

*Enhancing Life
Through Recreation*



2010-2011

CLARK RECREATION

Dedicated to the memory of Keith W. Dolan



TOWNSHIP OF

Clark NEW JERSEY

SAL BONACCORSO
MAYOR

430 Westfield Avenue
Clark, New Jersey 07066-1704
Tel: (732) 388-3600
Fax: (732) 388-3839

Dear Residents of Clark,

I am happy to make this recreation brochure available to you. The township council and I remain dedicated to improving, supporting and enhancing recreational programs for all of our citizens. I am very proud of our recreation director, Ralph Bernardo, and the programs he has put together for your enjoyment.

We will continue to maintain and upgrade our recreational facilities whenever and wherever possible.

Recreation program enrollment tells us that our families, children and adults are taking the opportunity to enjoy all that the recreation department offers. I encourage all residents to participate in our recreational programs and discover why Clark is a great place to live.

Sincerely,

Sal Bonaccorso
Mayor



Welcome to Clark Recreation! Please take the time to read thru this brochure and realize all that the township's recreation department has to offer to its residents. Many programs and events are free. We hope that you and your families will take advantage and participate in as many activities as time allows you. We have done our best to offer a variety of activities that appeal to a large audience so that we have something for everyone.

For those of you not familiar with the recreation center, we are part of the municipal building. We house two large gymnasiums, a senior fitness center for our residents 55 and over, an aerobics and exercise room, teen center, cafeteria, functional kitchen, and meeting rooms. On the surrounding grounds outside we have well maintained softball and soccer fields, (lights on two fields), tennis courts, Fun time Junction kiddie Park and a full service concession stand with bathrooms which is operated by the Clark Girls Softball Organization.

The recreation center has become the heartbeat of the town. A vital part of the recreation department is our many volunteers and the valuable time they give. We are deeply appreciative for the many hours they devote to the youth of our town. If there is a class, sport, or event that you think would benefit and enhance the recreation department, please feel free to contact me to discuss. Have a great year and please stop by the recreation office anytime to pick up brochures, flyers and general information for all that is taking place in town.

Sincerely,
Ralph Bernardo, Director of Recreation

Recreation Mission Statement:

The mission of Clark Recreation is to provide the community with a variety of youth, adult and family activities that will offer our citizens the opportunity to use personal leisure time in a viable, productive and gratifying manner improving their quality of life.

Clark Recreation Administration

Mayor - Sal Bonacorso

Business Administrator - John Laezza

Councilwoman Liaison Recreation/Pool
Sheila Whiting

Director of Recreation - Ralph Bernardo

Night Recreation Supervisor
Pete Zimbaro

Senior Citizen Director - Phyllis Cupo

Clark Pool Director - Mike Kozlowski

Director of Public Works/Shade Tree
Joe Bonacorso

Teen Center Director - Vic DeMarzo

Contact Info & Hours of Operation

430 Westfield Ave.

Clark, NJ 07066

Phone: 732-388-3600 ext 3009
or 732-428-8400

Fax: 732-388-3242

E-mail: Rbernardo@ourclark.com

Recreation Office Hours

Monday thru Friday from 8:30-4:00 pm

Recreation Facility Hours

Monday thru Friday 8:30-11:00 pm

Saturday and Sunday 8:30-9:00 pm

The township of Clark website
[www. Ourclark.com](http://www.Ourclark.com)

Clark Library's website is available at
www.clarklibrary.org

Clark Cable Channel TV36

Radio Station Channel 1700AM

This AM radio station will be used in conjunction with the existing cable TV36 which will continue to be Clark's Community Access TV station and operate for non-profit programming and community events.

General Information

3 Ways to Register

1. Mail In Registration Form

Clark Recreation – 430 Westfield Ave.
Clark, NJ 07066

2. After Hours Drop Off

Place form and payment in envelope and drop in mail box located right next to the Recreation office.

3. Walk In

Monday thru Friday – 8:30-4:00 at the Recreation office.

*Registration forms are available
at the Rec Center*

All registrations are held at the Clark Rec Center unless otherwise noted. Be sure to visit the Recreation Center and review the bulletin board for important information for upcoming events that you may have missed through the schools.

Refund Policy

Refunds will NOT be issued once the program starts. Full refunds are granted in the event that a class is full or canceled by the Recreation Department.

Program Cancellations

The Recreation Department reserves the right to cancel, postpone or combine any program due to insufficient registration or other causes that may affect the health, safety or welfare of the program participants. The Recreation Department does not follow the school calendar. If school is cancelled due to inclement weather, call the recreation department to see if a class has been cancelled for that night. Every effort will be made to notify registrants of program cancellations.

Photo Policy

Please be advised that all participants involved in any department programs or special events are subject to being photographed. Such photographs may be used by the Township of Clark without obligation to provide compensation to those photographed.

How to Watch a Good Program Die!

Nothing kills a recreation class faster than participants who wait until the last minute to enroll. There is a point at which courses must be cancelled due to insufficient registration. **Please enroll early!**

We Love Parents but.....

Parents are allowed to attend their child's first day of class (unless specified by the instructor). Please do not remain in the classroom after dropping off your child. This is in your child's best interest, as continual interruptions tend to affect participants' attention spans and inhibit the establishment of peer relationships. Thank you for your cooperation.

IMPORTANT

***It is mandatory that in order to coach in Clark all coaches must take the Rutgers Youth Sports Clinic which is offered several times throughout the year at the Recreation facility.**

Watch for announcements on channel 36 or through the sport organization that you want to coach.

Preschool Programs

NEW! Tots and Crafts

Tuesdays – 12:30-1:30 pm

Ages 3-5 – Recreation Center Cafeteria

Enjoy and early afternoon of arts and crafts with your child. Each week you and your child will work on an age appropriate craft together. If parents aren't available bring grandma or grandpa. All are welcome!

Dates: Begins September 28th

Cost: \$30 for 6 weeks

Registration required

Mangia! Mangia!

Mommy and Me Cooking!

Mondays – 9:30-10:30am or 12:30-1:30pm

Preschoolers ages 2-4 (Pre K only)

Rec Center – Kitchen

Join the fun with this cooking class for mommy and preschooler. The instructor will tell a story while tying in food from that particular story. Mommy and preschooler work hand in hand to create the snack for the theme of that week. Singing, playing, and cooking are all tied together. Guarantee fun for mother and child. Dads are welcome as well.

Dates: Begins September 27th

Cost: \$30 for 6 week session

Registration Required

Kiddie Soccer

Tuesdays – 9:45-10:45 or 1:30-2:30

Ages 3-5 years old

Rec Center – Front gym

Join the fun learning the great game of soccer. Preschoolers will be coached by competitive soccer org from the UK. The instructors will teach basic fundamental skills to the children instilling sportsmanship and fun. Mommy or Daddy can sit on the sidelines and watch. Guarantee fun for all. Balls and equipment are supplied.

Dates: Begins October 5th

Cost: \$65.00 for 6 weeks

Registration Required

NEW! Stretch N Grow

Thursdays – 11:00-11:30 am

Ages 2-5 – Recreation Center

Weekly 30 minute sessions with special classes for Toddlers, Preschoolers and kindergarten. This class focuses on balance, coordination and sports readiness skills. Each class includes warm-up, cardio, cool down and stretching, including fun Kids Yoga!

Dates: Begins September 30th

Cost: \$40 for 6 weeks

Registration required

NEW! First Base - Kiddie Baseball

Tuesdays – 9:45-10:45 am or 1:30-2:30 pm

Preschoolers ages 3-5

Recreation Center - Gym

Join the fun being introduced to the great game of baseball. Preschoolers will be coached by competitive trainers from the UK. The instructors will teach the basics of catching, throwing, hitting and handling of the ball. Equipment is supplied. Sneakers are all that is required.

Dates: Begins in April

Cost: \$65 for 6 week session

Registration required

Kiddie Tennis

*Thursdays – 10:00-10:45 am
or 12:30-1:15 pm*

Preschoolers ages 3-5

Recreation Center - Tennis Courts

This course offers an introduction to the great game of tennis. First Serve Academy instructors focus on safety, motor skills, and hand-eye coordination. We want our kids to love tennis, make new friends and enjoy being part of a team!

Dates: Begins September 30th

Cost: \$65 for 5 week session

Registration required

**Preschool Registration forms
are available at the Rec Center**

Youth Programs

Kids Ceramics

Fridays (Once a month)

4:00-6:00: K-3rd grade

6:30-8:00: 4th-6th grade

Rec Center – Cafeteria

Have fun with friends creating a themed ceramics piece each month of the class. Craft is for the following Holidays – Halloween – Thanksgiving – Christmas – Valentines Day – Easter – Mother's Day

Cost: \$8 session once a month –

Dates: Oct. 15 - Nov. 12 - Dec. 10

Registration Required



Theater for Kids

Saturdays – 11:30-1:00: 3rd-6th grade

Rec Center – Cafeteria

Each participant is assigned a role, learn lines, and work on basic acting techniques. Through playing theater games, and rehearsal time, the students become comfortable and familiar with the stage, speaking in front of an audience and cooperating with their peers to get the job done. The final class is SHOW TIME! Parents are invited.

Dates: Begins October 16th

Cost: \$55 per child per 6 week session

Registration Required

Handicrafts

Thursdays –

3:30-4:30: K-2nd grade

4:30-5:30: 3rd-5th grade

Rec Center – Cafeteria

After school, unwind and get your creative juices flowing as you create a different themed masterpiece each week with different materials. All areas of arts and crafts such as painting – beads-sticks – and much more.

Dates: Begins September 30th

Cost: \$25 for 6 week session

Registration Required



Dance Fitness – “Movin and Groovin”

Wednesdays – Gr. K-2: 4:00-5:00

Gr. 3-6: 5:00-6:00

Recreation Center

Let's get back to basics. Let's dance with exercise! Let's tumble for coordination! Let's get energized and work better with increased endurance and flexibility. Let's do it all for fun. The sessions will build confidence, energy and give you that feel good attitude. We will also discuss and learn about healthy nutrition. Both boys and girls are welcome.

Dates: Begins September 29th

Cost: \$40 for 6 week session

Registration required

Cooking for Kids

Tuesday 4:00-4:45: K-2 Gr.

5:00-5:45: Gr.3-4 / 6:00-6:45: 5th Gr. & Up

Rec Center- Kitchen

Learn the fundamentals of cooking, preparing snacks, basic dishes, spices and much more. Grab a friend and an apron and head on over to the rec centers kitchen.

Dates: Begin October 5th

Cost: \$30 for 6 week session

Registration Required

NEW! Guided Meditation for Kids

Mondays – 7:00-7:45 pm

Recreation Center

A safe and exciting way to introduce and expose children to all the wonders and benefits of meditation. This class will help enhance children's flexibility, strength, coordination, and body awareness. Very important is the technique that will promote concentration and sense of calmness and relaxation. Meditation for kids brings out the energy and inner beauty that all children have.

Dates: Begins October 4th

Cost: \$25 for 5 week session

Registration required

Scrap Booking/Card Making

Tuesdays – 7:00-8:30 pm
Rec Center

Relax, and enjoy the art of scrap booking and gift card making. This course will teach you how to make handmade greeting cards, scrap booking, and handcrafted gifts.

Dates: Begins October 5th
Cost: \$40 for 8 week session
OPEN TO CHILDREN AND ADULTS.
Registration Required

Introduction to Rock Instruments

Tuesdays – 6:00-7:00 pm - ages 4-6
Tuesdays – 7:00-8:00 pm - ages 7-10
Rec Center

Not sure what instrument is right for you or your child? Well try them all! A course designed to teach introductory lessons for bass and electric guitar, keyboards, drums, percussion as well as vocals. Basic note reading and music theory will also be introduced. Instruments will be supplied.

Dates: First Session Begins October 5th
Cost: \$60 for 6 week session
Registration Required

Introduction to Guitar –

Tuesdays – 8:00-9:00 pm (ages 10 and up)
Rec Center

Do you love to play air guitar to your favorite songs? This fun and exciting course is designed to teach students of all ages the basic fundamentals and techniques needed to play guitar of any musical style. Professional guitar instructor teaches all classes. Instruments supplied if needed.

Dates: First Session Begins Oct 5th
Cost: \$60 for 6 week session
Registration Required



Roller Skating

Fridays Pre-K-2nd. 6:00-7:30 pm
3rd-5th 7:30-9:00 pm
Rec Center – Front Gym

Have fun and join the crowd each week roller skating or roller blading. Sorry, hee-lies are not permitted in the building. Children must be accompanied by an adult.

Dates: Begins in November
Cost: FREE
Registration Required

NEW! Bead-iful Designs by You!

Beginner ages 8-12
Wednesdays – 7:00-8:00 pm
Rec Center

In this class you will learn basic beading techniques to make your project look professional. You will design, construct and crimp a necklace using glass beads. Bring your own charm or hanging pendant that you might want to add as a focal point. You will also work with jewelry pins to create matching earrings. A great way to get started on a new hobby that can easily turn into a beading obsession!

Dates: Begins September 29th
Cost: \$30 per 6 week session
Includes all materials. Class limited to 12
Registration Required

Young Picasso's – Painting for Kids

Tuesdays 6:00-7:30
ages 9-13

Get your artistic juices flowing in an acrylic painting class for kids. Students will learn about the uses of color, brushes, painting techniques and layouts of their favorite scenes on canvas.

Dates: Begins October 5th
Cost: \$40 for 6 week session
Registration Required



Teen Center

*Wednesdays 6:00-7:30: 6-7-8 gr
7:30-9:00: High school
Fridays 6:00-8:30: 6-7-8 grade
8:30-12 am: High School*

The teen center is an open program to all Clark boys and girls from middle school thru high school. At the supervised center, boys and girls can partake in basketball, ping pong, play video games, watch the big screen TV, or just sit and socialize with friends.

Dates: Open all year
Cost: FREE

NEW! Baton Twirling

*Thursdays – 7:00-8:00 pm
Rec Center*

Ever wonder how those performers manage to spin those batons so quickly and gracefully? Learn basic tricks and twirls in this fun new class. Baton twirling encourages valuable qualities such as coordination, body awareness, flexibility, strength, confidence and expression.

Dates: Begins October 14th
Cost: \$20 per 6 week session
Additional \$30 to order correct sized and weighted baton thru instructor
Registration Required

NEW! Introduction to Violin

*Tuesdays 6:00-7:00
Rec Center*

This fun and exciting course is designed to teach students of all ages the basic techniques to play the violin. Students will learn to read music, learn proper finger technique and bowing fundamentals, and perform a varied repertoire of music. Classes are taught by a professional instructor. Instruments will be supplied if needed.

Dates: Begins October 5th
Cost: \$60 for 6 week session
Registration Required

Cub Scouts

Cub Scouts is a fun, exciting service organization for boys in the 1st thru 5th grade. You can go further within the scouts by becoming a boy scout through high school. Scouting is full of activities such as the Pine Wood Derby, camping, trips, servicing the community and making new friends. Flyers will be sent home through the school system.



Girl Scouts

Girls Scouts is a great way to have fun, service the community and make new friends. Girls Scouts is open to all girls in kindergarten through high school (5 years and up). For more information please e-mail cgwgirlscouts@yahoo.com.

Dates: Meetings times are up to each individual leader.
Registration Required



*“You can get to know a person
more in an hour of play,
than a year in conversation”*

– Play Doh

Youth Sports Programs

Recreation Field Hockey

Played at ALJ Turf Field

This program introduces individuals to the popular sport of Field Hockey. Participants will have the opportunity to learn the different skills and rules of the game. Open to all girls in grades 4th thru 8th in both Clark and Garwood. **Registration forms will be distributed through the schools in March.**

Dates: Begins in April and runs 4 Sundays

Cost: Varies depending on need of a stick, balls and mouthpiece - \$20-\$30-\$55

Registration Required

Karate

Children ages 8 and older

Wednesdays & Fridays 7:00-8:00 pm

Adult and juniors

Mon.-Wed.-Fri. 7:00- 9:00 pm

Rec Center – Cafeteria or Gym

The karate club is a Cuong Nhu Oriental Martial Arts school that blends the basic element of Shotokan Karate and combines aspects of Aikido, Judo, Wing Chun, Vovinam, Tai Chi Chuan and boxing.

Dates: All year

Cost: FREE

Registration Required

Recreation Basketball

The Recreation basketball league is open to all girls and boys in grades 1-8 that reside in Clark. **Registration forms will be distributed through the schools in September.**

Dates: Practice begins in November, with games played once a week thru February.

Cost: \$50 per player, each additional family member is \$25. Instructional league – grades 1 & 2 is \$25 per player.

Registration Required



Skateboarding

Saturdays 11:00-1:00

Boys and Girls Grades 3-9

Esposito Park

Clark Recreation has teamed up with Central Jersey Skate Shop in Edison to introduce to you a skateboard program. This clinic is being offered to beginners, intermediate and advanced skaters. Experienced skateboarders will be conducting the clinics. Beginners will learn the terminology, safety and basics of skateboarding. Skateboard and helmet is required. Elbow and knee pads are recommended. No one will be allowed to participate without a helmet! **Registration forms will be distributed in schools.**

Dates: September 25th & October 2nd

Cost: \$30

Registration Required

Indoor Soccer

Saturdays (6 week program)

This popular, fun program is open to all children in grades K-8. **Registration forms will be distributed through the schools in October.**

Dates: January 7th thru February 12th

Cost: \$25

Registration Required

Recreation Lacrosse

Played at ALJ Turf Field

Everyone plays and learns the skills necessary to have a great time. The emphasis is on self confidence, positive attitudes, fair play, development of strengths, and Fun! Open to all children K-7th grade. **Registration forms will be distributed through the schools in December.** If you have any questions you can call Jason at 732-371-1378.

Dates: Begins March and runs once a week thru June

Cost: \$150 for 3rd-8th grade
\$50 for K-2nd grade – Soft Toss

Registration Required

Recreation Roller Hockey

*Saturdays – Hehnlly School Hockey Rink
(behind school on Meadow Rd)*

Open to all children from 1st-12th grade. All players are responsible for the purchase of their own equipment. Each player will receive a long sleeve hockey tee shirt. **Registration forms will be distributed through the schools in September.**

Dates: October thru December

Cost: \$35

Registration Required

Soccer

The Clark Soccer Club runs the soccer program in Clark. Open to all children grades K-8. **Registration forms will be distributed through the schools.** If you have questions you can visit www.clarksoccerclub.org. You can also sign up for the travel program thru this club as well.

Dates: Fall season: September-November
Spring season: March-May

Cost: Varies depending on grade.

Registration Required

Ice Hockey Spring League

Clark Recreation has teamed up with the ALJ Ice Hockey coaching staff to bring you Clark's youth ice hockey program. This club will be part of the Union Sports Arena Middle School Spring 2011 League. All Clark boys in grades 4-8 are eligible to participate. The league will consist of 12 practices and 8 games plus playoffs. **Registration forms will be distributed through the schools.**

Dates: Begins March 2011

Cost: \$230

Registration Required

Bowling for Kids

*Saturdays 12:00 pm
Linden Lanes 908-925-3550*

Come join the fun playing the great sport of bowling. Program includes 2 games, use of rental shoes, instruction, assistance and a trophy awards program. **Registration forms will be sent through the schools.**

Dates: Begins September 18th

Cost: \$7 per bowler each week

Registration Required

Clark Girls Softball League

Open to all girls in grades K-8. The Clark Girls Softball League runs this program independently from the recreation department even though all practices and games are played at the recreation complex. **Registration forms will be distributed through the schools in October.** If you have any questions, you can visit their website www.eteamz.com/CGSB.

Dates: Regular season begins in March.

Cost: Various prices depending on grade and fund raising responsibility

Registration Required

Recreation Tennis Camp

This very popular summer program runs for an entire week. Children will be taught the fundamentals of tennis. Open to all children K-9th grade. **Registration forms will be distributed through the schools in March.** Court space is limited and will close when the class hits its maximum number of players.

Dates: Choose 1 of five weeks beginning in late June.

Cost: \$65 per child with \$10 off for each additional sibling.

Registration Required

Spring Into Volleyball

Grades 5-6: Mondays 3:30-4:30pm

Grades 3-4: Tuesdays 3:30-4:30pm

Recreation Center Gym

Come out and have fun learning the fundamentals of playing beach volleyball without the sand. This second year program is offered to all boys and girls grades 3-6. **Registration forms will be sent through school.**

Dates: Begins April

Cost: \$20 for 6 week program

Registration Required

Golf for Juniors

Wednesdays – Gr. 2-3: 4:00-5:00

Gr. 4-5: 5:00-6:00 / Gr. 7-8: 6:00-7:00 pm

This popular program invites all beginners, intermediate and advanced golf players to learn the fundamentals of the game, and have fun playing the great sport of golf. Open to all children 2nd-8th grade. **Reg-**

istration forms will be distributed through the schools.

Dates: Fall session- Sept 22nd - Oct 13th
Spring session – April-May (runs 4 weeks)

Cost: \$10 a week

Registration Required

Jr. Crusader Recreation Wrestling

This is an exciting program for youngsters in grades K-6. We provide the fundamentals of wrestling while building confidence, strength and agility. We accept children from 5 years through 6th grade. Practice will be held two days a week at the high school wrestling room. Wrestlers also have the opportunity to compete in area tournaments. **Registration forms will be distributed through the schools.**

Dates: Practice begins at the end of November and runs thru February

Cost: \$90 for the first child and \$45 for each additional sibling

Registration Required

Pop Warner Football/Cheerleading

Open to all boys and girls in grades K-8. The Pop Warner Organization is independently run from the Recreation Dept. **Registration forms will be distributed through the schools in June.** If you have any questions, you can visit their website or call Pat and Valerie at 732-381-6767.

Dates: Practice begins in August.
Season ends in November

Cost: Various prices depending on grade and fund raising responsibility

Registration Required

Clark Little League

Little League Complex – Ruddy St.

Open to all boys in grades K-8. The Little League Organization is independently run from the Rec. Dept. **Registration forms will be distributed through the schools in February.** If you have any questions visit their website at www.clarklittleleague.org

Dates: Tryouts (ages 10 and up) begin in October. Season begins in March

Cost: \$200 for the first child and \$100 for each additional Sibling.

Instructional (5 yrs old only) - \$50

Registration Required

Clark Babe Ruth

Hehney School-Babe Ruth Field

Open to all boys' ages 13-15 years old. The Babe Ruth Organization is independently run from the Recreation Dept. **Registration forms will be distributed through the schools in February.** There will be a draft.

Dates: Season begins in March with indoor practices

Cost: \$100 fee and \$25 for each additional sibling.

Registration Required

US Sports Institute Summer Camp

Ages 7-14: 9:00am- 3:00pm

Ages 5-7: 9:00am-1:00pm

This is an independently run sports camp held on the grounds of the Recreational facility. Children will experience over 15 different sports in one week. For more information, call US Sports Institute at 732-563-2520 or visit their website at www.USsportsInstitute.com. **Registration forms are available on their website.**

Dates: Camp runs for a full week in late August

Cost: age 5-7 -\$140/age 7-14- \$160

Registration Required

Summer Recreation Camp

Monday-Thursday July-August 6 weeks

Clark Recreation Center.

The Camp is open to all Clark children entering their second year of Pre-K thru 8th Grade in September. Daily activities include arts and crafts, games, sports and special entertainment programs. Weekly splash-downs cool off the kids as our fire department visits every Thursday. The kids will also enjoy ice pops, making their own sun-daes, watermelon eating contests, and the ever popular tournament with their counselors. **Registration forms will be distributed through the schools in March.**

Registration Required

Adult Programs

Ladies Night Out – Ceramics

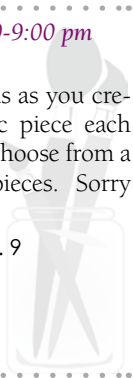
Thursdays (once a month) 7:30-9:00 pm
Rec Center – Cafeteria

Enjoy a night out with the girls as you create a holiday themed ceramic piece each month of the course. You can choose from a wide assortment of pre-fired pieces. Sorry no children.

Dates: Oct. 14 – Nov. 11 – Dec. 9

Cost: \$8 per session

Registration Required



Soup and a Sandwich

Mondays 7:00-9:00 pm
Rec Center – Kitchen

Just in time for the fall. This class will help you take the stress out of cooking. Learn how to make a different soup and sandwich each week of the class. Open to adults only, please no children allowed. The course will be closed when it hits its maximum capacity. Open to Clark residents only.

Dates: Begins January 10th (runs 4 weeks)

Cost: \$30

Registration Required

Adult Cookie Class

Mondays 7:00-9:00 pm
Rec Center – Kitchen

Just in time for the holidays to help take the stress out of baking. Learn how to bake a different assortment of holiday cookies each week of the class. You will bake two varieties of cookies each week during this 4 week course. Please no children allowed. The



course will close when it hits its maximum capacity. Open to Clark residents only.

Dates: Begins November 1st (runs 4 weeks)

Cost: \$30

Registration Required

Creative Appetizers

Mondays 7:00-9:00 pm
Rec Center – Kitchen

Want to be the talk of your next dinner party? Then sign up for this new cooking class covering appetizers only. Each week the cooking instructor will introduce and teach the preparation of two new appetizers. Enjoy being social as you learn a variety of appetizers during this 4 week course. Open to adults only. The course will be closed when it hits its maximum capacity. Open to Clark residents only.

Dates: Begins October 4th (runs 4 weeks)

Cost: \$30

Registration Required

Scrap Booking/Card Making

Tuesdays 7:00-8:30 pm
Rec Center

Relax, and enjoy the art of scrap booking and gift card making. This course will teach you how to make handmade greeting cards, scrap booking, and handcrafts gifts.

Dates: Begins October 5th (runs 8 weeks)

Session two: Feb thru May

Cost: \$40 for the cost of materials

Registration Required

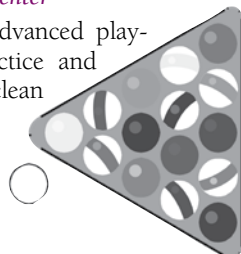
Billiards/Ping Pong

Monday thru Friday 10:00am-4:00 pm
Rec Center – Teen Center

Beginners and/or advanced players can learn, practice and play pool in a safe, clean environment.

Dates: October
thru May

Cost: FREE



Yoga

Mondays 6:00-7:00 PM

Rec Center – Exercise Room

Relax, unwind and increase your circulation, stress management, as well as revitalizing breathing techniques and flexibility of the joints. Yoga consists of slow gradual stretching postures designed to increase body strength and flexibility.

Dates: Begins September 13th

Cost: FREE

Registration Required

Aerobics

Tuesdays and Thursdays – 7:00-8:00 pm

Rec Center – Exercise Room

This class moves to the sound of music at a slightly slower pace than rigorous kickboxing type exercise. The instructor will go thru various exercises concentrating on specific areas of the body. One of our most popular classes, this program will leave you sweating as you move during the entire hour. Geared toward a more mature audience.

Dates: Begins September 21st

Cost: FREE

Zumba

Tuesdays 6:00-7:00 pm

Kumpf School Cafeteria

This class moves to the sound of music at a fast pace. High energy, low impact, fun, easy to follow Latin Dance workout. Zumba combines exercise and dance concentrating on specific areas of the body. One of our most popular classes, this program will leave you sweating as you move during the entire hour.

Dates: Begins October 5th (runs 8 weeks)

Cost: \$35 for entire session

Ballroom Dancing

Thursdays 7:30-9:00 pm

Rec Center – Exercise Room

Grab a partner and put on your dancing shoes. Each week couples will be taught different steps for the most popular dances such as the Rumba, Cha Cha, Tango and more. Move over star dancers, Clark resi-

dents will show them how it's done!

Dates: Classes begin October and run for 6 weeks

Cost: \$8 per person per session or \$96 for the entire program per couple

Registration Required

Square Dance Lessons

Tuesdays 7:30-9:30 pm

Hehnlly School – Raritan Road

Kick up your heels as you learn America's National Dance. Lessons will be held every Tuesday.

Dates: Begins September 14th

Cost: \$4.00 per person per class



Y Squares Dance Club

2nd and 4th Friday every month

Hehnlly School – Raritan Road

Experienced Mainstream Square dancers can find fun and friends every other Friday of the month. All ages welcome. Relax and enjoy a night of fun and dancing.

Dates: Begins September 17th

Cost: \$5.00 per person per class

Parent Support Group

Wednesdays 7:00-8:00 pm

Recreation Center

This program is designed for parents/guardians of children with special needs. This is an informal support group designed to address issues pertaining to learning and behavioral disabilities and how it affects the family as well as how we can advocate for our children. For more information call Rosanne at 732-668-7713

Dates: 2nd Wednesday of each month
Begins October 13th

Cost: Free

Registration required

Pilates

Wednesdays 7:30-8:30 pm
Rec Center – Exercise Room

Strengthen all your muscles, even ones you never knew about, relieve back, neck and shoulder pain and melt away stress. Energize flow of callisthenic style exercises that increase strength, flexibility, endurance, and posture while toning your whole body.

Dates: Begins September 15th

Cost: FREE

No registration required

Tai Chi

Wednesdays 12:30 pm
Rec Center – Exercise Room

This class for those looking for beneficial exercise to improve posture, circulation, respiratory efficiency, muscle strength, balance all while relieving unwanted stress. Beginners can easily fit into the class by following the repetitive movements used in Tai Chi.

Dates: Begins September 22nd

Cost: FREE

No registration required



Tai Bo Kick Boxing

Mondays 7:00-8:00 pm
Rec Center – Exercise Room

Fun, excitement and great music is the key to this fast paced workout. Martial arts, boxing, and yoga make this workout creative and exhilarating. This is the ultimate experience in fitness and a great confidence builder.

Dates: Begins September 13th

Cost: FREE

No registration required

Guided Meditation

Fridays – 6:00-6:45
Recreation Center

This weekly meditation practice is lightly guided to offer people an opportunity to reduce stress and find a few minutes of peace in their daily lives. Derived from various meditation and mindfulness practices, the sessions are not religious in nature and meant to be welcoming and friendly to all belief structures. Anyone 16 years or older is welcome to participate.

Dates: Begins October 15th

Cost: \$25

Registration Required

Body Conditioning

Wednesday 6:30-7:30 pm
Rec Center – Exercise Room

Strengthen and tone all the major muscle groups using light weights and resistance bands with an emphasis on “the core”. Each class ends with a relaxing stretch. Bring a mat and a pair of 3-5 lb weights.

Dates: Begins September 15th

Cost: FREE

No registration required

Karate

Children ages 8 and older –
Wednesdays & Fridays 7:00-8:00 pm
Adult and Juniors –
Monday-Wednesday-Friday 7:00-8:00 pm
Rec Center – Cafeteria or Gym

The karate club is a Cuong Nhu Oriental Martial Arts school that blends the basic elements of Shotokan Karate and combines aspects of Aikido, Judo, Wing Chun, Vovoinam, Tai Chi Chuan and boxing.

Dates: All year

Cost: FREE

Registration Required



Men's Basketball (29 and under)

Wednesdays 9:00-10:30 pm

Rec center – Gym – Clark Residents Only!

Open gym available to all men 29 years of age and under once a week. No registration required, however game play will be on a first come first serve basis.

Dates: January – June

Cost: FREE

No registration Required

Men's Basketball (30 and over)

Mondays 7:00-9:30 pm

Thursdays 6:00-7:30 pm

Summer Hours: 5:30-7:30 pm

Rec Center – Front and Back Gym

This is an organized league and you must register to be put on a team. There is limited space. Games are played every Monday and open gym is available on Thursday nights.

Dates: All Year

Cost: Free to residents/\$25 non residents

Registration Required

Men's Basketball (40 and over)

Mondays 6:00-9:00 pm – Kumpf Gym

Thursdays 5:30-8:00 pm – Kumpf Gym

This is an organized league and you must register to be put on a team. There is limited space and you must be a Clark resident. Games are played every Monday and open gym is available on Thursday nights.

Dates: September thru June

Cost: FREE to Residents

Registration Required

Women's Volleyball

Tuesdays 7:30-9:00 pm

Rec Center – Front and Back Gym

Join in on the fun and participate in the women's volleyball league. Open to Clark residents only, must be at least 18 years and older. You will be assigned to a particular team.

Dates: Begins September 26th and runs thru April

Cost: FREE

Registration Required

Co-ed Volleyball

Tuesdays 6:30-9:00 pm

Rec Center – Front Gym

Men and women participate in the great sport of Volleyball. Open gym, must be 18 years or older.

Dates: April thru August

Cost: FREE

No Registration Required

Men's Indoor Soccer (30 and over)

Tuesdays 9:00-11:00 pm

Rec Center – Back Gym

The great game of soccer is played indoors year round. Teams are formulated on a first come first serve open gym atmosphere. Must be 30 years of age or older.

Cost: FREE – Clark Residents Only

Registration Required

Adult Tennis

Tuesdays and Thursdays 6:30-7:30 pm

Rec Center – Tennis Court

Whether you are a beginner or advanced player, come out, have fun and get exercise while learning the great game of tennis. Experienced tennis trainers will conduct the program. Racquets available for use.

Dates: 4 consecutive weeks starting in June (notice will be posted)

Cost: \$90 (4 weeks-twice a week)

Registration Required

Men's Indoor Soccer (29 and under)

Thursdays 9:00-11:00 pm

Rec Center – Back Gym

The great game of soccer is played indoors year round. Teams are formulated on a first come first serve open gym atmosphere. Must be 29 years of age or younger.

Dates: All year

Cost: FREE – Clark Residents Only

Registration Required

Men's Softball

*Monday thru Thursday – 6:00 –dusk
Kumpf and Hehny School Fields*

This is an organized league and you must register to be put on a team. There is limited space and you must be a Clark resident. For more information call Rich at 908-346-5668

Dates: March thru August
Registration Required

Women's Softball

*Wednesdays & Thursdays – 6:00-8:00
Recreation Center - Lower Field*

This is an organized league and you must register to be put on a team. There is limited space. For more information call the Recreation Department. Non-residents are welcome to register as well.

Dates: June and July
Cost: \$25 – 10 games played
Registration Required

Ski Bums of New Jersey

*Wednesdays 6:00 am
Hunter Mountain*

Want to ski every Wednesday? Don't feel like driving to the lodge. Then why not join the Ski Bums of New Jersey. Parking available at Hyatt Hills Golf Course (all the way to the right). Pick up is at 6:00 am. For reservations please call Carole at 732-462-7075 or Steve 732-469-9000.

Dates: December thru March
Cost: \$72 for bus transportation plus cost of lift tickets
Reservations required



Did You Know...

**You can contact the Recreation Department by e-mail
rbernardo@ourclark.com**

The Clark Recreation dept is always looking for residents that want to teach programs for the community.

Volunteer instructors are always needed. Do you have a special talent to share or just enjoy working with kids and seniors? Call 732-428-8400.

The Rec Center has meeting rooms available for your next meeting.

Call the Recreation Department at 732-428-8400 to reserve gyms, meeting rooms or to set up events.

Clark Recreation also helps many different organizations and schools.

Throughout the year we offer use of gyms and meeting rooms to many organizations. Some of these include National Association Mental Illness of Union County, Alcoholics Anonymous, Jewish Family Service, Union County Foster Care, National Wheelchair Basketball Association, MS Aerobics, Deaf Basketball League, Arthur L Johnson High School, Beadleston School, Hillcrest Academy and the Crossroads School.



Senior Citizen Programs

Senior Fitness Center

Monday thru Friday – 8:30 am-12:30 pm

Rec Center entrance thru the front gym. Keep fit in our state of the art fitness center. Stationary machines, free weights and tread mills will make you feel great in a clean, safe environment. Doctor's permission note required. You must be 55 years or older.

Dates: Open all year

Cost: FREE to Clark residents

Senior Exercise Class

Tuesday & Thursday 9:00-10:00 am

Rec Center – Exercise Room

Group exercise geared toward the senior population. Incorporates aerobic exercises, toning and stretching. Exercises may sometimes be done while seated.

Dates: September thru June

Cost: FREE to Clark resident

Seniors Line, Social and Country-Dancing Class

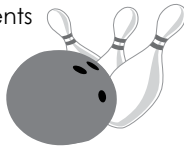
Mondays 10:00 am-12:00 noon

Rec Center – Front Gym

A dance instructor teaches popular dance steps to beginner or advanced dancers. Put on your dancing shoes! You don't need a partner to enjoy this class.

Dates: September 13th thru December 20th and March 7th thru June 20th

Cost: FREE to Clark residents



Bowling for Seniors

Monday or Thursday 9:30 am

Enjoy the great sport of bowling close to home at Linden Lanes.

Dates: 1st session begins first week of September

Cost: Weekly fee paid directly to the bowling alley

Registration required at the bowling alley

Bridge

Mondays 12:00-3:00 pm

Rec Center

Intermediate and advanced players can enjoy playing this popular game. This game is challenging and mind stimulating.

Dates: Sept thru June

Cost: FREE to Clark residents

Mahjongg

Mondays 12:00-3:30 pm

Rec Center

Come have fun learning the great game of Mahjongg

Dates: Sept thru June

Cost: FREE

Crocheting and Knitting

Tuesdays 10:00 am-12:00 noon

Rec Center – Room 2

Relax and enjoy conversation with friends while working on or learning the talent of crocheting and knitting.

Dates: September thru June

Cost: FREE to Clark residents

Walking Club

Monday - Friday 7:30-9:30 am

Rec Center – Back Gym

Rain or shine will allow you to walk for as long as you can like inside a comfortable, safe environment alone or have a conversation with a friend. Nice alternative to a



treadmill, plus it's always better to walk with a friend.

Dates: Open when the senior center is open

Cost: FREE to Clark residents

Tai Chi

Wednesday 12:30 pm

Rec Center – Exercise Room

This class is for those looking for beneficial exercises to improve posture, circulation, respirator efficiency, muscle strength, balance all while relieving unwanted stress. Beginners can easily fit into the class by following the repetitive movements used in Tai Chi

Dates: Begins September 22nd

Cost: FREE to Clark residents

No Registration Required

Clark Senior Monthly Meetings

3rd Thursday of each month - 12:00 pm

Rec Center Cafeteria

Be sure to attend the Senior Meetings every third Thursday of the month. See old friends, make new friends, enjoy speeches, presentations, entertainment and refreshments.

Dates: September thru June

Cost: FREE

Clark Senior Wednesday Club

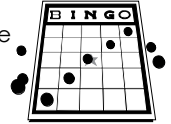
Every Wednesday of the month – 12:00 pm

Polish Cultural Center – Broadway

Attend the Senior Meetings every Wednesday of the month. Make new friends, enjoy presentations, entertainment, refreshments and play Bingo.

Dates: September thru June

Cost: \$1



AARP Meetings

2nd Friday of each month- 1:00 pm

Rec Center – Cafeteria

General meeting of AARP is held at the Recreation center each month. See old friends, make new friends, enjoy speeches, presentations, entertainment and refreshments are always served.

Dates: September thru June

Cost: \$1

Movies

Mondays & Wednesdays 12:00- 2:00 pm

Clark Library – Westfield Ave. (next to the police station)

Pack your lunch and head on over to the Library to enjoy a popular afternoon movie. Bring a friend.

Dates: All year

Cost: FREE

*“Always make time in your life
for something that makes you happy, satisfied – even joyous”*



Watch for These Town Wide Events

Holiday Winter Festival

This annual event has become a wonderful family tradition. Held the Sunday after Thanksgiving, the day is full from start to finish. Horse drawn hay and buggy rides line Westfield Ave in preparation for the tree and menorah lighting ceremony at dusk. Sweet treats, hot chocolate, train rides, pictures with Santa and much, much more. You won't want to miss this one.

Home Decorating Contest

Put your talents to the test as the Recreation Department host the Annual Home Decorating contest. Categories include most traditional, most outrageous, and most contemporary. Get into the holiday spirit as you drive around town and see and judge for yourself. Enjoy this tradition with your family. Look for details at the Tree Lighting Ceremony.

4th of July Celebration

Here in Clark, the 4th of July is as much about celebrating our country's history as it is about celebrating with family. The day is full with rides, food and vendors from 4:00 pm until the fabulous fireworks display at dusk. Come out and partake in this favorite town event.

Memorial Day Parade

The importance of remembering all those who have fought and died for our country is something that is all too overlooked. The Clark parade is held every Memorial Day. It is our hope that the entire community joins our celebration to support and thank those men and women past and present for serving in our armed forces. Please remember to fly your flag proudly.

Field of Dreams

The Clark Recreation Wrestling organization sponsors this event for the Special needs Children of Clark with volunteers

from other various Clark organizations. The event includes a petting zoo, pony rides, Tee Ball, Soccer shots, Lacrosse shots, football throws, water balloon toss and many other activities ending with a huge Tug of War. There is food, music, T-shirts all free to these special children. The event is held in early June at the high school. Watch for notices in Spring 2011.

Summer Skate and BMX Jam

Once a year Clark Recreation sponsors an all day skating event at the Skate Park located in Peter Esposito Park on Madison Ave. The event is held from 11:00 AM until 3:00 PM. There are demonstrations, best trick contest, food, music, prizes and giveaways. All are welcome. Watch for date in late spring.

Relay for Life

Relay for Life is the American Cancer Society's signature activity. It offers everyone in the community an opportunity to participate in the fight against cancer. Teams of people camp out on the fields of the high school for one night and take turns walking the ¼ mile track. A representative from your team must be on the track at all times during the night. It's a wonderful way for the community to come together to battle this horrible disease. The scheduled date for 2011 is June 10th.

Dr. William Robinson Museum and Plantation – circa -1690

The Robinson Plantation house is the oldest house in the state of New Jersey. It was built in 1690 was occupied until 1973 when the Township of Clark purchased it. It is one of the few examples of 17th century architecture remaining in the United States. The house is registered as a historic site by the State and Federal Governments. Our costumes are of a style that would have been worn in the early 1700s. Travel was mostly by horseback or a horse drawn wagon. The

museum is open on weekends throughout the year. There is no charge for the tours, however donations are welcome. Stop by and experience one of Clarks best kept secrets as you step back in time.

Benefit Ball

Put on your dancing shoes and enjoy a night with your date at the annual Benefit Ball held the Gran Centurions. The monies raised from this wonderful foundation goes right back to the youth of our town by being granted monetary donations to various organizations, clubs, and programs who have sent in their wishes to the Benefit Ball Committee. The Ball is being held February 12th. All residents are invited to support this organization and enjoy a great night out with your date.

Family Skating Night

This year's date is Saturday, January 29th. Gather your family, friends, and neighbors for an evening of fun as the recreation department rents out the Warnaco Skating Arena for the Township of Clark. The doors will be closed to the public.

Concerts in the Park

Enjoy summer nights in the new Oak Ridge Park enjoying summer concerts. Well known artists perform all through the summer months. This program is run thru the county. Contact the Union County Parks & Recreation department for a complete listing of shows and dates, or watch for schedules in various newspapers.



UNICO Italian Feast

Sausage and meatball anyone? Come to the feast! Eat, drink, play the stands, go on the rides, sit and enjoy music, and so much more. This yearly event has become everyone's fall favorite. Sponsored by Clark UNICO, the largest Italian service organization in the nation. The feast is located on the grounds of the recreation facility. Eat, drink and be merry for three days, October 8th-9th and 10th.

Tickets

Discount tickets are available through the Recreation Department for Great Adventure, Morey's Pier Wildwood, Sesame Place, Hershey Park and Dorney Park just to name a few. During the winter months, residents can also order discount ski tickets thru the Recreation Department for the areas finest Ski Lodges.



Broadway Show Tickets, Yankee and Mets tickets and transportation to NYC is also offered throughout the year thru Relay for Life of Clark. Contact Steven Frost via e-mail at frost4acure@yahoo.com or call 732-388-3856 for tickets or questions.



Contacts for Sports Leagues & Organizations 2010-2011

Babe Ruth.....	Tom Brown.....	732-259-2678
Ballroom Dancing.....	Recreation office.....	732-388-3600
Basketball (Recreation).....	Matt Casey.....	732-388-9020
Basketball (Travel).....	Michael Pozick.....	908-216-7318
Basketball (Men's 30 & over).....	Pete Zimbaro.....	732-570-6707
Basketball (Men's 40 & over).....	Ben Slack.....	732-388-5707
Basketball (Men's 29 & under).....	Ray Newman.....	732-331-5367
Bowling.....	Rich Chailet.....	908-925-3550
Cheerleading (Pop Warner).....	Valerie Campione.....	732-381-6767
Cub/Boy Scouts.....	Scout McCabe.....	732-382-4326
Field Hockey (Recreation)*.....	Recreation office.....	732-388-3600
Football (Pop Warner).....	Pat Campione.....	732-381-6767
Girl Scouts.....	Fran Parisi.....	732-574-1566
Golf for Juniors.....	Recreation office.....	732-428-8400
Karate.....	Keith Ford.....	732-500-5009
Lacrosse (Recreation)*.....	Jason Pressman.....	732-371-1378
Little League *.....	John Ryan.....	732-713-6352
Pool (Clark Community).....	Michael Kozlowski.....	908-653-1484
Roller Skating.....	Recreation office.....	732-428-8400
Roller Hockey (Recreation).....	Recreation office.....	732-428-8400
Senior Citizen Affairs.....	Phyllis Cupo.....	732-382-7134
Soccer Club (Clark)*.....	Bob Weisensee.....	732-396-8211
Soccer (Indoor Recreation)*.....	Recreation office.....	732-428-8400
Soccer (Men's-Indoor).....	Aldo Tripicchio.....	732-396-9298
Softball (Men's).....	Rich Martucci.....	908-346-5668
Softball (Women's).....	Recreation Office.....	732-428-8400
Softball (Clark Girls)*.....	Bill Smith.....	732-259-0466
Summer Recreation Prog.*.....	Ralph Bernardo.....	732-428-8400
Teen Center.....	Vic DeMarzo.....	732-925-6532
Tennis (Adult Recreation).....	Recreation Office.....	732-388-3600
Tennis (Kid Recreation) *.....	Ralph Bernardo.....	732-388-3600
US Sports Summer Camp.....	Celine Martin.....	732-563-2520
Volleyball (Children).....	Candice Sot.....	908-578-8696
Volleyball (Co-ed).....	Sue Frost.....	732-388-3856
Volleyball (Women's).....	Marianne Serratelli.....	732-381-6731
Wrestling (Recreation)*.....	Scott Bohm.....	732-259-4014

* Notices of registration dates for above organizations will be sent home through the school system. All others will be advertised/displayed on Channel 36, Clark Website, posted on the Recreation lawn marquee and posted on bulletin boards throughout the Rec Center.

Township School Fields/Parks/Playgrounds

VALLEY ROAD SCHOOL

Valley Road
Jungle gym & Ball fields

HEHNLY SCHOOL

Raritan Road
Jungle gym & Ball fields

KUMPF SCHOOL

Mildred Terrace
Ball fields

ALJ HIGH SCHOOL

Westfield Ave
Ball fields

PETER NEVARGIC MEMORIAL PARK

Picton Street
Jungle gym & play area

BREWER REC CENTER

Westfield Ave

CURRY FIELD

Reifel Street
Jungle gym & ball fields

BARTELL PARK

Bartell Place
Jungle gym & Soccer field

ESPOSITO PARK

Madison Hill Road
County Park
Soccer/Softball field, Skate
Park, Jungle gym, Tennis
courts, Gazebo, Walking
path. Use of Fields by per-
mit from the county.

FUN TIME JUNCTION

Westfield Ave
Jungle gym play area

OAK RIDGE PARK

Oak Ridge Road
County Park

PARK PERMITS

Permits are required for organized activities in any of our parks. Requests for permits must be made in writing. Request forms may be obtained from the Rec department.

If you see something that needs attending in any of our town parks, please call Public Works at 732-388-5305.



The Clark Community Pool

All residents are invited to join the Clark Community pool. This Olympic size pool is open from Memorial Day weekend to Labor Day. Relax on the shaded grounds while joining in for swim lessons, baby & me activities, adult lap swimming, or sign up for the swim team. There are brand new dressing rooms, showers and restrooms, separate kiddie pool, snack bar and picnic area. Bring the entire family for a late night swim, Sunday floats, band parties, clown show and 4th of July party. Registrations forms will be available in March. The Clark pool is open to non residents as well. For more information, contact the recreation department at 732-428-8400.



"Recreation brings health and well being to the community"



