

Fanwood Recreation

SPRING PROGRAMS 2021

Looking for something fun and different to do? Check out these programs from Fanwood Recreation!

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Unless otherwise noted,

to register go to fanwoodrecreation.org

From there, you will be directed to the Community Pass registration website. If you're not already a member of Community Pass and haven't created a Community Pass Family Profile yet, you can do so for FREE.



The **Fanwood Recreation Summer Park Program** registration has already begun! Morning sessions are full and accepting names on wait lists. Some spots still remain for afternoon sessions. For more information on this and other Fanwood summer camps and programs, please check out fanwoodrecreation.org and be on the lookout for future e-fliers!

All outdoor programs will be run in accordance with New Jersey Department of Health COVID-19 safety guidelines. Parents/guardians of minor registrants and adult registrants will need to read, sign and submit a COVID-19 legal waiver, which will be provided by Fanwood Recreation. Registrants should bring their own face masks.

SPORTS

~~TGA PREMIER JUNIOR GOLF- SPRING BREAK CAMP~~ **SOLD OUT!**

TGA PREMIER JUNIOR GOLF

TGA makes it convenient and fun for your child to learn and play golf. Our curricula are specially designed by industry-leading golf professionals



and education specialists to ensure that the lesson plans are age-appropriate and easy to understand and retain. Students will experience a mix of golf instruction, rules and etiquette lessons, educational components, character development lessons and physical activity as they advance through the five-level program. Our screened and certified instructors have a passion for working with children and are trained to help your student athlete develop a strong foundation of skills and knowledge as well as a passion for the sport.

- TGA provides all equipment
- First-time students receive a TGA hat and a TGA Student Handbook
- Students earn color coded TGA hat clips at every level
- Maximum 6:1 student to instructor ratio

When: Tuesdays from April 13th–June 1st, 5–6 PM.
8 sessions.

Where: La Grande Park between tennis courts and circular rink. Drop-off is by the entrance to the circular rink in La Grande Park.

Ages: 6–11

Cost: \$195

For more information about TGA, please contact Nick Meltzer at nmeltzer@playtga.com or call (732) 835-8TGA or go to www.playtga.com/unioncounty

SPRING INTO TENNIS

Please check fanwoodrecreation.org for updates on the schedule for this program.

KARATE BEGINNER CLASS IN THE PARK

Come let out some energy, have fun, and get active OUTDOORS with this Karate Beginner Class. Learn the basics of Isshinryu Karate, a traditional martial arts system, from sixth degree black belt and co-owner of Family Arts Center and local resident, Adam Sackett. No experience needed, everyone is welcome.

Time: Begins April 6th, ends May 25th, Tuesdays, 5:30–6:15 PM, 8 weeks.

Place: Forest Road Park

Age: 5 through adult

Cost: \$99

SKATEBOARDING LESSONS

Learn the basics of skateboarding in a fun, relaxed and safe manner! Beginners will learn how to push, glide, carve and kickturn, and start to enjoy the thrill of riding up and down ramps. Intermediates will begin to develop their trick skills with ollies, shuv-its, nose manuals, and wheelies, and start to work on ramp tricks as well!



More importantly perhaps, kids will learn the value of hard work, determination, resiliency, creativity and confidence in a fun and exciting way!

Skateboards and helmets are required. Knee pads, elbow pads, and wrist guards—while not required—are recommended. The maximum number of participants is 12 students per class.

Time: Saturdays, beginning April 10th, 7 sessions.
Beginners (ages 5–8): 9–10 AM
Intermediates (ages 5–8): 10–11 AM
Beginners (ages 9–14): 11 AM–12 noon
Intermediates (ages 9–14): 12–1 PM

Place: Forest Road Park skatepark

Cost: \$110

About the Instructor: Coach Jeremy Picado has been skateboarding for more than 25 years. He's been teaching both private and group skateboarding lessons for almost 5 years, most recently with the Plainfield Recreation Department. Coach Jeremy will teach the kids the fundamentals of skateboarding in a safe, courteous manner, at a skill level appropriate to each individual. This program is offered in association with the A.B.F. Skate Shop.

Register ONLINE at fanwoodrecreation.org

SOCCER SQUIRTS

Soccer Squirts is your child's perfect introduction to the most popular sport in the world! Skills covered include dribbling, passing, shooting, stealing, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun! Offered in association with the US Sports Institute.



Day: Sundays, 8 sessions
Dates: April 18–June 13. No class on May 30.
Time: 9–9:50 AM
Ages: 3–4
Location: Forest Road Park
Price: \$162

SENIOR SOCCER SQUIRTS

Senior Soccer Squirts is the perfect program for players graduating from Soccer Squirts or for children looking for their first ever soccer experience. Each session will focus on developing a particular skill or technique including dribbling, passing, ball control, moves & turns, positioning, and more.

Day: Sundays, 8 sessions
Dates: April 18–June 13. No class on May 30.
Time: 11–11:50 AM
Ages: 5–6
Location: Forest Road Park
Price: \$162

PARENT & ME SOCCER

Parent & Me Soccer Squirts is a fun and positive introduction to soccer for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through structured activities, fun based games, and scrimmages. Offered in association with US Sports Institute.

Day: Sundays, 8 sessions
Dates: April 18–June 13. No class on May 30.
Time: 10–10:50 AM
Ages: 2–3
Location: Forest Road Park
Price: \$162

T-BALL SQUIRTS

Open to both boys and girls, there's no better introduction to the sports of baseball or softball! Skills covered include hitting, throwing, catching, base running, fielding, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

Day: Thursdays, 8 sessions
Dates: April 22–June 10
Time: 10:30–11:20 AM
Ages: 3–4
Location: La Grande Park
Price: \$162

PARENT & ME T-BALL SQUIRTS

Parent & Me T-Ball Squirts is a fun and positive introduction to t-ball for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through structured activities, fun based games, and scrimmages.

Day: Thursdays, 8 sessions
Dates: April 22–June 10
Time: 9:30–10:20 AM
Ages: 2–3
Location: La Grande Park
Price: \$162

SQUIRTS MULTI SPORTS

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, fun!

Day: Sundays, 8 sessions
Dates: April 18–June 13. No class on May 30.
Time: Section 1: 10–10:50 AM, ages 3–4
Section 2: 11–11:50 AM, ages 4–5
Location: Forest Road Park
Price: \$162

PARENT & ME MULTI SPORTS SQUIRTS

The Parent & Me Multi Sports Squirts program allows children to try a variety of sports with a helping hand from Mom or Dad! Ease your child into social situations with support and confidence as you engage in fun sports activities and games together. Offered in association with the US Sports Institute.

Day: Sundays, 8 sessions
Dates: April 18–June 13. No class on May 30.
Time: Section 1: 9–9:50 AM **SOLD OUT!**
Section 2: 11–11:50 AM
Ages: 2–3
Location: Forest Road Park
Price: \$162

CREATIVE ARTS

DESIGN THE PEASANT TOP

Have you ever dreamed of becoming a fashion designer? Your dreams can come true! In all of our classes, we walk you through all of the fashion design steps and show you what it takes to be a fashion designer. For this season, we have come up with a new twist on a classic design: the Peasant Top! Such



a versatile clothing item that every wardrobe needs, this project is perfect for any young designer who really wants to grow in creating clothes. You will start with sketching and rendering your design. Measuring, pinning and cutting out your design. In both the beginner's class and the advanced beginner's class we will review how to use the sewing machines.

- Date:** Begins Tuesday, April 6th, 6 weekly classes
Time: Beginners 4–5:15 PM
Advanced Beginners 5:30–6:45 PM
Place: La Grande Park Pavilion (outdoors!)
Age: Beginners: grades 2–5
Advanced Beginners: grades 4 and up with sewing experience and/or experience in our classes, or students grades 5 and up
Cost: \$200. Includes fabrics, trims, and use of sewing machines and supplies.

DESIGN THE PAPER BAG SHORTS

Have you ever dreamed of becoming a fashion designer? Your dreams can come true! In all of our classes, we walk you through all of the fashion design steps and show you what it takes to be a fashion designer. We are excited to present our project for the second half of spring: the Paper Bag Shorts! Contrary to the name, these shorts will be made out of fun fashion fabrics and are anything but ordinary. These shorts will be your go-to clothing choice for the whole summer. If you took the Peasant Top spring class, these shorts will complete the entire outfit! You will start with sketching and rendering your design. Measuring, pinning and cutting out your design. In both the beginner's class and the advanced beginner's class we will review how to use the sewing machines.



- Date:** Begins Tuesday, May 25th, 5 weekly classes
Time: Beginners 4–5:30 PM
Advanced Beginners 5:45–7 PM
Place: La Grande Park Pavilion (outdoors!)
Age: Beginners: grades 2–5
Advanced Beginners: grades 4 and up with sewing experience and/or experience in our classes, or students grades 5 and up
Cost: \$200. Includes fabrics, trims, and use of sewing machines and supplies.

The class fee includes all fabric, trims, notions and use of the sewing machines. If you have your own machine that you know how to use and want to bring it to class and that's great, please do! You can bring your machine starting the second week of class. Sew your garment together then fit the design to work for you, lastly finish the design. At the end of the classes we will hold a virtual fashion show to share with your family.

About the Instructors: All of our instructors are passionate about fashion and have a wide knowledge of design, pattern making, and sewing!

YOUNG REMBRANDTS ONLINE DRAWING CLASSES FOR KIDS AGES 5–12

Springtime is all about vibrant colors. Our colorful drawings are guaranteed to capture your attention. Students will learn how to think outside of the box as they learn to draw a space monster and create stylized drawings of flowers, snails and more. We'll also explore historical themes with our comic book-inspired drawing and a portrait of Canadian hero Terry Fox. Sign up today! The spring season is an exciting time to be a part of the Young Rembrandts' Elementary Drawing Program*.

*Elementary drawing teaches children how to draw. Learning to draw increases development in fine motor skills, social skills, academics, creativity, intellectual skills and out-of-the-box thinking.

Each student will need a sharpened pencil, paper, eraser,

Sharpie™ marker, color markers and color pencils. A Zoom link will be emailed to you by YR on the day of class.

- Time:** Wednesdays,
beginning April 7,
6 weeks
Ages: Section 1: Ages 5–7,
5–6 PM
Section 2: ages 8–12,
6:30–7:30 PM
Place: Via Zoom app
Price: \$98



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Register **ONLINE** at fanwoodrecreation.org

PROGRAMS for ADULTS & TEENS

GROUP PERSONAL TRAINING ONLINE

Join a half hour session of cardio & strength training to help build lean muscle and lose fat in the comfort of your own home! This session is a fun and energetic program under the guidance of a certified personal trainer, who will see that you get results and feel energized. Suitable for all fitness levels, and modifications can be made to exercise.*

Time: Begins Saturday, March 27, 9–9:30 AM, 10 weeks

Place: Class will be offered via Zoom

Age: Teen (age 12 and up) to Adult

Cost: \$100

Minimum of 3 and maximum of 8 students.

* Participants must complete a medical history form prior to taking the class. Medical form will be provided.

About the Instructor: Neil Hingorani is a certified personal trainer and has a degree in Adult Fitness from Kean University. His experience includes managing a fitness center for a Johnson & Johnson site and over a decade of training clients of all ages and multiple fitness levels.

KARATE BEGINNER CLASS IN THE PARK

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Time: Begins April 6th, ends May 25th, Tuesdays, 5:30–6:15 PM, 8 weeks.

Place: Forest Road Park

Age: 5 through adult

Cost: \$99

BABYSITTING CERTIFICATION CLASS

For 11 to 15-year olds who want to learn babysitting and childcare services. Using guidelines provided by the American Safety & Health Institute, students who successfully complete the class receive a 2-year babysitting safety certification card and manual and a 2-year CPR certification card and manual.

Learn how to deliver basic First Aid, change diapers, handle unexpected visitors or phone calls and get vital information from parents. Learn hand hygiene, food preparation safety tips, proper supervision and appropriate playtime activities.

The class also covers how to safety-proof and walk through the home before the parents leave, bedtime routines, how to safely babysit as a business, and how to perform CPR and choking procedures on all ages. 10 students maximum.

Class provides Babysitting Safety and CPR/AED books

Class includes hands skills. Please also notify us if anyone has an allergy to hazelnuts.

About the Instructor: Melissa Padulsky, owner of Little Hearts Big World, LLC, has been an EMT in New Jersey for 14 years. She currently is a volunteer EMT with both

Fanwood and Scotch Plains Rescue Squads and has worked as a paid EMT in Clark, Linden, and Elizabeth. She has been a CPR and EMT instructor for the last 10 years, and has taught at corporate training, major public gas and electric facilities, day care centers, private agencies, and EMS agencies. She has instructor certifications from NJ State EMT, American Heart Association, National Safety Council, ECSI and American Safety and Health Institute.

Little Hearts Big World, LLC. prides itself on running quality courses, with lots of hands-on practice and realistic scenarios. Its goal is to make sure students understand why they are doing something and are confident in the skills they learn during class.

For more information call 908-322-2242, email littleheartsbigworld@verizon.net or go to www.littleheartsbigworld.com

Time: Wednesdays, beginning April 28th, 4–6 PM, 3 sessions.

Place: The Pavilion, La Grande Park

Fee: \$65

Ages: 11–15

Register ONLINE at fanwoodrecreation.org