



Clark Recreation Registration For

SPRING

Spring-Summer 2023 Programs

Clark Recreation introduces the spring and summer session of the programs offered. Complete listing and descriptions of all offered classes and sports can be found in the Recreation brochure that came out in September. Information is available at the Recreation Center for all of the new and existing courses and programs. Please stop by the Recreation Department to pick up all information.

Registration can be done online at our website www.ourclark.com by clicking Recreation under the Community tab. Registration forms for each program or class can be dropped off at the Recreation office between 9:00 AM to 4:00 PM or mailed to Clark Recreation, 430 Westfield Avenue – Attn: Ralph Bernardo. All registration forms must be submitted by March 13th. Registration begins as soon as you receive this.

Classes are subject to cancellation if there is not enough interest.

SIGN UP EARLY!!!!

PRESCHOOL PROGRAMS

- **Fit4Mom Stroller Strides** – Tuesdays (Ages 1 month-2 years) Stroller fitness for moms and babies! This is a 60-minute total body workout with strength, cardio, and core training ALL while engaging with your little one while in a stroller! You will leave feeling empowered, strong, connected, and energized – no matter your stage of motherhood! Play groups and crafts to follow exercise sessions! \$105 for an 8 week program. Begins March 21st.
- **KinderBallet** – Thursdays 3:30-4:15 PM (Ages 4-5) This class is a traditional age-appropriate ballet class that combines fluid movement of ballet and jazz. It incorporates interpretive and beautiful expressive dance choreography, as well as learning stage performance qualities. \$120 for a 6-week program. Begins April 20th.
- **Kiddies Junior Robotics** – Fridays 5:30-6:30 PM (Ages 5-9) Children will be introduced to the coding and programming of real, age-appropriate robots understanding the basics of algorithms while building language and math skills as



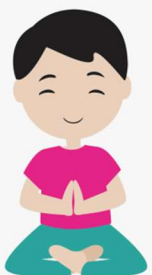
we work with sequencing, estimation and problem solving – all while having fun! \$110 for a 4-week program. Begins April 21st.

- **Lil' Athletes** – Mondays 9:30-10:00 AM (Ages 2-5) Lil' Athletes is a full fitness program designed to work with children to develop the core skills that will be used throughout their lives in sports and fitness. \$110 for an 8-week session. Begins April 10th.
- **Kids Ceramics** – Fridays 4:00-5:00 PM (Grades PK-6th) Have fun painting a themed ceramic piece each month! \$12 per session. March 10th & April 21st.
- **Mommy & Me Movin & Groovin** – Wednesdays 11:00 AM-12:00 PM (Ages 1 ½ - 3) or Thursdays 11:00 AM-12:00 PM (Ages 1-3) Join us to build a healthy mind and body! This fun fitness program is great for both mom's boys and girls. This class will build endurance, arms, legs, core, strength and all-around better focus. Better coordination, more flexibility and agility skills will also be obtained. This type of energy and self-esteem will be achieved through tumbling, musicality, dance exercise and many other activities. Fitness can be fun! Working and building healthy spirits, minds and bodies! Siblings are welcome too! \$105 for a 12 week session. Begins March 29th & 30th.
- **Movin' & Groovin'** – Wednesdays 4:15-5:15 PM (Ages 4-6) or 5:15-6:15 PM (Ages 7 and up) or Thursdays 4:15-5:15 PM (Ages 4-6) or 5:15-6:15 PM (Ages 7 & up) Join us to build a healthy mind and body! This class will build endurance, arms, legs, cores strength and all-around better focus. Better coordination, more flexibility and agility skills will also be obtained. This type of energy and self-esteem will be achieved through tumbling, acro, musicality dance, exercise and many other activities. Fitness can be fun! Working and building healthy spirits, minds and bodies. Siblings are welcome! \$105 for 12 weeks. Begins March 29th and 30th.
- **Parent & Me Multi-Sports** – Tuesday 4:25 -5:10 PM (Ages 2-3) The squirts Multi Sports programs allows children and their parents to try a variety of different sports throughout the season including Lacrosse, Soccer, Tball, and Track and Field. \$105 for 5 weeks Begins July 11th.
- **Multi-Sports Squirts** – Tuesday 5:20-6:05 PM (Ages 3-4) The squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-ball, and Track and Field. \$105 for 5 weeks Begins July 11th.
- **Senior Multi-Sports Squirts** – Tuesday 6:15-7:00 PM (Ages 5-6) The Senior Multi Sports Squirts program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-ball, and Track and Field. \$105 for 5 weeks Begins July 11th.
- **Parent & Me Soccer Squirts** – Sundays 3:50-4:35 PM (Ages 2-3) Parent & Me Soccer Squirts focuses on maximizing participation and learning through a variety of fun games designed to stimulate a child's imagination and develop motor skills. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence! \$140 for a 7-week program. Begins April 23rd. No class Memorial Day Weekend.
- **Parent & Me Soccer Squirts** – Wednesdays 9:15-10:00 AM (Ages 2-3) Parent & Me Soccer Squirts focuses on maximizing participation and learning through a



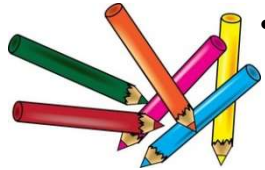
variety of fun games designed to stimulate a child's imagination and develop motor skills. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence! \$140 for a 7-week program. Begins April 19th.

- **Parent & Me Soccer Squirts** – Thursdays 3:30-4:15 PM (Ages 2-3) Parent & Me Soccer Squirts focuses on maximizing participation and learning through a variety of fun games designed to stimulate a child's imagination and develop motor skills. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence! \$140 for a 7-week program. Begins April 20th.
- **Parent & Me Soccer Squirts** – Sundays 8:30-9:15 AM (Ages 2-3) Parent & Me Soccer Squirts focuses on maximizing participation and learning through a variety of fun games designed to stimulate a child's imagination and develop motor skills. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence! \$115 for a 6-week program. Begins July 9th.
- **Parent & Me T-Ball Squirts** – Tuesdays 3:30-4:15 PM (Ages 2-3) Parent & Me T-Ball Squirts is a fun and positive introduction to t-ball for children aged 2-3 and their parents! With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through a program of structured activities, fun games and scrimmages. \$140 for a 7-week program. Begins April 18th.
- **Soccer Squirts** – Sundays 2:00-2:45 PM (Ages 3-4) Soccer Squirts is the perfect introduction to the most popular sport in the world! Children ages 3-5 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. \$140 for a 7-week program. Begins April 23rd. No class Memorial Day Weekend.
- **Soccer Squirts** – Wednesdays 10:10-10:55 AM or 11:05-11:50 AM (Ages 3-4) Soccer Squirts is the perfect introduction to the most popular sport in the world! Children ages 3-5 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. \$140 for a 7-week program. Begins April 19th.
- **Soccer Squirts** – Thursdays 4:25-5:10 PM (Ages 3-4) or 5:20-6:05 PM (Ages 4-5) Soccer Squirts is the perfect introduction to the most popular sport in the world! Children ages 3-5 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. \$140 for a 7-week program. Begins April 20th.
- **Soccer Squirts** – Thursdays 4:15-5:00 PM (Ages 3-4) or 5:10-5:55 PM (Ages 4-5) Soccer Squirts is the perfect introduction to the most popular sport in the world! Children ages 3-5 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. \$115 for a 6-week program. Begins July 6th.
- **Soccer Squirts** – Sundays 9:25-10:10 AM (Ages 3-4) or 11:15 AM-12:00 PM (Ages 4-5) Soccer Squirts is the perfect introduction to the most popular sport in the world! Children ages 3-5 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. \$115 for a 6-week program. Begins July 9th.
- **Senior Soccer Squirts** – Thursdays 6:15-7:00 PM (Ages 5-6) Senior Soccer Squirts is the perfect introduction to the most popular sport in the world! Children ages 5-



6 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. \$115 for a 6-week program. Begins July 6th.

- **Squirts Basketball** – Fridays 3:30-4:15 PM (Ages 4-5) Basketball Squirts is designed to introduce your budding NBA star to the high energy game of basketball! This program encourages players to develop motor skills and basic technique in passing, dribbling and shooting. Players will be taught through a series of fun challenges, structured activities and scrimmages. \$115 for a 6-week program. Begins July 7th.
- **Squirts T-Ball** – Tuesdays 4:25-5:10 PM (Ages 3-4) or 5:20-6:05 PM (Ages 4-5) T-Ball Squirts is a great way to introduce your young slugger to this exciting game. Utilizing fun games and activities, players will develop their skills in hitting, throwing, base running and fielding. There's no better introduction to the sports of baseball or softball! \$140 for a 7-week program. Begins April 18th.
- **Squirts T-Ball** – Saturdays 8:30-9:15 AM (Ages 3-4) or 9:25-10:10 AM (Ages 4-5) or 11:15 AM-12:00 PM (Ages 3-4) T-Ball Squirts is a great way to introduce your young slugger to this exciting game. Utilizing fun games and activities, players will develop their skills in hitting, throwing, base running and fielding. There's no better introduction to the sports of baseball or softball! \$115 for a 6-week program. Begins July 8th.
- **Senior Squirts T-Ball** – Saturdays 10:30-11:05 AM (Ages 5-6). T-Ball Squirts is a great way to introduce your young slugger to this exciting game. Utilizing fun games and activities, players will develop their skills in hitting, throwing, base running and fielding. There's no better introduction to the sports of baseball or softball! \$115 for a 6-week program. Begins July 8th.
- **Squirts Tennis** – Wednesdays 3:30-4:20 PM (Ages 3-5) Squirts Tennis is a fun-filled learning adventure that introduces children to the world of tennis. It's a great way to learn the sport's fundamental skills in a low pressured, fun environment! \$160 for an 8-week program. Begins April 19th.
- **Squirts Tennis** – Thursdays 3:30-4:20 PM (Ages 3-5) Squirts Tennis is a fun-filled learning adventure that introduces children to the world of tennis. It's a great way to learn the sport's fundamental skills in a low pressured, fun environment! \$160 for an 8-week program. Begins April 20th
- **Flag Football Squirts and Senior** - Mondays 4:25 PM -5:10 PM (Ages 3-4) or 5:20-6:05 PM (Ages 4-5) or Senior Flag Football Squirts 6:15 PM – 7:00 PM (Ages 5-6) Flag Football Squirts is a great way to introduce your child to the exciting game of football! This program encourages players to develop motor skills and basic technique in passing, receiving and de-flagging. Players will be taught through a series of fun challenges, structured activities and games, designed to reinforce movement and coordination skills while incorporating competitive situations. \$140 for a 7-week program. Begins April 17th. Registration Required
- **The Science Exploration Class** – Fridays 4:30-5:30 PM (Ages 5-9) Your child will have a blast experiencing age-appropriate scientific concepts while using real child-friendly science tools with a focus on S.T.E.A.M. \$110 for a 4-week program. Begins April 21st.



YOUTH PROGRAMS

- **Bright Ideas / Manga Anime Art** – Tuesdays 6:00-7:30 PM (Ages 6-13) Bright Ideas challenges creative thinking. From designing a cereal box to sketching a dream room, each project is an exercise. With Manga Anime Art, learn how to compose an original character, expressions and create your own trading cards. \$110 for an 8 week session. Begins March 21st.
- **Development Tennis** – Wednesdays 5:30-6:20 PM (Ages 8-11) or 6:30-7:20 PM (Ages 11-14) Development Tennis is designed for players who have previous experience, and a good understanding of tennis' fundamental skills. In this program, players will work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots. \$160 for an 8-week program. Begins April 19th.
- **Development Tennis** – Thursdays 4:30-5:20 PM (Ages 8-11) or 5:30-6:20 PM (Ages 11-14) Development Tennis is designed for players who have previous experience, and a good understanding of tennis' fundamental skills. In this program, players will work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots. \$160 for an 8-week program. Begins April 20th.
- **Dream It, Draw It / Fashionistas** – Tuesdays 4:00-5:30 PM (Ages 6-13) In this class, children have a choice to work on projects from both concepts. Explore styles of art and new ideas. Learn how to design using color themes and ideas. Fun projects will include clothing, accessories and hair creations. \$110 for an 8 week session. Begins March 21st.
- **Fencing** – Tuesdays 3:30-4:30 PM (Ages 7-12) These classes will consist of learning the technical and tactical aspect of fencing: rules, footwork, offensive and defensive actions. Besides learning the extremely dynamic sport of fencing which requires both mental and physical skills, students will also have a lot of fun fencing in the appropriate and safe environment. \$150 for a 6-week program. Begins April 4th.
- **Field Hockey Clinic** – Tuesdays and Thursdays 6:30-8:00 PM (Grades 4th-8th) One hour will be devoted to instruction followed by 30 minutes of game play. The clinic will be held at ALJ's turf field. Runs May 9th, 11th, 16th and 18th. Cost is \$15 per session and an additional cost is determined by the package selection on registration form. Forms will be sent through the schools.
- **Fire's Basketball Clinic** – Saturday 9:00-10:30 AM (Ages 4-13) This clinic will stress fundamentals: shooting, ball handling, dribbling, drills, games and more. Directed by Bob Firestone, former head boys' coach at St. Mary's High School in Elizabeth and head girls' coach at Elizabeth High School. Please bring your own basketball. \$20 per child. Registration and payment must be mailed to Bob Firestone, 51 Lexington Boulevard, Clark, NJ. April 14th.
- **Foundation Basketball** – Fridays 4:25-5:10 PM (Ages 6-7) or 5:20-6:05 PM (Ages 8-9) or 6:15-7:00 PM (Ages 9-10) Foundation Basketball is the perfect stepping stone for players who have completed the Basketball Squirts program or for a child looking for their first ever basketball experience! Players will develop a good understanding



of teamwork within the game, all while improving their skills in dribbling, passing and shooting. \$140 for a 7-week program. Begins April 21st.

- **Foundation Basketball** – Fridays 5:20-6:05 PM (Ages 7-8) or 6:15-7:00 PM (Ages 9-10) Foundation Basketball is the perfect stepping stone for players who have completed the Basketball Squirts program or for a child looking for their first ever basketball experience! Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting. \$115 for a 4-week program. Begins July 7th.
- **Foundation Tennis** – Wednesdays 4:30-5:20 PM (Ages 5-8) Foundation Tennis is designed to introduce players to the fundamentals of tennis, including stroke technique, serving, court awareness and rallying. This program is open to first time players and those with some experience who are looking to gain a strong foundation in tennis. \$160 for a 7-week program. Begins April 19th.
- **Foundation Tennis** – Thursdays 3:30-4:20 PM (Ages 5-8) or 4:30-5:20 PM (Ages 5-8) or 5:30-6:20 PM (Ages 8-11) or 6:30-7:20 PM (Ages 11-14) Foundation Tennis is designed to introduce players to the fundamentals of tennis, including stroke technique, serving, court awareness and rallying. This program is open to first time players and those with some experience who are looking to gain a strong foundation in tennis. \$160 for a 7-week program. Begins April 20th.
- **Senior Squirts Track & Field** – Saturdays 2:00-2:45 PM (Ages 4-5) Senior Squirts Track & Field is open to children looking to build endurance and strength as well as improve balance and coordination. Using age-appropriate equipment – including hurdles and javelins – players will develop their techniques in running, jumping and throwing. \$140 for a 7-week program. Begins April 22nd. No class Memorial Day Weekend.
- **Foundation Track & Field** – Saturdays 2:55-3:40 PM (Ages 6-7) or 3:50-4:35 PM (Ages 8-10). Foundation Track & Field is open to children looking to build endurance and strength as well as improve balance and coordination. Using age-appropriate equipment – including hurdles and javelins – players will develop their techniques in running, jumping and throwing. \$140 for a 7-week program. Begins April 22nd. No class Memorial Day Weekend.
- **Golf for Juniors** – Wednesdays 4:00-5:00 PM (Grades 2nd-4th) or 5:00-6:00 PM (Grades 5th-8th) This popular program invites all beginners, intermediates and advanced golfers to learn the fundamentals of the game, brush up on what you know and receive tips from a golf pro. Classes will be held at Hyatt Hills Golf Course. \$50 for a 4-week program. Begins April 26th.
- **Hooked on Fishing** – Saturday 8:00-10:00 AM (Ages 7 & Up) Try your luck at learning how to hook a worm, reel in a catch and cast your rod. Professional fishermen will teach the class. Supplies are included. Held at Tamaques Park in Westfield. \$50 per child. Takes place May 6th.
- **Kiddies Junior Robotics** – Fridays 5:30-6:30 PM (Ages 5-9) Children will be introduced to the coding and programming of real, age-appropriate robots understanding the basics of algorithms while building language and math skills as we work with sequencing, estimation and problem solving – all while having fun! \$110 for a 4-week program. Begins April 21st.





- **Kids Ceramics** – Fridays 4:00-5:00 PM (Grades PK-6th) Have fun painting a themed ceramic piece each month! \$12 per session. March 10th & April 21st.
- **Movin' & Groovin'** – Wednesdays 4:15-5:15 PM (Ages 4-6) or 5:15-6:15 PM (Ages 7 and up) or Thursdays 4:15-5:15 PM (Ages 4-6) or 5:15-6:15 PM (Ages 7 & up) Join us to build a healthy mind and body! This class will build endurance, arms, legs, cores strength and all-around better focus. Better coordination, more flexibility and agility skills will also be obtained. This type of energy and self-esteem will be achieved through tumbling, acro, musicality dance, exercise and many other activities. Fitness can be fun! Working and building healthy spirits, minds and bodies. Siblings are welcome! \$105 for 12 weeks. Begins March 29th & 30th.
- **Discover Magic - Extraordinary Fun that Makes Great Kids Appear!** - Thursdays 4:00-5:00 PM (Ages 7-12) Get ready to take an amazing adventure into the exciting world of magic. Learn how to read people's minds, make money appear out of nowhere, travel through time with a magic bandana, learn how to cut a lady in half, make invisible objects appear in a magic pencil pouch, and MUCH, MUCH, MORE! Kids build confidence and improve mental health and social skills while having fun. Classes are full of Magic, Optical Illusions, jokes, games, and even prizes. Begins Tuesday, April 4th, 2023 - \$139 for a 4-week program. Registration Required.



- **Recreation Summer Camp** – Mondays through Thursdays 9:00 AM-12:00 PM (Grades Pre-school-9th) The camp is open to all Clark children entering their second year of preschool to children entering 9th grade. \$65 for the first child, \$60 for each sibling for a 6-week program. Registration forms will be sent through the schools in March.
- **Roller Skating** – Fridays 6:00-8:00 PM – Have fun each week roller skating or roller blading with your friends! Children must be accompanied by an adult. Runs until May.
- **Senior Squirts Basketball** – Fridays 4:25-5:10 PM (Ages 5-6) Senior Squirts Basketball is the perfect program for children looking for their first basketball experience! Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting. \$115 for a 6-week program. Begins July 7th.
- **Senior Squirts Soccer** – Sundays 2:55-3:40 PM (Ages 5-6) Senior Squirts Soccer players will learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. This is the perfect class for player graduating from the Soccer Squirts program or for children looking for their first ever soccer experience! \$140 for a 7-week program. Begins April 23rd. No class Memorial Day Weekend.
- **Senior Squirts Soccer** – Thursdays 6:15-7:00 PM (Ages 5-6) Senior Squirts Soccer players will learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. This is the perfect class for player graduating from the Soccer Squirts program or for children looking for their first ever soccer experience! \$140 for a 7-week program. Begins April 20th.
- **Senior Squirts Soccer** – Thursdays 6:05-6:50 PM (Ages 5-6) Senior Squirts Soccer players will learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. This is the perfect class for player

graduating from the Soccer Squirts program or for children looking for their first ever soccer experience! \$115 for a 6-week program. Begins July 6th.

- **Senior Squirts Soccer** – Sundays 10:20-11:05 AM (Ages 5-6) Senior Squirts Soccer players will learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to game scenarios. This is the perfect class for player graduating from the Soccer Squirts program or for children looking for their first ever soccer experience! \$115 for a 6-week program. Begins July 9th.
- **Senior Squirts T-Ball** – Tuesdays 6:15-7:00 PM (Ages 5-6) Senior T-Ball Squirts is a great way to introduce your young slugger to this exciting game! Players will focus on learning the rules and enhancing techniques for hitting, throwing, base running and fielding. Each week players will apply what they have learned into a T-Ball scrimmage! \$140 for a 7-week program. Begins April 18th.
- **Senior Squirts T-Ball** – Saturdays 10:20-11:05 AM (Ages 5-6) Senior T-Ball Squirts is a great way to introduce your young slugger to this exciting game! Players will focus on learning the rules and enhancing techniques for hitting, throwing, base running and fielding. Each week players will apply what they have learned into a T-Ball scrimmage! \$115 for a 6-week program. Begins July 8th.
- **Skateboarding Clinic** – Thursday 3:30-5:00 PM (Grades 3rd-9th) This clinic is offered to beginner and intermediate skaters. Experienced skaters will instruct the students on various moves and techniques. Helmets are required. Knee and elbow pads are recommended. \$50 per child. Held at Esposito Park on April 27th with a rain date of May 4th.
- **Spring Into Volleyball** – Mondays 3:30-4:30 PM (Grades 7th & 8th) or Tuesdays 3:30-4:30 PM (Grades 4th-6th) Come out and have fun learning the great sport of volleyball! First-hand coaching on serves, dunk, two-hand volley and so much more! \$55 for a 4-week program. Begins April 10th. Forms will be sent through the schools.
- **The Science Exploration Class** – Fridays 4:30-5:30 PM (Ages 5-9) Your child will have a blast experiencing age-appropriate scientific concepts while using real child-friendly science tools with a focus on S.T.E.A.M. \$110 for a 4-week program. Begins April 21st.
- **US Sports Full Day Camp** – Mondays through Thursdays 12:00-4:30 PM and Fridays 8:30 AM-4:30 PM (Grades K-8th) Information will be sent out in March.



RETURNING THIS SPRING:

Clark Recreation is happy to announce the return of the TRYCAN family that has been on hold since the pandemic.

Interested in community programs for children with special needs? Your child can!
Every child can!

TRYCAN coordinates inclusive recreation and social development programs for children with special needs. Programs help teach sports and life skills, while focusing on building individual skills, teamwork and fun! Programs are taught by experienced coaches and instructors from the community. Collaborating communities include Berkeley Heights, Summit, Clark, Cranford, Madison, Millburn, Springfield and New Providence. Watch for special announcements of programs and classes this Spring!

ADULT PROGRAMS

- **A Spring Taste of Ballroom, Latin & Swing Dancing** – Thursdays 8:00-9:30 PM (Ages 18+) Join us for fun nights of dancing! Couples and singles are welcome. Learn to dance at weddings, parties, class reunions and more! Any questions, contact Brandis at 732-388-4605 or brandisdance@comcast.net. \$50 per resident, \$65 per non-resident for a 6-week program. Begins March 23rd.
- **Barre** – Tuesdays 7:00-8:00 PM – This class is low impact but high intensity, focusing on arms, legs, glutes and abs. The majority of the class will be done standing, working on balance, posture and alignment. \$20 for residents, \$40 for non-residents. Begins March 14th.
- **Body Conditioning** – Wednesdays 6:30-7:30 PM – A combination of cardiovascular and muscle conditioning work set to lively music. Following a warm-up, the class includes about 20 minutes of cardio and standing resistance training, followed by about 20 minutes of floor exercises including core training. Handheld weights and a mat will be used. \$20 for residents, \$40 for non-residents. Begins March 15th.
- **Body Sculpt** – Thursdays 7:15-8:00 PM – This class focuses on toning and strengthening all the major muscles of the body. From upper body to lower body to core exercises, you'll get a complete total body strength workout. Free to Clark residents. Runs September to June.
- **Kickboxing** – Mondays 7:00-8:00 PM – Get a great workout with this high energy cardio class that incorporates martial arts techniques. Build stamina, burn calories, improve coordination, flexibility and strength with this fun and challenging workout. Runs September to June.
- **Ladies Ceramics** – Thursdays 7:00-9:00 PM (Ages 18+) Come join the fun creating a themed ceramic piece each month! \$12 per session. March 9th and April 6th. May date to be announced.
- **Ladies Foundation Tennis** – Thursdays 6:30-7:20 PM (Ages 18+) It's never too late to start! Participants will work on refining their technique or learning the basics behind the sport. Classes will be filled with coaching points as well as fun and laughter! \$160 for an 8-week program. Begins April 20th.
- **Pickleball** – Wednesdays 8:30-11:30 AM (Beginner/Intermediate) or Thursdays 9:00-11:00 PM (Advanced) Pickleball is one of the fastest-growing games in the nation. This up-tempo game is an entertaining mix of tennis, badminton, ping pong and racquetball.
- **Pilates** – Wednesdays 7:30-8:30 PM – Pilates emphasizes proper breathing techniques, postural alignment, core strength and muscle balance. It is performed mostly on a mat. \$20 for residents, \$40 for non-residents. Begins March 15th.
- **Women's Softball** – Mondays 6:30-8:30 PM (Ages 18+) Runs from late June to early August. Information will be out in April.
- **Yoga** – Mondays 6:00-7:00 PM – Relax, unwind and increase your circulation, stress management as well as revitalizing breathing techniques and flexibility of the joints. Runs September to June.
- **ZUMBA** – Tuesdays 6:00-7:00 PM – Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning



dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, flexibility and boosted energy. \$20 for residents, \$40 for non-residents. Begins March 14th.

SENIOR PROGRAMS

- **Bridge** – Mondays 12:00-3:00 PM – Intermediate and advanced players can enjoy playing this challenging and mind-stimulating game. Runs September to June.
- **Chair Yoga** – Fridays 9:15-10:00 AM – Chair Yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. Go through gentle stretches and exercises to relax your mind and body while energizing your day. Runs September to June.
- **How to Use Your iPhone** – Tuesdays 7:00-8:00 PM – Questions about your phone? Learn how to use certain settings, change the ringtone, download apps, connect to the internet, and more! Begins April 4th.
- **Learn to Play Mahjongg** – Tuesdays 11:30 AM-12:30 PM – Join us for lots of fun and laughs. Gain a basic understanding of the game, including fundamental components and rules. Learn about deciding on hands and strategies. This class is for beginners only. \$20 for a 6-week program. Begins April 18th.
- **Line Dancing** – Fridays 10:00-11:00 AM – A dance instructor teaches popular dance steps to beginner or advanced dancers. Put on your dancing shoes! Runs September to June.
- **Mahjongg** – Mondays 11:00 AM-3:00 PM – Intermediate and advanced players can enjoy playing this challenging and mind stimulating game. Runs September to June.
- **Meditation** – Tuesdays 11:00 AM-12:00 PM – Use your own energy to enhance your life through meditation, visualization and healing. Lower your blood pressure while focusing on the positive aspects of your life. Free to Clark residents. Runs September to June.
- **RUMMIKUB** – Tuesdays 1:00-3:00 PM – All game lovers are invited to join us for this game combining Rumi with Mahjongg. Runs September to June.
- **Senior Exercise Class** – Tuesdays and Thursdays 9:00-10:00 AM – Group exercise geared towards the senior population. This class incorporates aerobic exercises, toning and stretching. Exercises may be done while seated. Runs September to June.
- **Senior Fitness Center** – Monday to Friday 8:30 AM-12:30 PM – Keep fit in our state-of-the-art fitness center! Stationary machines, free weights and treadmills will make you feel great in a clean, safe environment. Doctor's permission note required. You must be 55 years or older. Free to Clark seniors only. Open all year.
- **Tai Chi** – Mondays 10:00-10:55 AM (Beginners) or 11:00-11:55 AM (Intermediate) This class invites people to learn Tai Chi movements and forms that support balance, strength and flexibility. Runs September to June.
- **ZUMBA Gold** – Wednesdays 9:30-10:15 AM – Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Zumba Gold focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility and balance. Free to Clark seniors. Runs September to June.



ZUMBA
fitness

Registration Form

Please fill out the registration form below for yourself, one child or additional children, listing each of the selected courses and mail in with check to Clark Recreation - 430 Westfield Ave., or drop off at the recreation office.

Participant: _____

Phone: ____ - ____ - _____

Address: _____

Age (if applicable): ____ **Grade:** ____

Sex: Male / Female **DOB:** ____/____/____

School: _____

Parent / Guardian Signature: _____

Cell Number: ____ - ____ - _____

E-Mail address (mandatory): _____

-

Program Name: _____ **Time:** _____

Cost: _____

Program Name: _____ **Time:** _____

Cost: _____

Program Name: _____ **Time:** _____

Cost: _____