



WINTER 2018

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

PLEASE PRINT! Submit separate registration forms for each person/
program. 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

Registration Form

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

Child's Name & Age (if applicable):

Address:

Town, State, Zip:

Primary Phone:

Email:

Program:

Class Day/Time:

Class Code: _____ Fee: _____

Registration Form

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

Child's Name & Age (if applicable):

Address:

Town, State, Zip:

Primary Phone:

Email:

Program:

Class Day/Time:

Class Code: _____ Fee: _____

Children & Teens

COLLEGE ESSAY WRITING

Going to College? Looking for help to write an insightful and engaging essay? Join us for a 4 week College Essay Workshop! This workshop will explore what colleges are looking for in admission essays and will help you to brainstorm, write, edit and develop the best essay to communicate all the necessary information to best showcase you!

Instructor: Dr. Trisha Egbert

Mondays 7:30 pm - 8:30 pm

Jan. 22nd - Feb. 12th (4 Weeks)

Fee: \$100/Resident \$105/Non-Resident

Location: CABIN

Class Code: 152

NEW! ZUMBINI

Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! Through this program, we not only nurture their love of movement so it becomes a way of life, but give you the chance to nurture your inner child as well!

Ages: 0 - 4

Instructor: Chelsea Corsey

Mondays 9:15 am - 10:00 am

Jan. 8th - Mar. 12th (10 weeks)

Fee: \$90/Resident \$95/Non-Resident

Location: COMMUNITY CENTER **Register Online at www.Zumbini.com**

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: 7-13

Instructor: Steve Allen

Thursdays 4:00 pm - 5:00 pm

Jan. 11th - Mar. 29th (12 Weeks)

Fee: \$45/Resident \$50/Non-Resident

Location: COMMUNITY CENTER

Class Code: 153

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: 2-5

Instructor: Patrice Leonetti

Monday 1:00 pm - 2:45 pm

Jan. 22nd - Feb. 12th (4 Weeks)

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

Location: COMMUNITY CENTER

Class Code: 150

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: 6-12

Instructor: Patrice Leonetti

Wednesdays 3:15 pm - 4:30 pm

Jan. 24th - Feb. 14th (4 Weeks)

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

Location: COMMUNITY CENTER

Class Code: 150

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. 10th - Mar. 28th (12 weeks total)

\$90/Resident (\$65 addtl. siblings)

\$95/Non-Resident (\$70 addtl. siblings)

Location: COMMUNITY CENTER

Class Code: 146

NEW! ALL BY MYSELF DANCE CLASS

This class will introduce Ballet, Tap, and Jazz in an energetic 45 minute class. Dancers are required to have a leotard and tights as well as ballet and tap shoes. Students will perform an end of the session showcase for family and friends!

Ages: 18m - 2 yrs

Instructor: Samantha Camerota

Thursday Mornings 10:00 am - 10:45 am

Jan. 11th - Mar. 15th (10 weeks)

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

Location: COMMUNITY CENTER

Class Code: 144

TOT DANCE CLASS

Our Tot Dance Class will introduce the basic styles of Tap, Ballet, & Jazz in one energetic hour. Students will preform a The class will require a leotard, tights, ballet shoes, and tap shoes.

Ages: 3-6

Instructor: Samantha Camerota

Monday & Tuesdays 3:30 - 4:30 pm

Thursdays 12:00 pm - 1:00 pm

Jan. 8th - Mar. 15th (10 weeks)

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

Location: COMMUNITY CENTER

Class Code: 144

NEW! TOT HIP HOP CLASS

Tot Hip Hop Class will introduce the basic styles of hip hop in a fun, upbeat environment. Students will preform an end of session showcase for family and friends. The class will require dancers to wear sneakers.

Ages: 3-6

Instructor: Samantha Camerota

Wednesdays 4:45 - 5:45 pm

Jan. 10th - Mar. 14th (10 weeks)

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

Location: COMMUNITY CENTER

Class Code: 144

TAP & JAZZ DANCE CLASS

Dancers will study the basic styles of Jazz and Tap in one fun, energetic, hour! Girls and boys are required to wear comfortable athletic clothing to easily move in with hair pulled off face to ensure safety. Dancers will perform an end of session showcase for family and friends. Dancers are asked to bring their Tap and Jazz shoes.

Instructor: Samantha Camerota

Jan. 8th - Mar. 14th (10 weeks)

Ages: 6+ Mondays 4:45 pm - 5:45 pm

Ages: 11+ Tuesdays 4:45 pm - 5:45 pm

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

Location: COMMUNITY CENTER

Class Code: 144

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!

Instructors: Katia Fernandez and Manuela Saam

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

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

Jan. 8th - Mar. 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

LOW IMPACT CIRCUIT TRAINING

Are you a beginner to intermediate level 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. 9th - Mar. 29th (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

NEW! REFIT

REFIT® is a life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out. Powered by human connections, we turn boring, have-to workouts into a can't-miss community fitness experience.

Instructor: Amber Gager

Tuesday Mornings 11:30 am - 12:30 pm

Jan. 9th - Mar 13th (10 weeks)

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

Location: CABIN

Class Code: 142

BODY BLAST

Body blast is a fun and exciting way to not only shed those unwanted pounds, but also develop and strengthen your entire body! High Intensity Interval Training is a training style that can be utilized by anyone virtually anywhere! It is a fantastic way to melt away unwanted fat and sculpt your body in a much shorter period of time than more "traditional" forms of training. I urge anyone interested in a better body and less stress to take the challenge!

Instructor: Tavener Miller

Monday & Wednesday 7:15 pm - 8:00 pm

Jan. 8th - Mar. 28th (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: COMMUNITY CENTER

Class Code: 157

CORE AND MORE

This class will have you flexing your muscles, planking, crunching, squatting and performing functional fitness patterns to have you looking and feeling fit and fabulous. Join us to train your body to perform at its best for daily activities. You will need to bring hand weights (3 or 5 pounds), a mat, bottled water, lots of energy and an open mind to learning different ways of getting in the best shape possible.

Instructor: Dee Cavaliere

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

Session 1: Jan. 9th - Feb. 15th (6 weeks)

Session 2: Feb. 20th - Mar. 29th (6 weeks)

Fee Per 6-Week Session:

1 Class / Week: (6 classes total)

\$30/Resident \$35/Non-Resident

2 Classes / Week: (12 classes total)

\$60/Resident \$70/Non-Resident

Fee For Full 12 Week Session:

1 Class / Week: (12 classes total)

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

2 Classes / Week: (24 classes total)

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

Location: COMMUNITY CENTER

Class Code: 145

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

Jan. 8th - Mar. 26th (12 weeks)

\$75/Resident

\$80/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. 10th - Mar 31st (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

Adult Education

BEGINNER KNITTING

Come and learn how to make a basic knitted project. No prior knitting experience necessary. Please bring 10" long, size #8 knitting needles and #4 weight yarn. "Beginner Knitting Kits" will be available for \$15 at the first class.

Instructor: Bernadette May, *Owner of Game Friendly in Audubon*

Tuesdays 5:30 pm - 6:30 pm

Jan. 11th - Mar. 1st (8 weeks)

Fee: \$55/Resident \$60/Non-Resident

Location: CABIN

Class Code: 143

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. 25th - Feb. 15th (4 weeks)

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

Location: COMMUNITY CENTER

Class Code: 140

BEGINNING GUITAR

Beginning Guitar is a course designed to acquaint individuals with basic guitar techniques. We will cover subjects like the playing of single note melodies, chordal accompaniment & simple solo guitar concepts. Emphasis will be placed on playing songs rather than music theory & technical exercises. Students will need to bring "Mastering the Guitar 1A" by Mel Bay Publishers and a Guitar.

Instructor: James Schneider

Thursday Evenings 7:15 pm - 8:45 pm

Jan. 11th - Mar. 15th (10 weeks)

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

Location: CABIN

Class Code: 143

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!

JANUARY

1st Tues, Jan 2 - Kunkel's
2nd Tues, Jan 9 - Village Cheese
3rd Tues, Jan 16 - Station House
4th Tues, Jan 23 - Anthony's
5th Tues, Jan 30 - Ralph's Francesca Room

MARCH

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

FEBRUARY

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

APRIL

1st Tues, Apr 3 - Kunkel's
2nd Tues, Apr 10 - Village Cheese
3rd Tues, Apr 17 - Station House
4th Tues, Apr 24 - Anthony's

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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: 2nd & 4th Tuesday of the Month

Time: 12:30 pm - 3:00 pm

HAND & FOOT GAME CLUB

Meets: 1st & 3rd Tuesday of the Month

Time: 1:00 pm - 3:00 pm

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