

VOLLEYBALL CLINIC BY TGA

Thursday 4:00 – 5:00 PM Grades K – 2nd Location: Jack Alter Community Center
5:00 – 6:00 P.M. Grades 3rd – 5th Begins: October 11th
Session: 6 weeks 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 TENNIS

Thursday: 10:00 – 11:00 A.M.
Ages: 18 and over
Session: 4 weeks
Limit per Class: 6

Location: Recreation Center Tennis Courts
Begins: September 27th
Fee: \$80.00

Fundamentals will be taught, including Forehand, Backhand, Serve and Volley. In case of inclement weather, class will be made up at a later date. **Bring a racquet to class.** Instructors: Barry Ruback and Staff.

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

BODY SCULPTING

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

Location: Jack Alter Community Center
Begins: Tuesday, October 2nd
Thursday: October 4th
Fee: \$118.00 for once a week*
\$185.00 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**

YOGA

Friday: 9:15 – 10:15 A.M.
Ages: 18 and over
Session: 10 weeks

Location: Jack Alter Community Center
Begins: October 5th
Fee: \$100.00
Class limit: 25

Yoga strives to find balance in your physical, emotional and spiritual being, improves your body alignment, develops physical strength and more. Join us in this calming class and strengthen your body in a relaxing, non-competitive atmosphere. Please bring a mat to class.

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

UPCOMING COMMUNITY EVENTS

TUESDAY, SEPTEMBER 11th

9/11 MEMORIAL

7:00 P.M. AT FORT LEE CONSTITUTION PARK

SATURDAY, SEPTEMBER 22nd

FORT LEE SHREDDING EVENT

9:00 A.M.– 1:00 P.M. AT THE RECREATION CENTER
FORT LEE RESIDENTS ONLY (PROOF OF RESIDENCY
REQUIRED) – LIMIT 4 BAGS

SATURDAY, OCTOBER 13th

FORT LEE HEALTH FAIR

9:00 A.M. – 12:00 P.M. AT THE JACK ALTER COMMUNITY CENTER

SATURDAY, OCTOBER 27th

PAWS IN THE PARK

11:00 A.M. AT THE FORT LEE DOG PARK (Bottom of Stillwell Ave.)

THURSDAY, NOVEMBER 29th

ANNUAL HOLIDAY TREE LIGHTING

7:00 P.M. AT THE JACK ALTER COMMUNITY CENTER