

Berkeley Heights Recreation | Spring Program Booklet 2023



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Contact Info

Office	(908) 464-2700
Carolyn George, Associate Director	Ext. 2257 cgeorge@bhtwp.com
Administrative Assistant	Ext. 2258 recreation@bhtwp.com

* Recreation emails are often sent to spam – be sure to add our email to your contacts to prevent that from happening! *

Recreation Department	29 Park Avenue
<i>Multipurpose Room</i>	Lower Level
<i>Craft Room</i>	Lower Level
<i>Mat Room</i>	Lower Level
<i>Fitness Center</i>	Lower Level
<i>Highlander Room</i>	1 st Floor
Lower Columbia Park	411 Plainfield Ave
<i>Tom Barton Tennis Courts</i>	
<i>Columbia Park Basketball Courts</i>	
Veteran's Memorial Park	205 Plainfield Ave
<i>Soccer Field: Parking available at 29 Park Ave</i>	

Registration Instructions:

The Berkeley Heights Recreation Department offers a secure, online registration for seasonal programs using CommunityPass. With just a few easy steps, you can register your family online 24/7 from home, work, or anywhere with an internet connection.

NOTE: On credit card statements the charge will appear as "Twp. of Berkeley Heights Government Services".

<http://register.communitypass.net/berkeleyheights>

New Users:

Create your Community Pass account by accessing the link noted above and following the prompts. Be sure to include your email address, emergency contact information and special considerations, if any. Please save your username and password (put it in a safe place) so you can easily login in the future.

Existing Users:

Please practice logging into your account prior to registration by using the link above. You are welcome to call the Recreation Office if you've forgotten your username or password, as they can reset it for you (or if you have any other questions). Be sure to update any information that is out of date!

When can I register?

REGULAR REGISTRATION:

Starts: Friday, January 20th @ 8:00 am
Ends: Sunday, February 19th @ 11:59 pm

LATE REGISTRATION:

Starts: Monday, February 20th @ 12:00 am
Ends: Sunday, March 19th @ 11:59 pm

A \$10 LATE FEE will be applied to each individual program when registering AFTER February 19th.



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The 2023 Spring Season runs from
Monday, March 6 through Saturday, June 3.
(June 5 through June 17 are reserved for "Rain-Outs")

Be sure to check each individual program for specific dates and times.

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

3: Winter Programs **End**
6: Spring Programs **Start**

April

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

1-7: No Classes: Spring Break
8: Pre-K Soccer: **Start**
10: Adult Tennis: **Start**
13: Blaze Hoop Crew: **Start**
13: Youth Soccer: **Start**
20: Session A Acrylics: **End**
27: Session B Acrylics: **Start**

May

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

15: Adult Tennis: **End**
18: Blaze Hoop Crew: **End**
25: Blaze Hoop Crew: **Make-up**
26-29: No Classes: Mem. Day

June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

3: Spring Programs **End**
5-17: Rain Dates
19: Summer Programs **Start**

Policies:

REFUNDS: To receive a refund, please notify Berkeley Heights Recreation within 48 hours after the first class. **NO REFUNDS will be given after 48 hours of the first session.** We are only able to refund your credit card within 24 hours of initial payment – after that time, refunds are given as a Household Credit.

RESIDENCY STATUS: Either Berkeley Heights or otherwise will be verified. Registrations made using false residency will be void with payments non-refundable. Non-residents will be charged an additional \$25.00 program fee (per program).

MAIL-IN REGISTRATIONS: We will not accept mail-in registrations. Please use CommunityPass to complete the registration process online.

CHECKS: Please make checks payable to Berkeley Heights Recreation.

LOW ENROLLMENT: If a program is cancelled before the session begins, the CommunityPass household will be credited the entire amount. Fees cannot be refunded to credit card accounts after 24 hours from initial registration.

CANCELLATIONS: On occasion, programs are cancelled due to inclement weather, instructor illness, or other circumstances outside the participants' control. Participants will be advised of cancellations via email. Please be sure that the email address included on CommunityPass is current and correct. Be on the lookout for emails from: recreation@bhtwp.com **(make sure it's not going in your junk mail).**

WAITLIST: After classes reach their maximum capacity, participants who sign up are put on a Waitlist, and **are not charged for the program.** If space becomes available in the class, you will be notified VIA EMAIL. **You will be registered for the program with an outstanding balance. Thus, you must complete the process and make payment for the program before participating. WE DO NOT KEEP CREDIT CARD INFORMATION ON FILE TO AUTOMATICALLY CHARGE YOU.**



Toddler & Pre-K

Recreation Center

Monday March 6 – May 22
Tuesday March 7 – May 30
Thursday March 9 – June 1
Friday March 10 – June 2

NO CLASS: 4/3
 NO CLASS: 4/4
 NO CLASS: 4/6
 NO CLASS: 4/7 & 5/26

Monday				
Mommy & Me	10:45-11:45 AM	Ages: 9mo.-3	Sessions: 11	\$ 110
Ballet, Dance, & Tumble	3:30-4:30 PM	Ages: 4-6	Sessions: 11	\$ 165
Tuesday				
Create & Play Pre-K	9:30-11:30 AM	Ages: 18mo.-4	Sessions: 12	\$ 240
Thursday				
Fun Bunch & Lunch	9:00-12:00 PM	Ages: 3-6	Sessions: 12	\$ 360
Fun Bunch	12:15-2:15 PM	Ages: 3-6	Sessions: 12	\$ 240
Friday				
Creative Movement	11:30-12:15 PM	Ages: 3-6	Sessions: 11	\$ 165
Fun Bunch & Lunch	9:00-12:00 PM	Ages: 3-6	Sessions: 11	\$ 330
Fun Bunch	12:15-2:15 PM	Ages: 3-6	Sessions: 11	\$ 220

BALLET, DANCE, & TUMBLE Instructor: Alicia Lang

This class will consist of basic ballet instruction mixed with other fun dances to get your little one moving! We will introduce very simple tumbling skills such as forward rolls.

CREATIVE MOVEMENT Instructor: Jessica Lombardi

Dance and Music are used to interpret story ideas as children develop poise, balance, and flexibility.

FUN BUNCH & LUNCH Instructor: Jade Eden & Staff

Children will climb, slide, catch, cooperative play, imaginative play, dance, bounce in our bounce castle, and so much more! Children should bring lunch & snack.

FUN BUNCH Instructor: Jade Eden & Staff

Each session includes imaginative playtime in the playroom, supervised games, as well as gross motor development in the mat room! Children should bring a snack.

CREATE & PLAY PRE-K Instructor: Jade Eden & Staff

We promote free-play social learning through cooperative and imaginative play utilizing the mat room (to run around) as well as the playroom. Children should bring a snack (optional).

MOMMY & ME Instructor: Mommy Lead

Entertain your baby (and yourself) in an environment other than your home! Chat with other moms as your baby develops their social learning. We utilize the mat room for a great soft surface to crawl/walk as well as the toy room where children can explore with their imaginations.

A \$10 LATE FEE will be applied to each individual program when registering AFTER February 19th.



Youth After School Recreation Center

Monday	March 6 – May 22
Tuesday	March 7 – May 30
Wednesday	March 8 – May 31
Thursday	March 9 – June 1
Friday	March 10 – June 2

NO CLASS: 4/3
NO CLASS: 4/4
NO CLASS: 4/5
NO CLASS: 4/6
NO CLASS: 4/7 & 5/26

Monday

All Sports	Multi-Purpose Room	3:30-4:30 PM	Grades: K-3	Sessions: 11	\$ 165
LEGO Lab*	Craft Room	3:30-4:30 PM	Grades: 1-3	Sessions: 11	\$ 165
Speed, Agility, & Conditioning	Multi-Purpose Room	4:45-6:00 PM	Grades: 4-6	Sessions: 11	\$ 296

Tuesday

Art: Silhouette Painting	Craft Room	3:30-4:30 PM	Grades: 1-3	Sessions: 12	\$ 240
Art: Silhouette Painting	Craft Room	4:45-5:45 PM	Grades: 4-6	Sessions: 12	\$ 240

Wednesday

LillySprouts Healthy Cooking	Highlander Room (1 st Floor)	3:30-4:30 PM	Grades: 1-5	Sessions: 12	\$ 360
Dodgeball	Multi-Purpose Room	3:30-4:30 PM	Grades: 4-6	Sessions: 12	\$ 180
Table Tennis	Multi-Purpose Room	5:30-6:30 PM	Grades: 4-8	Sessions: 12	\$ 180
Table Tennis	Multi-Purpose Room	6:30-8:00 PM	Ages: 14+	Sessions: 12	\$ 270

Thursday

Chess Club	Craft Room	3:30-4:30 PM	Grades: 1-4	Sessions: 12	\$ 180
Dance & Tumble	Mat Room	3:30-4:30 PM	Grades: 1-6	Sessions: 12	\$ 180

Friday

Dodgeball	Multi-Purpose Room	3:30-4:30 PM	Grades: K-3	Sessions: 11	\$ 165
Yoga	Mat Room	3:30-4:30 PM	Grades: 3-5	Sessions: 11	\$ 215
Speed, Agility, & Conditioning	Multi-Purpose Room	4:45-6:00 PM	Grades: 4-6	Sessions: 11	\$ 296

Youth Tennis – Coming Soon

We will be scheduling our Youth Tennis classes to run in the weeks following Spring Break. This will be posted as a separate schedule available in March. Be sure to check your email for the update!

A \$10 LATE FEE will be applied to each individual program when registering AFTER February 19th.



Youth After School Programs

Recreation Center

ALL SPORTS Instructor: Carolyn George & Recreation Staff

Basic skills, rules and sportsmanship are taught as students participate in fun warm-ups, soccer, ball-hockey, kickball, tee ball, dodge ball, capture the flag, and other classic games.

CHESS CLUB Instructor: Carolyn George & Recreation Staff

Basic Chess knowledge is a MUST! Students will participate in casual play & group lessons.

DANCE & TUMBLE Instructor: Alicia Lang

Dance & Tumble is a fun way for children to get moving! Stretch, tumble on the mats, and let loose with some fun dances like the Cha Cha Slide, Cotton Eye Joe, and more!

DODGEBALL Instructor: Carolyn George & Recreation Staff

Children have fun playing dodge ball while releasing some of their energy!

LEGO LAB Instructor: Carolyn George & Recreation Staff

This program is for children who love to sit and create with LEGOs! Who can build the tallest tower? Who can create a house using only red LEGOs? Work as a group or on individual projects. The possibilities are endless! Come join the fun.

LILLYSPROUTS HEALTHY COOKING Instructor: Liliana Bussin

Taught by a certified health coach, cooking instructor, and "allergy mom," this class will provide the perfect opportunity for children to learn nutrition and cooking skills that foster healthy lifestyles in a fun environment. All food and utensils are provided! Students will leave with a great set of practical skills!

SILHOUETTE PAINTING Instructor: Alicia Lang

This 12-week class focuses on creating silhouette paintings. Each week, we will experiment with different painting techniques using color, blending, and texture. Every painting will be completed with a black silhouette (i.e., trees and mountains)

SPEED, AGILITY, & CONDITIONING Instructor: Dario Hernandez

Taught by a certified personal trainer/speed and agility specialist, this class will help kids increase speed, agility, strength, explosive movements and improve overall performance in any sport. The class will include fun drills and games tailored to all skill levels. This is an important time in a young athlete's life to develop sound motor skills and movement patterns that are essential not only for future athletic potential, but for life!

TABLE TENNIS Instructor: Howard Lee

You will learn basic rules and proper playing etiquette, serves, strokes, and footwork. Participate in drills, games, and tournament-style play.

YOGA Instructor: Joanne Bruno

This program teaches children how to breath, maintain a better well-being and become aware of their bodies while stretching to benefit stronger bones and growth. Children also have fun stretching into animal shapes! Mats are provided. Students may bring their own yoga mats if they wish.

A \$10 LATE FEE will be applied to each individual program when registering AFTER February 19th.



Blaze Hoop Basketball

Rec Center & Columbia Park

Thursday April 13 – May 18

RAIN DATE: 5/25

Thursday

Co-Ed Grades: K-1	Rec Center: Multipurpose Room	3:30-4:30 PM	Sessions: 6	\$ 135
Boys Grades: 3-4	Columbia Park: Court 1	3:30-4:30 PM	Sessions: 6	\$ 135
Girls Grades: 3-4	Columbia Park: Court 2	3:30-4:30 PM	Sessions: 6	\$ 135
Co-Ed Grades: 1-2	Rec Center: Multipurpose Room	4:45-5:45 PM	Sessions: 6	\$ 135
Boys Grades: 5-6	Columbia Park: Court 1	4:45-5:45 PM	Sessions: 6	\$ 135
Girls Grades: 5-6	Columbia Park: Court 2	4:45-5:45 PM	Sessions: 6	\$ 135

BLAZE HOOP BASKETBALL Instructor: Blaze Hoop Crew Team

Age-appropriate skills, including: dribbling, passing, and shooting are taught and perfected through instructional games and expert guidance. Your child will learn teamwork, leadership, discipline, confidence, self-esteem, and competition! Run by coaches of 30+ years!

Youth Soccer

Veteran's Memorial Park

Thursday April 13 – June 1

Thursday

Ages: 6-7	Memorial Park	3:30-4:30 PM	Sessions: 8	\$ 160
Ages: 8-9	Memorial Park	4:30-5:30 PM	Sessions: 8	\$ 160
Ages: 10-11	Memorial Park	5:30-6:30 PM	Sessions: 8	\$ 160

YOUTH SOCCER Instructor: Superior Soccer

Emphasis is placed on developing ball skills and on learning many positions on the soccer field. Players will learn how to control and manipulate the ball with all surfaces of the feet as well as learning when to dribble, pass, and shoot. This is important in the development of technical skills and helps the player gain a better understanding of the sport.

Saturday Soccer

Columbia Park

Saturday April 8 – June 3

NO CLASS: 5/27

Saturday

Grades: Pre-K & K	Columbia Park	9:00-10:00 AM	Sessions: 8	\$ 160
Grades: Pre-K & K	Columbia Park	10:15-11:15 AM	Sessions: 8	\$ 160
Grades: 1 & 2	Columbia Park	10:15-11:15 AM	Sessions: 8	\$ 160
Grades: Pre-K & K	Columbia Park	11:30-12:30 PM	Sessions: 8	\$ 160

PRE-K SOCCER Instructor: United Soccer Academy

Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. No prior experience is required, and the focus is to provide a positive environment for all children while providing opportunities for motor skill development, social interaction and above all, a fun introduction to the sport of soccer!

A \$10 LATE FEE will be applied to each individual program when registering AFTER February 19th.



Adult Tennis

Tom Barton Courts

Monday April 10 – May 15
Thursday April 13 – May 18

Monday

Tennis: Advanced	9:00-10:00 AM	Sessions: 6	\$ 120
Tennis: Intermediate	10:00-11:00 AM	Sessions: 6	\$ 120
Tennis: Beginner	11:00-12:00 PM	Sessions: 6	\$ 120

Thursday

Tennis: Advanced	9:00-10:00 AM	Sessions: 6	\$ 120
Tennis: Intermediate	10:00-11:00 AM	Sessions: 6	\$ 120
Tennis: Beginner	11:00-12:00 PM	Sessions: 6	\$ 120

ADVANCED Instructor: Maria Mahon & Staff

For players who like fast paced drills and play, have accurate serves and are consistent on their strokes!

INTERMEDIATE Instructor: Maria Mahon & Staff

For players who are consistent on their strokes but like a slower level of play with more instruction.

BEGINNER Instructor: Maria Mahon & Staff

For players that have never played before or haven't played in a while and are out of practice.

Adult Pickleball

Tom Barton Courts

Tuesday April 25 – May 30
Friday April 21 – June 2
 NO CLASS: 5/26

Tuesday

Pickleball: Beginner	11:00-12:00 PM	Sessions: 6	\$ 120
Pickleball: Beginner	6:00-7:00 PM	Sessions: 6	\$ 120

Friday

Pickleball: Beginner	11:00-12:00 PM	Sessions: 6	\$ 120
Pickleball: Beginner	6:00-7:00 PM	Sessions: 6	\$ 120

BEGINNER Instructor: Cindy Ryan & Maggi Jaidullo

This class is designed to teach you the foundational skills of pickleball – a sport that is a hybrid of badminton, tennis, and ping pong. By the end of the 6-weeks, you'll know how to play at the beginner level.

Adult Art

Community Center

Session A **Thursday** March 9 – April 20
Session B **Thursday** April 27 – June 1
 NO CLASS: 4/6

Thursday

½ Session A & B: Acrylic Painting	12:30-2:30 PM	Sessions: 6	\$ 225
½ Session A & B: Acrylic Painting	5:00-7:00 PM	Sessions: 6	\$ 225

Acrylic Painting Instructor: Alicia Lang

Taught by a professional artist and college professor, this 6-week class will focus on various classical painting approaches and techniques using acrylic paint (no oils). This class will consist of learning and applying basic demonstrated painting exercises to gain a better understanding of painting from life. The end goal is one completed painting on canvas. All supplies are provided.

A \$10 LATE FEE will be applied to each individual program when registering AFTER February 19th.



Adult Fitness Community Center

Monday	March 6 – May 22	NO CLASS: 4/3
Tuesday	March 7 – May 30	NO CLASS: 4/4
Wednesday	March 8 – May 31	NO CLASS: 4/5
Thursday	March 9 – June 1	NO CLASS: 4/6
Friday	March 10 – June 2	NO CLASS: 4/7 & 5/26

Monday - Friday				
Open Circuit	Fitness Center	10:00-4:00 PM	12 Weeks: Unlimited	\$ 60
Tuesday				
Beginners Bootcamp	Multipurpose Room/Fitness Center	9:00-10:00 AM	Sessions: 12	\$ 300
Yoga	Mat Room	10:00-11:00 AM	Sessions: 12	\$ 270
Yoga	Mat Room	6:00-7:00 PM	Sessions: 12	\$ 270
Wednesday				
Table Tennis	Multi-Purpose Room	6:30-8:00 PM	Sessions: 12	\$ 270
Thursday				
Beginners Bootcamp	Multipurpose Room/Fitness Center	9:00-10:00 AM	Sessions: 12	\$ 300
Yoga	Mat Room	10:00-11:00 AM	Sessions: 12	\$ 270
Yoga	Mat Room	6:00-7:00 PM	Sessions: 12	\$ 270

BEGINNERS BOOTCAMP **Instructor:** Dario Hernandez

This class will focus on building strength, improving cardiovascular health, increasing stamina, and burning fat. The boot camp workout is a type of high-intensity interval training (HIIT) that includes bursts of intense activity alternated with intervals of lighter activity. We will also focus on functional fitness, such as using whole-body, multi-joint exercises that simulate daily life activities. Come join us for an hour of fun while improving your overall health and fitness. Whether you are new to exercise, starting over, or continuing to stay fit, come work at your pace in a judgement-free zone.

TABLE TENNIS **Instructor:** Howard Lee

You will learn basic rules and proper playing etiquette, serves, strokes, and footwork. Participate in drills, games, and tournament-style play.

YOGA **Instructor:** Joanne Bruno

Increase your sense of well-being through the slow and gentle, yet challenging movements of Hatha Yoga. Note: wear shorts, leggings, or footless tights. Bring your mat and belt. *All Levels!*

OPEN CIRCUIT **Instructor:** NONE – Self-guided

Work out at your own pace, on your own time, with your own goals. All the same benefits of a home gym – just not in your home! There is no instructor for this program – it is completely self-driven!

**** The Circuit Room is NOT AVAILABLE: Thursdays from 10:00-11:00 AM ****

A \$10 LATE FEE will be applied to each individual program when registering AFTER February 19th.

