

Registration Information



www.HaddonHts.com/Programs

Adult Enrichment
Fitness
Children & Teens
Senior Programs

- You should consult your physician or other health care professional before beginning any exercise or fitness program.
- You must fill out separate registration forms for each person and each program. Additional forms can be found on our website. (You are able to combine your payment into one check.)
- Please register five days BEFORE the first class is scheduled to start to avoid class cancellations due to low enrollment.
- Programs are filled on a first come, first serve basis. No spots will be held without payment.
- You may register ONLY family members living in the same house to receive resident rate.
- Full payment is due at the time of registration; classes will not be pro-rated if you enroll past start date or for registrants' absence.
- Fees, dates, times and class limits are subject to change. Although we do our best to avoid this, facility availability or unavoidable circumstances may necessitate change.
- We do not confirm registration - We will only contact you if the class is changed or canceled.
- Photographs may be taken during your program. They will be posted on our website or used in borough publications. You must notify us in writing if you prefer not to be photographed.
- Please be sure to include your e-mail address as we will send out most notifications of location changes and/or cancellations via e-mail.
- NO refunds or transfers will be granted after 48 hours prior to the first class.
- We accept Checks or Cash.
- Haddon Heights borough reserves the right to cancel any programs due to insufficient participation. On the occasion a program is canceled, a full refund will be given in the form of a check. Please allow 2-3 weeks for refund. We do not issue cash refunds.

*Community Center, 321 7th Avenue
*Cabin, 600 W. Lippincott Lane
For more information, call 856-546-2585 or email: programcoordinator@haddonhts.com

COMMUNITY TABLE

A Community Table is a long table where people come for lunch, sit together, order from the regular menu, pay their own bill and socialize with new and old friends. The Senior Citizens group will meet at the Community Table anytime between 11:30 and 1:30 p.m. at the following Haddon Heights restaurants.

PLEASE JOIN US!

APRIL
1st Tues. April 4 - Kunkel's
2nd Tues. April 11 - Village Cheese
3rd Tues. April 18 - Station House
4th Tues. April 25 - Anthony's

MAY
1st Tues. May 2 - Kunkel's
2nd Tues. May 9 - Village Cheese
3rd Tues. May 16 - Station House
4th Tues. May 23 - Anthony's
5th Tues. May 30 - RALPH'S PIZZA

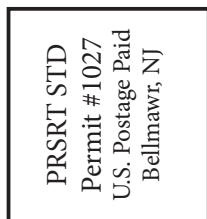
JUNE
1st Tues. Jun 6 - Kunkel's
2nd Tues. Jun 13 - Village Cheese
3rd Tues. Jun 20 - Station House
4th Tues. Jun 27 - Anthony's

SENIOR PROGRAMS

Haddon Heights Programs offers classes all year round! We offer sessions in:

- *Winter (Jan, Feb & Mar)
- *Summer (Jul, Aug & Sept)
- *Spring (Apr, May & Jun)
- *Fall (Oct, Nov & Dec)

Visit us online at www.haddonhts.com/programs for class updates and future sessions



ECR WSS
POSTAL CUSTOMER
Haddon Heights, NJ 08035

Registration Form

FULL NAME (of Adult Registrant or Parent of Child):

Child's Name & Age & Shirt size (if applicable):

Address:

Town, State, Zip:

Primary Phone:

Email:

Program:

Class Day/Time:

Class Code: _____ Fee: _____

PLEASE PRINT! Submit separate registration forms for each person/program (additional forms found online at www.haddonhts.com/programs). Make checks payable to Borough of Haddon Heights. Drop off or mail completed registration and fees to the Borough Hall at least **FIVE DAYS BEFORE** a class starts to make sure all classes run.

Borough of Haddon Heights
625 Station Avenue, Haddon Heights, NJ 08035
ATTENTION: Programs

FREE Workshops

RSVP (856)546-2585

INVESTING FUNDAMENTALS

Are you interested in gaining a better understanding of investing in stocks, bonds, or mutual funds? Would you like to learn more about the risks associated with each? Then this class is for you! We'll also discuss the basics of 401ks, IRAs, and Roth IRAs in this informational 2 hour program intended for all levels of experience. Instructor: William Burrough CFP
Date: Thursday April 20th at 6:00 - 8:00 pm
Location: CABIN

CONTROLLING WEIGHT GAIN THROUGH A HEALTHIER YOU!

Stress is the underlying cause of most illness. This workshop will educate on the symptoms of stress, how it affects the body's overall health, and what a person can do to relieve stress both at work and at home, so that they can feel better and enjoy life more. Instructor: South Jersey Health & Wellness
Date: Thursday April 27th at 6:00 - 8:00 pm
Location: CABIN

CARING FOR AGING PARENT: CAREGIVERS SUPPORT WORKSHOP

Are you caring for an elderly loved one? Find out how to create a compassionate and secure plan for your family's future. Tap into programs and resources to address those needs. And don't forget to resolve who cares for the caregiver! Instructor: Grayson Heberley III, Esq., CELA & Lori Heberley MA, LPC, CMC, Owner of SJ Geriatric Care, PC
Date: Thursday June 8th at 6:00 - 8:00 pm
Location: CABIN

BRIDGE CLUB

All Seniors are welcome to join the already thriving Bridge Club. Enjoy a good company and a fun game! Meets: Every 2nd & 4th Tuesday of the Month
Time: 12:30 pm - 3:00 pm

MAHJONGG

A game of Chinese origin, played by four people, in which tiles bearing various designs are drawn & discarded until one player has an entire hand of winning combinations. All experienced players are welcome! Meets: Every Friday
Time: 12:30 pm - 2:30pm

ALL SENIOR CLUBS MEET IN THE COMMUNITY CENTER SENIOR ROOM - NO FEE!

*Due to the nature of our longer 10-12 week sessions we are offering that **some** of our classes (**marked with an asterisk***) can be broken down into two payments. Some fitness classes only have this option when signing up for multiple nights of classes. Please contact the program coordinator for more information, amounts and due dates. ProgramCoordinator@haddonhts.com or 856-546-2585

Children & Teens

ACTING FOR BEGINNERS

The Village Playbox invites you to join us to explore the performing arts and to enjoy for the ultimate youth theatre experience! Each student will have the chance to audition (everyone participates), act, assist with set design, costuming and props. Your child will not only learn what it takes to produce a successful production, but they will learn the value of teamwork while they work together to produce a show of their own!

Ages: 9-13

Instructor: Steve Allen

Thursdays 4:00 pm - 5:00 pm

April 13th - June 15th (10 Weeks)

Fee: \$40/Resident \$45/Non-Resident

Location: COMMUNITY CENTER

Class Code: 153

TV & FILM ACTING CLASSES

Learn TV & Film Acting from a professional New York City Acting Coach & Actress. Lisa Regina brings her 28 years as an actress & professional acting coach to her hometown of South Jersey. The students will learn how to work on camera for TV & Film and will prepare all her students for a 'taping' of either a scene or monologue. Build Confidence, Friendships & Have Fun!

Ages: 7 - 16 - ALL LEVELS

Instructor: Lisa Regina

Mondays 4:00 pm - 6:00 pm

April 10th - May 15th (6 weeks)

Fee: \$100 *Optional Student Video Fee: \$35*

Location: CABIN

Register at www.LisaRegina.com

TODDLER PLAYTIME *

Children ages 12 months to 3.5 years old along with their parents/caregivers are invited to learn through play. Led by an instructor, each class will offer a session full of music, stories, movement & fun.

Ages: 12m - 3.5yrs

Instructor: Jackie Schroeder

Wednesdays 10:00 am - 11:30 am

April 12th - June 14th (10 weeks total)

\$80/Resident (\$55 additional siblings)

\$85/Non-Resident (\$60 additional siblings)

Location: COMMUNITY CENTER

Class Code: 146

KIDS YOGA*

In this class we will explore the poses through yoga decks for children which include all the traditional poses with a child friendly approach. We will dance, sing, connect, breathe, do poses, learn how to focus, pay attention and of course we will relax. Please encourage children to wear comfortable clothing, bring a mat or towel & a water bottle.

Ages: 5-11

Instructor: Cindy Irvin, *Certified Instructor*

Wednesdays 4:00 - 5:00 pm

April 13th - June 1st (8 weeks)

\$70/Resident \$75/Non-Resident

Location: CABIN

Class Code: 152

KIDS GOLF LESSONS*

This five week course is perfect for beginner golfers ages 14 and under. The indoor simulators make learning the full swing fun for kids. Chipping, putting and sand trap stations also available. Golf U is an indoor facility meaning no matter what the weather, it's always the perfect day for golf!

Instructor: Brad Hare, *PGA Professional*

Ages 6-10: Mondays 4:00 - 5:00 pm

Ages 11-14: Mondays 6:30 - 7:30pm

May 8th - June 12th (5 weeks - No Class 5/29)

Fee: \$125/Resident \$130/Non-Resident

Location: GOLF U

1931 Olney Avenue - Suite 300,

Cherry Hill, NJ 08003

Class Code: 152

SNAPOLOGY: SUPER HEROS!

To the Batcave! Design your own superhero using Lego® bricks, create your own adventure and comic strip. Have a blast as you create your own fantasy world of superheroes. What kind of super powers do you have?

Ages: 7-14

Instructor: SNAPOLOGY

Tuesdays 4:00 - 5:00 pm

April 25th - May 30th (6 weeks)

Fee: \$60/Resident \$65/Non-Resident

Location: CABIN

Register at www.sj.snapology.com/schedule

SAFE SITTER®

Safe Sitter® is a medically accurate, competency-based, highly structured babysitting preparation course designed for young adolescents. The curriculum is written by a pediatrician and presented in sections. Includes The Official Safe Sitter® Babysitter's Handbook. Participants must pack their own lunch

Ages: 11+

Instructor: YMCA

DATE: Saturday May 13th 9:30 am - 2:30pm

Fee: \$75/Resident \$80/Non-Resident

Member of the YMCA? Ask about a program discount.

Location: CABIN

Class Code: 152

LITTEST CHEFS

The focus of this program is to give parents/caregivers and their tots an opportunity to bond while appreciating the art of cooking. Each week we will feature a specific book to read and prepare food to accompany the book. This is a hands on cooperative learning experience benefiting both parent/caregiver and child.

Ages: 2-5

Instructor: Patrice Leonetti

Mondays 12:00 pm - 1:30 pm

May 1st - May 22nd (4 Weeks)

Fee: \$80/Resident \$85/Non-Resident

Location: COMMUNITY CENTER

Class Code: 152

KIDS CAN COOK!

This cooking program is designed to teach kids about healthful eating. Children will learn how to make nutritional snacks and meals, using fresh vegetables as well as healthy alternatives to popular favorites. They will also learn how to safely use knives, stove, oven and blender. Each child will earn a certificate and receive a book of all the recipes learned upon completion of the course.

Ages: 7-12

Instructor: Patrice Leonetti

Wednesdays 3:15 pm - 4:30 pm

May 3rd - May 24th (4 Weeks)

Fee: \$80/Resident \$85/Non-Resident

Location: COMMUNITY CENTER

Class Code: 152

TRIPLE THREAT TOT DANCE CLASS*

Our New Triple Threat Dance Class will introduce the basic styles of Tap, Ballet, and Jazz in one energetic hour. Students enrolled in this 10 week program, will perform an end of session showcase for their family and friends. The class will require a leotard, tights, ballet, and tap shoes.

Ages: 3-6

Instructor: Samantha Camerota

Tuesday Afternoons 4:00 - 5:00 pm

or

Thursday Mornings 10:00 am - 11:00 am

April 11th - June 15th (10 weeks)

\$75/Resident \$80/Non-Resident

Location: CABIN

Class Code: 152

TENNIS

Beginners will receive instruction on the fundamentals of the game, developing skills, ball control, stroke techniques, practice habits, and court etiquette. Intermediates will improve on basic tennis fundamentals, but will begin to learn how to play the game of tennis in match situations. Every level will work to learn and improve on forehand, backhand, serve, and volley. Participants will be divided into age and skill levels. Bring a racquet; wear tennis shoes/sneakers.

Ages 6-9 Tuesdays: 5:00pm - 6:00pm

Ages 10-13 Tuesdays: 6:15pm - 7:15pm

June 20th - August 1st (6 weeks - No Class 7/4)

Fee: \$85 (includes t-shirt)

Location: DEVON AVE TENNIS COURTS

Register at www.JumpStartSports.com

JUNE SUMMER CAMP PROGRAM*

SNAPOLOGY JUNIORS: ANIMALS

Allow your child to cultivate their love of animals. Children will learn various concepts of animal life cycles and animal characteristics & traits using Legos, K'Nex toys and other interactive learning tools.

June 27th - June 29th 8:40 - 11:40 am Ages: 4 - 6

Location: Borough Hall Auditorium Fee: \$65

VEGAN COOKING

Come join us as we bust the myth that vegan cooking is tasteless and boring! Learn to create well-balanced, nutritious, and delicious vegan recipes. You'll get to taste the food and receive not only a cooking lesson but also nutrition and healthy eating information and tips.

Instructor: Patrice Leonetti

Thursdays 5:15 pm - 7:00 pm

May 4th - May 25th (4 weeks)

Fee: \$85/Resident \$90/Non-Resident

Location: COMMUNITY CENTER

Class Code: 143

PICKLEBALL

America's fastest growing sport and lots of fun, Pickleball is played on a sized down tennis court with a lower net using a Pickleball "paddle" and plastic balls. Easy to learn and with simple rules, the sport is welcoming to people of all fitness levels including beginners and "just off the couch." This introductory, coed classes for adults include instruction and actual play from the start. Equipment will be provided. Please bring water and a lawn chair.

Instructor: Denise Donald

Tuesdays 12:00 - 2:00pm

and/or

Thursdays 6:00 - 8:00 pm

May 2nd - June 8th (6 weeks)

Fee: \$40/Resident \$45/Non-Resident

Location: DEVON AVE TENNIS COURTS

Class Code: 143

Fitness For All Ages

ABS & LOWER BODY WORKOUT*

A 45 minute ab & lower body workout that will work every angle of your core. This class goes above and beyond sit ups and crunches to define and sculpt the abdominals and lower body. Targets the abs, buns, & thighs to strengthen and improve core stability. Please bring a mat, 3lb weights, towel, & water.

Instructor: Dee Cavaliere

Tues. and/or Thurs. 6:30 pm - 7:15 pm

April 11th - June 29th (12 weeks)

Location: COMMUNITY CENTER

1 Class / Week: (12 classes total)

\$60/Resident \$65/Non-Resident

2 Classes / Week: (24 classes total)

\$120/Resident \$130/Non-Resident

Class Code: 158

TAI CHI - 8 FORM*

Tai Chi is a Chinese martial art that uses slow, deliberate movements to benefit health and balance. The particular form we will be studying in this session is called the "8 Form" because it uses 8 tai chi movements. This form benefits many health conditions. Our instructor is an International Gold Medalist and Hall of Fame Tai Chi Practitioner.

Instructor: Morris Siegel, RN,MA,C.H

Monday Evening 6:15 pm - 7:15 pm

and/or

Thursday Afternoon 12:30 pm - 1:30 pm

April 17th - June 26th (10 weeks *No Class 5/29*)

1 Class / Week: (10 classes total)

\$70/Resident \$75/Non-Resident

2 Classes / Week: (20 classes total)

\$140/Resident \$150/Non-Resident

Location: CABIN

Class Code: 139

WORLD TAI CHI DAY!

Join us for World Tai Chi day where people all over the world will join together to practice Tai Chi. This is a free event, all are welcome. Long time practitioners or those just looking to see what Tai Chi is all about. Instructor: Morris Siegel, RN,MA,C.H

Saturday April 29, 2017 at 10:00 am

Location: COMMUNITY CENTER

FREE EVENT

BEGINNER KNITTING

Knit one purl two ~ Come and learn how to make a basic knitted project. Knitting is a relaxing, portable, and productive hobby. This beginner knitting class will be conducted in a friendly and social atmosphere. No prior knitting experience necessary.

Please bring 10" long, size #8 knitting needles and #4 weight yarn. If you would prefer, we will also have "Beginner Knitting Kits" available for \$15.00 at the first class.

Instructor: Bernadette May, *Owner of Game*

Friendzy in Audubon & Haddonfield

Monday 7:30 - 8:45 pm

April 10th - June 5th (8 weeks)

Fee: \$70/Resident \$75/Non-Resident

Location: CABIN

Class Code: 143

ACTING FOR FUN AND FAME

Ever wonder if you have what it takes to be another DeNiro or Streep? Tap into your creativity and have some fun with introductory acting classes! Monologues, scene study, drama and comedy - find out how the A-List celebrities perfect their skills through character analysis and improv techniques. Taught by a professional award winning TV, radio, film and theater veteran of over 30 years!

Instructor: Karen Sciofi

Tuesday 6:00 - 8:00 pm

April 11th - May 30th (8 weeks)

Fee: \$135/Resident \$140/Non-Resident

Location: CABIN

Class Code: 143

ZUMBA*

Come join the party! Move fast, have fun & burn lots of calories. ZUMBA is a Latin Flavored dance/fitness program that combines musical rhythms and dance steps to tone and sculpt the entire body. Usually a full class, so sign up early!

Instructor: Katia Fernandez & Manuela Saam

Mon. and/or Wed. 6:00 pm - 7:00 pm

Tues. and/or Thurs. 7:30 pm - 8:30 pm

April 10th - June 29th (12 weeks)

1 Class / Week: (12 classes total)

\$60/Resident \$65/Non-Resident

2 Classes* / Week: (24 classes total)

\$120/Resident \$130/Non-Resident

3 Classes* / Week: (36 classes total)

\$180/Resident \$195/Non-Resident

4 Classes* / Week: (48 classes total)

\$240/Resident \$260/Non-Resident

Location: COMMUNITY CENTER

Class Code: 137

YOGA - VINYASA FLOW*

Connecting movement with breath. An eclectic mixture of physical postures, breath, sound and concentration. Instructor will guide students through a flow of postures that will both challenge and inspire. Please bring a sticky mat & water. Wear loose comfortable clothing.

Instructor: Justine Stahl

Wednesdays 6:00 pm - 7:00 pm

Saturdays 8:00 am - 9:00 am

April 12th - July 1st (12 weeks)

1 Class / Week: (12 classes total)

\$75/Resident \$80/Non-Resident

2 Classes / Week: (24 classes total)

\$150/Resident \$160/Non-Resident

Location: CABIN

Class Code: 141

LOW IMPACT CIRCUIT TRAINING*

Are you a beginner / intermediate exerciser looking to increase muscle tone, endurance, and flexibility? Then this is the class for you! This low impact, circuit style class utilizes light dumbbells, bands, and body weight exercises to focus on weight bearing activity while keeping the workout low impact.

Instructor: Blake Kondras

Tues. and/or Thurs. 10:00 am - 11:00 am

April 11th - June 22th (11 weeks)

1 Class / Week: (11 classes total)

\$50/Resident \$55/Non-Resident

2 Classes*/ Week: (22 classes total)

\$100/Resident \$110/Non-Resident

Location: CABIN

Class Code: 156

*More Information on our Summer Programs is available online at www.haddonhts.com/programs.