



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

BABYSITTERS' TRAINING

This workshop will provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to know what to do in an emergency and how to keep themselves and others safe and help children behave, develop their leadership skills, learn how to develop a babysitting business, and learn about basic child care and basic first aid. Participants should bring snacks, a packed lunch, and drink.

Ages: 11-15 yrs old

Instructor: American Red Cross

Saturday, October 13th 10:00 am-5:30 pm

Fee: \$90/Registrant

Location: CABIN

Class Code: 154

TUMBLING CLASS

Beginners course in gymnastics broken into two age groups.

We will learn fun things from forward rolls to cart wheels & handstands and everything in between.

Intermediate course will keep working on skills learned in beginners class, building strength & flexibility. We ask that each child be able to do a cart wheel, handstand & back bend to the floor or a standing bridge.

These are non-competitive classes! All are welcome! Participants should wear shorts & t-shirt or leotard. No socks.

Instructor: Jennifer Lex

October 8th - December 11th (10 weeks)

Beginners Tumbling

Ages 5 & 6 : Tuesdays 4:00 pm - 5:00 pm

Ages 7 - 12 : Tuesdays 5:00 pm - 6:00 pm

Intermediate Tumbling

Ages 8 - 12 : Mondays 4:30 pm - 5:30 pm

Fees: \$75/Resident

\$80/Non-Resident

Location: COM CTR

Class Code: 152

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 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 as they work together to produce a show of their own!

Ages: 8-13

Instructor: Steve Allen

Thursdays 4:00 pm - 5:00 pm

October 11th - December 13th (9 Weeks)

Fee:\$30/Resident

\$35/Non-Resident

Location: COM CTR

Class Code: 153

COLLEGE ESSAY WRITING

Going to College? Looking for help to write an insightful and engaging essay? Join us for a 3 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

October 15th - October 29th (3 Weeks)

Fee: \$80/Resident

\$85/Non-Resident

Location: CABIN

Class Code: 149

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: Victoria Zonies

Wednesdays 10:00 am - 11:30 am

October 10th - December 19th (10 weeks)

Fees: \$80/Resident \$85/Non-Resident \$60/Addtl. Siblings

Location: COM CTR

Class Code: 146

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

Mondays 1:15 pm - 2:30 pm

November 12th - December 3rd (4 Weeks)

Fee: \$80/Resident

\$85/Non-Resident

Location: COM CTR

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: 7-12

Instructor: Patrice Leonetti

Wednesdays 3:15 pm - 4:45 pm

November 14th - December 5th (4 Weeks)

Fee: \$80/Resident

\$85/Non-Resident

Location: COM CTR

Class Code: 150

ONLINE REGISTRATION & CREDIT CARD PAYMENTS NOW AVAILABLE!

You can find Online Portal Link on the Borough's Website at www.haddonhts.com/programs. You are also able to pay with credit card in Borough Hall Administrative Office or over the phone Monday - Friday 9am - 5pm. There will be an additional 2.95% service fee on all credit card payments. Any questions please contact the Program Coordinator at 856-546-2585 or ProgramCoordinator@haddonhts.com.

Adult Enrichment

RESUME WORKSHOP

Are you ready to move on to a new job or take on greater responsibilities in your current job? The best way to make a great first impression on a prospective employer is to have a solid resume that stands out from the rest while showing that you're capable of organizing information in a relevant and understandable way. This workshop will provide assistance with building an impressive and accurate resume that best represents you.

Instructor: Dr. Trisha Egbert, Writing & Rhetoric Professor

Monday November 12th 7:30 pm - 8:30 pm

Fee: \$45/Resident

\$50/Non-Resident

Location: CABIN

Class Code: 149

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

NEW NIGHT! Monday Evenings 7:15 pm - 8:45 pm

November 12th - December 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 7:15 pm - 8:45 pm

October 11th - December 6th (8 weeks)

Fee: \$80/Resident

\$85/Non-Resident

Location: CABIN

Class Code: 147

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

October 16th - December 11th (8 weeks)

Fee: \$135/Resident

\$140/Non-Resident

Location: CABIN

Class Code: 148

Fitness For All Ages

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

October 8th - December 10th (10 weeks)

\$75/Residents \$60/Senior Residents \$80/Non-Residents

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

October 10th - December 22nd (11 weeks)

1 Class / Week: (11 classes total)

\$70/Residents \$55/Senior Residents \$75/Non-Residents

2 Classes / Week: (22 classes total)

\$140/Resident \$110/Senior Residents \$150/Non-Residents

Location: CABIN Class Code: 141

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

Two 5-Week Sessions Available/

SESSION 1: October 8th - November 13th

SESSION 2: November 20th - December 20th

Fee Per 5-Week Session:

1 Class / Week: (5 classes total)

\$30/Resident \$25/Senior Resident \$35/Non-Resident

2 Class / Week: (10 classes total)

\$60/Resident \$50/Senior Resident \$70/Non-Resident

Location: COM CTR Class Code: 137

SENIOR RESIDENT DISCOUNT

Three of our most popular classes are offering a discounted rate for Haddon Heights Seniors (55+). This rate is listed under each class. We also have three Senior Programs listed on back of brochure for area seniors. If you have any questions please contact the Program Coordinator at 856-546-2585 or ProgramCoordinator@haddonhts.com.

New! FIT & LEAN

New Fit and Lean class is a offers a wide range of different moves targeting major muscle groups. This circuit training will increase muscular strength, endurance and flexibility. This class is appropriate for all fitness levels and ages. Please bring water, mat, and towel to class.

Instructor: Jasmine Stevens

Wednesday 7:15 pm - 8:00 pm

October 11th - December 13th (10 weeks)

\$75/Resident

\$80/Non-Resident

Location: COM CTR

Class Code: 158

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

October 9th - December 13th (10 weeks)

1 Class / Week: (10 classes total)

\$55/Resident

\$60/Non-Resident

2 Classes/ Week: (20 classes total)

\$110/Resident

\$120/Non-Resident

Location: CABIN

Class Code: 156

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. Bring mat and water to class.

Instructor: Tavener Miller

Wednesday 7:15 pm - 8:00 pm

October 10th - December 12th (10 weeks)

\$75/Resident

\$80/Non-Resident

Location: COM CTR

Class Code: 157

CORE AND MORE

Core and more is designed to get you feeling stronger, happier, and healthier. Did you know that core weakness can be a reason you have poor posture and pain! This class is designed to help give you a total body strengthening experience with a focus on core strengthening and cardiovascular conditioning. This class is made for people of all ages and exercises can always be changed to fit your specific health needs. Bring mat and water to class.

Instructor: Tavner Miller

Tuesday Evening 6:30 pm - 7:15 pm

SESSION 1: October 9th - November 13th

SESSION 2: November 20th - December 18th

Fee Per 5-Week Session:

\$30/Resident

\$35/Non-Resident

Fee For Full 10 Week Session:

\$60/Resident

\$65/Non-Resident

Location: COM CTR

Class Code: 145

FREE SENIOR PROGRAMS

SENIOR ACTING MURDER MYSTERY WORKSHOP

Sponsored by Haddon Heights Neighbors
Ever wanted to be in a murder mystery? Maybe you're the conniving rich, old uncle with a grudge, or the Grand Dame Diva bent on destroying her younger competition, or the ruthless, revengeful butler. Perhaps you've always wanted to be the clever sleuth who brings down the deadly villain. Tap into your creativity and have some fun with introductory acting classes with a murderous twist!
Instructor: Karen Scioli
Thursday Afternoons 3:00 pm - 5:00 pm
October 18th - December 13th (8 Weeks)
Final Showcase Friday December 14th
NO FEE Location: CABIN

ESTATE PLANNING

Multi-Night Workshop

Don't be caught off-guard by a healthcare crisis in your family. Attend this free event to learn valuable information about how to prepare a proper estate plan to protect you, your home, your assets, and your family from predators, creditors and the costs of a loved one's long-term care. Laura L. Ergood, Esq. will provide important insight on Estate Planning and Elder Law issues facing retirees and seniors in this day and age.
Instructor: Laura L. Ergood, Esq.
Wednesday Evenings 7:30 - 8:30 pm
October 10th - October 24th (3 Weeks)
NO FEE Location: CABIN

CHILD BREAK PRESENTATION

Wrap with your Grandchildren! As a grandparent, you hold a special place in the hearts and minds of your grandchildren. Eating meals, spending time and talking with them, even for just 15 minutes a day, has a positive impact on their lives. The 15 Minute Child Break Presentation will inform you about important strategies you can use to keep your grandchildren away from drugs and alcohol.
Instructor: Lori Singley
Tuesday, October 9th at 6:00 pm
NO FEE Location: CABIN

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 anytime between 11:30 and 1:30 pm at the following Haddon Heights restaurants. Please join us!

OCTOBER

First Tuesday, October 2 – Kunkel's
Second Tuesday, October 9 – Village Cheese
Third Tuesday, October 16 – Station House
Fourth Tuesday, October 23 – Anthony's
Fifth Tuesday, October 30 – Asia Palace across from Library

DECEMBER

First Tuesday, December 4 - Kunkel's
Second Tuesday, December 11 – Village Cheese
Third Tuesday, December 18 – Station House
Fourth Tuesday, December 25 – NONE

NOVEMBER

First Tuesday, November 6 - Kunkel's
Second Tuesday, November 13 – Village Cheese
Third Tuesday, November 20 – Station House
Fourth Tuesday, November 27 – Anthony's

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 Month
Time: 12:30 pm – 3:00 pm

HAND & FOOT GAME CLUB :
Meets: 1st & 3rd Tuesday of 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