



Winter 2019

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: _____

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.

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, January 12th 9:00 am - 4:30 pm

Fee: \$90/Registrant Location: CABIN Class Code: 154

NEW! MUSICAL THEATRE DANCE

The SamCam Dance Studio is offer this new exciting class for Haddon Heights Programs. Performers will learn signing, acting, and dance technique. Does not require any previous training. Learn songs and dances from your favorite movies and musicals. Performers will put on an end of the session showcase for family and friends!

Instructor: SamCam Dance Studio

Ages 4+ : Wednesdays 4:00 pm - 5:00 pm

Ages 7+ : Wednesdays 5:30 pm - 6:30 pm

January 9th - March 13th (10 weeks)

Fee: \$95/Resident \$100/Non-Resident

Location: SamCam Dance Studio, 914 Kings Highway

Class Code: 144

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

January 7th - March 26th (12 weeks)

Beginners Tumbling

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

Ages 7 - 9 : Tuesdays 5:00 pm - 6:00 pm

Intermediate Tumbling

Ages 9 - 12 : Mondays 4:30 pm - 5:30 pm

Ages 9 - 12 : Thursdays 4:30 pm - 5:30 pm

Fee: \$95/Resident \$100/Non-Resident

Location: COM CTR **Class Code:** 152

THEATER 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: 8-13

Instructor: Steve Allen

Thursdays 4:00 pm - 5:00 pm

January 10th - March 28th (12 Weeks)

Fee: \$40/Resident

\$45/Non-Resident

Location: CABIN

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

Mondays 1:15 pm - 2:30 pm

February 25th - March 18th (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

February 20th - March 13th (4 Weeks)

Fee: \$80/Resident

\$85/Non-Resident

Location: COM CTR

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: 12 months - 3.5 years

Instructor: Victoria Zonies

New Day! Mondays 10:00 am - 11:30 am

January 7th - March 11th (8 weeks total - No Class 1/21 & 2/18)

\$80/Resident \$85/Non-Resident \$60/Additional Siblings

Location: COM CTR

Class Code: 146

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

January 14th - March 18th (10 weeks)

\$75/Res. \$60/Senior \$80/Non-Res.

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

January 5th - March 30th (12 weeks - *No Class Sat. Jan 12th*)

\$75/Res. \$60/Senior \$80/Non-Res.

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 6-Week Sessions Available

SESSION 1: January 7th - February 14th

SESSION 2: February 18th - March 28th

Fee Per 6-Week Session:

1 Class / Week: (6 classes total)

\$40/Res. \$35/Senior \$45/Non-Res.

Fee Per Full 12-Week Session:

\$80/Res. \$70/Senior \$90/Non-Res.

Location: COM CTR 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

Tuesday and/or Thursday

New Time! 11:00 am - 12:00 pm

January 8th - March 28th (12 weeks)

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

2 Classes/ Week: (24 classes total)

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

Location: CABIN Class Code: 156

New! FIT & LEAN

This full body class is for participants of ages and all fitness levels. Offering a wide range of different moves targeting major muscle groups. This circuit training will increase muscular strength, endurance and flexibility. Please bring water, mat, and towel to class.

Instructor: Jasmine Stevens

Wednesdays 10:00 am - 10:45 am

Thursdays 6:00 pm - 6:45 pm

January 10th - March 14th (10 weeks)

1 Class / Week: (10 classes total)

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

2 Classes/ Week: (20 classes total)

\$160/Resident \$170/Non-Resident

Location: COM CTR Class Code: 158

BODY BLAST

Body blast is a hybrid, today body, calorie torching workout plan. Instructor personally sets workouts that will be different every time you come, keeping you engaged, entertained, and most importantly GET YOU RESULTS! Class is designed for all ages, activity and ability levels. Bring mat and water to class.

Instructor: Tavener Miller

Wednesdays 7:15 pm - 8:00 pm

SESSION 1: January 9th - February 13th

SESSION 2: February 20th - March 27th

Fee Per 6-Week Session:

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

Fee For Full 12 Week Session:

\$80/Resident \$90/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: January 8th - February 12th

SESSION 2: February 19th - March 26th

Fee Per 6-Week Session:

\$37.50/Resident \$40/Non-Resident

Fee For Full 12 Week Session:

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

Location: COM CTR Class Code: 145

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.

Adult Enrichment

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! Mondays 7:15 pm - 8:45 pm

February 18th - March 11th (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

January 10th - February 28th (8 weeks)

Fee: \$80/Resident

\$85/Non-Resident

Location: CABIN

Class Code: 147

FREE SENIOR PROGRAMS

A MATTER OF BALANCE

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

February 4th - March 25th (8 weeks)

Mondays 3:30 - 5:30 pm

NO FEE

Location: CABIN

MURDER MYSTERY WORKSHOP

Current Class Participants: Second Half of Session will resume in March and will run for eight weeks.

New Day! Wednesdays 3:00 pm - 5:00 pm

March 6th - April 24th (8 Weeks) Location: CABIN

Murder Mystery Showcase:

BEDLAM ON BANDSTAND

Sponsored by Haddon Heights Neighbors

Friday April 26th

6:00pm-8:00pm

Free! *No Tickets Needed*

Location: COM CTR

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

Jan 1 - NONE

Jan 8 - Village Cheese Shop

Jan 15 - Station House

Jan 22 - Anthony's

Jan 29 - Ralph's Francesca Rm.

FEBRUARY

Feb 5 - Kunkel's

Feb 12 - Village Cheese Shop

Feb 19 - Station House

Feb 26 - Anthony's

MARCH

Mar 5 - Kunkel's

Mar 12 - Village Cheese Shop

Mar 19 - Station House

Mar 26 - 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: 10:00 am - 1:00 pm

PINOCHLE CLUB :

Meets: Every Thursday

Time: 1:00pm-3:00pm

MAHJONGG CLUB: 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: 10:00 am - 2:30pm