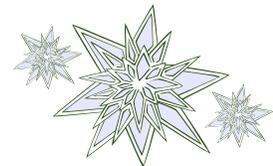


Crosskill Recreation



Winter Programs For Children and Adults



General Information

DISCIPLINARY ACTIONS

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event, I will be subject to disciplinary actions, including but not limited to the following in any order or combination:

1. Verbal warning issued by a league, organization or school official.
2. Written warning issued by a league, organization or school official.
3. Suspension or immediate ejection from a youth sports event issued by a league, organization or school officials who is authorization to issue such suspension or ejection by a school board or youth sports organization.
4. Suspension from multiple youth sports events issued by a league, organization or school official who is authorized to issued such suspension by a school board or youth sports organization.
5. Season suspension from multiple youth sports events issued by youth sports organization or school board.

GENERAL INFORMATION

Payments: The only forms of payment that will be accepted are checks, money orders or credit cards. All checks should be made payable to the Borough of Cresskill.

Registrations: You may register in person at the Community Center or on-line at www.cresskillboro.com. A \$15 registration fee must be paid for each participant. This fee covers the calendar year January 1 to December 31.

Refunds: Refunds **will not** be made seven days prior to the start of a program or after the program begins. Refunds will be made if a program is cancelled due to insufficient enrollment. A cancellation fee of \$10 will be charged prior to the seven days.

Insufficient enrollment: If group minimums are not met, programs may be condensed, start later to allow for further enrollment or cancelled. Those enrolled in the program will be notified of all changes.

General: All programs are held at the Community Center unless indicated otherwise. Please note the dates and times of your class. All children must be picked up on time. **No child should be dropped off and left unattended.** A parent should be with him/her until program begins.

Late Registrations: A \$10 fee will be charged if not registered seven days prior to program start.

Hours of Operation

Monday/Tuesday
9:00 am—9:00 pm

Wednesday/Thursday
9:00 am—5:00 pm
6:00 pm—9:00 pm

Friday
9:00 am—5:00 pm
7:00 pm—9:00 pm

Closed for lunch between 12:00 and 1:00

Meetings 2012

1/16, 2/20, 3/19, 4/16, 5/21, 6/18,
7/16, 9/17, 10/15, 11/19, 12/17

No meeting in August

The Recreation Committee holds its meetings at the Community Center on the third Monday of the month at 7:30 pm.

2

Committee Members

Chair
Joe Scalia - Vice Chair
Amy Cusick
Carmen Cristantiello
Michael Di Palo
George Kassab
Blaine Messinger
Regina Morrissey
Marna Reiner
Dan Riccardo
Manoj Sathanathan
Gary Savill
Ronnie Hartmann—Secretary
Barbara Mann—Director

~ Cresskill Recreation is always looking for volunteers. Please join us. ~

Fields / Parks / Courts

Parks

Cranford Park

Located on Cranford Place between Woodland Avenue and Douglas Avenue, it has a basketball court, swings and a playground.

Terhune Park

Located at Palisades Avenue and County Road, this park has a playground and basketball court. Ages 3-5

Carolyn Schultz Park

Located at the end of Fifth Street and the Municipal Pool parking lot. This shaded park has a playground, swing set and picnic table. Ages 2-12

Michella Park

This park is located at the end of Merrifield Way.

12th Street Park

Located on Stivers Street and Magnolia Avenue.

Tennis Courts

Three courts are located on 3rd Street next to the Community Center.

Tennis Court Rules

Courts are lighted from dusk till 10:00 pm with the exception of December, January and February when lights are off.

1. Cresskill Recreation sponsored programs have priority.
2. All play is for one hour only. All court time begins on the hour and the court must be relinquished if another resident arrives to play.
3. Tennis shoes or sneakers only will be permitted on the courts. Players must wear shirts at all times.
4. No bikes, skate boards, scooters or skates are allowed on the courts.
5. No ball playing.
6. No commercial tennis allowed.

Please keep our facilities clean
No Littering
Ord. # 80-23-780

Fields

(Permit required)

Ackerman Field (Soccer)

Located behind Borough Hall across from Merritt School, between Ackerman Place and Dogwood Lane. This field is used for soccer.

Cook Field (Soccer)

Located on Madison Avenue and 3rd Street This is used for soccer.

Regan Field (Soccer)

Located at the end of 3rd Street across from the Municipal Pool parking lot. This field is used for soccer and our Summer Fun program.

3rd Street Baseball Field (Baseball)

Located at the end of 3rd Street across from the Community Center.

Coughlin Field (Football)

Located at the end of 3rd Street across from the pool.

International Field (Baseball)

Located on Margie Place and Piermont Road behind Merritt Memorial School.

12th Street Field (Baseball)

Located on Stivers Street, Magnolia Avenue and 12th Street.

Merritt Field (Softball)

Located on Margie Avenue behind Merritt Memorial School.

Basketball Courts

Two regulation sized courts are located on 3rd Street behind Cook Field.

Basketball Court Rules

Courts are lighted from dusk till 10:00 pm with the exception of December, January and February when lights are off.

1. Cresskill Recreation sponsored programs have priority.
2. Basketball sneakers or sneakers only will be permitted on the courts. Players must wear shirts at all times.

After School Programs

Kids in the Kitchen

Boys and Girls in Grades 1-4

Resident Fee: \$ 90 / Non-Resident Fee \$ 115

Instructor: Gina Glynn

Site: Cresskill Community Center

Room: C

4:00—5:00

5:30-6:30

Wednesdays—Cycle II

1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 2/29

Wednesdays—Cycle III

3/7, 3/14, 3/21, 3/28, 4/4, 4/18, 4/25, 5/2

It's time to get into the kitchen. This class will teach kids simple recipes and ingredients. They will be taught the basics of measuring and following recipe directions while being creative and having fun. All supplies are provided. Maximum 15



Krafty Kids at Rec..

Boys and Girls in Grades K-4

Resident Fee: \$70

Non-Resident Fee \$95

Instructor : Gina Glynn

Room: C

Thursdays

4:00—5:00 pm

Cycle I

1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/1

Cycle II

3/8, 3/15, 3/22, 3/29, 4/4, 4/18, 4/25, 3/3

Have a fantastic time making all kinds of fun seasonal crafts and decorate your home yourself. Use your wildest imagination working with paint, clay, beads and so much more. All supplies provided.

Play-fit for Kids

Boys and Girls in Grades 3—8

Gym

Resident Fee: \$100

Non-Resident Fee: \$135

Site: Cresskill Community Center

100 Third Street

Thursdays—3:45—4:45 pm

Cycle II

1/26, 2/2, 2/9, 2/16, 2/23, 3/1, 3/8, 3/15

Cycle III

3/22, 3/29, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17

Cycle IV

5/24, 5/31, 6/7, 6/14, 6/21, 6/28, 7/5, 7/12

Is designed to allow children the opportunity to put down the video games and come have fun participating in a variety of fitness games and activities with an enthusiastic trainer. Whether you are looking to get your child off the couch and break a sweat, or entertain your child who already loves to move and play. Play-fit is a calorie burning program hidden behind fun fitness games. Come, move, laugh and play and leave looking forward to your next class! Your kids won't even know they just exercised.

Chess

Boys and Girls in Grades 2—5

Resident Fee: \$110

Non-Resident Fee: \$145

Instructor: Izmail Kogan

Site: Cresskill Community Center

Room: C

3:30—4:30

Fridays—Cycle I

1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9

Fridays—Cycle II

3/16, 3/23, 3/30, 4/20, 4/27, 5/4, 5/11, 5/18

Chess is an outlet for competitive urges, has a heritage dating back hundreds of years and is unrivalled in its breadth and depth.

Minimum 8



After School Programs

Intro to Acting Grades 3—8

Site: Cresskill Community Center
Instructor: Debbie Scanlon

Room: D

Fridays

Resident: 125 / Non-Resident: \$188
5 sessions

Cycle I

1/6, 1/14, 1/21, 1/28, 2/4

Cycle II

2/11, 2/18, 2/25, 3/3, 3/10, 3/23

Kids in grades K to 5 explore acting and express creativity through skits, improvisation and theater games. Students tap into their emotions while exercising the muscles of their imagination. Children develop their creative abilities in a supportive atmosphere with a focus on fun! Performance showcase in final class allows students to share their talent with family and friends.

Group A: Grades K, 1 & 2
3:45pm - 4:45 pm

Group B: Grades 3, 4 & 5
4:45 pm - 5:45 pm

Group C: Grades 6, 7 & 8
5:45-6:45 pm

ACTOR'S WORKSHOP

Students in grades 6, 7 and 8 will hone their creative skills in this acting workshop. Classes are tailored to the level of experience of the participants and will include theatre games, exercises and acting technique, monologues and scene study. Scene performance during final class allows students to showcase their talents for family and friends.

Discovery Kids Computer Putterbugs

Mon. & Fri. Room C Thurs. Room A/B
Boys and Girls in Ages 3—5

Resident Fee: \$140 / Non-Resident Fee: \$175

Site: Cresskill Community Center
Instructor: Anita Krohn

Mondays—Cycle I—10:00-10:45

1/9, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/12

Thursdays—Cycle I- 3:30-4:15

1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23

Fridays — Cycle I— 10:00-10:45

1/6, 1/13, 1/20, 1/27, 2/3

2/10, 2/17, 2/24

This program has now merged with the
Discovery channel

Children will become " Computer Detectives " on a learning adventure to a fun and imaginative location. Every class is different and features unique custom software. You will get a mission each week. Each child will be provided with a lap top to use in class. Solve problems while reinforcing skills All supplies are provided.

Class Size: Minimum 5; Maximum 10

Focus on Drawing

Room: C

Mondays 3:30 to 5:00 pm
Boys and Girls in Grades 4—8

Resident Fee: \$100 / Non-Resident Fee: \$150

Site: Cresskill Community Center
Instructor: Deirdre Molloy

Come learn to draw in a relaxed non-pressured environment. This class is appropriate for the beginner and the experienced student. You will learn to draw still life, landscape and portraits. Learn to see the world through your artist eyes.

Basketball

Pee Wee In-Town Basketball *Boys and Girls in Grades K—2*

Resident Fee: \$70 / Non-Resident Fee: \$120

Coordinator: Manoj Sathananthan

Site: Cresskill Community Center

Saturday Mornings

K- 9:15- 10:00 am

1st-10:00—10:45 am

2nd-10:45-11:30 am

The program will begin in December and will be an instructional program only; there will be no practices.

~ **Picture Day: February 4, 2012** ~

Junior and Senior In-Town Basketball *Boys and Girls in Grades 3—6*

Resident Fee: \$70 / Non-Resident Fee: \$120

Coordinator: Manoj Sathananthan

Practice Site: Bryan or Merritt School

Game Site: Cresskill Community Center

Games: Saturday Afternoons starting December

Practice begins in November, days and times left to discretion of coach (between 6:00 pm and 9:00 pm), with games played on Saturdays in December. Junior BB (Grades 3-4) practices will be held at Bryan School; Senior BB (Grades 5-6) practices will be held at Merritt School.

In-Town Evaluation **November 13**

3rd/4th Grade Girls 12:00-12:45

3rd/4th Grade Boys 12:45-1:30

5th/6th Grade Girls 1:30-2:15

5th/6th Grade Boys 2:25-3:00

7th/8th grade Girls 3:00-3:45

7th/8th Grade Boys 3:45-4:30

Please wear a shirt with your name on the back

Travel Basketball

Boys and Girls in Grades 3—8

Resident Fee: \$ 20

Fee to be Determined
(Can range up to \$250)

Tryouts will be held in October

Practices in November

Games in December

Coordinator:

This is a highly competitive program and players will be subject to cuts. This program is only for experienced players and not every player on a team will get equal playing time. This program requires a large time commitment on behalf of the player and parents. Fees will be assessed after you child has made a team.

Travel Try-Outs

October 23 Boys & Girls

Grade 3- 3:00 —4:15 pm

Grade 4- 4:15 — 5:30 pm

Grade 5 - 5:30 —7:00 pm

October 30 Boys & Girls

Grade 6 3:00 —4:15 pm

Grade 7 4:15 —5:30 pm

November 6

Grade 8 Girls 3:00 —4:15 pm

Grade 8 Boys 4:15 — 5:30 pm

NO registrations will be accepted the day of try-outs. Try-outs will be held at Cresskill Community Center.

~ **Picture Day: February 4, 2012** ~

Basketball will run from December through mid March with Playoffs



Dance

All ballet and tap classes taught by Ms. Lyn Zeleny—trained at the American Ballet Theatre, NYC, performed extensively at the Metropolitan Opera House and is currently a teaching artist with New York City Ballet. Classes are on Mondays at the Cresskill Community Center.

Room: D

Mondays

Resident Fee: \$120 / Non-Resident \$150

Additional Fee for longer Cycle IV

Cycle II

11/21, 11/28, 12/5, 12/12, 12/19, 1/2, 1/9, 1/23

Cycle III

1/30, 2/6, 2/13, 12/27, 3/5, 3/12, 3/19, 3/26

Cycle IV

Resident Fee: \$158 / Non resident Fee \$ 188

4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/4, 6/11, 6/12

Creative Movement—

Ages 3—4 2:45—3:30

A youthful introduction to ballet incorporating elements of creative movement. The class uses familiar themes such as Sleeping Beauty and Cinderella to introduce classical music, dance and creativity. Girls should wear leotard, tights and ballet slippers of any color.

Creative Movement/Primary Ballet

Ages 4—6 4:15—5:00

Creative movement with an increased focus on fundamental ballet steps. Girls should wear leotard, tights and ballet slippers of any color.



Ballet A—

Ages 6—7 5:45—6:30

Basic ballet terminology and movements presented in an age appropriate way. A fun way to start building correct technique. Girls should wear light pink leotard, pink tights, pink ballet slippers, hair pulled back

Ballet B—

Ages 8—10 3:30—4:15

This class is for the advancing younger student or a place for the older student to get started. Girls should wear light powder blue

Ballet C/D—

Ages 11+ 7:15—8:00

A study of classical ballet for the advancing student. Girls should wear black leotard, pink tights, pink ballet slippers, hair pulled back.

Pointe—

by teacher approval 8:00—8:30

The study of pointe work.



Tap A—

Ages 5—7 5:00—5:45

This class introduces basic tap steps, rhythm and coordination. Black tap shoes required. Girls are not required to wear leotard and tights for classes. They may wear leggings or other easy to move in clothing. Many students take tap and ballet so they may wear their ballet leotard.

Tap B—

Ages 8+ 6:30—7:15

This class builds upon the introduction to tap with the addition of more challenging steps.

Adult Ballet

Adults/Older Teens 2:00—2:45 or 8:30—9:25

Ballet techniques thoroughly explained and practiced in a warm supportive environment. If you have always wanted to learn ballet and benefit from the poise, coordination and posture that is developed, this is the class for you. Come enjoy the movement and the workout. Attire of your choice.

Boys Attire:

Creative Movement, Ballet and Tap—Clothes they can move comfortably in and black ballet slippers or black tap shoes.
Ballet A, B and C/D—White t-shirt, black sweatpants or tights, white socks and black ballet slippers.

First Aide / Nutrition

<p>First Aide Class Room: C Ages 16 +</p> <p>6:00 pm—9:00 pm</p> <p>Monday January 30</p> <p>Fee: \$ 7</p>	<p>Babysitting Room: C Ages 16 +</p> <p>6:00 pm—9:00 pm</p> <p>Thursday January 12</p> <p>Fee: \$ 7</p>	<p>CPR Class Room: C Ages 16+</p> <p>6:00 pm—9:00 pm</p> <p>Monday January 16</p> <p>Fee: \$ 7</p>	<p>Coach's CPR Room: C Ages 16 +</p> <p>6:00 pm—9:00 pm</p> <p>Tuesday December 6</p> <p>Fee: \$ 7</p>
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**Instructors: Henry Mc Donald
Kathy Hughes
Cresskill First Aid Squad**



Nutrition/Health Workshop

Do you New Years Resolution
Tuesday January 10th 7:00pm-9:00 pm
Instructor: Julie Lichty Balay, MS RD
Resident/Non -Resident \$35

Setting and Achieving Better Health Goals

Does your New Years Resolution include weight loss and exercise? Wonder why they never worked in the past? Trying to avoid taking that pill that doctors keep recommending?

If so, please register for this interactive workshop that will guide you through the process of analyzing your diet/exercise/lifestyle and create measurable and realistic nutrition/weight/exercise/health goals for 2012.

Seeing a nutritionist one-on one can cost hundreds of dollars and is often not covered by insurance. Take this opportunity to get the info your doctor doesn't have the time or knowledge to give you about how to change your diet and lifestyle to improve your health NATURALLY without drugs.

You will leave with your own individualized health assessment form and personalized direction on how to meet your unique health goals.

Gymnastics

Beginner Gymnastics

Boys and Girls—Ages 4–10

Room: A/B

Instructor: Beth Savas

US Gymnastics Safety and Preschool Certified

Resident Fee: (2 classes per week) \$200

Non-Resident: (2 classes per week) \$240

Resident Fee: (1 class per week) \$100

Non-Resident: (1 class per week) \$120

Site: Cresskill Community Center

~ Wednesdays and Fridays ~

4–5 year olds 3:30–4:30 pm

5–6 year olds 4:30–5:30 pm

6–7 year olds 5:30–6:30 pm

8–10 year olds 6:30–7:30 pm

~Fridays~

3–4 year olds

1:00 pm to 1:45

~ Saturdays ~

4–5 year olds 11:15–12:15 pm

5–6 year olds—12:15–1:15 pm

This fun and rewarding program gives the child an opportunity to obtain basic coordination and skills as a foundation for learning not only more advanced gymnastics but also any sport.

Parent/Toddler Gymnastics

18 mos–2-1/2 years 9:30–10:15 am

2-1/2–3-1/2 years 10:30–11:15 am

Room :A/B

This musically accented class offers your toddler a stimulating movement program. Created not only to give your child a jump start in physical fitness and coordination, but also provides an introduction to taking turns and interacting with other children. Your child will roll, swing, climb and jump their way towards improved fine and gross motor skills, gaining a foundation for learning not only more advanced gymnastics but also any sport. **A parent must be present at all times.**

Cycle II - Wednesday

1/4, 1/11, 1/18, 1/25, 2/11, 2/8, 2/15, 2/22

Cycle II—Fridays

1/6, 1/13, 1/20, 1/27, 2/3, 2/17, 2/24, 3/2

Cycle II—Saturdays

1/7, 1/14, 1/21, 1/28, 2/4, 2/18, 2/25, 3/3

Gymnastics Sports and Art Camp

December 27-30

9:00-5:00 pm

Boys and Girls—Ages 4–10



Per Week

Full day Session: Resident Fee: \$265 / Non-Resident Fee \$300

1/2 Day Session: Resident Fee \$150 / Non-Resident Fee \$170 (9:00 am–1:00 pm OR 1:00 pm–5:00 pm)

Per Diem

Full Day Session: Resident \$75 / Non resident \$85

1/2 Day Session: Resident \$40 / Non-Resident: \$45



Site: Cresskill Community Center

The winter break camp was created due to the success of the 2011 Spring Into Summer camp held with Cresskill recreation this past June. This camp will include a gymnastics class, arts and crafts, indoor sports and games. Each child should bring a snack and lunch each day except Friday when a snack and pizza will be provided as part of our celebration to ring in the New Year with the kids!

Please contact Beth Savas at 201-966-1520 or e-mail at bethsavas@hotmail.com with any questions.

Multi Sports /Sports Squirts

Sports Squirts Gym

Boys and Girls Ages 3–5

Resident Fee: \$130 / Non-Resident Fee: \$195

Hosted by U. S. Sports Institute
Site: Cresskill Community Center

Cycle II

Thursdays—6 sessions
1/26, 2/2, 2/9, 2/16, 3/1, 3/8, 3/15

Ages 3-4
3:45–4:45 pm

This program introduces children to a variety of sports such as soccer, T-ball, lacrosse and hockey in a safe, structured environment. All activities promote hand-eye coordination, movement, balance, and most importantly—fun.

US SPORTS INSTITUTE MULTI SPORTS CAMP

February 20 and 21
Monday and Tuesday
Presidents Day Recess

Cresskill Community Center
Ages 5 - 14

9:00 am - 12:30 pm
Resident Fee: \$75
Non-Resident Fee: \$113

1:00 pm—4:00 pm
Resident Fee: \$60
Non-Resident Fee: \$90

9:00 am-4:00 pm
Resident Fee: \$90
Non-Resident Fee: \$135

The camp gives our participants the opportunity to experience multiple sports in two days. Campers will receive technical instructions in each sport and will then experience the sport in a realistic game situation.

Soccer Squirts Gym

Boys and Girls Ages 3–5

Resident Fee: \$130 / Non-Resident Fee: \$195

Hosted by U. S. Sports Institute
Site: Cresskill Community Center

Cycle II

Thursdays—6 sessions
1/26, 2/2, 2/9, 2/16, 3/1, 3/8, 3/15

Ages 3-4
4:45–5:45 pm

This program introduces children to a variety of sports such as soccer, T-ball, lacrosse and hockey in a safe, structured environment. All activities promote hand-eye coordination, movement, balance, and most importantly—fun.



MUSIC

Guitar Lessons

Room: C

Boys and Girls Ages 8–11

Resident Fee: \$110 / Non-Resident Fee: \$145

Instructor: John Chamley

Mondays

Ages 8–9 6:00–7:00 pm

Ages 10–11 7:00–8:00 pm

Cycle II

1/9, 1/23/30, 2/6, 2/13, 2/27, 3/5, 3/2,
3/9, 3/26

Cycle III

4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21

John Chamley took guitar lessons from well-known guitar book author and educator John Gavall, and has played electric guitar professionally with several cover bands in the UK. He has taught guitar locally for nine years (www.guitar-lessons.us) and founded NJ Electric Guitar Group (www.njegg.org) teaching kids to perform for community and charity events in Clifton, NJ.

Students learn to play together in a weekly group class. Private lessons using Skype will be available for an additional fee. During the Skype lesson students show what they practiced and get personal advice before the next class. Guitar and high speed internet required.

Essential items to bring to class: guitar, music sheets, music stand, picks, footstool



Piano

Room A/B

Boys and Girls in Ages 3–6

Resident Fee: \$165 / Non-Resident Fee: \$215

Instructor: Lindee Lee

Site: Cresskill Community Center

3:15-3:45 age 3-4

3:45-4:15 age 5-6

4:00-4:30 age 5-6

Thursday—Cycle I

1/12, 1/19, 1/26, 2/2, 2/9

2/16, 2/23, 3/1

Children between the ages of 3-6 learn to play familiar songs and an impressive amount of music theory. This class combines music and fun. In class keyboards will be provided for each child.

A \$35 material fee is payable to instructor on first day of class.

Class size is limited to 6 children



New! New! New!

Coming Soon . . .

Drum lessons for boys and girls



Self Defense



AMERICAN SELF DEFENSE AND FITNESS CENTER

Room: D

Resident Fee: \$99

Non-Resident Fee: \$129

8 sessions—Uniform included (New Students Only)

Cycle II-Wednesdays

11/16, 11/30, 12/7, 12/14, 12/21, 1/4, 1/11,
1/18

Cycle III-Wednesdays

1/25, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7, 3/14

Cycle IV-Wednesdays

3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9

Tae Kwon Do for Kids (Ages 7 +)

Arm your child with confidence! Martial Arts can create an impressive change in your child's behavior. Our program teaches respect, focus, concentration and the power of positive mental attitude. Best of all our professional instructors make it fun.

Wednesday 5:00—6:00 pm

Easy Defense for Kids (Ages 6—11)

Bully proof your child! Self-defense starts with awareness, preparation and prevention. We teach a comprehensive self-defense course that can arm your child with the tools they need to keep themselves safe. As a parent, it's scary thinking about what can happen to our kids when we aren't around. We can't be with them twenty four hours a day to protect them. Luckily, we can teach them about the dangers of strangers and what to do if they are approached by a bully, just as we teach them what to do in case of a fire or other emergency. Being prepared is essential, and will help give your child confidence and you, peace of mind. EZ Defense For Kids Will Cover: Safety Tips, Interactive Role Playing, Scenario Basic Escape Strategies and Bully Prevention Strategies.

12

Self Defense For Teens & Adults (Ages 12 +)

How safe is your teenager!?! Self-defense starts with awareness, preparation and prevention. We teach a comprehensive self-defense course that can arm Teenagers with the tools they need to keep themselves safe. When it comes to self-defense you never want to think, "It will not happen to us." Instead, you say, "I hope it never happens, but if it does I know my teenager knows what to do." Let us help your teenager be prepared and safe. Limited space available, register today

Wednesday 6:00—7:00 pm

Resident Fee \$99

Non-Resident Fee \$129

8 sessions—T-Shirt included

Cycle II—Wednesdays

11/16, 11/23, 12/7, 12/14, 12/21, 1/4, 1/11,
1/18

Cycle III-Wednesdays

1/25, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7, 3/14

Cycle IV-Wednesdays

3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9



Soccer / Tennis / Wrestling

Winter Indoor Soccer

Boys and Girls entering Grades K–4

Resident Fee: \$50 / Non-Resident Fee: \$100

Coordinator: Dan Riccardo

This program will begin in February at Bryan School. Games and practices will take place on either Tuesday or Thursday evenings from 6:00 to 9:00 pm. Volunteer coaches contact Coachriccardo@gmail.com

All players must wear shin guards and sneakers.

Tuesdays or Thursdays

2/2, 2/7, 2/9, 2/14, 2/16, 2/23, 2/28
3/1, 3/6, 3/8, 3/13

Wrestling

Grades 2–8

Resident Fee: \$45

League prohibits Non-residents

Practice Site : CHS

Tuesdays and Thursdays

Coordinator: David Fishbein

Practices in late November at Cresskill High School Auxiliary Gym on Mondays, Tuesday and Thursday evenings from 6:00-8:00 pm with league matches to begin in early January on weekends

This is a highly competitive program and players will be subject to cuts. This program is only for experienced players and not every player on a team will get equal playing time. This program requires a large time commitment on behalf of the player and parents. Fees will be assessed after you child has made a team.

11/29, 12/6, 12/8, 12/13, 12/15, 12/20
12/22, 1/3, 1/5, 1/10, 1/12, 1/17, 1/19
1/24, 1/26, 1/31, 2/2, 2/7, 2/9, 2/14
2/16, 2/23, 2/28, 3/1, 3/6, 3/8, 3/1
3/16, 3/20, 3/22, 3/27, 3/29

Schedule Subject to change

Winter Instructional Tennis

Boys and Girls - Grades 1 and up

Instructor: Barry Ruback

Site: 3rd Street Tennis Courts

Resident Fee: \$120 / Non-Resident Fee: \$145

Mondays

Cycle II

11/14, 11/21, 11/28, 12/5, 12/12, 12/20

Tuesdays

Cycle III

1/3, 1/10, 1/17, 1/24, 1/31, 2/7

Tuesdays

Cycle IV

2/28, 3/6, 3/13, 3/20, 3/27, 4/3

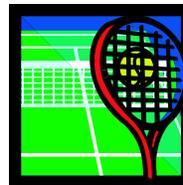
Grades 1–2 3:30–4:20

Grades 3–4 4:20–5:10

Grades 5–6 5:10–6:00

This program offers instruction for the beginner through the advanced player. Each class offers a small instructor-to-student ratio. Rackets will be supplied during the lessons. Emphasis will be placed on fundamentals, exercise and fun. All rain dates will be made up. Barry Ruback, world ranked tennis professional and five-time United States Professional Tennis Association Eastern Male Player of the Year, and his professional staff will provide the instructions.

Limited to the first 15 per class



Adult Programs

ZUMBA TONING WITH WENDY!

Room: D

Fridays

Resident Fee: \$100 / Non-Resident Fee: \$120

Drop in Class
\$20

Instructor: Wendy Tilp

Site: Cresskill Community Center

9:15—10:15 am

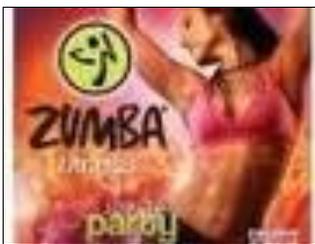
Zumba Toning takes the original Zumba Dance fitness class to the next level utilizing an innovative muscle training program with the addition of light weight maraca-like toning sticks. Created to emphasize muscle work along with rhythm.

Cycle III

2/10, 2/17, 2/24, 3/2, 3/9, 3/23, 3/30, 4/20

Cycle IV

4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15



ZUMBA WITH WENDY!

Room: A/B

Tuesday

Resident Fee: \$100 / Non-Resident Fee: \$120

Thursday

Resident Fee: \$100 / Non-Resident Fee: \$120

Two Classes Per Week

Resident Fee: \$180 / Non-Resident Fee: \$216

Drop in Class

\$20

Instructor: Wendy Tilp

Site: Cresskill Community Center

9:15—10:15 am

Zumba combines high energy and motivating music with unique moves and combinations that allow you to dance away your worries. Zumba is not only great for the body, but also great for the mind. Reduce stress, increase energy, burn fat, lose weight, build endurance, tone muscle, strengthen your heart, and gain confidence—all with a smile on your face!

Cycle III—Tuesdays

12/6, 12/13, 12/20, 1/3, 1/10, 1/17, 1/24, 1/31

Cycle III—Thursdays

12/15, 12/22, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9

Cycle IV- Tuesdays

2/7, 2/14, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3,

Cycle IV- Thursdays

2/23, 3/11, 3/8, 3/15, 3/22, 3/29, 4/5, 4/19

10% Discount on 2 classes a week

20% Discount on 3 classes a week

Adult Programs

ADULT HATHA YOGA

Room: D

Resident Fee: \$110 / Non-Resident Fee: \$145

Site: Cresskill Community Center

Instructor: Martin Bland

Wednesday—7:00—8:30 pm

Cycle II

1/4, 1/11, 1/18, 1/25, 2/1, 2/8,
2/15, 2/22

Cycle III

2/29, 3/7, 3/14, 3/21, 3/28, 4/4,
4/11, 4/18



Hatha Yoga consists of an uninterrupted 40-minute daily routine, a relaxation segment and additional exercises for the more advanced student.

ADULT MEDITATION

Room: D

Resident Fee: \$90 / Non-Resident Fee: \$120

Site: Cresskill Community Center

Instructor: Barbara Finlayson

Sundays

10:00—11:00 am

Cycle I

1/8, 1/15, 1/22,
2/5, 2/12, 2/19

Learn various meditation and breathing techniques that will reduce "mind clutter." Relax your body and mind to help you think more clearly. With repeated effort, these conscious relaxation exercises will enable you to reach a state of serenity and improved health.

Minimum Class Size: 6

ADULT BALLET

Room: D

Older Teens—Adult

Resident Fee: \$120

Non-Resident Fee: \$150

Additional Fee for longer Cycle IV

Instructor: Lyn Zeleny

(see bio on Page 3)

Site: Cresskill Community Center

Mondays

2:00—2:45 pm ~ or ~ 8:30—9:25 pm

Ballet techniques thoroughly explained and practiced in a warm supportive environment. If you have always wanted to learn ballet and benefit from the poise, coordination and posture that is developed, this is the class for you. Come enjoy the movement and the workout. Attire of your choice.

Cycle II

11/21, 11/28, 12/5, 12/12
12/19, 1/2, 1/9, 1/23

ADULT REFLEXOLOGY

Room: D

Resident Fee: \$70 / Non-Resident Fee: \$90

Site: Cresskill Community Center

Instructor: Barbara Finlayson

Sunday—11:15am—12:15 pm

Cycle I

1/8, 1/15, 1/22

Everyone can benefit from reflexology's amazing ability to soothe the body. Learn how you can reduce your own stress, cramps, headaches and digestive discomforts by simply massaging your feet, hands & ears. An introduction to pure therapeutic essential oils is included. With connection to Chinese Meridian System

Minimum class size: 6

Adult Programs

ADULT BOWENWORK

Room: D

Resident Fee: \$70/Non-Resident Fee: \$90

Site: Cresskill Community Center

Instructor: Barbara Finlayson

Sundays—12:30—1:30 pm

Cycle I

1/8, 1/15, 1/22

Bowen work is a gentle form of touch in which very subtle moves performed over the muscles and connective tissue send messages deep into the body, retrieving cellular memory of a preferred, relaxed, balanced way of well-being.

Minimum class size 6

Guitar Lessons for Adults

Room: C

Adults & late teens 17+ with little or no experience

Resident Fee: \$110 / Non-Resident Fee: \$145

Instructor: John Chamley

Wednesday

7:30pm-8:30 pm

Cycle I

1/9, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/2

Cycle II

3/9, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7

Students learn basic cords, power chords, strumming patterns, playing melodies and melody scales, using a capo, tuning guitar and reading notation. (8 weeks with follow up classes available.)

Requirements :

Acoustic or Classical guitar, Digital Chromatic Tuner , music stand, picks.

Internet access for downloads, class blog and possible Skype sessions.

John Chamley took guitar lessons from well-known guitar book author and educator John Gavall, and has played electric guitar professionally with several cover bands in the UK. He has taught guitar locally for nine years (www.guitar-lessons.us) and founded NJ Electric Guitar Group (www.njegg.org) teaching kids to perform for community and charity events in Clifton, NJ.

Adult Basketball

Gym

Resident Fee: \$35 / Non-Resident Fee: \$60

Both Days Resident \$ 60 / Non resident \$ 103

Guest Fee: \$10 per session

Session II

Thursdays—7:00—9:00 pm

12/15, 12/22, 12/29, 1/5

1/12, 1/19, 1/26, 2/2

Session II

Sundays 10:00 am—Noon

12/11, 12/18, 1/8, 1/15

1/22, 1/29, 2/5, 2/12

Session III

Thursdays—7:00—9:00 pm

2/2, 2/9, 2/16, 2/23,

3/1, 3/8, 3/15, 3/22

Session III

Sundays 10:00 am—Noon

2/5, 2/12, 2/19, 2/26

3/4, 3/11, 3/18, 3/25

LEARN TO SOCIAL DANCE WITH MS. BARBARA MULLER

Room D

Resident Fee: \$75 / Non-Residents: \$113

Wednesdays

7:15—8:30 pm

Cycle I

1/11, 1/18, 1/25, 2/1, 2/8, 2/15,

Cresskill Middle and High School students have been learning to social dance at CHS with Ms. Muller. If you would like to improve YOUR social dance skills, find a partner (or not) and join us for some fun! The needs of the group will determine the style—Ballroom, Latin—or both! The class works best with a fair amount of participants. Get a group of friends together and join us! This class will begin in January

Minimum Class size 8

Upcoming Events



Holiday Tree Lighting
Sunday, December 4

5:30 pm
Veterans Square

Join us after the lighting at
The Cresskill Fire House
meet Santa
and enjoy snacks

Come join Us



Holiday Home Decorating
Contest



December 1-16



Winners will be receive a
plaque at the Mayor and
Council meeting on
December 21st 7:30 PM



Letters to Santa

Mailbox will be placed in front of Borough Hall from November 1 to December 1

Write your letter to Santa and drop in the mailbox. All letters must have a return name and address.

Cresskill Residents Only



OPEN GYM NIGHT

Fridays

6:30 pm to 8:00 pm

age 12 and under **Adult supervision required**

8:00 pm to 10 pm

age 13 and above

1. Cresskill Residents only
2. Proof of residency required (Student ID, licenses etc.)
3. Anyone under the age of 12 must have a parent or other adult who has been assigned responsibility by the parent.
4. No more than five children can be supervised by any one adult.
5. Each child must be signed in at front desk with a note giving permission for another parent to watch their child

Open Gym Night will continue through the Fall on Fridays with some exceptions. Please check your e-mails.

(Rules subject to change- Changes will be sent out by e-mail)

NO OPEN GYM

November 11 and 25 and April 6

VISIT OUR WEBSITE @ WWW.CRESSKILLBORO.COM

OTHER CONTACTS:

Cresskill Junior
Football

P.O. Box 59
Cresskill, NJ 07626

201-503-1112

jk720@aol.com

Cresskill/Alpine Baseball

P.O. Box 150
Cresskill, NJ 07626

Cresskillalpinebaseball@hotmail.com

Cresskill Cougar
Soccer

**Cresskillcougarutd-
soccer@gmail.com**

PROGRAM CALENDAR

November 2011

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			

Nov 11 Open for Camp Only

No Programs
Nov. 5 Showcase
Nov. 11,24,25
Borough Holiday

No Programs
Oct.10
Borough Holiday
Rag-A-Muffin parade
Oct. 29

December 2011

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

February 2012

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			

No Programs
Feb. 20

No Programs
Jan. 16

January 2012

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				

March 2012

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

No Programs
Apr. 6
Borough Holiday

April 2012

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					