

Registration Information

- 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

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

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: (Please indicate day(s)/time) _____

Class Code: _____

Class Day/Time: _____

Session: _____ 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

SENIOR PROGRAMS

COMMUNITY TABLE

Too busy to cook this month? Join us at the Senior 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. Our group will meet at the Community Table anytime between 11:30 and 1:30 pm at the following Haddon Heights restaurants. Please join us!

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

BRIDGE CLUB

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

GAME CLUB**

You name it, we play it! Join us for a good time playing games and socializing. Feel free to invite a friend!
 Meets: Every 3rd Tuesday of the Month
 Time: 10:00 am - 12:00 pm
 **Call first: 856-546-2585

JANUARY

1st Tues, Jan 3 - Kunkel's
 2nd Tues, Jan 10 - Village Cheese
 3rd Tues, Jan 17 - Station House
 4th Tues, Jan 24 - Anthony's
 5th Tues, Jan 31 - Classic Asia
 (across from Library)

FEBRUARY

1st Tues, Feb 7 - Kunkel's
 2nd Tues, Feb 14 - Village Cheese
 3rd Tues, Feb 21 - Station House
 4th Tues, Feb 28 - Anthony's

MARCH

1st Tues, Mar 7 - Kunkel's
 2nd Tues, Mar 14 - Village Cheese
 3rd Tues, Mar 21 - Station House
 4th Tues, Mar 28 - Anthony's

APRIL

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

PINOCHLE CLUB

Meets: Every Thursday
 Time: 1:00 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

FREE Workshops - RSVP (856)546-2585

CARING FOR AGING PARENTS:

A 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: Monday January 16th at 7:30 pm
Location: CABIN

FAMILY NUTRITION

Families are very busy these days. This workshop is designed to teach families some time saving ideas to help them eat healthier as well as tips on teaching kids to eat right.

Instructor: South Jersey Health & Wellness
Date: Thursday Feb 9th at 7:30 pm
Location: CABIN

INVESTING FUNDAMENTALS

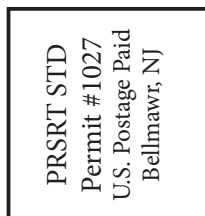
Are you interested in gaining a better understanding of investing in stocks, bonds, or mutual funds? Would you like to learn more about the risks associated with each? Then this class is for you! We'll also discuss the basics of 401k's, IRA's, and Roth IRA's in this informational 2 hour program intended for all levels of experience.

Instructor: William Burrough CFP
Date: Tuesday January 31st at 7:30 pm
Location: CABIN

HEALTH & STRESS

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 January 26th at 7:30
Location: CABIN



WINTER 2017

www.HaddonHts.com/Programs

Adult Enrichment
 Fitness
 Children & Teens
 Senior Programs

*For the 2017 Program Schedule we are excited to offer New Extended 12 Week Sessions. Due to the nature of these longer 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. If you would be interested in taking advantage of this new two payment option, please contact the program coordinator for your specific class payment amounts and due dates. You must be pre-authorized to use this option. 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
Jan. 12th - Mar. 30th (12 Weeks)
 Fee: \$45/Resident \$50/Non-Resident
Location: COMMUNITY CENTER
Class Code: 153

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 and a water bottle.

Ages: 5-11
 Instructor: Cindy Irvin - *Certified Instructor and Owner of Our Souls Shine*
 Wednesdays 3:30 pm - 4:30 pm
Jan. 11th - Mar. 29th (12 weeks)
 \$90/Resident \$95/Non-Resident
Location: CABIN
Class Code: 152

SNAPOLOGY:

AMUSEMENT PARK ADVENTURE

Enjoy creating and building? Join us for this exciting class where you can design and construct your very own amusement park! Learn how to use Lego® bricks and other building materials to make exciting roller coasters and other awesome rides. Join the fun! Can you design the next Disney World?

Ages: 7-14
 Instructor: SNAPOLOGY
 Tuesdays 3:30 pm - 4:30 pm
Jan. 10th - Mar. 28th (12 weeks)
 Fee: \$95/Resident \$99/Non-Resident
Location: CABIN
Class Code: 152

SNAPOLOGY: MINECRAFT

ONE DAY - PRESIDENTS DAY SPECIAL
 Minecraft: Travel to the Nether with Snapology, but watch out for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers, and minecraft® characters.

Ages: 5-14
 Instructor: SNAPOLOGY
Date: Monday, February 20th
 Time: 1:00 pm - 3:00 pm
 Fee: \$15/Resident \$20/Non-Resident
Location: CABIN
Class Code: 152
Snapology Registration and Payments now available through their website online! www.sj.snapology.com/schedule

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
 Tuesday 3:15 pm - 4:30 pm
Jan. 10th - Jan. 31st (4 Weeks)
 Fee: \$80/Resident \$85/Non-Resident
Location: COMMUNITY CENTER
Class Code: 152

LITTLEST 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: 4-7
 Instructor: Patrice Leonetti
 Monday 1:00 pm - 2:45 pm
Jan. 9th - Jan. 30th (4 Weeks)
 Fee: \$80/Resident \$85/Non-Resident
Location: COMMUNITY CENTER
Class Code: 152

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
Jan. 11th - Mar. 29th (12 weeks total)
 \$90/Resident (\$65 additional siblings)
 \$95/Non-Resident (\$70 additional siblings)
Location: COMMUNITY CENTER
Class Code: 146

2017 SUMMER REC PROGRAM

Early Registration has started. See the sign-up form in the Heights Report. You can also find information on the borough's website.

www.haddonhts.com/programs

Sign up today and enjoy the fun!

Adult Education

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
Jan. 12th - Feb. 2nd (4 weeks)
 Fee: \$85/Resident \$90/Non-Resident
Location: COMMUNITY CENTER
Class Code: 143

ADULT GAME LESSONS

Learn a new game or improve your skills with Bernadette May, an ACBL Accredited Instructor, Owner of Rhinoceros Gamery, Activity and Toy Store.

Location: COM CTR SENIOR ROOM
 Fee: \$50/Residents \$55/Non-Residents
Class Code: 143

MAHJONGG (American)

Thursdays 10:00 am - 12:00 pm
Jan. 12th - Mar. 30th (12 Weeks)

BRIDGE

Mondays 2:30 pm - 4:30 pm
Jan. 9th - Mar. 27th (12 Weeks)

PINOCHLE

Fridays 3:00 pm - 5:00 pm
Jan. 13th - Mar. 31st (12 Weeks)

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 Friendly in Audubon & Haddonfield*
 Tuesdays 5:15 pm - 6:45 pm
Jan. 10th - Mar. 14th (10 weeks)
 Fee: \$95/Resident \$99/Non-Resident
Location: CABIN
Class Code: 143

Fitness For All Ages

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
 Mon. and/or Wed. 6:00 pm - 7:00 pm
 Tues. and/or Thurs. 7:30 pm - 8:30 pm
Jan. 9th - Mar. 30th (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

PIYO*

Sweat, stretch, and strengthen, all in one workout! Using only your bodyweight, you'll perform a series of quick-paced, low-impact, high-intensity Pilates and Yoga inspired moves to work your whole body. Please bring a mat, hand towel, and water.

Instructor: Dee Cavaliere
 Wednesdays 7:15 pm - 8:00pm
Jan. 11th - Mar. 29th (12 weeks)
Location: COMMUNITY CENTER
 1 Class / Week: (12 classes total)
 \$60/Resident \$65/Non-Resident
Class Code: 142

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
 Tuesdays 6:30 pm - 7:15pm
Jan. 10th - Mar. 27th (12 weeks)
Location: COMMUNITY CENTER
 and/or
 Thursdays 6:30 pm - 7:15 pm
Jan. 12th - Mar. 30th (12 weeks)
Location: CABIN
 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

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
Jan. 10th - Mar. 30th (12 weeks)
 1 Class / Week: (12 classes total)
 \$50/Resident \$55/Non-Resident
 2 Classes* / Week: (24 classes total)
 \$100/Resident \$110/Non-Resident
Location: CABIN
Class Code: 156

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 eight 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
 Thursday Afternoon 12:30 pm - 1:30 pm
Jan. 9th - Mar. 30th (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: 139

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
Jan. 11th - Apr. 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