

SPRING 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

KIDS CAN COOK!

This cooking program is designed to teach kids about healthful eating. Children will learn about 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

April 11th - May 2nd (4 Weeks)

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

Location: COM CTR **Class Code:** 150

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 1:30 pm - 2:45 pm

April 9th - April 30th (4 Weeks)

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

Location: COM CTR **Class Code:** 150

ACTING FOR BEGINNERS

The Village Playbox invites you to join us to explore the performing arts and 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

April 12th - June 14th (10 Weeks)

Fee: \$35/Resident \$40/Non-Resident

Location: COM CTR **Class Code:** 153

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 fundamentals, but will begin to learn how to play the game 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 19th - July 24th (6 Weeks)

Fee: \$85 (includes t-shirt)

Location: DEVON AVE TENNIS COURTS
Register at www.JumpStartSports.com

New! LACROSSE

Lacrosse is action packed and lots of fun! All equipment will be provided in this highly instructional and recreational introductory lacrosse program. Experienced coaches from Jump Start Sports will teach children the fundamentals of the game, including passing and catching, fielding ground balls, cradling, spacing and positioning, and defense. Children will then be divided by gender and age to play fun game situational scrimmages. Plastic sticks and soft balls will be provided. No body checking or stick checking will be permitted! No helmets or shoulder pads will be used.

Ages 7-9 Thursdays: 5:30pm - 6:30pm

Ages 10-12 Tuesdays: 6:30pm - 7:30pm

June 21st - July 26th (6 Weeks)

Fee: \$85 (includes t-shirt)

Location: DEVON AVE FIELDS

Register at www.JumpStartSports.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 11th - June 13th (10 weeks)

\$80/Resident (\$55 add'l. siblings)

\$85/Non-Resident (\$60 add'l. siblings)

Location: COM CTR **Class Code:** 146

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 are asked to bring their Tap and Jazz shoes.

Instructor: Samantha Camerota

April 9th - June 18th (10 weeks-No Class 5/28)

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

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

\$75/Resident (\$65 add'l. siblings)

\$80/Non-Resident (\$70 add'l. siblings)

Location: COM CTR **Class Code:** 144

TOT DANCE CLASS

Our Tot Dance Class will introduce the basic styles of Tap, Ballet, & Jazz in one energetic hour. 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

April 9th - June 18th (10 weeks-No Class 5/28)

\$75/Resident (\$65 add'l. siblings)

\$80/Non-Resident (\$70 add'l. siblings)

Location: COM CTR **Class Code:** 144

TOT HIP HOP CLASS

Tot Hip Hop Class will introduce the basic styles of hip hop in a fun, upbeat environment. The class will require dancers to wear sneakers.

Ages: 3-6

Instructor: Samantha Camerota

Tuesdays 2:00 - 3:00 pm

Wednesdays 4:45 - 5:45 pm

April 10th - June 13th (10 weeks)

\$75/Resident (\$65 add'l. siblings)

\$80/Non-Resident (\$70 add'l. siblings)

Location: COM CTR **Class Code:** 144

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.

Ages: 18m - 2 yrs

Instructor: Samantha Camerota

Thursday Mornings 10:00 am - 10:45 am

April 12th - June 14th (10 weeks)

\$75/Resident (\$65 add'l. siblings)

\$80/Non-Resident (\$70 add'l. siblings)

Location: COM CTR **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.

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

April 9th - June 28th (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: COM CTR **Class Code:** 137

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: April 10th - May 17th (6 weeks)

Session 2: May 22nd - June 28th (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: COM CTR **Class Code:** 145

WORLD TAI CHI DAY!

World Tai Chi day where people all over the world will join together to practice Tai Chi. This free event will feature demos along with group activities. Open to the public, all are welcome from long time practitioners to those just looking to see what Tai Chi is all about.

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

Saturday April 28, 2018 at 10:00 am

Location: COM CTR **FREE EVENT**

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. Our instructor is an International Gold Medalist and Hall of Fame Tai Chi Practitioner.

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

Monday Evenings 6:15 pm - 7:15 pm

April 9th - June 18th (10 weeks)

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

Location: CABIN **Class Code:** 139

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

April 10th - June 7th (9 weeks)

1 Class / Week: (12 classes total)

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

2 Classes / Week: (24 classes total)

\$90/Resident \$100/Non-Resident

Location: CABIN **Class Code:** 156

BODY BLAST

Body blast is a hybrid, total body, calorie torching workout plan. I have personally made workouts that will be different every time you set foot on the floor; programs designed to keep you engaged, entertained, and most importantly GET YOU RESULTS!! Every class is made with exercises for ALL ages, activity levels, and ability levels. Come Check it out!!!

Instructor: Tavener Miller

Mon. and/or Wed. 7:15 pm - 8:00 pm

April 9th - June 27th (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: COM CTR **Class Code:** 157

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 11th - June 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:** 141

SUMMER PROGRAMS FOR KIDS & TEENS

Our Summer Programs are currently being finalized! The Summer Brochure will be mailed out in June, but we will be posting all information on our website as classes are confirmed. Please check www.haddonhts.com/Programs. If you have questions you can contact the program coordinator at: programcoordinator@haddonhts.com or call 856-546-2585.

PROPOSED SUMMER CLASSES*:

Summer Rec: Runs 5 Weeks 6/26 - 7/26

Tennis: 6/19 - 7/24

Dance: 6/26-6/29, 7/9-7/13 & 8/13-8/17

Cooking: 7/16 - 7/19 & 8/13 - 8/16

Snapology: 7/9 - 7/12 & 7/16 - 7/19

Science Camp: 7/23 - 7/26

Rising Stars: 7/30 - 8/11

*Class dates and times may be changed

Adult Education

CREATIVE WRITING

Participants in this creative writing workshop will write several short stories and develop various forms of writing each class. Through a range of engaging exercises, writers are taught strategies that help establish writing voice. Participants will write and receive feedback on all writing exercises. This workshop also offers instruction on revision and will help you gain insight from your writing peers.

Instructor: Dr. Trisha Egbert

Mondays 7:30 pm - 8:30 pm

April 9th - May 14th (6 Weeks)

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

Location: CABIN **Class Code:** 148

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 5:30 pm - 7:15 pm

April 12th - May 3rd (4 weeks)

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

Location: COM CTR **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 6:30 pm - 8:00 pm

May 10th - June 28th (8 weeks)

Fee: \$85/Resident \$90/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 Scioli

Tuesday 6:00 - 8:00 pm

April 10th - May 29th (8 weeks)

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

Location: CABIN **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: Estelle "Cookie" Day

Mondays 10:00 am - 12:00 pm

May 7th - June 18th (6 weeks-No Class 5/28)

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

Seniors (55+) Fee: \$30

Location: DEVON AVE TENNIS COURTS

Class Code: 142

SENIOR PROGRAMS

COMMUNITY TABLE

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.

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

MAY

1st Tues, May 1: Kunkel's

2nd Tues, May 8: Village Cheese

3rd Tues, May 15: Station House

4th Tues, May 22: Anthony's

5th Tues, May 29: Ralph's

Francesca Rm

JUNE

1st Tues, Jun 5: Kunkel's

2nd Tues, Jun 12: Village Cheese

3rd Tues, Jun 19: Station House

4th Tues, Jun 26: Anthony's

JULY

1st Tues, Jul 3: Kunkel's

2nd Tues, Jul 10: Village Cheese

3rd Tues, Jul 17: Station House

4th Tues, Jul 24: Anthony's

5th Tues, Jul 31: Sal's Pizzeria

(Located on Kings Highway at 9th)

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 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